



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
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Conservation fund expiring
Freya Stark, explorer
Leadership learning programs
Review: *The Adventure Gap*
Fall Gathering in Connecticut
August Camp photos and story



Appalachian Footnotes

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They all work!

Click on the bookmark icon  you will get a clickable index!

Weekly Activities Bulletin: Never miss a trip or event! Easy and convenient!

Get a list of all Delaware Valley Chapter activities for the next two weeks sent to your in box each Wednesday, plus advanced notice of major trips and events each month.

Members' e-mail addresses will not be used for any purpose other than sending out this bulletin.

Go to <http://amcdv.org/mail.html> to sign up, change your e-mail address or cancel your subscription

Custom activities digests, too!

Get a list of trips you are interested in sent to your in box the day they are posted.

You pick the kinds of trips that interest you: hard, easy, hiking, biking, paddling, whatever.

You pick the locations: by region, by chapter; you pick.

You choose how often: daily, weekly, biweekly or monthly.

Go to <http://amcdv.org/mail.html>

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Weekly Activities Bulletin: amcdv.org/mail.html

AMC General Web Site: outdoors.org

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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: Bill Steinmetz took this photo of Lennie Steinmetz near the summit of Blackhead Mountain in the Catskills last fall.

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The Land and Water Conservation Fund expires September 30 and you can do something about it

By Mark Zakutansky, AMC Director of Conservation Policy Engagement

You may remember reading in the Summer edition of Footnotes that the Land and Water Conservation Fund (LWCF) was facing a pending expiration on September 30 of this year after more than 53 years of successful conservation projects in every part of the country.

The Land and Water Conservation Fund is a visionary and bipartisan federal funding program for protecting our nation's most special places. From Sterling Forest in the New York Highlands, to White Cap Mountain in Maine, to the Appalachian National Scenic Trail, LWCF has funded the protection of some of most iconic landscapes and trails in the Northeast.

Congress has still failed to act to reauthorize the Land and Water Conservation Fund, so AMC and our partners in the LWCF Coalition have continued to ramp up our awareness building campaign, as well as our work with decision-makers.

We're so thankful that our dedicated volunteers, advocates and trip leaders have joined us in this call-to-action, such as by leading local hikes and outings to places previously protected or improved with LWCF funding. Many AMC advocates have also responded through the Conservation Action Network, with hundreds of letters and phone calls to our Senators in the last few months.

Our staff in Bethlehem, PA are also working hard, having brought reporters up in the air to fly over areas protected by LWCF and at risk, by meeting with newspaper editorial boards, and hosting local press conferences.

What if the Land and Water Conservation Fund expires?

If Congress fails to act to reauthorize the Land and Water Conservation Fund, existing funding to the program from oil and gas leasing revenues will no longer be available. Funds for the LWCF are derived from offshore oil and gas leasing revenues and deposited into an account that the LWCF utilizes.

Though Congress can continue to appropriate funds to LWCF projects without an authorization, it is much harder to fund a program that does not have a dedicated funding source. Without the certainty of continued funding, many conservation projects with willing sellers that have been in the works for years may be lost, as the predictability of funding is very important in these negotiations.

AMC, with our partners and champions in Congress, will keep fighting.

Congress can still and very well may act before the end of September. We are calling on Congress to permanently reauthorize the Land and Water Conservation and to permanently dedicate full funding to the program at \$900 million. House Resolution 502 and Senate Bill 569 would secure this important victory if passed.

You can speak up today.

On our Conservation Action Center at www.outdoors.org/act, you will find a call to speak up about the Land and Water Conservation Fund. Contacting your Senators and speaking about the outdoor places that you love to visit is a powerful way to support this effort.

You can also schedule or attend an outing to a place protected or improved with funding from the Land and Water Conservation Fund. Share your trips and photographs online using the hashtag: #SaveLWCF. We have resources available at www.outdoors.org/volunteer/conservation-volunteers. You can also reach me directly anytime at mzakutansky@outdoors.org or at 610-868-6915.

Thank you for standing with AMC in support of the Land and Water Conservation Fund



Freya Stark

Extraordinary explorer



She was the first to map large portions of the Middle East, and often traveled alone through some of the most dangerous parts of the world.



The Life and Times of Freya Stark

"The Spirit of Adventure is What Makes Happy Lives" —Freya Stark

By Christine Loch, Chapter Diversity Chair

At times it seems to take the talent of the poetic observer, the curious adventurer, who can humbly navigate us through unknown worlds and cultures, and guide us to see a bit of ourselves in others. Freya Stark, an avid hiker and adventurer was just that person. Traveling solo to parts unknown, long before the Discovery Channel and National Geographic specials, Freya humbly immersed herself in worlds far removed from the comforts of her London home.

As a young woman, she traversed the vast mountain ranges of Lebanon, Turkey, Yemen, Afghanistan, and all places in between, in an age when a woman's place was still perceived to be in the home.¹

Born January 31, 1893 in Paris in a home full of artists, she spent most of her childhood in the Italian Dolomites living with her mother in Asolo. Her parents had separated when she was quite young. Spending seemingly endless days with a pack on her back and steep horizons before her eyes, she climbed mountains by the age of three, and rarely slowed down for most of her 100 extraordinary years.¹

In her early adulthood, as World War I broke out across Europe, Freya completed nursing training and began work in Italy. She later returned to London to continue her studies at the London School of Oriental Studies, and there her true talents as a writer emerged.²

Beginning in 1928, she spent several years in Lebanon, and traveled alone to Baghdad, all the while becoming fluent in Arabic and Persian (Farsi). In 1931, she published her first book, *Baghdad Sketches*.

As a writer and explorer, she began one of her greatest adventures in 1933, as a solitary traveler in northern Persia, in a region known as the Valleys of the Assassins, mapping areas of the Islamic world, which ultimately earned her both the Back Award and the Founder's Gold Medal from the Royal Geographical Society.⁴

She published over two dozen books on her travels through the Middle East, Turkey, Afghanistan, Nepal, and Greece, conveying to her readers not only practical travel tips but captivating observations of the people, places, customs, and history of the region.² Fluent in Arabic, Persian and Turkish languages, she was able to immerse herself in the culture of the common people, seeking to learn their ways, through the lenses of curiosity, respect, and awe.

"I spoke their language and that made all the difference. I sought knowledge and this is respected everywhere."⁴

Hiking the most challenging mountains of the world, was her passion, "The best part of the trek is the passage of landscapes through your day, where you have this wonderful development of a land slowly unrolling itself, you seem to own it, forever, and ever."⁴

She was still meeting the challenges of the Himalayan Mountains at the age of 88, as she conducted one of her last expeditions to the region, with 49 assistants and a pony in tow.⁵

She passed away in her beloved Asolo Italy at the age of 100 on May 9, 1993, leaving behind a wealth of knowledge captured in her books and inspiring memories that would ignite generations of future hikers. Her life's work was a gift to each of us, teaching us how to embrace unknown worlds, to learn from those that may seem different, and attempt to capture the wonderment that lies behind another's eyes.

A few of the best known books written by Freya Stark include: *The Valleys of the Assassins* (1934), *The Southern Gates of Arabia* (1936), *Letters from Syria* (1942), *Alexander's Path* (1958), *The Minaret of Djam* (1970),

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Delaware Valley Chapter Annual Meeting and Dinner, Saturday, November 3

**Pennridge Community Center,
Routes 113 and 152 South, Silverdale, PA**

This year's guest speaker will be Jeff Mitchell, who was born and raised in northeast Pennsylvania and resides near Tunkhannock. When not getting lost in the woods or exploring a creek to see where it goes, Jeff is the District Attorney of Wyoming County.

He is the author of five books: *Hiking the Endless Mountains*, *Backpacking Pennsylvania*, *Hiking the Allegheny National Forest*, *Paddling Pennsylvania* and *Backpacking New York*. These books reveal the surprising, and often forgotten, beauty that lies in our backyards.

The Annual Meeting takes just a few minutes and includes election of the 2019 executive committee. The evening will also include the presentation of the Appie and Golden Appie awards.

The fun starts at 5 PM with happy hour. Dinner is at 6 PM. The cost is only \$25. Registration and directions at <http://amcdv.org/social.html>



Three outdoor leadership learning opportunities are available this fall

Get started as an AMC activity leader as soon as possible, or take on the challenges of leading longer domestic and international excursions with these leadership training opportunities.

While the DV Chapter's leadership course doesn't take place until next spring, the Connecticut Chapter's training course for outdoor activity leaders will be offered on the weekend of **November 16-18** in Litchfield, CT (western Connecticut). We will try to coordinate carpools for DV Chapter members traveling to Connecticut for the course (about 3 1/2 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 approximately \$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.

Young Members

For young members (in their 20s and 30s) interested in becoming AMC leaders, there will be a Young Members Leadership Training Weekend at the Harriman Outdoor Center north of NYC on the weekend of **September 21-23**. The cost is \$40 for the weekend, registration is open until September 7 or until filled.

Adventure Travel

Experienced DV leaders who wish to expand their range might be interested in attending the Adventure Travel training weekend that will take place on the weekend of **November 2-4** in Charlton, MA

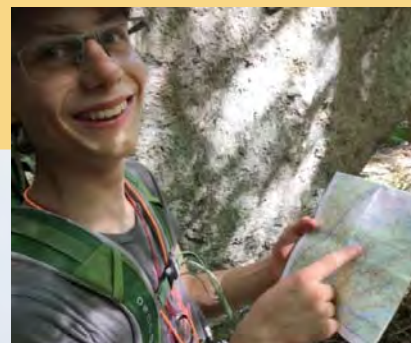
This is a great opportunity for trip leaders who are ready to take the next step from leading local chapter trips to organizing and leading longer domestic and international excursions. The cost for the weekend is \$115, and the registration deadline is October 5, 2018

For additional information on any of these courses, contact DV Leadership Chair Lennie Steinmetz at leadership@amcdv.org.

A Mountain Classroom Program serves young people throughout Northeast

AMC's very successful **A Mountain Classroom Program** (AMCR) is now providing great environmental and leadership development programming to students in schools spanning from Maine to Pennsylvania. Serving over 9,000 youth a year, AMCR utilizes AMC sites to engage youth in science and outdoor activities for youth development.

Through the power of outdoor experiences, A Mountain Classroom increases students' ecological understanding, inspires their personal growth, and develops community.



On a foggy, pea soup day, students from the Simon Gratz High School of Philadelphia climb the fire tower on the Appalachian Trail near AMC's Mohican Outdoor Center in the Water Gap area of New Jersey.

Above: A student from the Blue School participated in the program at Harriman State Park, NY.

Book Review

The Adventure Gap: Changing the Face of the Outdoors

James Edward Mills.

Mountaineers Books, 256 pages 2014. Paperback.

By Susan Weida

As our country grows to be increasingly multi-cultural, it is vital that people of diverse racial and cultural groups develop a passion and love for the outdoors in order to protect and advocate for preservation of our wild places.

The Adventure Gap provides an excellent introduction into what is needed to make this a reality. It does this by centering on a compelling story about the first all African-American summit expedition on Denali, Alaska in 2013. Once you engage in the story of these climbers and their personal stories you will find it hard to stop reading.

The author, James Mills, makes a case for the vital role of mentors to introduce young people of color to the outdoors and help them see themselves as part of this world. The world of outdoor adventure, especially in high skill, high risk areas such as mountain climbing has been represented in the media as a white male's domain.

Often the history of people of color who did lead in the outdoors has been ignored and forgotten. While taking you step by step with the team through their preparation and climb of Denali, Mills interweaves the background stories of the team members. Although team members have accomplished significant success in both professional areas and in their avocation of climbing, most have faced a variety of life challenges.

Mills draws the line between how an outdoor mentor made a difference in their lives and how they are committing themselves to



mentoring the next generation to connect with the outdoors.

Mills also weaves into his narrative some of the historical role models for the team—the role of the Buffalo Soldiers in the early days of our National Park system, Charles Crenshaw who was the first African American to summit Denali, and Matthew Henson who reached the North Pole with Admiral Robert Peary. He also tells a touching story about middle school climbing champion Kai Lightner who in turn was being inspired by Expedition Denali.

There were two other additional points of interest for me in this book. One was the story of the author who had a passion to be part of Expedition Denali but was unable to make the 'cut' due to physical limitations. Mills went on to be a huge part of the accomplishments of the group by writing their story. The second is the acknowledgment that Mills gives to Aparna Rajagopal-Durbin, at that time the Diversity and Inclusion Manager for NOLS (National Outdoor Leadership School), for conceiving Expedition Denali. Aparna is part of the consulting team who is guiding the AMC Diversity, Equity, and Inclusion plan, and I had the opportunity to participate in training with her in 2017.

I would recommend this book as a way to educate yourself about the value of diversity in the outdoors while enjoying an exciting tale of adventure and achievement.

2018 FALL GATHERING

Camp Woodstock, Woodstock, CT
Hosted by the Connecticut Chapter
October 12–14, 2018

Morey Pond by Anthony Quintano

BE A KID AGAIN!

Come to AMC's Fall Gathering in northeast Connecticut for fun, friendship, and adventure.



On the shores of Black Pond, Camp Woodstock offers heated cabins, unheated yurts, and a campsite with parking close by. The surrounding hills and dales offer the perfect setting for hiking, biking, and paddling activities led by experienced local leaders. Camp activities include informative talks, archery, arts and crafts, and a rock climbing wall. Tour nearby wineries, antique shops, and historic landmarks. A live band will perform on Saturday.

Come and enjoy this beautiful, autumn getaway. You'll be glad you did!

Registration opens July 1. Register at outdoors.org/fallgathering.

August Camp 2018 North Cascades



Photos by Lennie Steinmetz

Story by Tom Ford

My wife Maureen got me hooked on August Camp; 2018 was her tenth in a row.

The familiar process begins just after New Year's Day each year, when registration for the next Camp opens. There is always enthusiasm about the next Camp location, for a new location brings the first-timer's eagerness, a repeat locale offers the opportunity to re-live favorite hikes, or choose new ones passed over last time.

Amazon, eBay, and Craigslist seem to be constantly open on our PCs. Starting in about February, our mail carrier regularly trudges oversized packages, bulging with hiking and camping gear, clothing, and accessories, up the long path from the mailbox to our porch. In about April, Maureen's huge duffel bag is plopped over in a corner of the bedroom, slowly gaining bulk each week as items dedicated to August Camp arrive or are dug out of closets. Maureen has begun her annual re-stocking for August Camp.

Four years ago, I decided to join her — her excitement was contagious. I looked forward to learning what all of the fuss was about, and to meeting those people I kept hearing about in between Camps. But first, I needed to learn what a solar shower was and how it worked. (Thankfully, it was much better than the big tin can with holes poked in the bottom that I initially imagined.) So, that year I got my own duffel bag and, as the mail carrier lugged even more packages up our path, filled it.

Over the next few months, we completed registration and information forms; airline schedules and prices were studied and re-examined; and our bags and backpacks were crammed full.

Before we knew it, it was July. After a rushed day of travel, we find ourselves at the designated meet-up location in a corner of the baggage claim area of the airport. There, our transportation coordinator hopefully asked if either of us were drivers, masking the disappointment that we weren't. Eventually drivers, vans, and campers were matched for the trip out to the remote camp location. On the way, the perfect gas-up spot had been scouted, to ensure availability of gas, lunch, and wine and beer — all the camp necessities, not necessarily in that order. continued on next page





August Camp

When we arrived at camp, a large-brimmed hat with sunglasses perched over an easy smile was seated at a table in the shade. Our registrar checked us off on her clipboard, handed us our name tags, and bid us go out to select our tent home for the week. It was not possible to take a direct route to find a tent. Every few steps, greetings of recognition pulled us off the path, followed by hugs and an exchange of updates on the year since the last camp. Sometimes Maureen would even remember to introduce me.

I would look around the camp on the first day and see that scene repeat over and over and over again. Many camp friends see each other only one week, once every year. But the greetings are warm, the friendships sincere, and the week spent in one another's company treasured. By the end of that week, friendships are forged, reaffirmed, and deepened by shared hours in the silence of old growth forests, among the wildflowers skirting the edge of snow packs, at happy hours outside tents, and around the nightly campfires.

I began to understand why Maureen and other veterans call August Camp "adult day camp." Our basic needs are all taken care of by the "croc" — tents and cots are set up and waiting for us, solar shower stalls constructed, the mess tent ready, porta-potties strategically staged through-

continued on next page

August Camp 2018



out the camp. All we have to do is get up every morning and get out in the mountains every day.

With the bare necessities taken care of, our job is to enjoy ourselves and the company of our five dozen fellow campers. It may only be one week together, but it could seem like a month, in a good way. Each day is a long one in shared company, from the 6:15 AM bugle to the 10 PM quiet hours. Without the distractions of cell service, news or TV, campers can share their stories, experiences, and interests without being interrupted by text messages!

Everyone arrives at camp pretty much the same way: fly in, van out to camp. And we are pretty much all dressed the same way for a week of camping, not glamping! Without the scrubs, pin-striped suits, BMWs, pickup trucks, or all that other stuff we leave back east, it would be a challenge to figure out who did what as we sit around the campfire, if we cared.

Campers are brought together by their singular love of the outdoors. It is a very leveling environment, where our daily grind persona is shed and replaced by that kid at day camp, eager for new friends and new experiences, only with more wine. August Camp is a place where we can push ourselves to reach that “A” hike summit with the 360 degree-views, encouraging one another to tackle the next switchback, or enjoy the wildflowers, rapid rivers, and towering falls of a “C” hike.

Regardless of the path chosen for that day, we each end it with the same sense of accomplishment and appreciation of the experience. We look forward to the daily reports of the other hikes and the descriptions of the options for tomorrow’s path. And we do it all in the company of dozens of others who appreciate it as much as we.

When the last hike is done, we load our duffel bags with the grimy clothing and gear, and fill our minds and hearts with the great moments and friendships we’ve started or built that week. The hugs are a little tighter, and farewells even more sincere, than the hugs and greetings on that first Saturday. And, before the trip home is over, we have already scheduled a reminder for January 2 when registration for the next August Camp opens. Because we can’t imagine missing out on the next chance to escape to the reality at AMC August Camp.

August Camp 2019 is located in Packwood, Washington, just south of Mount Rainier National Park, where much of the hiking will take place. Check out www.augustcamp.org for info. Sign up early, as camp filled by the end of January in 2018.



WAIT LISTED



Enjoy vigorous hiking, spectacular views, and evening social activities with a fun group of people at the fourth annual Falling for the Catskills weekend trip on October 12-14 in Tannersville, New York. Led by Jeff Fritzinger and Barbara Beatrice, this event attracts many repeat participants each year, including several from other AMC chapters. It has grown over the years to offer multiple hikes each day. The Catskills offer steep climbs over rugged, ledgy terrain, leading to rewarding views over the Hudson Valley, particularly stunning in Autumn.

Jeff Fritzinger and Barbara Beatrice are leading some great weekend trips to the Catskills this fall and winter. The first one was filled by mid-August.

DON'T MISS THE NEXT ONE!

And don't miss an opportunity to go on the many other trips offered by our leaders.

Create a personal trip digest. Get a list of the kind of trips you want to go on in the location you choose. You can get new trips e-mailed to you the day they are posted.

Log on the AMC main web site at
<https://myoutdoors.force.com>

At the home page, choose MY OUTDOORS (top bar)

At the MY OUTDOORS page, in the second white block, choose Manage Activity Digests. Then set up the digest you want to receive, and how often you want to get it.

Citizen science. Environmental science you can do. Real conservation science! Fun, too!

For ongoing projects, go to amcdv.org/conserv2.html

For short-term projects, go to amcdv.org/conservation.html

Mohican area hiking guide now available on the AMC-DV web site

Kathy and Dave Scranton, DV Chapter members and former Mohican Committee co-chairs, spent many months putting together a guide for hikes in the Delaware Water Gap within easy access of the Mohican Outdoor Center.

The guide includes detailed hiking directions and maps for more than 30 hikes of differing lengths and levels of difficulty.

It is now available online on the AMC-DV web site, downloadable as a single PDF at:

<http://amcdv.org/assets/mohican-area-hikes.pdf>

Sign up for the Adventure Travel Newsletter

If you want to learn about new Adventure Travel trips, get the most up to date listings right to your in box! To sign up for the quarterly Adventure Travel newsletter go to:

www.outdoors.org/ATnewsletter-signup

Guide Books and Nature Books

Every book review ever published in *Footnotes*, plus web-only reviews are now available on our chapter's web site at:

<http://amcdv.org/books.html>

Adventure Travel Leadership Training November 2-4, 2018 in Charlton, MA



Take your leadership skills to different parts of the world by becoming an AMC Adventure Travel Leader!

This workshop provides important training to people who have AMC chapter leadership experience to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Emphasis is on planning, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips.

Go to this page for more information and to download an application:

outdoors.org/outdoor-activities/adventure-travel/become-a-leader

Questions? Contact Nancy Holland: nholland@outdoors.org