



# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Spring 2017 • Volume 55 • Number 2



## **Butterflies**

**Top leaders & participants**

**Volunteers keep trails open**

**Outdoor leadership training**

**Leaders: using *Meetup***

**Custom activities lists**

**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 at  
<http://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  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](mailto: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 web site, [www.outdoors.org](http://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.

Denis McCartan, Membership Chair  
610-933-2630, [membership@amcdv.org](mailto:membership@amcdv.org)

Lehigh Valley area: Phill Hunsberger,  
610-759-7067, [lehigh-valley@amcdv.org](mailto:lehigh-valley@amcdv.org)

### AMC Information Sources:

Delaware Valley Chapter Web Site: [amcdv.org](http://amcdv.org)  
DV Paddler's Web Site: [paddlenow.com](http://paddlenow.com)  
Chapter e-mail: [info@amcdv.org](mailto:info@amcdv.org)  
E-mail Hotline: [hotline-requests@amcdv.org](mailto:hotline-requests@amcdv.org)  
AMC General Web Site: [outdoors.org](http://outdoors.org)

### Chapter Ombudsman

Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Allen Male at [ombudsman@amcdv.org](mailto:ombudsman@amcdv.org).



Cover: Clouded Sulphur butterfly, *Colias philodice*, on salvia at Cape May National Wildlife Refuge.

Photo by Laura Perlick,  
US Fish and Wildlife Service

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# Butterflies

By Eric Pavlak

Butterflies and moths are insects of the order Lepidoptera, one that worldwide has 180,000 species in 126 families, an amazing ten percent of the number of all known living species. There are butterflies and moths native to all continents except Antarctica, and they live in a wide range of habitats: tropical rain forests to parched deserts; both fresh and salt marshes; hardwood, conifer and boreal forests; arctic tundra, coastal dunes and mountains as high as 20,000 feet. And in our back yards.

The term Lepidoptera was coined by Carl Linnaeus himself in 1735, when he was first developing the modern system of naming and describing organisms. The name comes from classic Greek and means scaly wings. If you were to examine a butterfly wing with a strong magnifying glass or a low power microscope, you would see that the wings are covered with tiny scales that overlap like roof shingles.

The brilliant and often iridescent colors of the wings come from two sources: pigment and structure. The scales have surface slits that can act like a diffraction grating (look it up!). This effect can be seen when it is produced by the fine grooves on the underside of a DVD or CD. Coloring has evolved to confuse, dazzle or hide from predators, and to intimidate them. For example, spots that look like eyes.

All start life as eggs, hatch into caterpillars, then enter a pupa stage in which they metamorphose into adults, the ones with the pretty colored wings. In most species, adults quickly find a mate, the females lay eggs, and both genders die, often after just a few days. In some species, they may live for months.

All are very important parts of their local ecosystem. It takes thousands of caterpillars to raise a nest of baby song birds. Even birds that are herbivorous as adults feed their young on caterpillars. Doves and pigeons are almost the only exception.

Native caterpillars eat native plants. Native plants are tolerant to this. Invasive plants such as Autumn Olive or Japanese Knotweed offer no food to local caterpillars, and thus no food for birds. Native plants have little or no protection from invasive caterpillars. The invasive gypsy moth can ravage and kill an oak forest, and only a few species of birds will eat the large, hairy caterpillars.

Butterflies and moths are important pollinators. They are capable of pollinating flowers that bees and wasps cannot, and because they are not linked to a hive and can cover longer distances, can spread pollen wider and help with genetic diversity.

Your eyes see in three colors. Your dog's and cat's eyes see in two. Butterfly eyes see in four colors, and can see colors in the ultraviolet range. Flowers often have colors that are in this range, beyond human vision, but in plain sight for a butterfly.

If you want to have butterflies in your garden, the worst thing you could plant is butterfly bush (genus *Buddleia*), a nasty, aggressive invasive, illegal in some states. While it attracts adult butterflies, no native caterpillars will eat the leaves. You will attract adults, but starve their offspring and starve local baby birds. Instead, plant any of the beautiful, fragrant milkweed species, or the native Purple Coneflower, *Echinacea purpurea*, or other native species. Almost any native flowering plant will attract butterflies.

Moth or butterfly? Moths are generally active at night; butterflies during the day. The antennas of butterflies end in little knobs, while moths have feathery antennas.

Butterflies can fly 10 or more miles point to point in a day. One migrating monarch tagged in Cape May traveled to a Virginia island at the mouth of the Chesapeake Bay, mostly over open water, in one day. The one day monarch travel record is 265 miles!

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From the top: *Red Spotted Purple* (*Limenitis arthemis astyanax*); *Common Buckeye* (*Junonia coenia*), tagged *Monarch* (*Danaus plexippus*) at Cape May; *Zebra Swallowtail* (*Euryides marcellus*).

Cover: *Clouded Sulphur* (*Colias philodice*).



Thanks to Monarch Monitoring Project, Cape May Bird Observatory, Cape May Point, NJ. Photos from Wikimedia Commons.





The Luna Moth (*Actias luna*), top left, and the Polyphemus Moth (*Antheraea polyphemus*) bottom left, have feathery antennae, while the Cabbage White (*Pieris rapae*) has plain antennae with lobed ends characteristic of butterflies.



## Butterflies

Continued from previous page

The greatest threats to butterflies and moths are habitat loss and destruction, pesticides and climate change.

Habitat loss can be as simple as converting a meadow into a lawn. For example, a vacant lot covered with what most people would consider weeds is a rich feeding ground for butterflies. Build on that lot and plant a lawn in place of the “weeds,” and, as far as butterflies and birds are concerned, you might as well pave it with asphalt.

All the butterflies shown here are local species, and are easy to observe. You just have to take the time.



## Get more involved in your club Give back to your community

Do a bit more than go on trips or lead trips. We can use a little help in many different ways. Do as much or as little as your time, talents and interests allow.

You can assist with a social activity, work on a trail, help plan a hiking series, teach a class, make a presentation, write an article, set up an exhibit, write letters and make phone calls for conservation causes, learn a new skill and share it and so much more. Contact our committee chairs to learn how to help, to see what needs doing. In particular need are:

Hiking, Malcolm Preece	<a href="mailto:hiking@amcdv.org">hiking@amcdv.org</a>
Social, Mary Jane Martin	<a href="mailto:social@amcdv.org">social@amcdv.org</a>
Membership, Denis McCartan	<a href="mailto:membership@amcdv.org">membership@amcdv.org</a>
Trails, Phil Mulligan	<a href="mailto:trails@amcdv.org">trails@amcdv.org</a>
Newsletter & web, Eric Pavlak	<a href="mailto:nl@amcdv.org">nl@amcdv.org</a>
Young members, Kate Prisby	<a href="mailto:ym@amcdv.org">ym@amcdv.org</a>

## Harriman opens for first full season May 17; DV chapter offers mid-week and weekend trips

On May 17 the AMC's newest facility, the Harriman Outdoor Center in Harriman State Park, NY, will open for its first full season.

Check [outdoors.org](http://outdoors.org) to find programs and outings being offered there. In addition, the Delaware Valley Chapter will be offering two chapter trips to the camp, a mid-week getaway June 13-15 and a weekend trip September 22-24. Hiking, swimming, and boating activities will be available on each day.

## In your 20s or 30s?

Are you an AMC young member in your 20s or 30s? If so, I'd love to hear from you about what being a member of the AMC means to you and what kind of activities you might be willing to help organize, lead, or promote for other young members in the Delaware Valley Chapter.

Kate Prisby, [ym@amcdv.org](mailto:ym@amcdv.org)

# Top leaders, maintainers and participants of 2016

## Most active leaders

Name	Days	Leads
Joan Aichele	52	52
Robin Aronow	4	4
Barbara Beatrice	14	14
Greg Bernet	27	27
Terry Berntsen	26	17
Susan Bickford-Martin	12	12
Barbara Blythe	33	26
Tammy Brandon	7	7
Steven Campanelli	11	7
John Chalikian	6	6
Geri Chmiel	12	12
Lorraine Cosumano	20	18
Cindy Crosser	25	11
Andrea Deimel	6	6
Stan deRiel	10	10
Rich Einstein	23	23
Judy Farrell	5	5
Liz Fox	13	13
Jeff Fritzinger	16	16
Carl Ganong	14	4
John Garner	9	9
Donald Garrido	6	6
Cindy Good	14	12
Rick Hudson	4	4
Phillip Hunsberger	5	5
Pete Jarrett	24	24
Mark Kern	6	6
Ian Kindle	13	13
Carol Kluchinski	10	3
Mike Lawless	10	10
Tina Lawless	9	9
Stephen Leibrock	6	6
Jeffrey Lippincott	8	8
Robert Liston	14	14
Mike Manes	21	21
Denis McCartan	73	64
Dave Mitchell	5	5
Phil Mulligan	48	48
Pat Naismith	39	39
Joe Nanfara	5	5
Adrian Noble	10	9
Rich Pace	21	21
Anthony Palandro	11	4
Jennifer Percival	5	5
Ron Phelps	14	11
Malcolm Preece	4	4
Larry Priori	14	14
Kate Prisby	6	6

## Name

## Days

## Leads

George Rockett	37	37
John Rogers	18	13
Ann Ross	4	4
Lois Rothenberger	5	5
Alan Rothenberger	5	5
John Rowen	15	13
Ira Rubinstein	4	4
Rand Salani	17	17
Ed Sawin	4	4
Dan Schwartz	11	11
Al Schwartz	7	7
Noelle Schwartz	5	5
Annette Sheldon	11	11
Tom Sherwood	6	6
David Stein	70	70
Lennie Steinmetz	10	10
Bill Steinmetz	10	10
Walt Underhill	4	4
Midori Wakabayashi	7	7
Barbara Wiemann	6	6

## Shelter maintainers

Nick Franco
Ben Giralico
Nancy Greene
Bob Huey
Marty Hunsberger
Phill Hunsberger
Ed Johns
Russel Keim
Sabrina Keim
Betty Kelley
Margot Kraft
Steve Kraft
Dave McGrath
Charlie Ogle
George Omick
Ken Sacks
Pat Sacks
Benton Schwartz
Dan Schwartz
Dmitri Schwartz
Noelle Schwartz
Mike Sinclair
Don Stewart
Aaron Yeiser
Benjamin Yeiser
Chuck Yeiser
Ruth Yeiser

## Most active participants

ranked by mile equivalents:

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 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

rank	name	activities	miles
1	Len Morawski	275	2222.22
2	Joan Aichele	142	1280.37
3	Jane Richter	123	1027.4
4	Gregory Bernet	89	861.8
5	John Rogers	69	768.25
6	Susan Weida	84	762.27
7	Richard Einstein	83	761.45
8	Jeanna Nelis	79	695.82
9	Joseph Nanfara	67	639
10	Denis McCartan	71	609.5
11	Jerry Taylor	65	597.6
12	Robert Liston	62	570.15
13	John Garner	65	566.4
14	Tom Sherwood	75	544.12
15	John Rowen	54	497.95
16	Barbara Blythe	35	493.7
17	Robert Hileman	39	477
18	Adrian Noble	44	443.85
19	Robin Jackson	17	433.7
20	Margaret McDonald	45	422.5
21	David Schofield	45	413.8
22	Rich Pace	44	411.1
23	George Rockett	54	399.43
24	David Stein	77	384.2
25	Jerald Srodes	40	375.1
26	Barry Mazer	46	368.92
27	Debbie Hinks	25	367.2
28	Jay Gross	52	365.2
29	Geri Chmiel	48	360.15
30	Mike Manes	34	353.1
31	Jeanne Mantell	41	349.95
32	Carl Ganong	11	336
33	Sue Bickford-Martin	35	332.3

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## Top participants of 2016

continued from previous page				rank	name	activities	miles	rank	name	activities	miles
rank	name	activities	miles	rank	name	activities	miles	rank	name	activities	miles
34	Phil Mulligan	53	328.2	64	Roger Brown	21	211	96	Annette Sheldon	21	140.17
35	Lois Rothenberger	41	318.1	65	Stephanie Motta	23	209.2	97	Linda Watsula	20	139.2
36	Rand Salani	23	317.9	66	Paul Schott	27	208.7	98	Robert Contino	2	139
37	Cindy Crosser	24	314.4	67	Bambi Girafalco	11	204.2	99	Mary Knesis	17	137.5
39	Michelle Thompson	32	307.1	68	Robert Wacker	24	202.57	100	Stan deRiel	21	133.17
38	Kathy Ciliberti	35	307.1	69	Stephen Leibrock	20	201	101	Noelle Schwartz	11	132
40	Kieutien Manes	29	305.8	70	Jason Kumpas	34	200	102	Maria Kiernan	15	131
41	Frank Helpa	21	305.2	71	Anthony Palandro	13	195.1	103	Judy Farrell	12	130.5
42	Larry Priori	31	298.3	72	Ira Rubinstein	24	190.4	104	Mark Kern	14	127.5
43	R. Phelps	30	295.85	73	Patricia Naismith	40	189.9	105	Barbara Wiemann	20	127
44	Cameron Smith	35	292.7	74	Alessandra Taddeucci	32	182	106	Lois A. Hitt	16	125.7
45	Lorraine Abate	42	289.95	75	Michael Lawless	36	181.7	107	Cyrille White	16	124.5
46	Cindy Good	41	288.95	76	Lisa Lombardo	20	180.1	108	Barbara Beatrice	18	124
47	Peter Jarrett	37	286.37	77	Al Jacobs	16	179.9	110	Tamara Jennings	17	122.2
48	Richard Kowal	29	271	78	David Block	24	179.2	109	Sharon Yates	10	122.2
49	James Bloom	34	267.15	79	Christina Lawless	35	176.7	111	Irina Kulikovskaya	12	120.8
50	Lynn Fraser	32	258.15	80	Marcia Comstock	20	176.5	112	Nina (Jeanne) Riga	12	118.3
51	Hilda Feusi	25	257.8	81	Bill Steinmetz	21	173.5	113	Reed Goossen	14	117.3
52	Mary Jane Martin	29	254.15	82	Jeff Fritzinger	22	170.5	114	Malcolm Preece	13	116.15
53	Patrice Luongo	31	251.8	83	Linda Mayerik	20	168.7	115	John Normile	25	115.7
54	Jeffrey Schrager	37	251.43	84	Joanie Schultz	16	166.9	116	Kathy Hughes	18	115
55	Theresa Berntsen	22	243.3	85	Margaret Dewitt	15	159.9	117	Kathy Kindness	13	110.5
56	Daniel Schwartz	18	242	86	Carol Kluchinski	4	157	118	Marian Racette	22	110.2
57	Midori Wakabayashi	29	237.8	87	Jean Mollack	21	154.57	119	Francesca Axe	16	109.92
58	Lennie Steinmetz	30	231.9	88	Steven Campanelli	14	154.5	120	Stephen Clifford	12	107.2
59	Tammy Brandon	23	231	89	Thomas Harrington	26	152.3	121	Gregory Hartman	12	106.5
60	Richard Hudson	29	229.12	90	Jeffrey Lippincott	16	150	123	Sara Armstrong	14	105.9
61	Ellen Berry	22	220.7	91	Allison Hudson	18	147.25	122	Joe Swope	14	105.9
62	Susan Eckhart	24	213	92	Paula Uhrin	16	146.27	124	Ivan Winegar	13	102.8
63	Ron Iannacone	26	212	93	Rob Splaine	16	145	125	Linda Kelle	11	102.5
				94	Karen Pozefsky	22	144.5	126	Patricia Slaughter	12	101.2
				95	Judith Shabrach	15	141.3	127	D. Alan Rothenberger	15	101

### 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>

With spring here, this should be a great time to get out and explore some of these interesting hike options in the scenic Delaware Water Gap.

### Guide Books and Nature Books

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

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

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

For ongoing projects, go to [amcdv.org/conserv2.html](http://amcdv.org/conserv2.html)

For short-term projects, go to [amcdv.org/conservation.html](http://amcdv.org/conservation.html)

### Volunteer Trail Programs: Scenic Locations

Use your next vacation to go to a scenic location with AMC and give back to trails! These week long crews are for any level of experience and we will teach you the skills. There are also opportunities for recreation and exploration of the area.

Go to [www.outdoors.org/volunteer](http://www.outdoors.org/volunteer) to register. Questions? Contact Alison Violette: [aviolette@outdoors.org](mailto:aviolette@outdoors.org), (603)466-8156.



# Outdoor leadership training, scholarship programs set for 2017

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of March 31-April 2, 2017.

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, PA.

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**

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.

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, 2017.

If you'd like to stay overnight at Weisel Hostel (four miles from Nockamixon), the cost is \$15 for one night or \$24 for two nights. The Saturday night dinner cost is \$15.

To register, or for additional information, contact Leadership Chair Lennie Steinmetz, [leadership@amcdv.org](mailto:leadership@amcdv.org) or 610-694-8677.

## Leaders: make your activities sound like fun; improve your trip descriptions

DV Chapter leaders, one of AMC's missions is to get more people outdoors.

To experience the joys and benefits of time spent outdoors recreating. To help you with this mission a committee of volunteers from the Chapters Committee has created a helpful Activities Database Style Guide with suggestions and guidance on how to improve your activity descriptions.

Your descriptions should make your activities sound fun, interesting and welcoming. When you are writing your descriptions try to include as much information as possible to reduce the number of questions you will have to answer from participants.

This easy to use Style Guide can be found on our web site at the following link:

[amcdv.org/assets/activities-database-style-guide.pdf](http://amcdv.org/assets/activities-database-style-guide.pdf)

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

Young outdoor enthusiasts aged 18 to 29 who are interested in becoming activity leaders for the Delaware Valley Chapter will be provided with a full scholarship to the next Outdoor Leadership Training course this fall if they agree to lead at least two activities for the chapter within a year.

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 someone 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](mailto:leadership@amcdv.org).

## Free dinner for all leaders set for April 1

In appreciation for the hard work and dedication of our DV Chapter leaders for making our chapter activity schedule so varied and enjoyable, the chapter will be sponsoring the third annual Leaders Dinner on Saturday, April 1.

The dinner is offered to all chapter activity leaders free of charge, and coincides with Outdoor Leadership Training to give our trainees the chance to meet our experienced chapter leaders.

It will take place on Saturday, April 1 from 4:30-9:00 PM at the Pennridge Community Center in Silverdale, PA. A pre-dinner hike for leaders will take place in the nearby Nockamixon State Park area that afternoon.

At the dinner, leaders will have a chance to practice using the activity database listing system with a personal tutor, including training on Meetup entry and electronic leader trip report submissions. They will also have a chance to connect with other leaders to share tips and ideas on favorite activities, and get updates on current DV Chapter happenings.

Chapter activity leaders who would like more information on the dinner and registration should contact Leadership Chair Lennie Steinmetz at [leadership@amcdv.org](mailto:leadership@amcdv.org)

## 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 inbox! To sign up for the quarterly Adventure Travel newsletter go to:

[www.outdoors.org/ATnewsletter-signup](http://www.outdoors.org/ATnewsletter-signup)

# Volunteer crews keep our hiking trails open and beautiful

By Greg Bernet

With the arrival of spring, more people get the urge to get out and hike. Although some hiking involves bushwhacking, most of it is done walking along trails.

As they walk along a beautiful, well-kept trail, few people stop to think how the trail got to this condition.

Trail volunteers from AMC-DV as well as other hiking organizations do the work. If it weren't for their efforts, the trails we love to hike might become badly eroded, littered with trash, overgrown, and even impassable.

The next time you hike on a trail, give our trail workers a deserved "thank you," and consider becoming a trail work volunteer yourself. It really pays to give back to the trails we use. A number of our AMC-DV members are actively involved in doing trail work. Some lend a hand whenever they can, and a few serve as trail leaders.

Our AMC chapter maintains and monitors the corridor for about 15 miles of the Appalachian Trail from Wind Gap, PA south to Little Gap. We have recently started a new trailwork crew, the Highlands Trail Stewards, who build and maintain trails through the highlands corridor in Pennsylvania, from Riegelsville, PA on the Delaware River, across the eastern part of the state and ultimately extending to the Maryland line in central Pennsylvania.

It connects to the Highlands Trail in New Jersey, which in turn connects to the New York portion.

We also regularly maintain the trails at Valley Forge National Historical Park. Furthermore, we have been involved in preparing the new AMC center in Harriman (NY) State Park for its opening, as well as doing some miscellaneous work like last year's Earth Day cleanups of Nockamixon Park and its surrounding area and of the Monocacy Trail in Bethlehem.

In addition to the work in Pennsylvania, a couple of DV members, Mark Kern and Greg Bernet, also maintain parts of the AT in New Jersey: Mark, in Worthington State Forest area, and Greg from Culver's Gap south to Jacob's Ladder Trail, just north of the Delaware Water Gap National Recreation Area.

The work on the Appalachian Trail involves trail maintenance in the spring (and occasionally at other times), clearing the trail of winter blowdowns, cutting brush overtaking the trail, especially the nasty greenbriar, and, unfortunately, picking up trash.

The Leroy Smith shelter and its privy on our section of the trail near Katellen is monitored and maintained year-round by AMC-DV volunteers. We are also involved in other special AT projects such as building water bars and steps, and installing signs. The AT maintenance crew is supervised by Dan Schwartz.

The Appalachian Trail Conservancy, acting for the National Park Service, is involved in the monitoring and maintenance of the corridor through which the AT passes. Most hikers never see these off-trail areas, but the work on them is done by our chapter

volunteers, locating and cleaning surveyors' monuments, painting blazes and installing signage to mark the boundary, clearing brush from the boundary line, and keeping an eye out for unauthorized uses of the corridor. The AT corridor monitors are supervised by Greg Bernet.

The Highlands Trail Stewards were organized in 2016 by John Brunner, now retired from the AMC regional offices in Bethlehem, and are currently supervised by Greg Bernet. A trailwork training day was held on April 30, 2016 with Jonathan Martin

from the professional AMC crew. Eleven AMC-DV members attended this valuable session which focused on administrative matters as well as field work.

Subsequently, the Highlands Trail Stewards created an official loop trail at Ringing Rocks (Bucks) County Park and is trying to discourage use on many of the social trails there, in an effort to restore some of the natural vegetation.

Their work will involve ongoing maintenance of this trail as well as building a new trail to the park from the Delaware & Lehigh canal, as soon as the necessary permissions are obtained. They will also be working on the Monocacy Creek trail and other portions of the Pennsylvania Highlands Trail as it is approved.

Lots of people are excited about the opening of the new AMC camp in Harriman State Park, and the word of mouth about the excellent facility is growing. Part of this can be attributed to the work done by

AMC volunteers, led by John Rowen, who have performed seven work trips this year. Volunteers for this project need to be commended not only for their work, but also for their willingness to drive so far just to get to the venue!

The Valley Forge Crew is headed by Phil Mulligan and performs a regular schedule of maintenance within the guidelines set by the National Park Service, which are special, due to the historical nature of the park.

We have begun keeping more accurate records of our volunteer trail crews in an effort to promote the value of their work, to document their work for possible political support, grants and programs through the AMC, and to demonstrate our support for conservation and the natural lands we love to hike.

In 2016, the work on the Appalachian Trail (maintenance and corridor monitoring) involved 36 people putting in 812 hours of work and 264 hours of travel to the trailheads! The Highlands Trail Stewards involved 16 people working 141 hours, with 39 hours of travel time. The Harriman group involved seven people for 80 hours of work and 28 hours of travel time, and the miscellaneous work on Earth Day involved 17 people putting in 45 hours of work time and 15 hours of travel time. No data were available for the Valley Forge Crew.



*Volunteers Greg Bernet and Joan Aichele paint trail blazes.  
Len Morawski photo.*



## Get custom activity lists sent to your inbox as often as you choose

By Adrian Noble

If you don't want to miss the best AMC events and don't have time to slog through the Activities Database or scan the calendar every day, you can get a fresh list of all that interests you in your e-mail on a schedule that suits you, daily, weekly or as often as you choose.

First, make sure you have an AMC account. Go to [activities.outdoors.org/login/index.cfm](http://activities.outdoors.org/login/index.cfm) and either sign in, or create one. If you are not sure if you have an account, click on I forgot my user name or password and follow the instructions.

You can also sign in at the lower right corner of [outdoors.org](http://outdoors.org) under My Outdoors.

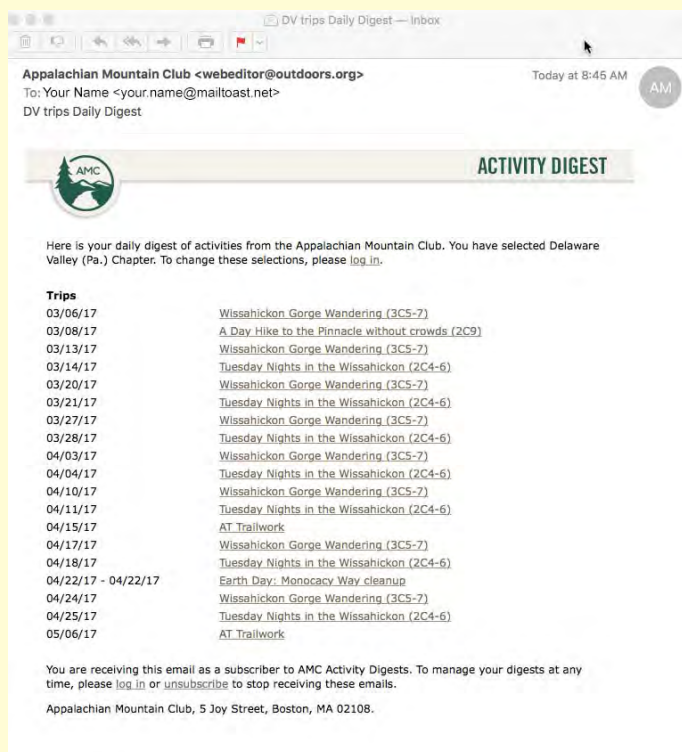
After signing in, look at the top left under My Dashboard and click on Manage Digest Emails.

Click on Create new digest. Give your digest a name (e.g., Weekly Bike Trips) and select the frequency you want.

You can then optionally select a Group/Chapter; one or more Regions; and one or more Activities by holding down the **Control** key (Windows) or **Command** key (Mac). Make sure the \*Opt-in box is checked and CONTINUE. Re-check your criteria, and SUBMIT.

You will then get a screen asking if you want a sample sent immediately (instant feedback!) or, if no events were found, if you want to save anyway or make changes.

You can set up to five of these. Play around with them until you get the results you desire, and then sit back and relax, happy in the knowledge that you will now be fully informed about what's going on.



## Paddling, water safety courses offered

An **introductory tandem canoeing** course on paddling flatwater and basic river paddling is scheduled for June 3-4. This tandem canoe class is for beginners and intermediate paddlers.

The first day will be at Core Creek Park, learning and practicing the essential strokes to get your canoe to go where you want it to go. The second day will be on the Delaware River, near Lambertville, NJ. Safety and good technique will be emphasized. Skills such as eddy turns and ferries will be taught, along with water reading skills. The day will finish with a short run down the Delaware where you will get to do some surfing. You will practice and learn both the bow and stern strokes. You will be in the canoe with an experienced paddler to coach you.

Members \$90/non-member \$110 for both days. Member rates apply to both AMC members and members of the Churchville Nature Center, who is a joint sponsor of this activity.

**Our solo open canoe course** is set for the weekend of July 8 and 9 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 22 at the Lambertville Wing Dam on the Delaware River, \$5/\$25.

All of these courses have modest fees, and all equipment is provided. These events may be rescheduled due to water levels and weather conditions. For the latest information go to the paddler's web site, [paddlenow.com](http://paddlenow.com).



*Last day of tandem paddling course on the Delaware. Both photos below: Swiftwater safety session, Lambertville wing dam.*



# Meetup can help expand AMC's and your activity's audience, it's very ease to use, but understanding it is important

By Denis McCartan

The Delaware Valley Chapter has had a presence on the Meetup web site for nearly seven years. Meetup is a web site that helps people with common interests participate in activities and events.

There are more than 30 outdoors-oriented Meetup groups in the Delaware Valley alone. Some of these groups are very specialized such as backpacking or paddling only, while others have a broader appeal.

Meetup sites may be an extension of larger organizations, such as AMC Delaware Valley. Often, Meetup groups simply sprout from the ideas of motivated individuals, as it is easy and inexpensive to advertise events, and for participants to collaborate and communicate with each other.

The chapter's Meetup site has so far attracted 6,700 subscribers. While there is no way to tell how many of these are AMC members, evidence suggests that a fair proportion of participants that sign up for events through Meetup are AMC members.

In recent years, the chapter has had success recruiting new members and new leaders from those who first encountered AMC through Meetup. The chapter's Meetup site has become a valuable tool for raising AMC's profile at a time when demand for access to the outdoors is increasing, and this demand increasingly met by an assortment of enthusiastic individuals and informal groups.

The appeal of the AMC organization is clear. It offers trained and experienced leaders, a passion for outdoors stewardship, and a desire to preserve an enduring natural legacy. Our chapter has done an outstanding job of promoting hiking, backpacking, cycling and paddling events through Meetup.

Meetup is also a medium for spreading AMC's broader message. Events such as the recent screening of the movie *Chasing Ice*, and an AMC's webinar on conservation initiatives were both promoted by conservation chair Adrian Noble on Meetup to great effect.

The future for the chapter's use of Meetup as a way to reach the general public beyond Club membership is promising.

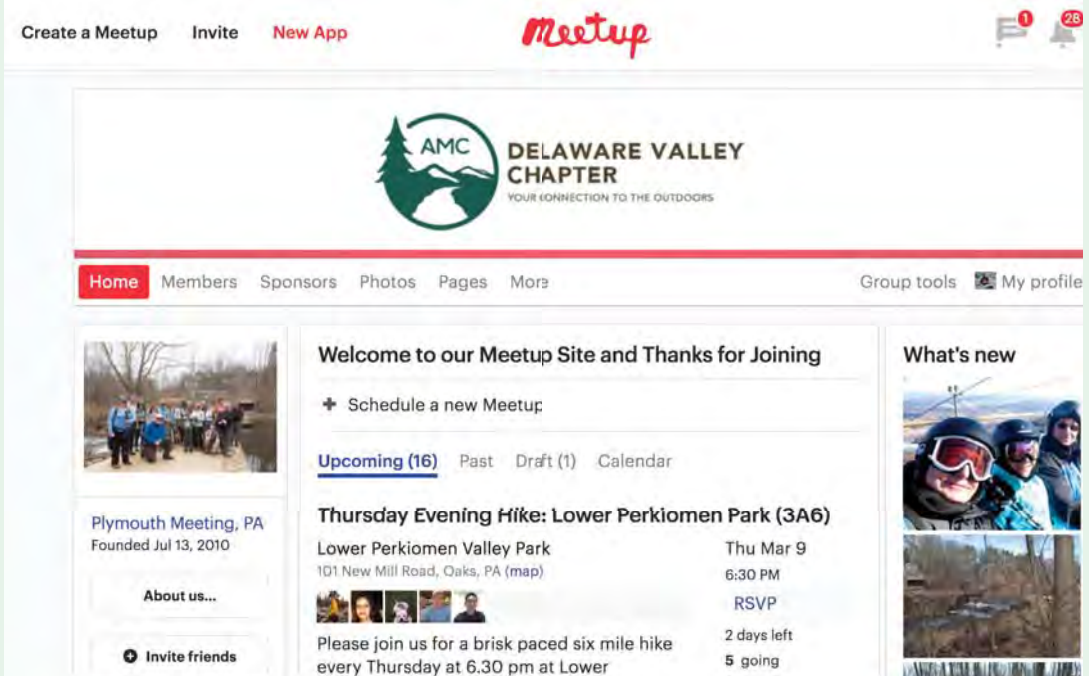
Our Meetup initiative has come with its own learning curve. This is to be expected. Club protocols, together with the expectations of trained and experienced leaders are going to be new to some participants encountering AMC for the first time. This can be remedied with communication to the group participants and sharing of best practices among AMC leaders using Meetup.

Events can attract a lot of attention and fill up very quickly on Meetup, since notifications quickly reach a large audience, and the demand for activities exceeds supply.

To ensure access to events from different sources, it is our chapter's policy that leaders use judgement in determining how much interest an event may get from being listed on the chapter site and the Activities Database and regulate the permitted number of registrants through Meetup accordingly.

Another recommended technique is to make clear in the Meetup

listing that others are attending the event "off Meetup," and the group size may be bigger than shown. A leader might consider setting the number of "guests" to zero to give accurate participant numbers.



While many Meetup participants are AMC members, the majority are not, and they very likely subscribe to several Meetup groups. This can be challenging for AMC leaders concerned about no-shows at the trail head, potentially denying another participant the opportunity to attend.

This is a problem when complex logistical planning is required, or where participation is limited such as for backpacks and paddles. Clear and precise communication about the nature of the event and the required commitment level can help to reduce this problem or even avoid it entirely.

Leaders have the option of listing their e-mail or phone number, and requiring off-Meetup registration, with participant screening, if needed.

Overall, the Meetup experience for the chapter has been decidedly positive and has encouraged the creation of a parallel Young Members Meetup page.

In my experience, participants range from novice day hikers to the very accomplished. It is an informal community full of enthusiasm and a love of the outdoors.

Above all, it represents a tremendous opportunity to teach valuable skills and create awareness of the conservation issues and the tremendous leadership role taken on by AMC and its thousands of volunteers.

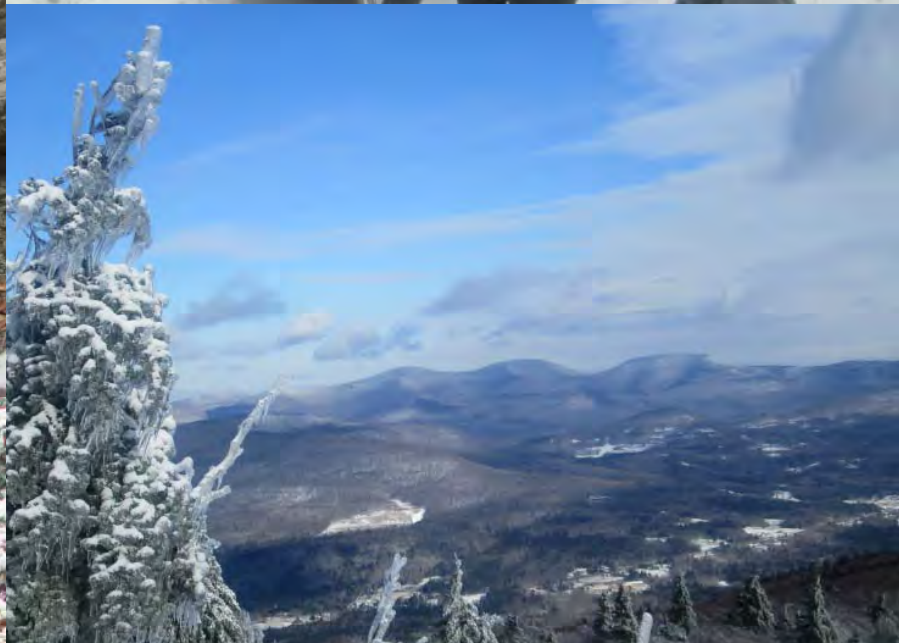
## Leaders: How to list your trip on Meetup

Join Meetup as a participant. Go to [meetup.com/Appalachian-Mountain-Club-Delaware-Valley-Chapter/](https://meetup.com/Appalachian-Mountain-Club-Delaware-Valley-Chapter/) Then send an e-mail to [communication@amcdv.org](mailto:communication@amcdv.org), and request to be made a Meetup organizer. All trips must be entered into the Activities Database and approved prior to listing them on Meetup.





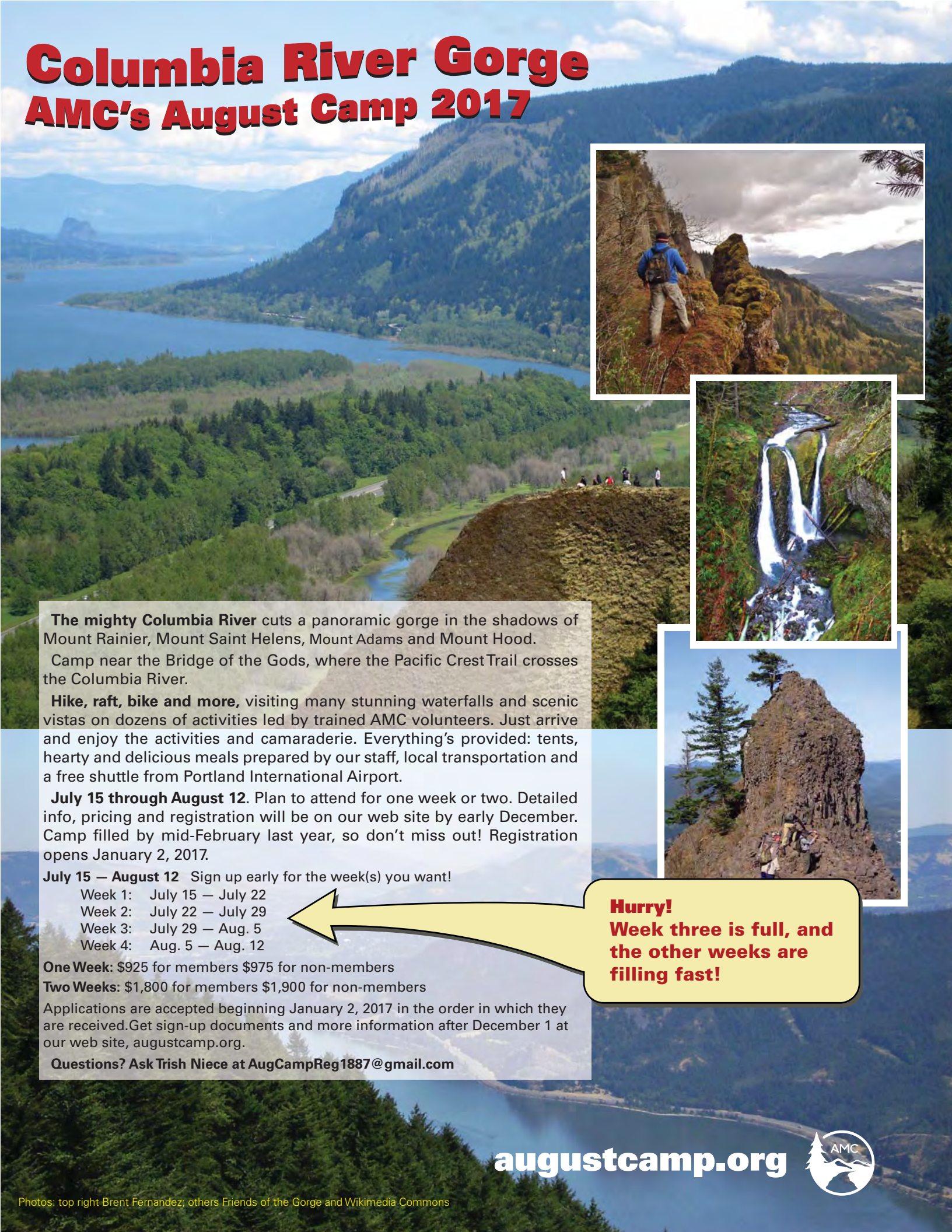
**Catskills weekend  
January 7-8**  
Lennie Steinmetz photos.





# Columbia River Gorge

## AMC's August Camp 2017



The mighty Columbia River cuts a panoramic gorge in the shadows of Mount Rainier, Mount Saint Helens, Mount Adams and Mount Hood.

Camp near the Bridge of the Gods, where the Pacific Crest Trail crosses the Columbia River.

**Hike, raft, bike and more,** visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty and delicious meals prepared by our staff, local transportation and a free shuttle from Portland International Airport.

**July 15 through August 12.** Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. Camp filled by mid-February last year, so don't miss out! Registration opens January 2, 2017.

**July 15 — August 12** Sign up early for the week(s) you want!

- Week 1: July 15 — July 22
- Week 2: July 22 — July 29
- Week 3: July 29 — Aug. 5
- Week 4: Aug. 5 — Aug. 12

**One Week:** \$925 for members \$975 for non-members

**Two Weeks:** \$1,800 for members \$1,900 for non-members

Applications are accepted beginning January 2, 2017 in the order in which they are received. Get sign-up documents and more information after December 1 at our web site, [augustcamp.org](http://augustcamp.org).

Questions? Ask Trish Niece at [AugCampReg1887@gmail.com](mailto:AugCampReg1887@gmail.com)

**Hurry!**  
**Week three is full, and**  
**the other weeks are**  
**filling fast!**

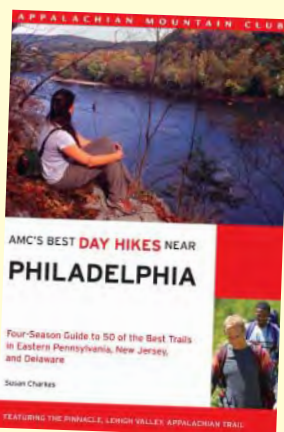
[augustcamp.org](http://augustcamp.org)







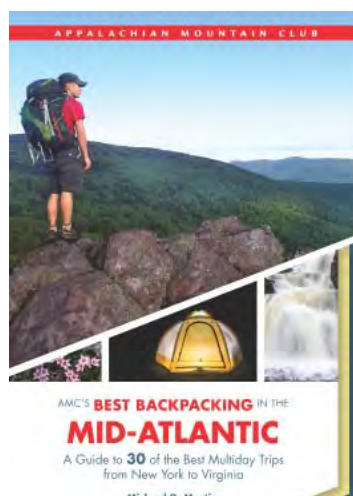
**Outdoors with Kids Philadelphia** is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.  
Member Price: \$15.16



**AMC's Best Day Hikes Near Philadelphia**  
Four-season Guide to 50 of the Best Trails in Eastern Pennsylvania, New Jersey, and Delaware  
Member Price: \$15.16

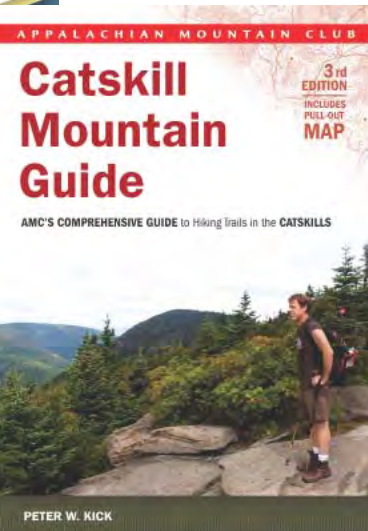
Both by Susan Charkes  
Our chapter's past  
Conservation Chair

## Now available from AMC Books



**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**  
By Peter W. Kick  
Paperback  
Member Price: \$19.16

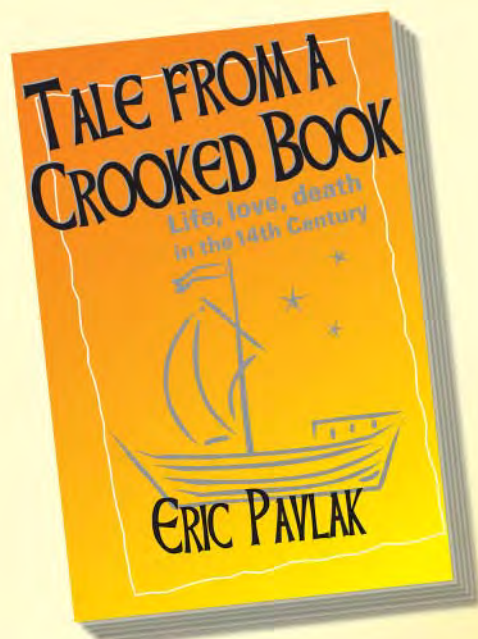


*AMC Books are available wherever books are sold, or order directly from AMC at [outdoors.org/amcstore](http://outdoors.org/amcstore) or by calling 800-262-4455.*

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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 for the chapter trip reporting system.** This is not the same thing as having a user ID and password for entering trips into AMC's on line activity system. However, you can keep things simple by using the same user ID and password for both.

(Explanation why: AMC's on line activity system is located on a secure server controlled by the staff at AMC headquarters in Boston. The trip reporting system is located on the secure server that hosts this web site, our DV Chapter site. This site and the trip reporting system was created by two local volunteers. We are actually a step or two ahead of what the folks in Boston are doing. For security and technical reasons, we have no access to your log in credentials on the trip listing server.)

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](mailto: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>**