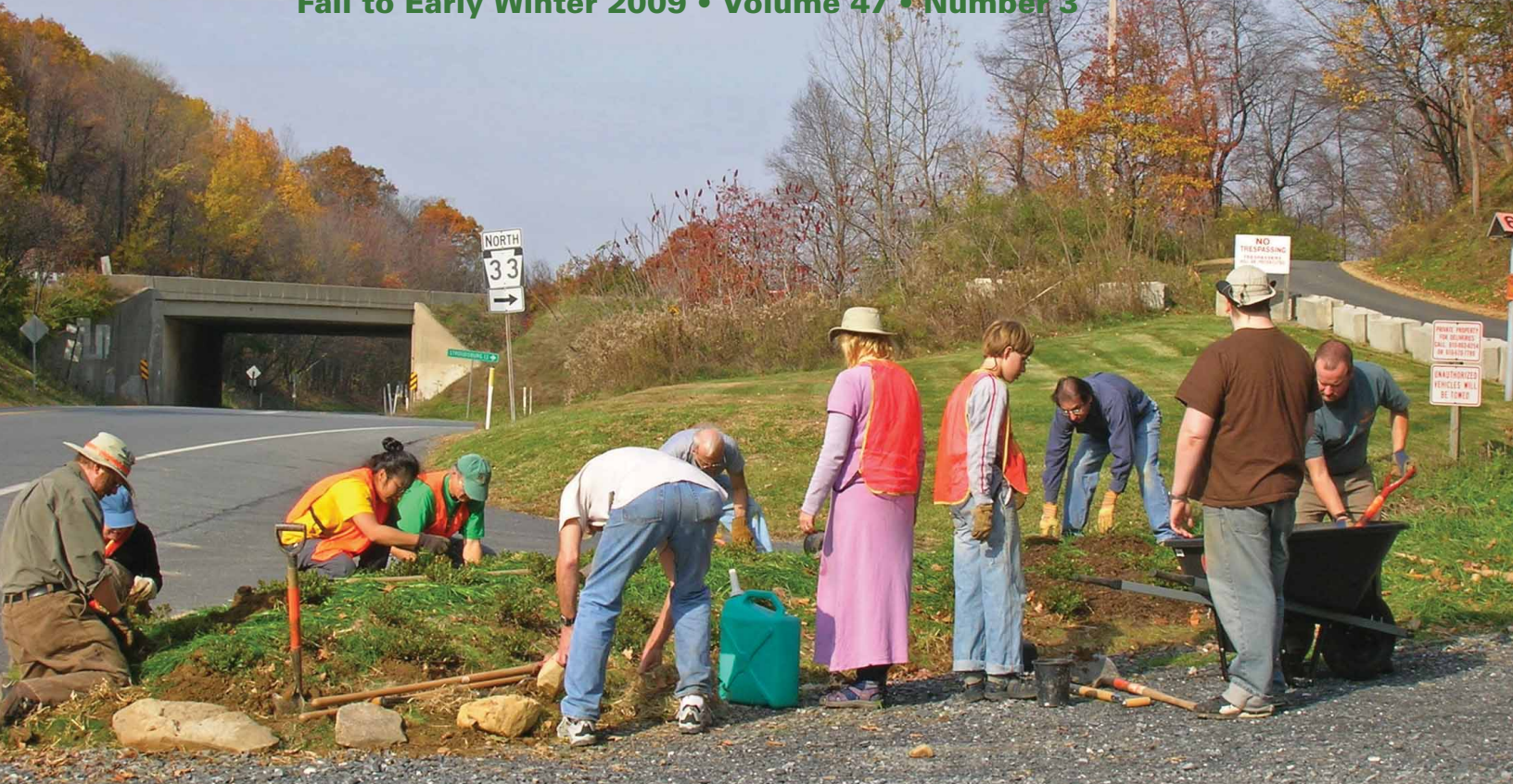




Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Fall to Early Winter 2009 • Volume 47 • Number 3



Public service! We hike on them year-round, so volunteer some time for trail work!

From building a trailhead parking area, to marking and signing trails, to removing deadfalls to erosion control, there is plenty of work to be done. Join your fellow AMC members to work on the Appalachian Trail or at Valley Forge National Historic Park. Cooler fall weather and the bright autumnal colors beckon you to help.

See the Trails section on page 9 for dates, times, details and contact information. Many more photos in e-Footnotes!



[Click here for info on advanced features!](#)



Appalachian Footnotes

the quarterly magazine of the
Delaware Valley Chapter
Appalachian Mountain Club

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Deadline for Winter-Spring Issue: January 15

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Now it's easier than ever to use AMC Member Center

By Joan Aichele, Membership Chair

Now is the time to check out the AMC Member Center. It has been improved to make the log in very simple. After logging in to the Member Center you can renew your membership, change your postal or e-mail address, change your chapter affiliation, and most importantly, opt to receive our chapter newsletter in the electronic format, as well as the other chapters' electronic newsletters.

Other benefits of the Member Center are discounts. Some of the discounts are special offers and some are regional. There are the standard discounts like 10 percent off of AMC books and maps. Coleman is currently offering AMC members discounts anywhere from 10 to 40 percent off Coleman merchandise. The amounts of these discounts are subject to change. Members can also elect to receive e-mails about upcoming deals and special offers.

Another feature is the option to receive up to three Activity Digests which when used in combination with our weekly chapter Activity Digest would give you the most complete listings and choices to plan your outdoor fun.

Start now by going to www.outdoors.org/membercenter. You will then create a user name and password after entering your membership ID number found on your AMC membership card or above your name on the mailing label of your AMC Outdoors. Then select the appropriate name displayed and click next. This will allow both members in a Family membership to have their own page in the Member Center. Enter a preferred user name and password and answer a security question. You will also be prompted to enter the two-word security code displayed

Members are then prompted to sign in using the user name and password they just created. You will continue to use the same user name and password until you elect to change it in your Member Profile.

If you have problems with this log in procedure please contact membership@amcdv.org and specific screen shots will be sent to you to help with the login process. FYI., logging into the Member Center will not result in spam e-mail. You can elect to opt out of any AMC e-mails at any time. Give it a try today. You have nothing to lose and everything to gain.

Cover: Upper photo, the AT parking lot at Wind Gap. Dan Schwartz photo.

Correction: Mullica River photos on the cover of the Summer issue were incorrectly credited, and should have been credited to Shelly Janes.

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.

Joan Aichele, Membership Chair
215-257-3372, membership@amcdv.org

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

Mid-Jersey area:
Jeff Alpert, 609-865-4191, mid-jersey@amcdv.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
Chapter phone: 215-628-4344
E-mail Hotline: hotline-requests@amcdv.org
AMC General Web Site: outdoors.org

This is the last issue of *Footnotes* to carry the activities schedule

Why are we doing this?

We have to. Printing, mailing and postage costs have continued to rise over the years. It was costing us more than \$12,000 a year to produce and mail 4,000 copies of four 16-page issues of *Footnotes*.

Recently, we cut back the size to 12 pages, and are now reducing *Footnotes* schedule to three times a year. Still, the cost of producing printed *Footnotes* is high. Despite the best efforts to assure the lowest printing cost, despite our getting the lowest possible postage rates, these costs are still too high, considering there are alternatives that are almost free.

For example, you can get *e-Footnotes*, an expanded, full-color newsletter with many more photos, sent directly to you from the Member Center. (See the article on page 2 on how to join.) Or you can get it through the Hotline.

We could use the savings for better things, such as conservation, education, trails and public service activities. And eliminate the waste of paper.

How will I get my trip schedule?

On the web at www.amcdv.org. Just click the Activities Calendar, and you will get an up-to-the-minute listing of all chapter activities neatly arranged on a calendar.

Or go to the main AMC web site at www.outdoors.org and select Chapter Activities. You can get information on any trip run by any chapter here.

Also, the entire activities schedule for our chapter (and all other chapters) is published in each issue of *AMC Outdoors*, which is mailed to every AMC member's home. Publishing it again in *Footnotes* is redundant, as well as wasteful.

Finally, we are publishing a printable schedule you can download from our web site, and print as needed.

Are we the only chapter to do this?

No, many other chapters have already eliminated schedules in their newsletters or are in the process of doing so.

What if I don't have a computer?

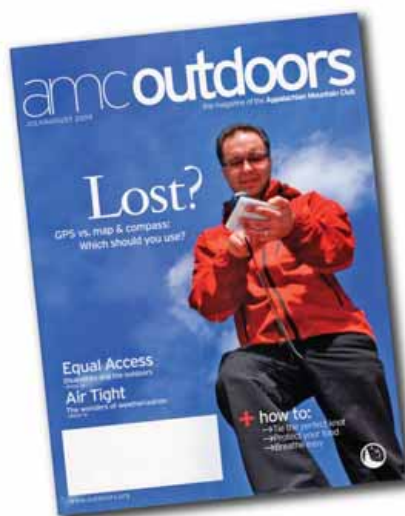
You get printed schedules in each issue of *AMC Outdoors*, which is mailed to each member household six times a year.

What are the advantages beside lower cost?

Fewer and fewer leaders want to schedule trips many months in advance. By publishing trips electronically, and in *AMC Outdoors*, there is no longer a need to commit up to five and a half months in advance to get your trip listed.

Will the print version of *Footnotes* continue?

For the next year, yes. Then *e-Footnotes* will take its place. By the spring of 2011, only those without access to a computer will have a paper copy mailed to them.



**Where to
get your
activities
schedule**

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.

DV Chapter Trips Calendar • Aug/Sep 2009

2009											
S	M	T	W	T	F	S					
8/23 padding (1) total: 1	8/24 hikes (1) total: 1	8/25 other (1) total: 1	8/26 hikes (1) other (1) total: 2	8/27 hikes (1) other (1) total: 2	8/28 hikes (1) padding (1) total: 2	8/29 padding (1) total: 1					
8/30 padding (1) total: 1	8/31 hikes (1) total: 1	9/1 padding (1) total: 1	9/2 hikes (1) padding (1) total: 2	9/3 hikes (1) padding (1) total: 2	9/4 padding (1) total: 1	9/5 hikes (4) padding (1) total: 5					
9/6 hikes (1) padding (1) total: 2	9/7 hikes (1) padding (1) total: 2	9/8 hikes (1) padding (1) total: 2	9/9 hikes (1) padding (1) total: 2	9/10 hikes (1) padding (1) total: 2	9/11 padding (1) total: 1	9/12 padding (1) total: 1					
9/13 hikes (1) padding (1) total: 2	9/14 padding (1) total: 1	9/15 padding (1) total: 1	9/16 padding (1) total: 1	9/17 padding (1) total: 1	9/18 padding (1) total: 1	9/19 padding (1) total: 1					
9/20 padding (1) total: 1	9/21 padding (1) total: 1	9/22 padding (1) total: 1	9/23 padding (1) total: 1	9/24 padding (1) total: 1	9/25 padding (1) total: 1	9/26 padding (1) total: 1					

[Search the entire Trips Database](#)

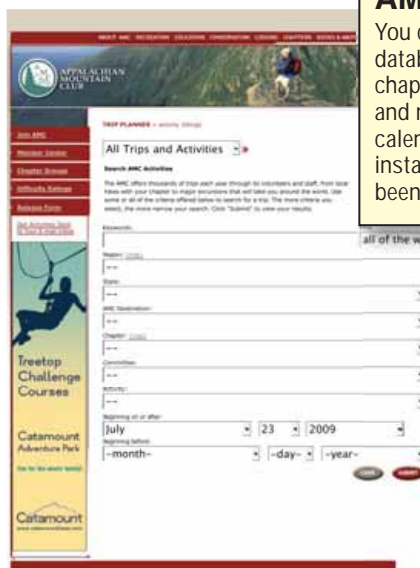
[Common trailhead parking locations](#)

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.

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.



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



AMC bicyclists pedal toward Sankaty Head Light on their tour of Nantucket Island. Eleven riders took part in the on the June 11-14 trip lead by Terry Berntsen, who took this photo. See a full page of photos in e-Footnotes

Jeep Presents **Warren Miller's Dynasty**

Come see Warren Miller's 60th annual feature film event highlighting some of the best skiers and snowboarders in the world riding incredible locations all over North America, Asia and across Europe! Get free lift ticket.

Sat., Nov. 14; 6 & 9 PM • Academy of Natural Science

19th and B Franklin Parkway, Philadelphia

Tickets at all **Buckman's Ski Shops & EMS**

Visit chestnutmtnproductions.com

Executive Committee Nominations 2009-2010 will be posted on the Chapter web site by September 30. If anyone requires a hardcopy of the nominations sent by US Mail, please contact Chapter Chair Jim Catozzi at 215-860-5842, or 404 Mahogany Walk, Newtown, PA 18940

Members may submit additional names for nomination up to five days before the Nov. 7 Annual Dinner to the address above.

In Memoriam: Alan Kahn

Alan Kahn, Chair of the DV Chapter from 1990-1991 and was an active hiker with the chapter for many years, died on May 23 at the age of 86.

A 1948 graduate of Harvard Law School, Alan retired from the law firm of Rubin, Quinn, Moss & Patterson in 1991. In retirement, he did pro bono legal work from 1993 to 1998 and distributed food to the homeless for Project HOME in Philadelphia.

Alan was also president of the Foulkeways Residents' Association in 2004 and last year founded the Residents' Council of Gwynedd House, the skilled-nursing facility there, where he was president until his death. He is survived by his wife Norma and his three children.

Highlands trail hiking info cards now available

The Appalachian Mountain Club and Wildlands Conservancy have created a series of 22 pocket-sized hiking cards highlighting scenic trails in 13 counties of southeastern PA.

The cards have directions, descriptions, photos, maps, and contact information. Go to www.outdoors.org/hikethehighlands to download the 22 hiking cards.

The PA Highlands encompasses some of the most beautiful forests, rivers, and farmland in southeastern PA. One of the best ways to explore the region is on foot.

To order or pick up a hard copy of the Hike the Highlands cards please contact AMC's Mid-Atlantic Recreation Planner, Jennifer Heisey, 610-868-6906 or jheisey@outdoors.org. The set of hiking cards are free if they are picked up at one of the distribution locations listed on the web site. If you request a set to be mailed there will be a shipping and handling fee of \$4.95.

Scavenger hunt

AMC and Wildlands Conservancy will be launching a scavenger hunt beginning in mid-July to the end of October. Twenty-two questions will be posted at www.outdoors.org/hikethehighlands and answers can be found at each of the 22 Hike the Highlands hike locations. Outdoor gear-related prizes will be awarded in a monthly drawing from participants with entries of 10 or more answers to the trivia questions.

AMC's Pennsylvania Highlands Recreation Map will be available by early September. It will include trails, parks, and boating access so you will know where you can hike, bike, horseback ride, paddle, fish, swim, and camp in the PA Highlands. It will be available at the end of August/early September. www.outdoors.org/hikethehighlands

You can also follow AMC's Hike the Highlands blog that includes updates on the PA Highlands Trail Network and other happenings in the four-state Highlands. Are you a writer or like to take photos? We are looking for authors for the new Highlands blog. If interested please contact, Jennifer Heisey at jheisey@outdoors.org.

Highlands Trail welcomed into PA

On Saturday, May 16 more than 100 celebration attendees headed to the Riegelsville Toll-Supported Bridge in Riegelsville, NJ and PA to welcome the Highlands Trail into PA.

AMC, NYNJTC, and the Borough of Riegelsville co-hosted the Highlands Trail Celebration to honor the near completion of the 150-mile Highlands Trail into PA from NJ and NY.

Reservations at AMC facilities open Sept. 1

Starting September 1, individual members and the public can book reservations at AMC lodges and huts for the coming year.

Stay four nights and get the fifth free. Three-night rates are always 10 percent off the base single night rate, and five-night rates are 20 percent off. Discounted pricing includes all child rates, as well as private and family rooms at the Highland Center, Joe Dodge Lodge, and Cardigan Lodge. These rates are available Sunday-Friday at any combination of huts and lodges in New Hampshire and Maine during peak periods.

Cardigan meal service on winter weekends will be continued. Cardigan Lodge will offer meal service on Friday and Saturday nights (and Sunday nights on Martin Luther King and President's Day weekends) January through March, making it even easier to enjoy the great cross-country skiing, snowshoeing, and hospitality at this destination. Whole lodge, self-service rentals will be available for chapter programs and other groups throughout the winter, and groups of 25 or more can still arrange for meal service Sunday-Thursday with advance notice.

Visit www.outdoors.org/lodging or call 603-466-2727 for more information and reservations.

Andes climber to speak at Annual Dinner

The guest speaker at the Chapter's Annual Dinner will be Geoffrey Graham, an accomplished mountain climber who will give a presentation on his 2007 ascent of Aconcagua, the highest peak in the western hemisphere.

At 6,962 meters (22,841 ft.), Cerro Aconcagua is outside Asia. It is located in the Andes mountain range, in the Argentine province of Mendoza, 15 kilometers from the international border with Chile.

The dinner will be held on November 7 at the Best Western Inn at Towamencin, Kulpsville, PA from 5-9:30pm. 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:

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

Please RSVP to social @amcdv.org or 215-421-5660 by October 15. Please make checks payable to AMC DV Chapter (no cash) and send to Allen Male, 3625 Welsh, Road, Apt T-60, Willow Grove, PA 19090. Or use the coupon at the right. — Stephanie Wall



2009 AMC-DV Annual Dinner Registration

Reservations must be received by October 30.

Dinner: Saturday, November 7, 2009

Name: _____

E-mail: _____

Phone: _____

Preferred method of confirmation: e-mail ☐ phone ☐

Number attending at \$33 per person _____

Names of all attending:

Total Enclosed: \$ _____

Please send checks only. Make checks payable to AMC-DV and mail to:

Allen Male, AMC-DV Treasurer,
3625 Welsh Road, Apt. T-60
Willow Grove, PA 19090.

No refunds after October 30, 2009. Payment must be received in advance.

This form may be downloaded from the Chapter web site, www.amcdv.org

Activities Social and Annual Picnic were top social events

The DV AMC Annual Picnic was held again this year at Peace Valley Park on June 13. Prior to the picnic there was the traditional hike around the lake which pulled in somewhere north of 40 members again resulting in some hungry folks showing up at the pavilion for a lunch of burgers, hotdogs, veggie burgers and a whole host of other goodies!

Although rain tripped in and out of the day, the members managed to not only eat but play some pretty gnarly badminton and a kind of volleyball better known to those who participated as "mud volleyball." The picnic provided some true relaxation and bonding time with friends both old and new. Everyone seemed to enjoy the picnic!

We held the Annual Activity Social on March 21 at the Perkasio Fire House in Perkasio, PA. There were several pre-social events such as local hikes, a GPS/



Geocaching workshop and an Introduction to Leadership workshop. The turnout was great and resulted in a lot of hungry members lining up to get into the Activity Social. We switched it a bit this year and instead of bringing a covered dish, we charged \$10 per person which included happy hour munchies and a catered dinner. It was also BYOB, so folks brought along their favorite libations.

The crowd was terrific and the food was plentiful and delicious! The event was such a success we expect to continue this new format again next year.

We were honored to have Faith Salter join us from the AMC Headquarters in Boston to share the most up-to-date programming regarding families and enjoying the outdoors.

Lastly, as always our Rich Wells and Jeff Lippincott presented the Annual Hiking Awards. Lots of laughter and great photos ushered in the 2008 high mileage hike leaders. The food was scrumptious but still there were some the leftovers, which we donated to a local food pantry to help those in need. — Stephanie Wall

She left Bermuda for Mohican!

By Lennie Steinmetz

It's not uncommon to hear about someone from this area going to Bermuda for vacation, but someone coming from Bermuda to New Jersey for vacation — now that's unusual!

Anne-Marie Lynch is an AMC member who lives in Bermuda and decided to come to the New Members Weekend at the Mohican Outdoor Center on June 5-7. Although a native of Scotland, she has been living in Bermuda for seven years now, working as a secretary in a law firm.

Two years ago, she and a friend decided they wanted to go somewhere and see autumn color so they went online and found a fall foliage vacation advertised at AMC's Highland Center in New Hampshire. They made the journey and had a wonderful time hiking to Zealand Falls, enjoying the White Mountains scenery, and meeting lots of friendly AMCs.

The following year, she and another friend returned to the Highlands Center for a winter vacation, trying out snowshoeing for the first time.

"The great thing about the Highland Center is that you can borrow all the gear there, so it didn't matter that we didn't have winter stuff," Anne-Marie said.

Once again, she and her friend thoroughly enjoyed their vacation time, so Anne-Marie kept looking at the AMC web site to see what else might be of interest. When she saw the New Members Weekend advertised at Mohican, she thought that sounded like something else she'd like to try.

She flew from Bermuda to NYC, and then took a bus to Newton and taxi from there to Mohican.

"I was apprehensive about coming on my own, but it was not a problem at all," she said. "Everyone at Mohican was so very friendly, and I loved the hikes we did, including seeing a bear and two rattlesnakes. The campfire sing-along by the pond on Saturday night was one of the highlights. I had a fantastic weekend, and hope to come back!"

The other 25 participants at the New Members Weekend agreed they had a great time as well.

Their comments on the weekend included "The hospitality, meals and activities were all wonderful," "It was well-organized, but flexible," "loved the friendliness of the participants," "cabins were great, the leaders were wonderful, and the hikes were beautiful and a good workout," and "I loved the facility — the surroundings are beautiful!"

Everyone who took part in the weekend seemed to feel that it was definitely worth the trip, whether they came from New York or from Bermuda!



Anne-Marie Lynch

AMC FALL GATHERING



- Enjoy great hikes, bike rides, and paddles
- Climb cliffs, climbing walls, ropes courses
- Visit Noble View Outdoor Center
- Family activities—bring the kids!
- Contra dance, socials and campfires, music, new friends

...and much more, with your host, the Berkshire Chapter

Becket-Chimney Corners • Becket, Massachusetts • October 16-18, 2009

Everyone is Welcome! Register Now!
Visit www.amcberkshire.org/gathering • amcfg2009@gmail.com
Or call Christine Fogarty at 978.857.7078

Get Ready for Winter!

It's time to start planning those great winter adventures and getting the gear to make sure that you are comfortable and safe on your trips. If you have questions about what type of gear you should buy for winter hiking, snowshoeing, or cross-country skiing, we may be able to assist.

Or if you're considering possible destinations in the Northeast for your winter adventures, we may be able to offer some suggestions. Contact Winter Activities Chair Lennie Steinmetz at bls@amcdv.org, and if I can't answer your questions, I'll try to find someone else who can.



The participants in this spring's Outdoor leadership Training course were Ivan Winegar, Terry Stimpfel, Midori Wakabayashi, Trey Burg, Barb Blythe, Pat McGill, Shawn Slason and Quint Reiff, all who have already qualified as leaders. Other students included Laura Sheely, Chris Miller, Christine Pence, Brian Potter, Rob Maillie, Monica Beistline, Chris Hoess and Pat Sacks.

Teachers were Dwayne Henne, Bill Steinmetz, Lennie Steinmetz, Mark Kern, Ron Phelps, Pete Jarrett, Jeff Lippincott, Jeff Alpert, Craig Smith, Aaron Gorban, and Christine Krosche.

An OLT course is also offered this fall, see page 10.

Nantucket Bicycling, June 2009

Photos provided by Terry Berntsen

Story on page 4.







Summer whitewater
on the Lehigh.
Bottom left: July 4
Schuylkill trip;
bottom right,
Wading River in the
Pine Barrens. More
paddling photos at
paddlenow.com





Photo credits: above, Rich Pace; left and below, Eric Pavlak.

Mullica River canoe camping in the Pine Barrens. Bottom three, American Lotus trip on Turner Creek on Maryland's Eastern Shore.

Deborah Molettieri photo





More photos from the Annual Picnic
Story on page 5.

Photo credits: cooking and badmitton, Joan Aichele;
volleyball, Craig Smith



FALL 2009

Fall Gathering in the Berkshires, October 16-19

Enjoy the hospitality of the Berkshire Chapter during the height of the fall foliage season. Activities will include hiking, biking, paddling, climbing, scenic tours, high and low ropes course, walking meditation, and family-friendly activities – topped off by dinner and dancing with the contra band David Kaynor and Friends. More information on page 11.

And winter soon follows ...

Photos from last year's January 17 hike at the Moosic Mountain Gravity Railroad tunnel.

L-R: Roger Homeyer, Rich Delguercio, Bill MacGregor, Jim Jurchak and Allyson Wu. Carole Homeyer photo.



Appalachian Footnotes

Published using recycled electrons.

Thank you for selecting this electronic edition of Footnotes. It is optimized for screen viewing and not intended for printing, although you could print selected pages or the entire document if you wished.

By choosing the electronic version, you are not only getting brighter and more colorful document, you are getting faster delivery, saving paper and saving money that could go to conservation, education, trails and a variety of other beneficial uses.

In addition to this document, check our web site for web extras such as our photo album and a black and white printable schedule suitable for use as a hand-out.

If you use Adobe Acrobat Reader to view this newsletter (rather than using a preview program):

Just click on any e-mail or web link. They all work!

Click on the bookmark icon



and you will get a clickable index!