



Appalachian Footnotes



Keeping shelter

Looking for wildflowers

Mountain climbing doc

Leader freebies:

Young leader training and membership

Wilderness first aid course

Free dinner in April

Free weekend trip in July

Activity Social

Paddling training

**Volunteer opportunities
and more!**



Appalachian Footnotes

the magazine of the
Delaware Valley Chapter
Appalachian Mountain Club
published using recycled electrons.

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A detailed directory can be found on our web site, amcdv.org.

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

Just click on any e-mail or web link.

They all work!

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

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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Lehigh Valley area: Phill Hunsberger,
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AMC Information Sources:

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: A trout lily, *Erythronium americanum*, which bloom in April in our region, is barely an inch across the flower, Photo by Dr. Thomas G. Barnes, U.S. Fish and Wildlife Service.

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Leroy A. Smith Shelter on the AT, built and maintained by our chapter

Located on the section of the Appalachian Trail that we maintain, between Smith Gap and Wind Gap, the Leroy A. Smith shelter was built in 1974, and has been watched and maintained ever since by numerous volunteers who have repaired, reroofed repainted and de-graftified it with loving enthusiasm.



A group of thru hikers on July 13, 2011, stopping at the shelter for a rest and a snack. Photo from their blog.

Volunteers in the shelter program, in place since the shelter was dedicated in 1974, keep it in excellent condition. Summer watch extends from mid-April through October and a volunteer visits the shelter each week. Winter watch follows with a volunteer visiting the shelter every two weeks from November to mid-April with a Sunday-only volunteer during firearms deer hunting season two weeks in December.

Leroy's Log. The Shelter Chair compiles an occasional column in selected issues of Appalachian Footnotes from the entries in the Log Book. The objectives are to inform DV members of our responsibilities for the shelter and to recruit Shelter Watch volunteers.

We continue to observe the Pennsylvania Game Commission's regulation requiring that all users (hunters, hikers, etc.) comply with the requirement that every person wears fluorescent orange-colored materials. The game lands parking lot and the Katellen trail, used by most shelter watchers, are on State Game Lands. Our winter watchers are provided with orange caps at the chapter's expense.

Shelter Watch Hours: An average of 5 hours x 45 volunteer trips = 225 plus 30 hours shelter chair: Total = 255 hours. **Maintenance Hours** = 124.5 hours

Shelter watchers, November 2013 to October 2014: Jim Bloom, Jane Cope, Kevin Dealy, Nick and Karen Franco, Lynn Frazer, Ben Giralico, Nancy and Jackson Greene, Philip and Marty Hunsberger, Bob Huey, Ed Johns, Russell and Sabrina Keim, Philip and Margot Kraft, Dave McGrath, Louis Miller, Ken and Phyllis Niewoehner, Charles Ogle, George Omick, Ken and Pat Sacks, Dan Schwartz, Donald Stewart, Ruth and Aaron and Benjamin Yeiser

— Patricia Sacks, Shelter Chair



From Patricia Sacks: Thought perhaps you would be interested in what the Shelter Chair does:

Recruits Shelter Watchers (need to do that this year given retirements, etc) Schedules Shelter Watchers E-mail and phone call to each.

Compiles and mails each Shelter Watcher a copy of the Summer and/or Winter Master schedules together with descriptive information on watch duties.

Printing, addressing and mailing double postcards to each Shelter Watch about 10 days before scheduled watch (1) reminding him/her of watch (2) requesting the postpaid second card printed with my return address and phone number requesting report (check-off) on shelter conditions.

Reporting shelter conditions to trail maintenance crew (Dan Schwartz, et. al.) and police, usually phone calls: two suicides, three fights, two lost persons, one abandoned child.

Checking log book entries for follow-ups. Responding to log-book signers for copies of logbook entries (about three to five a year a year). Keeping track of Katellen trail and shelter site conditions when weather warrants to share with forthcoming Watchers (Ken Sacks does this for us).

Note: I continue to use US mail and phone calls (chatting with the Watchers seems reinforcing) and it continues to be more efficient than e-mail messages that are erased, lost, or require 2+ "send agains."

Maintains files of: (1) Shelter Construction records and correspondence; (2) PA Game Commission correspondence and decisions (Shelter is on State Game Lands but SGC accepts us and will not post SGC signage); (3) Shelter Watch records and reports; (4) miscellaneous papers.

AMC Filing cabinet: Four drawers in our secure and dry basement..

Volunteer to help!

Become a shelter watcher or maintainer by contacting Pat Sacks at shelter@amcdv.org



Shelter maintenance photos by Dan Schwartz.

Wildflower Project

A cluster of tiny yellow wildflowers with beautifully spotted green leaves caught my eye early last spring. I was riding along the Perkiomen Trail a week or so before the leaves began to appear, and there were all kinds of wildflowers blooming, some of which I knew their names, most of which I didn't.

Once home, an internet search showed them to be trout lilies, *Erythronium americanum*, a native species. With some work I identified Bloodroot, and Trillium, Marsh Marigold, Dutchman's Breeches and several more. I had searched numerous wildflower sites, and found some very useful, most incomplete, and many badly organized.

"Wouldn't it handy to have a web site that shows all the wildflowers that actually grow in our area, arranged by when they bloom," I thought. No such site existed. Then I thought, "I could do that."

Thus was the beginning of the Wildflower Project. I decided to publish it on the AMC-DV web site. I decided the geographic area it would cover would be the one most traveled by our club's trips: from the mountains west of the Susquehanna to the ocean, from southern New York State to all of Delaware, and the eastern shore of the Chesapeake Bay. The general area we visit on our day and weekend trips.

amcdv.org/flowerindex.html

More than 350 photos, more than 100 species!

I decided from the beginning that I would list only flowers that were field-verified. Many, perhaps most, web sites and guide books listed bloom times that were far too long. If a flower bloomed for three weeks in April in Georgia, and three weeks in July in Maine, it was said to bloom from April to July, which is just plain wrong. I wanted our site to match what we were likely to see.

The flower pages would be arranged by months, and would cover native and introduced species, and point out problem invasives. I began with May. When I saw a flower, I would take a picture or make notes. Once home, I would use web and guide book resources to positively identify the species. Some times I sought and received the help of state and national park naturalists.

Getting good photos of wildflowers is not always easy. Sometimes you see a flower just opening, or fading and about to drop. Many times the light is not right. So many of the photos on our site are taken from the internet, but only those that allow reuse for non-commercial purposes. Others are my own, either specifically purpose taken, or from my archive. (My photos may be reused for non-commercial purposes.)

The websites I find most useful in my research are the Ladybird Johnson Wildflower Center; www.wildflower.org, mywildflowers.com/identify.asp; and the US Department of Agriculture's web site, which provides range maps, botanical information, legal status and often lots of photos including leaves, fruit, seeds and stems.

I have been assisted in this project by several flower spotters and volunteer editors and proofreaders. This is an ongoing multi-year project based on field observation. Help is needed, particularly in the coastal areas and the New Jersey Pinelands.

If you see a flower not on our site, take a picture, note the date and location, and let me know. I will try to identify it. If you find an error, or see a flower blooming before or after its listed time, let me know. **Contact me at webkeeper@amcdv.org.**

I have learned much doing this project. For example, I knew that spring flowers like Bluebells would bloom earliest in the south and then later in the north and at higher altitude. It wasn't until I tracked the blooming of the various Goldenrod species that I learned the reverse was true for fall blooming flowers. They bloomed first in the northern mountains and last in the south.

— Eric Pavlak

Top: Forked Bluecurls, *Trichostema dichotomum*;
Bottom: Coneflower, *Echinacea purpurea*
Background: Clematis, *Clematis virginiana*.
Eric Pavlak photos

World-traveling mountaineering surgeon now hikes with AMC-DV and works with Doctors Without Borders

No Regrets, No Apologies by Michael C. Sinclair, MD

Book review by Lennie Steinmetz

Michael Sinclair is a world class mountaineer who has summited Everest, a cardiac surgeon from the Lehigh Valley who has performed more than 4,000 open heart surgeries, a doctor who now travels the world working for Doctors Without Borders, and a member of the DV Chapter of AMC. He recently published an autobiography titled *No Regrets, No Apologies* which is a most interesting read.

Sinclair was raised in a small town in northern California where athletic prowess was the sole measure of male worth. Inept in all sports, he had a miserable childhood and adolescence. In college he became a nose-to-the-grindstone student and graduated with honors. He completed medical school and went on to become a successful cardiac surgeon. In his late thirties, he was determined to revisit the issue of his apparent incompetence as an athlete. First he ran marathons. Then he began climbing mountains. Mountaineering became a committing avocation which rivaled heart surgery for his attention."

He launched his climbing career by contacting Rick Wilcox's climbing school and guide service in New Hampshire. He took private climbing lessons there, then moved on to tackle big mountains like Aconcagua in South America, Mount Vinson and Mount McKinley in Alaska, and Mount Everest, to name a few. Some trips were more successful than others, but his tales about all of them are fascinating. There is a realism and honesty in his descriptions that is refreshing after reading some climbing books whose only goal seems to be to burnish the image of the climber himself.

After retiring from climbing big mountains, Sinclair continued to do rock climbing closer to home. Unfortunately, one of these trips led to his becoming the poster child for the Good Shepherd Home and Rehabilitation Hospital in Allentown. A climbing accident in Delaware Water Gap left him with a collapsed lung, broken ribs, multiple fractures to his back and a broken hip socket. His long and painful, but ultimately successful, recovery led to his being featured on billboards throughout the Lehigh Valley extolling the virtues of Good Shepherd.

He has since gone on to cycle across America, do numerous backcountry ski trips throughout the US and Canada, and join AMC-DV for hiking and skiing adventures. He has also spends much of his time working for Doctors Without Borders with his wife Phyllis. They have taken part in over a dozen international missions, most lasting about six weeks, in places like Libya and South Sudan. The Allentown *Morning Call* recently ran a lengthy article about Sinclair and his humanitarian efforts, which can be found [here](#). *No Regrets, No Apologies* is available on line.



Free dinner for all AMC-DV leaders!

Saturday, April 11 5:30-9:30

Our chapter would like to thank you, the leaders, for everything you do to make the DV Chapter such a success. We're trying something new for this year's Outdoor Leadership Training. We want you to come and give our trainees the chance to meet our experienced leaders. Whether you are a new leader, an established veteran leader, or a veteran leader who has not led in a while, this event is for you!

- Practice using the online trip listing system with a personal tutor
- Meet the Leadership Training Class of 2015 and help them get acquainted with AMC-DV
- Get an overview of exciting trip planning enhancements that will soon make our lives easier
- Participate in planning the chapter activity schedule for 2015
- Connect with other DV leaders to share ideas and plan future trips
- Susannah Hatch, AMC Staff and Volunteer Relations Coordinator, will present new info on clubwide programs of interest to leaders
- Win EMS gift certificates. Plan a trip to co-lead with one of the trainees and increase your chances of winning!

Pennridge Community Center 146 East Main Street, Silverdale PA

Rt. 113 just south of Rt. 152

GPS coordinates:
40.349583, -75.269540

RSVP to leadership@amcdv.org by April 3.

The dinner is free for DV leaders, \$15 each for their guests

Pre-dinner hike at Nockamixon, 2 PM

Seven miles, moderate pace
Registration required, [click here](#)

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.

Young leaders 18 to 29 can get fully paid training and free AMC membership

Young outdoor enthusiasts age 18 to 29 who are interested in becoming activity leaders for the Delaware Valley Chapter will be provided with a full scholarship to the 2015 Outdoor Leadership Training course April 10-12 if they agree to lead at least two activities for the chapter during 2015.

In addition, a one-year AMC membership will be provided free of charge by the chapter for these new young leaders.

AMC Delaware Valley Chapter offers a wide variety of outdoor activities including hiking, backpacking, paddling, cycling, and skiing. The Outdoor Leadership Training course covers such things as activity planning, leadership styles, group dynamics, liability issues, map and compass skills, accident scene management, conservation and minimum impact issues, and AMC leadership requirements and guidelines. New leaders will be paired with an experienced leader who will provide support and mentoring and assist them with their required two co-leads following the course.

If you know any people between the ages of 18-29 who enjoy the outdoors and might like to share their enthusiasm with others, please let them know about this special program being offered for this year only. For additional information, they should contact leadership@amcdv.org

Proposed PennEast pipeline threatens AT, Hickory Run SP, Sourlands

The proposed PennEast pipeline will transport natural gas from Luzerne County, PA to Lambertville, New Jersey. The initial proposed route would cross the Appalachian Trail between Little Gap and Delps, through the section that our Chapter maintains.

In addition, the proposed route would cross other significant conservation and recreation areas of Pennsylvania and New Jersey including Hickory Run State Park, Weiser State Forest, the lower Delaware River, and the Sourland Mountains. See details on the proposed route by [clicking here](#).

For information from the Delaware River Keeper Network (AMC is a member), [click here](#).

AMC will be following this issue closely. We will keep you informed about developments and about opportunities to take action. Keep up on the latest developments [on our web site](#).

Chapter Leadership Workshop, April 10-12

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of April 10-12. To make this event easily accessible for DV Chapter members, this session will take place at Nockamixon State Park and the Weisel Hostel near Quakertown.

Everyone is welcome to attend – leader wannabes, new leaders, new members, experienced leaders, members who just want to learn what leadership is all about.

Topics to be covered are the elements of outdoor leadership common to all AMC outdoor activities:

Activity planning

Leading safe and enjoyable activities

Leadership styles

Group dynamics

Liability issues

Decision making model

Accident scene management

Conservation and minimum impact issues

AMC leadership requirements and guidelines

How to become a DV Chapter activity leader

Map and compass skills

Instructors: Experienced AMC volunteers and staff

Why attend? If you want to step up to leading outdoor activities, the workshop will give you the confidence and skills that you need. If you are already an experienced leader, this workshop will make you a better one.

What's the cost? The cost for the course is \$35 for AMC members, \$50 for non-members, \$20 for AMC members who complete one co-lead by April 1, 2015. If you'd like to stay overnight at Weisel Hostel (where the Friday evening session will take place), the cost is \$15 for one night or \$24 for two nights. The Saturday night dinner at the nearby Pennridge Community Center costs \$15.

How to register: Contact DV Leadership Chair Lennie Steinmetz, leadership@amcdv.org or by phone at 610-694-8677 for additional information and registration.

Leader appreciation event schedule for 2015

We are planning a couple of special activities for DV Chapter Leaders in 2015, and wanted to get the dates to you now in hopes that you will be able to reserve them on your 2015 calendar:

Saturday, April 11, Leaders Dinner at the Pennridge Community Center in Perkasié. Meet the new trainees from the DV Leadership Training course, practice "hands on" use of the online trip listing system, and take part in planning the summer/fall activities schedule. See page 5 for details and registration.

Saturday, July 11, Leaders Picnic and Campout at Tohickon Valley Park. Last year's event was such a success that we've decided to do it again in 2015. Come for dinner or bring your tent and spend the night.

Saturday, November 7, DV Chapter Annual Dinner. Leaders meeting will take place one hour before the dinner.

More information will be coming your way about these events later this year. Hope you can join us for some or all of them!

— Lennie Steinmetz, Leadership Chair

100 Mile Hiker awards to become much more; they will be Activity Awards in 2015

For many years DV Chapter volunteers have tracked the personal number of miles hiked by our members each year.

Then at our Spring Activity Social those members who had hiked 100 miles or more were recognized and given an award. But AMC is so much more than a hiking club. As we all know we are an outdoor recreation and conservation organization.

Looking for a way to encourage more of our members to participate in the wide variety of activities offered by our chapter, the 2014 Executive Committee decided to try an incentive. Starting January 1, chapter volunteers will keep individual records of members' participation in all of our activities, in addition to the hiker miles. We would especially like to encourage more participation in conservation projects and trail maintenance, so your 2015 Executive Committee reviewed and approved increasing the mileage for those activities to 15 miles for a half day of participation instead of 10 miles.

Many in attendance at our Chapter Annual Dinner favored this suggestion. The 100 mile Hiker award will now be known as the Activity Recognition Award. Many members still want to know how many miles they hike each calendar year, so we will continue to track that data for our members. Listed below is a breakdown of how we will record the activities.

- Hiking – 1 mile = 1 mile
- Backpacking – 1 mile = 1 mile
- Snowshoeing – 1 mile = 1 mile
- Biking - 1 day bike ride = 10 miles
- Paddling – 1 day of paddling = 10 miles
- X-C skiing – 1 day trip = 10 miles
- Alpine skiing – 1 day trip = 10 miles
- Trail work – 1/2 day = 15 miles
- Conservation - 1/2 day = 15 miles
- Shelter Watch – 1 visit = 10 miles
- Volunteering – 1 outing = 10 miles

We hope this pilot program will result in many more DV Chapter members getting involved and finding out what fun they can have with like minded people who enjoy the outdoors. As well as helping us to make a difference by giving back through conservation efforts and trail maintenance.

As you can imagine, recording this amount of data is time-consuming. If any members would like to volunteer to assist in keeping track of this data, please contact me: Joan Aichele, DV Chapter Chair, dvchair@amcdv.org. See you in the great outdoors!

— Joan Aichele

Nearly every USGS topo map ever made, free!

The U.S. Geological Survey (USGS) has been producing detailed topographic maps for more than 125 years. Today they are nearly all digitized and free to download through the USGS Map Store, an incredible treasure trove for both map junkies and casual hikers alike.

Locating your desired map is straightforward with the USGS Map Locator and Downloader, which allows you to zoom in or search for your area of interest. For more information and links, go to <http://amcdv.org/topomaps.html>

Eric Pavlak wins top clubwide award; presented at annual meeting in Boston

The 2015 AMC's Distinguished Service Award was presented to DV Chapter volunteer and leader Eric Pavlak at the club's Summit and Annual Meeting on January 25 in Boston.

The Distinguished Service Award was established in 1976, the Centennial Year of the AMC, and is presented annually to a member in recognition of outstanding contribution to the work of the club. The award is a symbol for all club members that we are an organization of volunteers working together in service to the public and for the preservation of our outdoor heritage.

Also receiving the award this year was Peter Roderick of the Maine Chapter. The award is often shared by two or three people.

Eric serves as a hiking, biking and paddling leader, and has served 11 years as paddling chair and 10 years total as newsletter editor. He runs the swiftwater safety training program and assists with other paddling training programs.



Eric Pavlak, paddling whitewater.

Some of his greatest contributions, however, have been in the all-important role chapters play in communicating with existing and prospective members. As editor of the beautiful Delaware Valley Footnotes Newsletter, he makes the chapter come alive through photos and interesting articles.

In 2013 he designed an outstanding video presentation all about the AMC which the chapter uses for new member nights and chapter events. In 2013 he created a Fall Gathering website, which was instrumental in notifying participants of the continually evolving plans due to the government shut down.

In 2014, he designed a new Delaware Valley Chapter website that includes everything from activities offered to information for leaders, volunteer options, and current critical conservation issues in the area, wildflower page and topographical maps. Most recently he shared his skills with other chapters to help them contribute photos to their Outdoors magazine ads. He has shared his wealth of knowledge for 25 years. He received the Delaware Valley Chapter Golden Appie award in 2007.

— Joan Aichele

AMC Adventure Travel has 44 trips in 2015

Adventure Travel has forty-four trips in 2015, and is already advertising trips for 2016. Destinations include hiking in Belize, a family adventure in the Canadian Rockies, biking in Switzerland backpacking in Alaska. For a complete up to date list, [click here](#).

**Citizen science.
Real environmental science you can do.
Real conservation science!**

Click here or see amcdv.org/conserv2.html



Paddling, water safety courses offered

An introductory tandem canoeing course on paddling flatwater and basic river paddling, is scheduled in two parts, with session one on Saturday, May 16, and session two, Saturday, May 30. The first session will be in the New Jersey Pine Barrens, on a lake and a river. The second on the Delaware, near Lambertville, NJ. Members \$85/non-member \$105, for both classes, \$50/\$60 each. Member rates apply to both AMC members and members of the Churchville Nature Center, who is a joint sponsor of this activity.

Whether you have some experience or not this course will set you on the right path to a new world of adventure. We work with you at whatever experience level you bring to the water. We teach the strokes and methods that apply whether you paddle on a quiet lake or a ragging river. These classes will start you on the path to whatever end you have in mind. Birding, canoe camping, leisure paddling or adrenaline rush, it all starts here.

Our solo open canoe course is set for the weekend of July 11 and 12 on the Schuylkill River near Reading, PA, and will cover basic solo paddling up to entry level whitewater. Members \$25/ non-members \$35.

Our annual **swiftwater safety** session is marked for July 25 at the Lambertville Wing Dam on the Delaware. \$15/25.

All of these courses have modest fees, and all equipment is provided. For the latest information go to paddlenow.com.

Join fellow DV Chapter members for an evening of food awards and fun!

ACTIVITY SOCIAL

Saturday, April 18

Doylestown American Legion

315 North Street, Doylestown, PA 18901

Check the activity calendar for pre-social events then join all for Happy Hour at 4:30 PM

Appetizers and non-alcoholic drinks will be served. BYOB.

A delicious buffet dinner at @ 5:30 PM followed by awards and recognitions! A spectacular dessert bar will cap off the evening.

Questions? e-mail social@amcdv.org or call 609-914-1540 from 9 AM to 9 PM

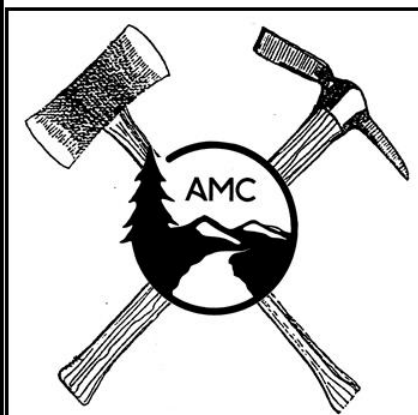
Price is \$10 per person.

Checks made to: AMC-DV can be sent to: Rich Einstein, 96 Kendall Road, Kendall Park, NJ 08824; or you can pay at:

amcdv.org/ActivitySocial2015.html

VOLUNTEER FOR TRAILS IN 2015!

Appalachian Mountain Club



TEEN TRAIL CAMPS—15-17 YEAR OLDS

At AMC's Mohican Outdoor Center in the Delaware Water Gap—Blairstown, New Jersey

- Learn to Maintain Hiking Trails using a variety of hand tools
- Earn School Community Service hours!
- Meet likeminded teens who care about the environment!
- Collaborate with the National Park Service!

Contact: Alison Violette
(603) 466-8156
AViolette@outdoors.org

4 weeks to choose from—Register Today!
WWW.OUTDOORS.ORG/Volunteer



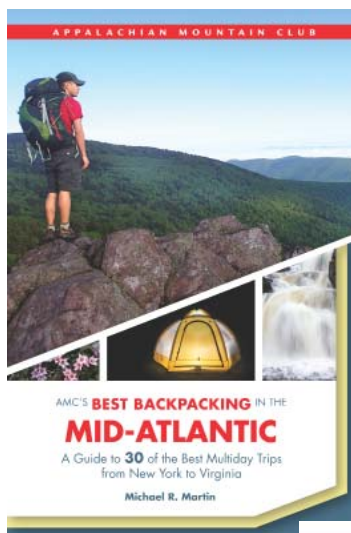
Available Now!

By Susan Charles
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.

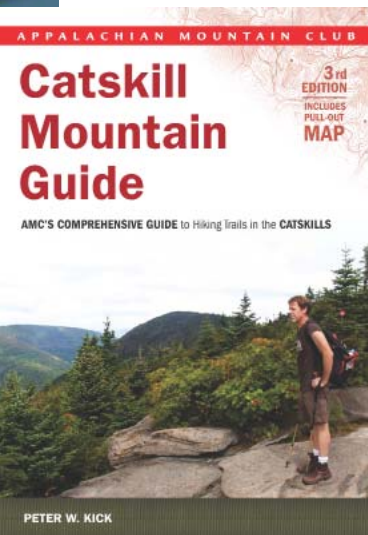
AMC Books are available wherever books are sold, or order directly from AMC at outdoors.org/amcstore or by calling 800-262-4455.

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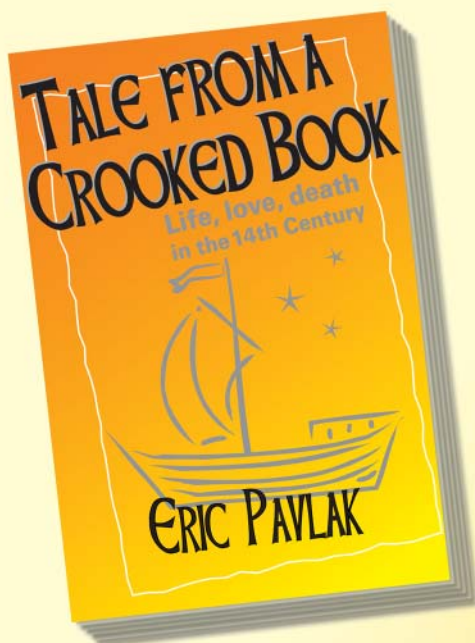
AMC's Best
Backpacking in the
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Multiday Trips from
New York to Virginia
By Michael R. Martin
Paperback
Member Price: \$15.96

Catskill Mountain
Guide: AMC's
Comprehensive Guide
to Hiking Trails in the
Catskills, 3rd edition
By Peter W. Kick
Paperback
Member Price: \$19.16



Love your book!!

The characters and their adventures will stay with me for a very long time. —C. L.



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www.acrookedbook.com

Become a naturalist or info volunteer

AMC Information Volunteers are friendly folks who possess a firm knowledge base in outdoor recreation, as well as the trails around the location they serve in the White Mountains and at Car-digan Lodge in Alexandria, NH. Volunteers provide recreation information (trails, gear, trip planning, weather, etc.), conservation and natural history information, assist with retail sales and provide information on AMC membership. These volunteers are an invaluable resource to both the public and the AMC!

For more than 20 years, **AMC Volunteer Naturalists** have offered natural history programs to backpackers and hikers staying at AMC destinations. Naturalists draw on their own expertise, which can range from alpine ecology to logging history to wildlife management. Although diverse in their backgrounds, they all have a common appreciation for the complexities of nature, a desire to share their knowledge, and a dedication to the conservation of our natural resources. Through the Naturalist Program, the AMC promotes wise and responsible use of our natural resources by educating backcountry users and encouraging a deep sense of awareness for the mountain environment, including the ecology, social history, and resource management of the White Mountains. The program also serves to increase public awareness of AMC's mission.

Training Details: This year we are planning on combining our various trainings for both Information and Naturalist volunteers providing several dates and locations for our busy volunteers from the Mid Atlantic to New England region to choose from. Multi-track trainings for information, naturalist, and program volunteers allow us to cover required topics, delve deeper into pertinent volunteer "toolbox" content, include a regional context (USFS in NH, NPS in NJ, AMC in ME!), give greater flexibility to volunteers for attendance, and provide exposure to other AMC service opportunities.

Combined trainings also allow us to more efficiently cover required topics for a variety of content tracks. We are happy to announce that the programs will expand to include naturalist volunteer opportunities at Mohican in New Jersey and at Gorman Camp in Maine. As a result we will be holding these multi-track trainings at both these locations as well as Highland Lodge throughout the 2015 spring season.

AMC Information and Naturalist Training Dates:

April 17-19 – Mohican Outdoor Center

May 16-17 – Highland Center

June 5-7 – Gorman Chairback Camp

Teen Trail Crews at AMC Mohican Outdoor Center

The AMC and the National Park Service are pleased to offer expanded opportunities for youth, aged 15-17, to engage in hands-on conservation and trail stewardship projects in the Delaware Water Gap National Recreation Area!

Through July and August of 2015 AMC is offering four different one-week [Mohican Teen Trail Crew programs](#). Crews of up to nine teen participants and two AMC Trail Crew Leaders will work on a variety of trail projects, learn about recreation and resource management, and have a great time living and working together on the trails.

The crews are based out of AMC Mohican Outdoor Center and will travel a short distance each day to a variety of projects on area hiking trails. This is a great way to earn community service hours, meet new friends and learn new skills. Space is limited, don't miss this exciting opportunity to get outside and get dirty!

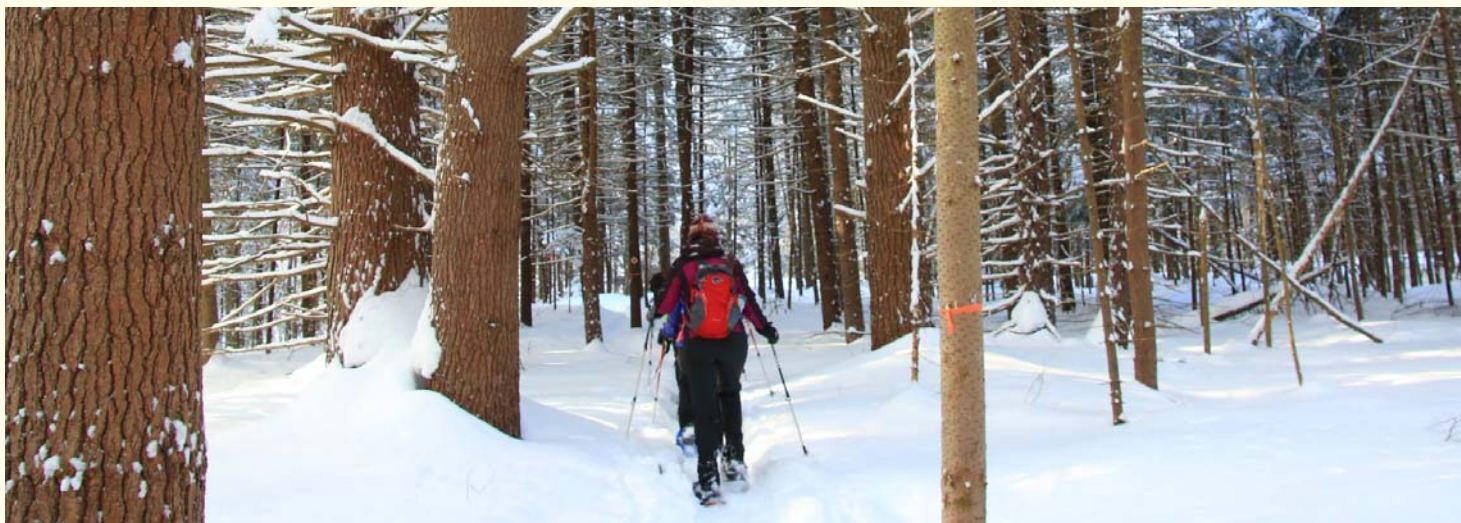
Trail Stewardship Opportunities for Adults and Families at AMC Mohican Outdoor Center

Join us for a day, weekend, or a whole week as the AMC partners with the National Park Service to care for the hiking trails in the Delaware Water Gap National Recreation Area! Adult and families are welcome to participate in a variety of Trail Work Weekends based out of AMC Mohican Outdoor Center throughout the summer months. [Check out the full schedule](#) of day and weekend trail work programs. Adults ranging in age from 18-70+ also have the opportunity to join a week-long [AMC Volunteer Vacation](#) based out of Mohican Outdoor Center. Spend the week making new friends, learning new skills, and getting great conservation work done on the trails in the Water Gap!

AMC Spring Book Releases

- AMC's Best Day Hikes Along the Maine Coast, Available 2/17/15.
- Bay Circuit Trail Map and Guide, Available 3/6/15
- New England Trail Map and Guide, Available 3/6/15
- Southern New Hampshire Trail Guide, Fourth edition, Available 3/13/15
- AMC's Best Day Hikes in the Berkshires, Second edition, Available 3/16/15
- AMC's Best Day Hikes in the Shenandoah Valley, 3/24/15
- AMC's Best Sea Kayaking in New England, Early May

X-C ski photo from Lapland Lake by Tammy Brandon.





AUGUST CAMP 2015

*Always...
a once-in-a-lifetime experience*

OREGON'S CENTRAL CASCADES

Studded with volcanic peaks, mountain lakes, wildflower meadows, old lava flows and miles of hiking trails, Oregon's Central Cascades is the place to be! Base camp is near Santiam Pass (elevation 4,800') where the Pacific Crest Trail traverses Route 20. Major hiking destinations are in the Deschutes & Willamette National Forests & the Three Sisters, Mount Washington & Mount Jefferson Wilderness Areas.

August Camp offers multiple hikes each day for all levels of ability. Car camping and backpacking, sightseeing excursions, river rafting, canoeing and kayaking may also be offered. Delicious meals and trail lunches are provided; great camaraderie and nightly campfires make for a memorable experience. Round trip transportation between Camp and the Portland International Airport (PDX) and to and from daily activities is provided.



photo: Julie LePage

Applications are accepted beginning January 2, 2015 in the order in which they are received.



photo: Juliana Beecher

AN AMC TRADITION!

WEEK 1: July 18 - July 25

WEEK 3: Aug. 1 - Aug. 8

WEEK 2: July 25 - Aug. 1

WEEK 4: Aug. 8 - Aug. 15

ONE WEEK - \$900 for members; \$950 for non-members

TWO WEEKS - \$1,750 for members; \$1,850 for non-members

Refer to the August Camp web site in December for full details and application forms. The web site is updated as more detailed hike and activity information, reading suggestions and information about the area become available. For questions contact the registrar at augcampreg1887@gmail.com.

www.augustcamp.org