

Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club

Fall 2020 • Volume 58 • Number 3



A dozen COVID Heroes
Annual Meeting, no dinner!
2021 EC nominations
Leadership's joys and challenges
Goldenrod, a joy in fall
Highlands StoryMap

Appalachian Footnotes

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Appalachian Mountain Club
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Chair	Susan Weida	dvchair@amcdv.org 610-838-2335
Vice Chair	Bill De Stefano	vicechair@amcdv.org 267-640-6244
Secretary	Midori Wakabayashi	secretary@amcdv.org
Treasurer	Margaret McDonald	treasurer@amcdv.org
Backpacking	Cindy Crosser	backpacking@amcdv.org 302-757-0604
Bicycling	Robert Liston	bicycling@amcdv.org 908-313-9058
Communication	Eric Pavlak	communication@amcdv.org 610-650-8926
Conservation	Adrian Noble	conservation@amcdv.org 215-284-5222
Inclusion	Janet Penner	dei@amcdv.org
Family Activities	Annette Sheldon	family@amcdv.org 609-587-0873
Hiking	John Rogers	hiking@amcdv.org 484.223.5312
Leadership	Jeff Fritzinger	leadership@amcdv.org
Membership	Kathy Kindness	membership@amcdv.org 215-478-1529
Paddling	Eric Pavlak	paddling@amcdv.org 610-650-8926
Publicity	Raun Kercher	publicity@amcdv.org 610-389-4131
L. Smith Shelter	Patricia Sacks	shelter@amcdv.org 610-437-3227
Social	Jeanne Mantell	social@amcdv.org 215-262-7463
Trails	Greg Bernet	trails@amcdv.org 908-995-9433
X-C Skiing	Sue Bickford-Martin	ski@amcdv.org
20s-30s Members	Kate Prisby	ym@amcdv.org
Lehigh Valley	Phill Hunsberger	lehigh-valley@amcdv.org 610-759-7067
Ombudsman	Allen Male	ombudsman@amcdv.org

A detailed directory can be found on our web site at amcdv.org/ec.html

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Just click on any e-mail or web link.

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 inbox 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 inbox 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>

Membership Information

Moving? Please remember to change your address and desired chapter affiliation by going to the AMC web site, www.outdoors.org and signing in (bottom right of page) or calling AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors. Address corrections cannot be made by the newsletter editor.

Kathy Kindness, Membership Chair
215-478-1529, membership@amcdv.org

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

AMC Information Sources:

Delaware Valley Chapter Web Site: amcdv.org
Chapter e-mail: info@amcdv.org
Weekly Activities Bulletin: amcdv.org/mail.html
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: This month's cover is a montage of images from our article on COVID Heroes, those who served our community and our organization during the ongoing pandemic, all nominated by our chapter members.

Editor: Eric Pavlak
Box 542, Oaks, PA 19456
610-650-8926 e-mail: newsletter@amcdv.org
Others who worked on this issue:
Lennie Steinmetz and Susan Weida.

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2021 Executive Committee Nominations

Chair	Bill De Stefano
Vice Chair	Karla Geissler
Secretary	Midori Wakabayashi
Treasurer	Margaret McDonald
Backpacking	Cindy Crosser
Bicycling	Robert Liston
Communication	Eric Pavlak
Conservation	Adrian Noble
Family Activities	Annette Sheldon
Hiking	Julia Watson
Inclusion	Janet Penner
Leadership	Jeffrey Fritzinger
Membership	Amy Williams
Paddling	Eric Pavlak
Regional Director	Lois Rothenberger
Social	
Trails	Greg Bernet
20s and 30s	

Check <http://amcdv.org/news.html> for the latest update on any unfilled positions.

As reported by the Nominating Committee, Adrian Noble, chair plus Dan Loughner, Raun Kercher, Marcia Telthorster, Larry Priori and Amy Williams.

The Nominating Committee members are active chapter members, of which no more than one may be a voting member of the current Executive Committee.

A Different Annual Meeting for a Different Time

Thursday, Nov. 12, 7-8:30 PM via ZOOM

Memories of our AMC Annual Dinners will have to sustain those of us who enjoyed the companionship and great food of past years until we are able to gather together in large groups in the future.

This year's Annual Meeting will be held via ZOOM. The Executive Committee has decided to hold the meeting on a week night, hoping more people would be available to participate. No cost and no travel are some of the benefits. And continuing to keep all of us safe and healthy is the biggest bonus.

Some things will be the same. Foremost will be honoring some of our exceptional members as we announce our Appie and Golden Appie of the Year, our Volunteers of the Month and COVID heroes, and our outgoing Executive Committee members who have given their time to make the DV Chapter a special place. Most importantly, the Annual Meeting is the place where we formally elect our incoming Executive Committee slate. The slate will be publicized in the new few weeks and we would love as many people as possible to be present via ZOOM to elect them. These volunteers will be crucial to continuing the restart of AMC activities as we hopefully move out of the pandemic in 2021.

We have decided not to have a speaker at this year's Annual Meeting. However, we are working on some opportunities to make the evening fun and interactive. And we will do our best to address the process for getting back to the activities that brought many of us to AMC in the beginning.

Please mark the date on your calendar and plan to join us!

Leadership during the AMC restart brings challenges and joys

AMC has now moved to Phase 2 of our COVID 19 response, opening activities to small groups of no more than 10 participants who have pre-registered and acknowledged precautions needed to keep everyone as safe as possible while dealing with the virus.

The DV Chapter has taken the position that all leaders need to make a personal decision about whether leadership at this time is right for them. All of our leaders are people with other lives beyond leading for AMC and need to consider their personal vulnerability to the virus and the other people with whom they need to interact who may be high risk. We ask our participants to understand that a leader who is supporting an elderly parent or working in the health care system may not be wanting to lead activities at this time.

I decided to lead since I miss my AMC family and wanted to provide some opportunities for them to spend some time outdoors. I completed the required AMC education and learned how to work with the new registration required AMC database. There are certainly some challenges and learning with the new system, but it does have a certain logic and provides a good source of communication between leaders and participants who want to sign up for an outdoor activity. Leaders can set the number of participants they choose to admit to the activity (up to 10 total, including

the leaders) and also whether or not to set a wait list. I have chosen to set a small wait list for my activities since last minute changes occur and on my events I have been able to admit at least one or two persons from the wait list.

One of the challenges has been to choose places for activities that are not going to be overcrowded with other outdoor adventure seekers. As most of us know, many of our popular outdoor venues have been crowded, especially on weekends. I am fortunate to be able to lead during the work week, but it is still a good idea to scout your location during the time you plan to lead an activity to determine whether overcrowding is a concern.

What are the joys? It has been amazing to me how appreciative and cooperative people from our AMC family have been during events. Even though we need to be conscious of social distancing, the most consistent comment I have heard is that connecting with people is the most important part of being on an AMC activity. People want to be outdoors but they also want to connect with others while they are doing this. Smiling, sharing stories in the outdoors is so much of what we value at AMC. There is something about doing this outdoors and not on a computer that has motivated most of us to be part of AMC. It means a lot to me as a leader to provide this opportunity.

— Susan Weida, DV Chapter Chair

Pretty yellow flowers are nothing to sneeze at



Showy Goldenrod, Solidago speciosa, a perennial native to eastern and central North America. A very common plant in our area blooms late August into October.

By Eric Pavlak

Goldenrod is the name given to 125 species of beautiful flowering plants, most of which are native to North America. Here we show some of the most common types found in our region.

Goldenrods are often unfairly blamed for fall allergies. Ragweed is the culprit. It reproduces by wind-borne pollen, and its pollen is the leading cause of seasonal allergies, sometimes called "hay fever." Even a major drug company (that should know better) sells its allergy medication showing a photo of goldenrod.

Goldenrods are insect-pollinated. They hold their pollen tight in the flower. They are a very important part of our ecosystem. Their nectar is the last major feeding opportunity for honey bees and dozens of other pollinating species prior to their winter hibernation. These pollinators are a vital part of reproduction and fruiting, not only for human-planted crops, but also for wild plants that feed birds and other fauna.

In spring, the flush of wildflower bloom moves from south to north, and from lower elevations to higher ones. In late summer and fall, autumnal blooming begins in the north and at higher elevations, then spreads south and to lower areas.

Early Goldenrod begins blooming in late July and early August in our region. Most goldenrods are in bloom by late August, and will continue in flower into mid to late October. The plants can survive frost, but not a hard freeze.

Goldenrods generally work well as a cut flower. They are a beautiful addition to a fall bouquet. Be sure to pick from an appropriate source such as a vacant lot, not from a park or along a trail.



Blue-stemmed Goldenrod, Solidago caesia, a perennial native to eastern North America from Canada to the Gulf Coast. Blooms late August into October.



Early Goldenrod, Solidago juncea, a perennial native to eastern North America from the Gulf Coast to Labrador west to the Mississippi. Well named, it is the first of the goldenrods to bloom, starting in late July and early August and blooms into September. A great food for butterflies, it is cultivated to attract them. Grows three to 10 foot tall.



Wand Goldenrod, Solidago stricta, native to sandy coastal areas from New Jersey south along the Atlantic and Gulf Coasts. Blooms August through heavy frost in New Jersey and Delaware.



The Villain:
Ragweeds are flowering plants in the genus Ambrosia, and often grow adjacent to or mixed in with goldenrod.



Canada Goldenrod, Solidago canadensis, a perennial native to most of North America from Alaska and Northern Canada south, except for the Gulf Coast. Tall, leafy, finely hairy stem. Blooms August through October.

Reprinted from fall 2017 issue.
More photos at:
<http://amcdv.org/goldenrod.html>

AMC Develops Highlands Trail StoryMap, an interactive website



A virtual tour of the 300-mile long Highlands Trail in Pennsylvania

Will be presented at the October 21 LehighValley Group meeting [Info and registration amcdv.org/lv.html](http://amcdv.org/lv.html)

In June of this year, AMC staff members Cathy Poppenwimer and Tricia McCloskey, AICP, (American Institute of Certified Planners), finished work on the Highlands Trail StoryMap, a geographic information system (GIS) based communication tool that uses a custom interactive map, photos, videos and text to tell a story.

The Highlands Trail StoryMap was created to provide a virtual tour of the 300-mile long Highlands Trail in Pennsylvania, from its beginning at the Delaware River in Riegelsville to its terminus at the Pennsylvania-Maryland border near Blue Ridge Summit. The StoryMap includes video segments of the high-quality recreation and natural resources found along the Highlands Trail, including the Perkiomen Trail, the Northwest River Trail and the Great Quakertown Swamp.

Photos and hyperlinks throughout the StoryMap provide additional sources of information about resources and destinations along the Highlands Trail, including national and state parks and heritage areas, national scenic and recreation trails and historic resources in the 13-county Pennsylvania Highlands Region.

The StoryMap also includes information about Highlands Trail segments that are under development or in the planning stages. The Highlands Trail StoryMap project was funded as part of a grant by the William Penn Foundation. It will be presented in more detail to the Delaware Valley Chapter's Lehigh Valley Group at the October 21 online meeting, where attendees will be able to ask questions.

<http://pahighlands.org/highlands-trail-story-map>

Nature 2020

Mountains and valleys for as far as the eye can see
Lush and green with foliage
Rivers and streams flowing freely and swiftly
The water clean clear and bright

White tailed deer running and jumping
Small furry animals scurrying about on the forest floor
The beautiful song of a blue jay singing off in the distance
While a hawk circles the sky in strategic patterns

The bright yellow rays of the morning sun streak down
As the damp mist of the night burns away
A man arises from a peaceful sleep
To appreciate nature and all its beauty

The oaks stand proud and tall among the trees of the forest
While the maples are loved by all
But it's the native white pines that are his favorites
Along with the perennial pitch pines of the south

These fragile environments are truly precious treasures
Yet threatened ecosystems one and all
The steward labors relentlessly in the preservation of what is
But the responsibility of what can be rests with us all

— Richard Puglisi

COVID Heroes: Those serving others during the pandemic

Our chapter members have heart! AMC Delaware Valley Chapter is proud of those who have served as essential, front line workers throughout this crisis. To those who put themselves in harm's way to care for our neighbors and support our communities through work and volunteer efforts, thank you!

We asked chapter members to send nominations for people who have been doing extraordinary things to help their community, help the environment, or help AMC during the COVID pause. As you can see here, many of our members have been busy doing just that in a wide variety of ways.

And thanks go to Lennie Steinmetz, who organized this and compiled all these stories and photos.

Joanie Schultz sews, leads, coordinates the making of 17,000 masks

Joanie Schultz co-coordinated and was the supply coordinator for the Mask Makers of Doylestown, a local Facebook group that sewed face masks in response to a flood of requests from the healthcare community for the vital supply.

From late March through mid-May she coordinated the efforts of the group which swelled to 900 people who provided more than 17,000 masks to area hospitals, nursing homes, pediatric care units, other healthcare facilities (e.g., substance abuse recovery clinics), grocery stores, family, friends, and neighbors.

Although Joanie never left her home, her front porch became the no-contact social distance supply hub for the project where donations were dropped off and supplies were sourced. Practicing social distancing from her front window, Joanie sewed masks, instructed others, and prepared the supplies and finished masks for distribution.

Throughout the project, Joanie really went above and beyond and continues to do so even now, making fun and colorful masks for many friends and neighbors.



COVID Heroes

Nominated by you!

Mary Toomey faced disease and death to serve her nursing home patients through the worst times

Mary Toomey is a licensed psychologist in several nursing homes. She's been working through the entire pandemic and has dealt with a lot. Her facilities were hit hard by the Coronavirus.

She faced a shortage in personal protective equipment such as masks early on. Quite a few of her clients have died in the past few months.

Mary says "It's true that my work in nursing homes has been so challenging and even heartbreaking during this pandemic," but she has carried on because she knows that her work is so important and needed.



Allison & Rick Hudson: delivering food bundles to children in need

Allison and Rick Hudson have been delivering H.A.T. (Helping Around Town) PACKS to children in their local Hatboro-Horsham community. The packs provide easy preparation single-serving breakfast, lunch, and snack items to the homes or apartments of at-risk children who normally would be receiving food support through day care, summer camp, or summer school programs.

Food insecurity for children is an often unmentioned result of the COVID epidemic and we are glad to see AMC members helping with this effort.





COVID Heroes

Nominated by you!

Mark Kern, his trailwork goes on

Mark Kern has kept busy volunteering for a variety of efforts during the COVID-19 pandemic. Although the formal monthly and weekly organized trail work sessions were put on hold during the early days of virus, Mark has been doing trailwork on a regular basis at French Creek State Park and Ridley Creek State Park on his own or with a few others.

Going further afield, he is continuing his volunteer position as the trail maintenance supervisor at Worthington State Forest and has been mentoring new volunteers who are adopting trails. A new endeavor during COVID has been volunteering with a local conservation agency, the French and Pickering Creeks Conservation Trust, in a tree-planting project. It's wonderful that Mark continues to give back even more than ever during this stressful time!

Jim Bloom and Lynn Fraser, urban farmers for the local food pantry

Jim Bloom and Lynn Fraser have been busy helping out in their community, Easton, this spring and summer. They work at the Urban Farm every Monday and Wednesday morning for 3-4 hours. The farm is run by the Easton Area Neighborhood Center and the produce raised there is distributed in the center's food pantry as well as at other Easton area food pantries. Throughout the summer the center also has a veggie stand set up every Thursday evening where people can fill a bag with produce for a small donation.

In addition to their farming duties, Lynn & Jim have also been active with the Broom Brigade, organized by Connexions Gallery Manager Anthony Marricini. This group meets every other Wednesday to sweep streets in Easton, a project that has helped to clean up mostly the West Ward area for a number of years now.

In their spare time they take care of street trees that need attention as Certified Tree Tenders and recently took on the task of removing graffiti from rocks at the local Gollub Park, which overlooks the Delaware River. They have also been helping in an effort to try to establish Historic Conservation Districts in the various areas of the City of Easton to protect the architectural fabric of those neighborhoods.



COVID Heroes

Nominated by you!

Dan Schwartz, caring for the AT by himself while it was closed

Dan Schwartz has served as the DV Chapter's AT Coordinator for many years now, representing the chapter on various ATC committees and organizing multiple trail work days each spring to clear and maintain our chapter's 16 mile section of the AT from Wind Gap to Little Gap.

During the COVID lockdown period, since group trailwork activities on the AT were not allowed, he personally surveyed the entire chapter section of the trail, checking conditions and removing small blow downs. He did this over the course of several shorter trips, often accompanied only by his dog (who is cute but has limited trailwork skills), and occasionally by his wife Noelle.



COVID Captain Bob Liston: monitoring the rules and regulations



Bob Liston has accepted the role of our Chapter COVID Captain. His role is to be a DV area liaison to our national AMC office in Boston to inform them on weekly changes in Pennsylvania, New Jersey and Delaware government and land use manager guidance and directives.

This allows AMC to have the local area information needed to make decisions about the re-opening process. Bob has served on the Chapter Executive Committee and has been our Bicycling Committee Chair for the past three years.

Backpacking Chair Cindy Crosser brings medical expertise

Cindy Crosser has been very helpful in bringing her medical expertise to the Chapter as we had to make the difficult decisions about how to manage some of our large group activities when there was minimal public information about how to respond to COVID.

Cindy also has remained open as an essential worker to provide care to her office patient population and provide public service information related to COVID on her practice Facebook page and while in her office. A large part of the adaptation to this situation centered around providing guidance on preventing obesity and metabolic diseases like diabetes and heart disease; considerable risk factors.

She has offered quantitative antibody testing to her patients as well. Encouraging others to get out and hike safely and remain active while working at home to eliminate weight gain and injuries and strategies to support the immune system has been part of her patient care within her community.



COVID Heroes

Nominated by you!

Mun, filling in for the AT Ridge Runner this year

Mun is an AT trail angel — a person who provides unexpected and welcome assistance to Appalachian Trail hikers.

There are many who do this up and down the trail, with several in this area. When COVID hit, our usual AT ridge runner program (which involves an AMC seasonal employee who helps care for the trail and educate hikers) was suspended. As people escaped lockdown by getting outside and also onto the Appalachian Trail, Mun began to notice impacts from use such as trash at road crossings and shelters as he distributed water for hikers.

Knowing that there was no ridge runner this year to take care of such things and that trail maintainers were limited in what they could do, he began to haul out trash from the six or more road crossings he visited weekly, sometimes a substantive amount.

Finding garbage and maggot-infested food at one shelter, he cleaned it up and hauled it away, finishing up by sanitizing all surfaces in the shelter.

He has also been working with other trail section maintainers in our area, serving as the eyes and ears for their shelters and camping areas. For the work that he has done to help preserve and protect the AT in this difficult time, we would like to recognize Mun as one of our AMC-COVID Heroes.



Raun Kercher's social media and video work has kept us in touch



Raun Kercher has been working hard to create and share content for the DV social media outlets to keep AMC-DV members and reaching other outdoor enthusiasts in the area connected in the virtual world if not in person.

He documented the re-start to many AMC-DV activities. Raun provided photos and copy for the Virtual Earth Day event sponsored by Hope Township, NJ. He worked with Jeff Fritzinger to create an *Earth Day Message* video. This video was released on Earth Day 2020 along with an *Earth Day Environmental Facts* video and *My Earth Day Project* video.

In addition to these projects, Raun created a video demonstrating the new AMC trip ratings scale to help potential attendees better understand the expectations for those who plan to attend.

He enjoys helping out the Delaware Valley chapter, when he can, and continues working on other future projects.

COVID Heroes

Nominated by you!

John Rowen, first to lead after restart, tech support for changes

John Rowen, one of our DV Chapter technology support volunteers, has worked to keep our trip reporting system functional and flexible to adjust to the changes that were made in the centralized AMC trip listing system.

In addition, John was the first leader to schedule an activity for the restart, an overnight at Harriman no less, which was enjoyed by all participants.



Eric Pavlak, news content, photo pages, contest, early lead



Eric Pavlak worked incredibly hard this spring to create content for our newsletter *Footnotes* and for our weekly bulletin.

He also designed and implemented our chapter photo and art contest, organizing entries, and showcasing the work.

Another great project of his was creating a club photo page for people to post pictures of their neighborhood walks and other socially-distanced and local travels.

To assist with the chapter's restart efforts, Eric designed two web pages — one for COVID training (for AMC leaders) and one for electronic trip registration.

There is always so much going on behind the scenes in terms of communications; Eric has probably done much more than this to support our chapter that we don't even know about!

He even led the first paddling trip in AMC after the restart.