



# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Fall 2013 • Volume 51 • Number 4

## Fall Gathering Issue

**Doing Trailwork in Maine  
Fall Leader Training  
Camping trip on the Mullica**



## Appalachian Footnotes

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Delaware Valley Chapter  
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A detailed directory can be found on our web site.

## Delaware Valley Chapter Annual Meeting & Dinner

**November 9, Upper Gwynedd Fire Hall**



**Speaker:**  
**AMC President**  
**John Judge**

For more information and registration, visit our web site, [amcdv.org](http://amcdv.org) or contact [social@amcdv.org](mailto:social@amcdv.org)

**Cover:** The Delaware Water Gap is the namesake of the vast Delaware Water Gap National Recreation Area, site of this year's club-wide Fall Gathering. *Joan Aichele photo.*

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Moving? Please remember to change your address and desired chapter affiliation by going to the AMC Member Center at [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter) or calling 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](http://amcdv.org)  
DV Paddler's Web Site: [paddlenow.com](http://paddlenow.com)  
Chapter e-mail: [info@amcdv.org](mailto:info@amcdv.org)  
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AMC General Web Site: [outdoors.org](http://outdoors.org)

### Chapter Ombudsman

Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Bill Steinmetz, 610-694-8677, or [ombudsman@amcdv.org](mailto:ombudsman@amcdv.org).

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## **AMC 2013 Fall Gathering set for October 18-20 in Delaware Water Gap; Will offer hiking, cycling, paddling, dancing and more in spectacular scenic area**

This year's AMC Fall Gathering will be held on the weekend of October 18-20 at Camp Speers-Eljabar YMCA in Dingmans Ferry in northeastern Pennsylvania, right at the edge of the spectacular Delaware Water Gap National Recreation Area.

The Fall Gathering is a club-wide event of outdoor activities such as hiking, biking and paddling, along with social hours, dinners, a Saturday night barn dance and campfires. This year it will be hosted by the Delaware Valley Chapter.

There will be members from all twelve AMC chapters in attendance. It is a wonderful opportunity to meet fellow AMC members from throughout the club.

Lodging is at a YMCA camp, so you will get the opportunity to relive your youth by staying in lodges and cabins in bunkrooms. The facilities are modern and have all the important amenities such as full bathrooms including stall showers.

Rustic tenting with limited shower access will be available for those not wanting to stay in a cabin.

Our Fall Gathering committee has planned all types of fun activities for adults, plus a separate agenda for children and families. Within the camp's grounds there are hiking trails, including a nature trail through a bog area, a large lake for paddling with free canoes available. Also, biking around the camp with free bikes and helmets available to those over the age of seven.

For the more adventurous types over the age of 12 there is a ropes course with zip line, climbing tower and confidence course. All of these activities are free. There will also be an opportunity to go horseback riding for an additional fee of \$25 per hour.

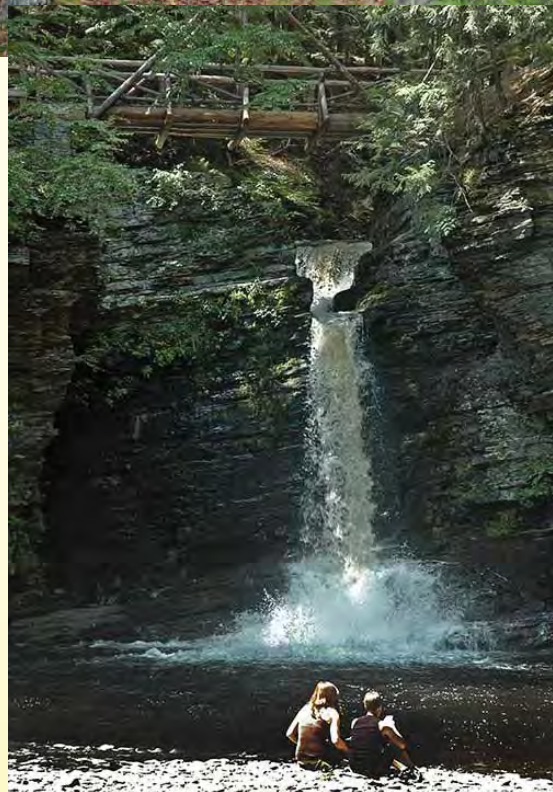
Off-campus, we will be offering full and half-day hikes to many spectacular areas along the Pennsylvania side of the Delaware River. You can choose from hikes that will include waterfalls and fabulous views of the fall foliage in the park, or hikes that go through gorges with hemlock and rhododendron forests.

We will run a paddling trip down the Delaware River where you can view awesome fall colors all around you. This will be coordinated with a local outfitter so there will be an additional charge for boat shuttle and rental.

We also have scheduled two tours to Grey Towers Mansion in nearby Milford, PA, one each on Saturday and Sunday morning. Grey Towers was the summer home of Gifford Pinchot, first director of the U.S. Forest Service as well as a two-term Governor of Pennsylvania. You will be touring all three floors as well as the gardens of this magnificent home. (Five dollar fee.)

Saturday night we offer a barn dance with live music by Dave Colestock and the ContraRebels for all kinds of dancing: square, circle, line and a little contra. No experience or partner needed. Simply join in to have lots of fun. If you get too hot while dancing take a break and head out on a hay ride under the full moon.

Spaces are filling fast. For reservations, directions and more information, see [www.amcfall.org](http://www.amcfall.org).



*Top: Nichecronk Pond at Camp Speers-Eljabar. Middle: One of the camp lodges we will be using. Bottom: one of the three major falls at nearby Childs Park. – Eric Pavlak photos*

## **AMC Fall Gathering 2013 Activities Schedule: hike, ride, paddle, learn, play & dance!**

These activities are open only to Fall Gathering registrants, and are subject to change. They are up-to-date at the time of publication. For the latest information, details on each activity, and a printable schedule, Visit [AMCfall.org](http://AMCfall.org).

### **Friday October 18 Activities**

- 1:15 to 5 PM Ridgeline & Scenic Gorge Trails at PEEC – 6.5 miles
- 3 to 5 PM Pickleball
- 3:30 to 5 PM Camp Trails Hike 3 miles
- 3:30 to 4:00 PM Nature Barn Open
- 4 to 5 PM Nature Hike around the lake
- 5 to 6 PM Social Hour
- 6 to 7 PM Dinner in Dining Hall
- 7 PM (approximately) a short walk to see the full moon on the lake
- 7:30 to 9:00 Grand Loop Full Moon Night Hike 2-3 miles
- 7:30 to 9:30 Friday Night Videos: movies on conservation & historical themes
- 8 to 11 PM Campfire

### **Saturday October 19 Activities**

- 6:30 to 7:30 AM Yoga
- 7 to 8 AM Early Morning Bird Walk
- 8 to 9 AM Breakfast in Dining Hall pick up trail lunches
- 8:45 AM to 4 PM Sunrise Mountain and Leaf Peeper Loop 10 miles
- 8:45 AM to 4 PM The Falls of Hornbeck's Creek and more 8 miles
- 8:45 AM to 4 PM Cliff Park Trails 6.5 miles
- 8:45 AM to Noon Waterfalls Walk – Childs & Dingmans Falls Parks – 3 miles
- 8:45 AM to Noon Tumbling Waters–Fossil Trails at PEEC, 4.5 miles
- 9 AM to 4 PM Canoeing Delaware River: Dingmans Ferry to Bushkill Access
- 9 AM to 3 PM Trail Bike Ride on McDade Trail
- 9:15 AM to Noon Grey Towers Tour
- 10:00 to Noon Craft Barn is open
- 9:30 to 11:30 Nature hike, the Bog and Nature Trail, led by a camp naturalist
- 12:30 to 1:30 PM Lunch in dining hall
- 1:15 to 4 PM McDade Recreational Trail Walk – 6 miles
- 1:15 to 4 PM Ridgeline & Scenic Gorge Trails at PEEC – 6.5 miles
- 1:30 to 4:00 PM Mountain biking, climbing tower, zipline, horseback riding. All in camp!



*Raymondskill Falls, one of the many waterfalls to be seen on hikes at the Fall Gathering*

### **Saturday October 19 Activities, continued**

- 1:30 to 4:00 Childs Park and Dingmans Falls.
- 2 to 3 PM Workshop: Hydrofracking and what AMC is doing to protect public lands and outdoor recreation
- 4 to 5 PM Open Forum with AMC President John Judge
- 4 to 5 PM Kids Zone
- 5 to 6 PM Social Hour; then 6 to 7 PM Dinner in Dining Hall
- 7 PM to 10 PM Hay Rides
- 7:30 to 10:30 PM Old Fashioned Barn Dance
- 8 PM to 11 PM Campfire

### **Sunday October 20 Activities**

- 6:30 to 7:30 AM Yoga
- 7 to 8 AM Early Morning Bird Walk
- 8 to 9 AM Breakfast in Dining Hall pick up trail lunches
- 8:45 AM to 3 PM Mt. Minsi Loop Hike 8 miles
- 8:45 AM to 2 PM Promised Land State Park Hike 8.5 miles
- 8:45 AM to Noon Waterfalls Walk – Childs & Dingmans Falls Parks 3 miles
- 8:45 AM to Noon Hike Cliff Park Trails 4 miles
- 9 AM to Noon Pickleball
- 9:30 to 10:30 AM Wonders of Nature Program
- 10:30 to 11:30 Craft Barn open
- 10 AM to 1 PM Grey Towers Tour

## AMC to meet at, tour historic Pinchot home

As part of the 2013 AMC Fall Gathering, the clubwide Conservation Committee will meet at Grey Towers, plus two special tours of the historic property will be open to all Fall Gathering attendees.

Grey Towers is the magnificent ancestral home of Gifford Pinchot, first chief of the US Forest Service and twice Governor of Pennsylvania. It was built in the style of a French chateau to reflect the Pinchot family's French origins.

The mansion is situated on a hill above the lovely historic town of Milford, PA and offers astounding views across the Delaware River to the High Point Monument in NJ and surrounding hillsides covered in autumn splendor. Your tour will include all three floors of the mansion, including the third floor, which the general public does not get to see.

You will tour the gardens and see the "Finger Bowl." This was the Pinchot's summer dining table which was filled with water. Everyone would sit around the outside of the bowl. The food was placed in balsam bowls and when someone would request food to be passed they would simply sail it across the water.

Try to solve the mystery as to why Pinchot sentenced Pep, his black Labrador Retriever to a life sentence in a Pennsylvania State Prison. Extra points if you find out which prison.

If there is time you will explore the hiking trails on the grounds and see if you can find the "Yale" tent. This is a replica of the tents the Yale University forestry students would stay in when they would spend their summers at Grey Towers studying forestry.

Grey Towers was dedicated as a National Historic Site on September 24, 1963 by President John F. Kennedy. Three years later the Department of the Interior designated it as a National Historic Landmark.

Today it is home to The Pinchot Institute, which continues to carry on Pinchot's work in conservation. Click here for the Grey Towers web site or go to [www.greytowers.org](http://www.greytowers.org).



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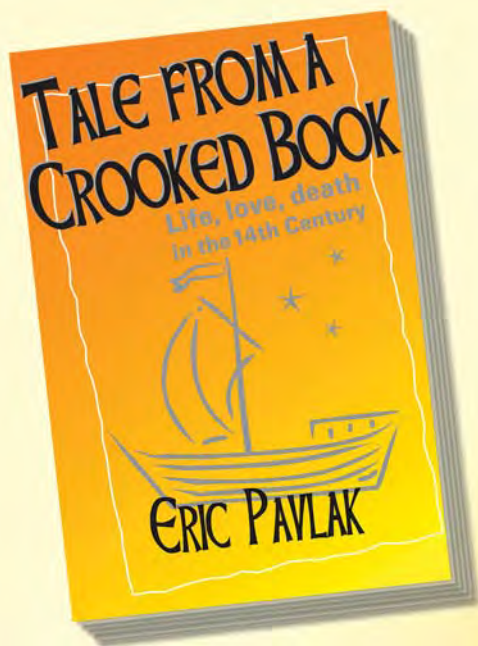
Outdoors with Kids Philadelphia is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.

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*Catfish Pond and the boathouse at the Mohican Outdoor Center. — Eric Pavlak photo.*

### **Mohican offers midweek Fall Foliage Special just before Fall Gathering**

If you are going to the Fall Gathering, you can come early and hike and play for three days prior to that event. Stay at our closest AMC facility, Mohican Outdoor Center, located near Blairstown, NJ, where volunteers will be hosting a Fall Foliage Getaway on October 16-18.

Even if you cannot attend Fall Gathering, you are welcome to have fun at this midweek activity.

Hike and paddle on the New Jersey side of the Water Gap. Hikes will be led by volunteers, or grab a map and venture out on your own. On Friday, take a scenic 45 minute drive to Camp Speers-Eljabar and the Fall Gathering.

To register for this event (not for the Fall Gathering) on line, [click here](http://www.amcdv.org). Or send an e-mail to [amclodging@outdoors.org](mailto:amclodging@outdoors.org). Or call AMC Reservations at 603-466-2727 Monday to Saturday 9 AM to 5 PM.

*Hikers at last year's Fall Foliage event at Mohican.*

*—Joan Aichele photo*



# Working in the 100 Mile Wilderness: My Priceless Experiences in Maine

By Midori Wakabayashi

As many of you may have seen in AMC Outdoors magazine, the AMC's Maine Woods Initiative Area includes the Maine 100 Mile Wilderness Region along the Appalachian Trail. The second week of July, I spent two and a half days at the Gorman Chairback Lodge in Maine for a trail maintenance project in that area.

Our group of ten volunteers, the age ranging from 17 to 70s, stayed in a co-ed bunkhouse for three nights. Seven participants were women from Massachusetts, Connecticut, New York, and Pennsylvania. The leader was Peter Roderick, the past Maine Chapter Chair and the co-chair of the Maine Woods Initiative.

Our project was cribbing the part of the Henderson Brook Trail, which consisted of placing long logs on the outside of a raised section, parallel to the trail. These were supported by the sleeper logs, which were placed six or seven feet apart perpendicular to the longer logs.

This project was lead by Zack and Jule, both working for the AMC over the summer between the college semesters. Diane joined us before starting her graduate programs as well. They are in early twenties, but they have working experiences out of the region, abroad or at the AMC lodges in addition to the trail maintenance experience and knowledge.

The first day started with the three chain-saw workers selecting and cutting down the trees from the upper hillside. Then, after removing the branches, the trees were cut into six to eight foot lengths before moving them down to the trail. All of the logs were stripped, that is, the two outer layers were peeled off. The logs were prepared for the cribs and the sleepers by Zack and Jule using the chain-saws.

On the second day, we started digging sites to place the sleepers, as well as continuing work from we had begun on the first day. We also collected rocks and stones for use in the cribbing.

Steve, who was overseeing the project, showed up to see our progress and to show us some tricks to help with the work. He told us that the Henderson Brook Trail will be a showcase for these types of trail structures and the maintenance methods.

The AMC teen trail-crews, including two participants from the Philadelphia area, were working nearby on a different part of the trail.

On day three, we did more log placements and we also dug out some soil to complete the cribbing. We completed a few sections and left a lot of peeled logs for the teen crews to use.

Our base, the Gorman Chairback Lodge, is located by the Long Lake, which has many trail entrances. When I arrived, Dave, the manager and chef, showed me around the main building. The dining hall and the social room face the lake. It has a sauna as well. There are historic rustic cabins and a few self-standing luxury ones. All of the staff are friendly and kind with a good hospitality attitude.

The lodge is built and operated with sustainable energy and environmental considerations. It has solar panels and its own vegetable garden. Electric generators are operated only on the days with inadequate sunshine. Many waste items are composted, including human waste.

The AMC office in nearby Greenville is a hub for the three AMC

lodges (one currently under renovation) in the area, and they take care of the grocery orders and other needs. I learned this by stopping by at the office and talking with Shannon, the office manager.

So, what did we do after the work? Talk and socialized outside before dinner, walked, read, swam or paddled. The paddling equipment included kayaks, canoes, paddles and personal floatation devices. I had a chance to try my first paddle board, unwilling accompanied by a leech. Later we relaxed and chatted in the bunkhouse. On the final night, we threw horseshoes. Then we (yes, 17 to 70s) played a game together in the social room.



Midori Wakabayashi, left, and Roger David of the Maine Chapter work on the AT in the 100 Mile Wilderness of Maine. — Photo by Laura Chase of the Boston Chapter.

Our trail work ability and experiences varied, and I felt as if I was the inexperienced worker. However, we were all given the AMC trail worker T-shirts by Peter. He told us that there were ten people on the waiting list.

Indeed, the Maine Woods Initiative Area is far from Delaware Valley, so I combined with a chapter trip in New Hampshire, and with my personal visits in northern area.

During our work, some participants had bee stings and spider bites. All of us had multiple scratches and various bug bites. [Necessary first aid was provided.]

After all, we could only complete the tiny section of the short trail, but we all felt fulfilled. Above all, we all had **fun** together! Truly, it was a priceless experience for me.

## Mohican welcomes new assistant manager

The AMC's Mohican Outdoor Center in Delaware Water Gap welcomed a new Assistant Manager as of July 12.

Katie Moran is a graduate of Hofstra University with a degree in biology, who comes from Staten Island. An outdoor enthusiast, Katie has spent much of her outdoor time backpacking various sections of the Appalachian Trail as well as rock climbing the cliffs and crags around the Northeast. When not in the east, Katie likes to frequent the National Parks across the western United States.



Katie says that she realized early on in her career that she would not be happy with a job that required her to be indoors at a desk every day, so she was delighted when the opportunity at Mohican came her way. She is enjoying her new connection with AMC and eager to welcome guests at Mohican, so plan a visit sometime soon and welcome her aboard!

## Major fall programs and events at Mohican

Some upcoming events at Mohican where you can meet and welcome Katie include:

**Wilderness First Aid:** September 13-15

**Fall Hawk Watch Midweek Getaway:** September 17-19

**Writing Outside Yourself:** September 20-22

**September Apple Festival Midweek Getaway:** September 24-26

**Family Adventure Getaway:** September 27-29

**Intro to Digital Outdoor Photography Getaway:** September 27-29

**Rock Climbing for Beginners:** September 27-29

**Work and Play Weekend:** October 4-6

**Watercolor Painting Weekend Getaway:** October 4-6

**Hiking and Music Getaway:** October 11-13

**Fall Foliage Tour Midweek Getaway:** October 16-18

**Irish Song and Dance:** October 18-20

**Sketching Tour Weekend Getaway:** October 25-27

**Map and Compass Weekend Getaway:** October 25-27

**New Members Getaway:** November 1-3

**Yoga and Hiking Weekend Getaway:** November 15-17

**Yoga and Hiking Weekend Getaway:** December 13-15

For detailed information about these getaways, click [here](#).

## Leader Training Course to be offered this fall

The Delaware Valley Chapter offers a training course for outdoor activity leaders each year in the spring. In addition, we have established a reciprocal arrangement with the Connecticut Chapter so that DV Chapter members may attend the Connecticut Chapter's leadership training course in the fall.

If you'd like to get started as an AMC activity leader, this is your chance! This year the course will be offered on the weekend of November 15-17 in Litchfield, Connecticut (the western part of the state). We will try to coordinate carpools for DV Chapter members traveling to Connecticut for the course, about three and a half hours from Philadelphia.

The November course, like the DV Chapter's spring course, covers many aspects of being a trip leader such as group dynamics, leadership styles and accident scene management, 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 cost for the weekend is \$55 for members, \$75 for non-members, including instruction, handouts, lodging and meals. 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 more information on this course, or on other leadership training opportunities available through the AMC, contact Leadership Chair Lennie Steinmetz at [leadership@amcdv.org](mailto:leadership@amcdv.org) or 610-694-8677.

## Celebrate National Public Lands Day, Sept. 28 Volunteer for projects at Valley Forge Park

On Saturday September 28, 2013, AMC DV will again participate in National Public Lands Day, now celebrating its 20th year, at Valley Forge National Historical Park.

Meet at the Welcome Center lower level parking lot at 9 AM for the annual National Public Lands Day and help us in caring for our land. There are plenty of activities and AMC will do trailwork. Bring water, snack, and gloves.

The park plans to have a number of projects for volunteers to choose from, as well as a guided nature hike, an Environmental Expo and a fun youth workshop. AMC-DV will have a table at the Expo.

Join AMC-DV's project, another Park project or simply enjoy the day. For more information, contact Phil Mulligan, 215-247-8658 or [valleyforgetrails@amcdv.org](mailto:valleyforgetrails@amcdv.org).

Over all, AMC maintains over 1,800 miles of trail throughout the northeast and mid-Atlantic, including 350 miles of the Appalachian Trail, and some of the most popular hiking trails at Valley Forge.

Hundreds of volunteers; trail workers, leaders and trail crews are a critical part of each mile that AMC maintains. AMC also has professional trail crew, founded in 1919, one of the oldest, best-known, and most respected professional trail crews in the nation. It is made up of 22 young, hard-working, physically fit, hard-core outdoors lovers who take on big projects.

This year, uncertainty about the federal operating budget cut or delayed many of the critical partnership grants that help AMC fund the crews to do their heavy duty work, leaving managers scrambling to figure out how much to forego this year.

Your support of the Trails Fund ([online.outdoors.org/trailsfund](http://online.outdoors.org/trailsfund)) will help keep trails across AMC's region open and maintained.

## Mullica River Canoe Camping, 2013

For the past nine years each June, Rich Pace has led a very popular overnight canoe camping trip on the Mullica River in the New Jersey Pine Barrens. This trip usually fills early, and often has a waiting list. Photos by Rich Pace, Terry Berntsen, Edward Duff, David Learner, Lynn Bass-Smith and Cathy Stevenson

