



Appalachian Footnotes

**Why leaves change color
Chapter weekend
Annual dinner
Fall Gathering
New leaders
August Camp 2015**

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Appalachian Footnotes

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Delaware Valley Chapter
Appalachian Mountain Club
published using recycled electrons.

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Just click on any e-mail or web link.
They all work!
Click on the bookmark icon  and you will get a clickable index!**

Chapter Leaders' Hotline: stay in touch

Communication with our Chapter leaders is very important. The main source for communicating with our leaders is our DV Leaders Hotline through Yahoo Groups.

If you are a DV Chapter leader and feel you are not currently receiving e-mails sent out over our Leaders Hotline it is possible we do not have a current e-mail address for you. If you have changed your e-mail address within the past few years and have never notified us about it, we need your current e-mail address.

Please contact our Communications Chair, Rich Wells at communication@amcdv.org with your current e-mail address and he will send you an "invite" to join our DV Leaders Yahoo Group. You must accept this invite to begin receiving e-mails through our Leaders Hotline. We cannot simply edit your e-mail address due to spam considerations. Please help us to keep the lines of communication working by staying current with your contact information.

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 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
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, Allen Male at ombudsman@amcdv.org.



Cover: Sue Bickford-Martin crosses Jean's Run on two steel wires during an AMC hike last fall
Photo by Rich Pace.

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Catfish Pond at the Mohican Outdoor Center, Eric Pavlak photo.

Why leaves change color

By Eric Pavlak

Each fall this happens: the days grow shorter. Leaves that all summer long used green chlorophyll to make sugar from water and carbon dioxide and sunlight begin to change color. Not just leaves on trees, but leaves on shrubs and vines and grasses change color. The plants are preparing for winter.

Chlorophyll is an amazing substance that manufactures the food for all living things. All creatures either are plants, or eat plants, or eat animals that eat plants, or eat the remains of things that once ate plants.

It operates in leaf cells called chloroplasts, and through the spring and summer, the chloroplasts and the chlorophyll break down and are continually replenished and replaced. Chlorophyll works by absorbing energy from blue and orange wavelengths of light. It reflects green light, and hence looks green.

As the amount of sunlight diminishes during autumn, due to both shorter days and the lower angle of the sun, the plant senses that winter is coming.

Water supplies are limited during winter, and the plant must

conserve, since water is not as readily available. During summer, a hardwood tree may transpire (evaporate) 50 to 100 gallons of water a day through its leaves, with additional water consumed by its metabolic processes. During winter, these processes slow down and shut down.

Annual plants mostly stay green until frost, then die. Perennial plants, including deciduous trees, stop making chlorophyll and start growing new cells at the base of the leaf stem that will sever the leaf and seal the branch. All summer long, they have been making sugar and using some of it to grow, and storing the rest for winter and the following spring.

As the amount of green chlorophyll diminishes, other substances already in the leaves become visible. These include carotenoids, which produce yellow, orange, and brown colors in such things as corn, carrots, and rutabagas and buttercups. There are also anthocyanins, which give color to things like cranberries, red apples, grapes, blueberries, cherries, strawberries and plums. Some anthocyanins are always present in the leaf, but anthocyanin production increases in late summer and early fall.

Continued on the next page

Chapter Weekend: Sept. 11-13, Ironmasters Mansion Pine Grove Furnace State Park

This year our chapter will be hosting a fun filled weekend at the beautifully restored Ironmasters Mansion in Pine Grove Furnace State Park. This gorgeous park is located in the South Mountain area of Cumberland County, PA, just south of Shippensburg, and is surrounded by the Michaux State Forest.

We will be offering lots of activities throughout the weekend including a 22-mile bike ride out and back on the Cumberland Valley Rail Trail. Different hiking options will be offered within the park including the recommended hike to Pole Steeple Vista for awesome views of Michaux State Forest, as well as hikes along the Appalachian Trail, which goes right by the mansion.

The mid-way point of the AT is near the mansion. Located within walking distance of the mansion is the general store where thru hikers stop to honor a long time tradition of eating a half-gallon of ice cream. Also nearby is the AT Museum, although it may not be open that weekend.

If you are into trout fishing, try your luck in the stocked Mountain Creek and Laurel Lake. Weather permitting, we will enjoy Smores around the campfire both Friday and Saturday evening. Bring your musical instruments for a sing along.

Lodging options will be bunk beds, several pull out sofas, a few additional spaces on the floor in meeting rooms and a few tenting spots in the front yard of the mansion. Think back to your college days of crashing anywhere for the weekend.

We will provide Friday and Saturday dinner, plus Saturday and Sunday breakfasts. Participants should bring their own trail lunches. To help keep the cost down we request that you bring snacks to share for the Friday and Saturday night social hours. All beverages throughout the weekend are BYOB. The cost for the weekend is \$65 per person. Registration is required and space is limited to 40 people.

For more information and to register, [click here](#), or go to our chapter web site home page at amcdv.org. Bring your sense of humor and willingness to have a fabulous time with some of your fellow DV Chapter members.



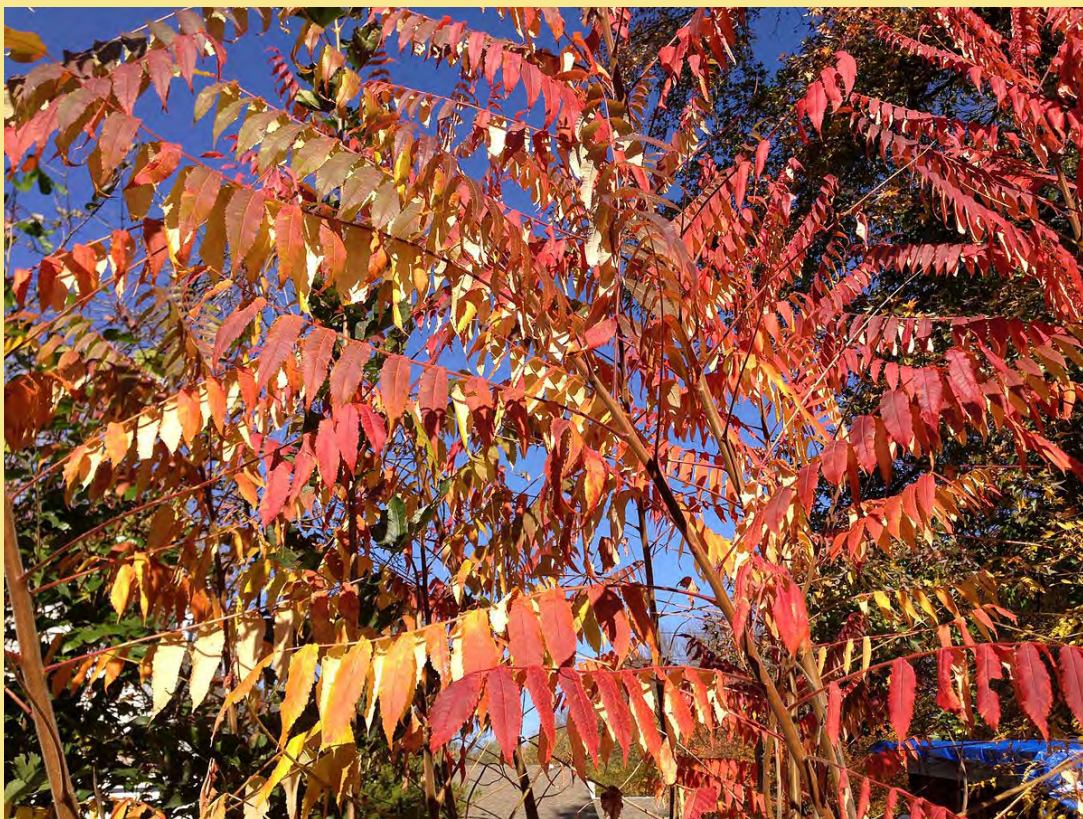
Why leaves change

The amount of sunlight, not the change in temperature, triggers the change of color. However, the complicated interplay of temperature and available moisture do play a role in determining the intensity of fall color. Warm, sunny days and cool, but not freezing, nights plus adequate moisture seem to favor the most brilliant color.

Evergreens, which evolved long before deciduous trees, keep their leaves all year. Their long, slender needles, their leaves, have a waxy coating to prevent moisture loss, and their sap has a built in antifreeze.

When looking at fall colors, don't ignore the understory plants. One of the most spectacularly colorful plants is the staghorn sumac, shown at right (not at all related to poison sumac), with brilliant reds, oranges and yellows to complement its large clusters of deep red fruit.

Even poison ivy puts on quite a colorful show. Just don't pick any!



The amount of sunlight, not the change in temperature, triggers the change of color.

2015 FALL GATHERING

YMCA Camp Chingachgook • Lake George, New York
Hosted by the Mohawk Hudson Chapter
October 16-18, 2015



Join us for a weekend on scenic Lake George in the Adirondacks! Choose from a variety of activities including cycling local bike paths, paddling the coves, hiking summits, relaxing by the lake, and much more. Start planning your fall adventure at outdoors.org/fallgathering today!

Leadership Training to be offered this Fall

If you'd like to get started as an AMC activity leader as soon as possible, here is your chance!

The Delaware Valley Chapter, which offers a training course for outdoor activity leaders each year in the spring, has 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.

The course this year will be offered on the weekend of November 13-15, 2015 in Litchfield, Connecticut, (western Connecticut). We will try to coordinate carpools for DV Chapter members traveling to Connecticut for the course, about 3½ 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 \$50 for members, \$65 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 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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15 leadership course grads become leaders

The DV Chapter is pleased to announce that 15 of this year's Outdoor Leadership Training course graduates have already completed both their required co-leads and been approved as DV Chapter leaders.

The DV Chapter's Outdoor Leadership Training course this past April saw a record number of participants take the two-day course as their first step toward becoming DV activity leaders.

In order to complete the training, graduates must successfully complete two co-leads on chapter activities. For their first co-lead, they team up with an experienced leader who does most of the planning for the event and works with the trainee as their assistant. For their second co-lead, the trainee must plan, scout, and actually lead the trip, with an experienced DV leader serving as their advisor.

Congratulations to the following new DV Chapter leaders: Jeff Di Francesco, Judy Farrell, Lizzie Grobbel, Jack Kerby-Miller, Lisa Lombardo, Peni MacMeekin, Clara Masessa, Theresa McCartin, Margaret Moore, Bill Murray, Joe Nanfara, Larry Priori, Hannelore Rittinger, Linda Watsula, and Leonard Wolf.

In addition, 10 of this year's graduates have completed their first co-lead, and are on track to complete their second co-lead this fall. These include: Matt Beckius, Sue Berg, Greg Bernet, Lisa Chou, Evan Ernest, Jan King, Cara Meglio, Robert Mraz, George Rockett, and Haider Shamsuddin.

We look forward to many new hikes and activities on the DV Chapter schedule in the coming months offered by this great group of new leaders.

Many thanks to all the current DV Chapter leaders who worked with this year's trainees to help them complete their co-leads and get started in their new role as AMC leaders!

Annual Meeting and Dinner

November 7 — 5 to 9 PM

BYOB happy hour with tasty hors d'oeuvres

Guest Speaker: Silas Chamberlin

a dynamic young speaker who will give a presentation on the history of hiking, particularly in our region

Pennridge Community Center
146 East Main Street, Silverdale PA
Rt. 113 just south of Rt. 152
GPS coordinates: 40.349583, -75.269540
Registration and more information at
amcdv.org/social

Trail advocate, historian to give presentation at annual dinner

On the Trail: A History of American Hiking

Silas Chamberlin's presentation provides an overview of America's rich history of hiking and trails, with a focus on Pennsylvania. He will talk about the ways in which hikers have thought about their pastime, and how hiking has evolved substantially from the origins of organized hiking clubs in the 1870s to the present.

Silas will give an overview of this long history, while weaving in some interesting anecdotes along the way. His talk is based on research at the AMC archives in Boston and dozens of club archives throughout the country and is a preview to his book, *On the Trail: A History of American Hiking*, which is forthcoming from Yale University Press.

Ridgerunner completing successful '15 season

Kevin Williams will be finishing up his first season as a ridge runner on the 42 miles of Appalachian Trail between Delaware Water Gap and Lehigh Furnace Gap. The program, now in its 23rd year, is one of three in Pennsylvania run by the Appalachian Trail Conservancy.

AMC helps with this program and chapter trail maintaining volunteers do the hiring and on the ground oversight for this paid position. In this section of the trail, other maintaining clubs are also involved, so monitoring and caring for the trail is a collective and cooperative effort.



Program funding comes from several of these clubs and from the Land and Water Conservation fund, which is administered in Pennsylvania through grants from the state Department of Conservation and Natural Resources (DCNR).

Kevin has done a great job, helping to educate trail users, and helping to keep campsites and trail heads clean so as to encourage others to do the same. He has especially enjoyed meeting and working with the volunteers in the different trail clubs, and he has been very adept as well in working with trail partners and agencies along the trail.

A thru-hiker himself in 2012, he very much welcomed this opportunity to give back to the trail. He has hinted as well, that he would want to return next season.

On behalf of the chapter, the Appalachian Trail Conference (ATC) and neighboring trail clubs, we all thank him for a job well done! — Bill Steinmetz

AMC's annual photo contest is underway — with a new twist! As always, you can enter for a chance to win great outdoor gear prizes and, new this year, your entry will also help your chapter compete for the Chapter Award.

The chapter with the greatest level of participation (as of the close of the contest, on September 30) will receive a customized outdoor photography workshop conducted by AMC Outdoors staff.

The winner will be determined by the highest number of entries as a percentage of total chapter membership. Enter today at www.outdoors.org/photocontest and encourage your friends to join you!

Silas Chamberlin is a non-profit executive with experience in the fields of conservation, economic development, and cultural resource management. He holds a PhD in environmental history from Lehigh University (2014), a MA in history from Lehigh (2008), and a BA from Temple University (2006).



Silas's book, *On the Trail: A History of American Hiking*, is forthcoming from Yale University Press. His research, which included mining the records of AMC's Joy Street archives, has received awards from the Association of Environmental Studies & Sciences and the International Trails Symposium.

Silas is currently executive director of the Schuylkill River National Heritage Area, an organization that promotes environmental stewardship, community revitalization and economic development across five counties of southeastern Pennsylvania.

The heritage area's most high-profile project is developing and promoting the 130-mile Schuylkill River Trail, which will link Philadelphia to Pottsville. Previously, Silas was a regional advisor in the Pennsylvania Department of Conservation & Natural Resources and senior director at the Delaware & Lehigh National Heritage Corridor.

Full reimbursement for Wilderness First Aid now available to DV Chapter leaders

The DV Chapter is pleased to announce an exciting new two-year pilot program for reimbursing chapter activity leaders who take the Wilderness First Aid course.

Any leader who leads trips within the 18-month period starting six months before, and up to one year following, the successful completion of the WFA course will be reimbursed: 50 percent of course fees for leading two trips, 75 percent for leading four, and 100 percent for leading six. Maximum reimbursement is \$300. Two day or longer trips will count as two trips.

Course fees refers to registration and relevant lodging costs (for example, a two-day WFA training course by SOLO at Mohican Outdoor Center), and excludes travel and meal expenses unless such expenses are included in the registration fee. Reimbursement allowances apply for all original, renewal and recertification classes.

Great Oregon Adventure: August Camp 2015



Black Crater Trail, Jim Borowski

By Lennie Steinmetz

AMC's August Camp took place this year in the Central Cascades of Oregon, near the town of Sisters. The camp was located at the Hoodoo Ski Area, within a couple miles of the Pacific Crest Trail. August Camp is a volunteer-run summer program that offers four one-week sessions of group hiking for adults in or near national parks, forests, and wilderness areas, chiefly in the Western US. The hikes are led at several levels of pace and challenge daily, to accommodate a variety of preferences. This year's hikes included visits to a wonderful variety of scenic lakes, waterfalls, geologic formations, mountain passes and peaks in this unique area of giant pines, lava flows, and stunning vistas. There were also options for mountain biking, white water rafting, trips to a natural hot springs spa and to the Lassen National Volcanic Park, trail work on the Pacific Crest Trail, and an overnight trip to Crater Lake National Park.

The DV Chapter was well-represented at all four camp sessions this year, with the largest contingent at Week 2 (July 25-August 1). The sixteen DV Chapter members at that session can be seen mugging for the camera in one of the photos accompanying this article. Rather than trying to speak for them, I asked them if they would be willing to share some thoughts on the experience. Here are some of their comments about August Camp 2015:

I very much enjoyed August Camp. The best part? Hands down, it was the people. I met nobody who was a "downer" person, and on the surface, everybody seemed to have a great time. There seemed to be a wide variety of hiking abilities, strengths, and staminas, so everybody had the opportunity to enjoy themselves at their own limit(s). The food was very good, and I thought the way things were run was excellent. All the hikes I did were wonderful, everyone raved about what we saw (even on the cloudy day - Monday), and yes I would strongly recommend it to others as well. — Tom Grenell, first time August Camper

This was my third camp. I find it good value for someone who likes to hike and wants to try new locations. It's easier than backpacking and there's greater variety. Overall it was a very good experience. I enjoyed it all - comfy tent camping, great food, meeting interesting people, and hanging out with old friends. — Margaret Moore

This was my fourth August Camp and I was looking forward to seeing the Central Cascades of Oregon. The Monday before we left I was diagnosed with plantar fasciitis. I thought I would not be able to hike, but I was pleasantly surprised. I was able to enjoy short hikes, did trail work

Monkeyface, John Rowen





Snowfield on Tam-McArthur Ridge, Lennie Steinmetz



Route to Jefferson Park, Lennie Steinmetz

August Camp

on the Pacific Crest Trail one day, and took an overnight trip to Crater Lake. The scenery was beautiful, fellow hikers friendly and fun to spend time with, the volunteer leaders were top-notch and the Croo was outstanding. The trail work gave me a renewed appreciation for the time and labor devoted to creating and maintaining a trail. I'm looking forward to 2016 in the Olympic Peninsula. — Kathy Kelly Borowski

Each of the four August Camps I've attended has been different, but special in its own way. This year's adventure in Oregon found me gliding through ghostly burned forests of silver-shined lodgepoles and floating in refreshing Lake Duffy, 4750 feet-up, beneath the air dance of a snowy tailed eagle. Back at camp, we night-howled at the blue moon and held our morning breaths as mamma doe and spotted fawns tiptoed through the dust. Berm widening and plant lopping on

the Pacific Crest Trail was rewarded by a late-week adventure to Breitenbush Hot Springs Spa, clothing optional. A 7900-foot high Alpine forest dotted with lava rocks finished the week, and the always funny Follies showcased hikers' hidden talents. One thing is certain about August Camp: when you open yourself up for adventure, the rewards will astonish. — Priscilla Estes

It was my first August Camp, but it certainly won't be my last! — John Rowen

Our first experience with August Camp was two years ago in the Northern Cascade Mountain Range. We enjoyed the experience so much, we knew we would register again. We were thrilled to be able to return to August Camp in 2015, again during week three, which allowed us to re-connect with so many of our fellow campers that we met two years earlier. As relative newcomers to the mountains of the Northwest, we found

that August Camp is a great way to safely explore a variety of trails and nearby towns, guided by capable and friendly AMC-trained hike leaders. Daily options ranging from strenuous, longer hikes to mountain peaks to casual walks along various waterways provide great flexibility in achieving personal activity goals. The amenities at base camp, including a helpful and generous croo and fantastic cuisine every day make AC for vacation an obvious choice.

— Chris Rapacki

Additional information on this year's camp and on August Camp in general can be found on the August Camp website at <http://august-camp.org/>. August Camp 2016 will take place on the Olympic Peninsula, which is centered around Olympic National Park on the Pacific Coast in Washington. Information on next year's camp will be available later this fall on the website.



Crater Lake, Phill Hunsberger



Iron Mountain, John Rowen.



Tam-McArthur Ridge , Lennie Steinmetz



Switchbacks, John Rowen



Browder Ridge, Jim Borowski



August Camp

The Three Sisters from Iron Mountain, John Rowen photo



Trail Work Group on the PCT, Jim Borowski



*Hikers and view of Mt. Jefferson from Jefferson Park
DV Chapter members on week two, Lennie Steinmetz*



John Rowen

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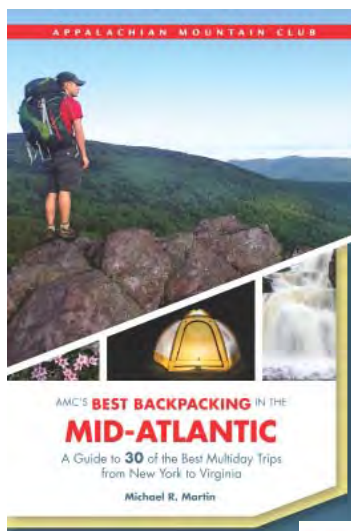
Available Now!

By Susan Charkes
Our chapter's
Conservation Chair
Member Price: \$15.16

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.

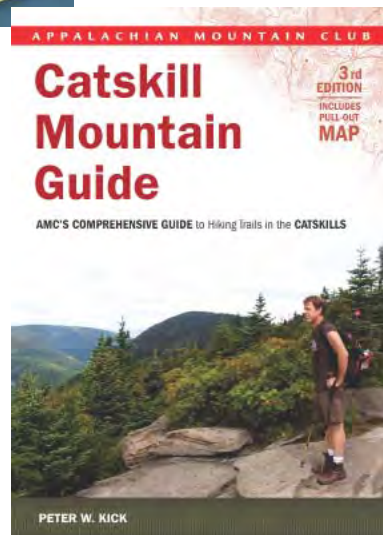
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AMC's Best Backpacking in the Mid-Atlantic: A Guide to 30 of the Best Multiday Trips from New York to Virginia
By Michael R. Martin
Paperback
Member Price: \$15.96

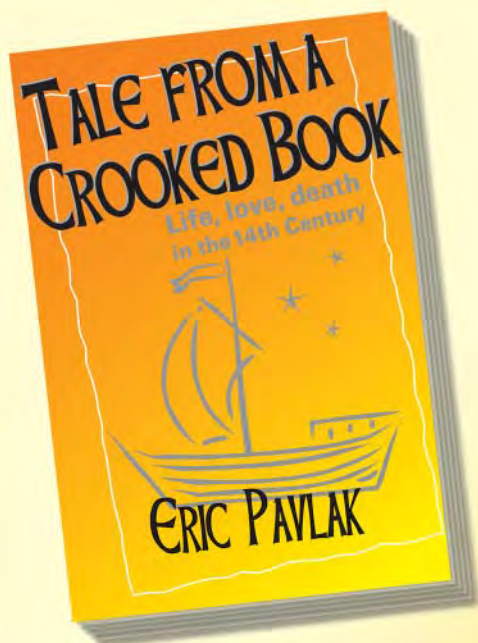
Catskill Mountain Guide: AMC's Comprehensive Guide to Hiking Trails in the Catskills, 3rd edition
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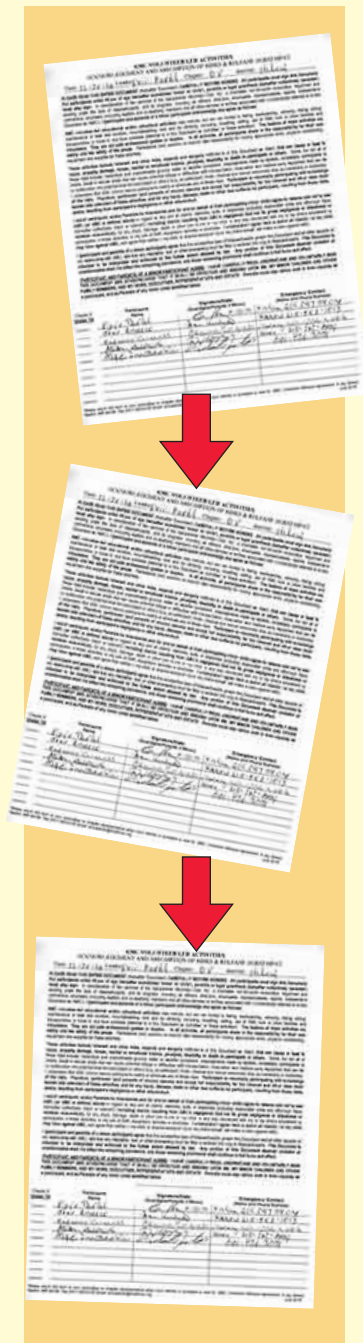
Electronic trip reporting: you no longer need to mail forms!

With our new on-line trip report system, AMC-DV leaders can file trip reports electronically, instead of mailing them to the appropriate activity chair.

You will need to:

1. **Get a User ID and password.** If you have not yet been sent a link to set up your User ID and password, or if you have forgotten your ID, please contact login-help@amcdv.org. This help mailbox is monitored by a volunteer, so it may take a day or more to get a response, particularly on weekends. Please be patient!
2. **Scan or photograph your trip sign in sheets.** We just need the side with the signatures. The file format should be either PDF or JPEG. [Click here for some very useful help](#) with scanning or photographing your sign in release sheets. After you are done scanning, look at the file, and make sure that you could read it.
3. **Fill out the trip report** on line at <http://amcdv.org/TripReport.php>

When you report on line, here is what happens:



Sign-in sheet,
plus on-line trip report..

This goes to the activity chair. You can get a copy e-mailed back to you if you check the appropriate box.

A copy automatically goes to our volunteer activity logger, who enters the trip and participant information. This is how we track miles hiked, rivers paddled, trails worked on, etc. This will be used for our new annual awards.

A copy automatically goes to AMC headquarters in Boston, where it is used for statistical purposes, and kept as a legal record.

Click Here to go to the log in page
<http://amcdv.org/TripReport.php>