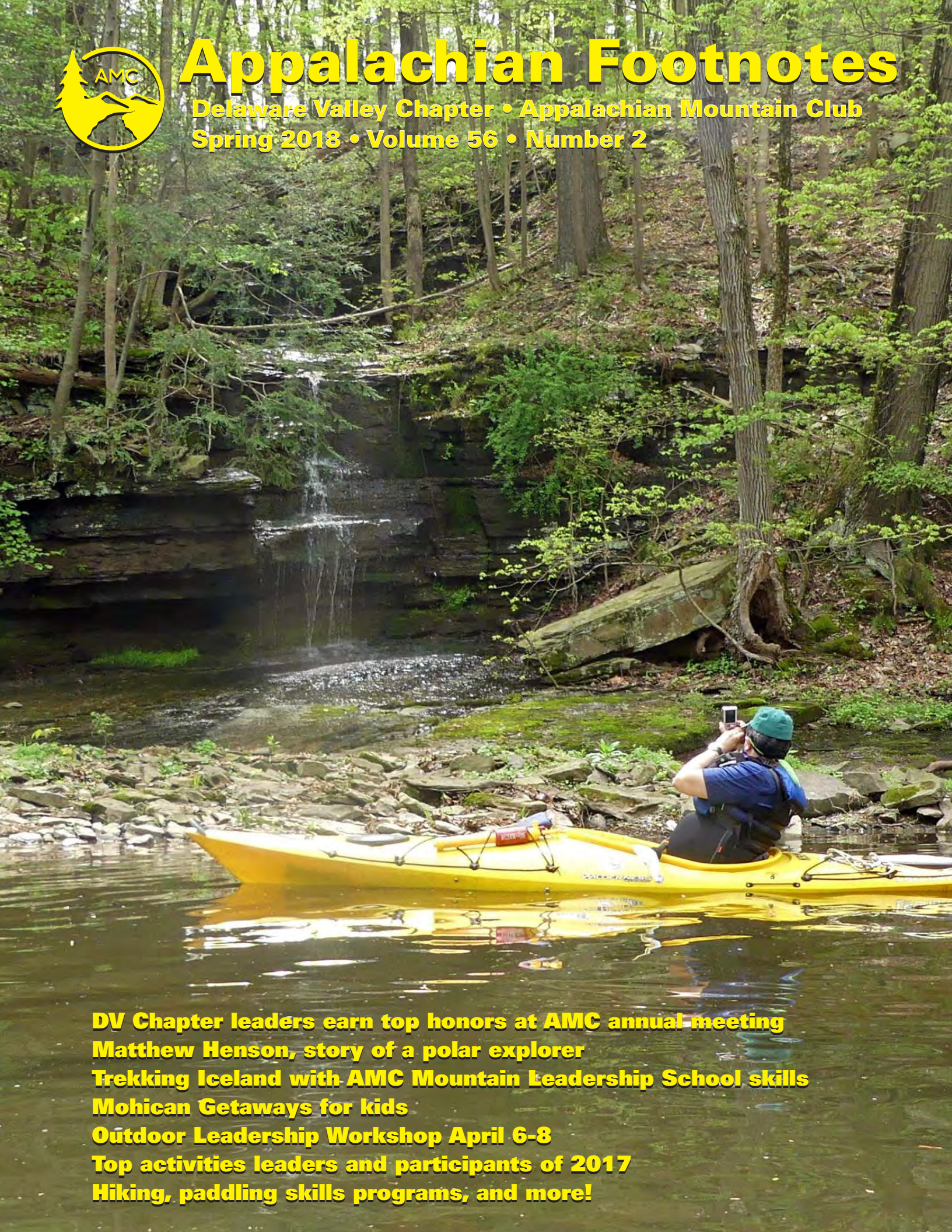




Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Spring 2018 • Volume 56 • Number 2



DV Chapter leaders earn top honors at AMC annual meeting
Matthew Henson, story of a polar explorer
Trekking Iceland with AMC Mountain Leadership School skills
Mohican Getaways for kids
Outdoor Leadership Workshop April 6-8
Top activities leaders and participants of 2017
Hiking, paddling skills programs, 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>

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  you will get a clickable index!

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

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

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

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

Custom activities digests, too!

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

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

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

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

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

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.

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Delaware Valley Chapter Web Site: amcdv.org

DV Paddler's Web Site: paddlenow.com

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: Picture spring on an AMC trip on the Neshaminy Creek in this photo by Rich Pace. This year's trip will be on Saturday, April 28.

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Joan Aichele earns Distinguished Service Award, AMC's most prestigious honor **Benton Schwartz, age 21, is presented with Emerging Conservation Leader Award** **Greg Bernet receives Volunteer Leadership Award**

Joan Aichele was presented with this year's Distinguished Service Award at AMC's 2018 Annual Summit, the club's yearly meeting and gathering held in the Boston area. Only one or two of these club-wide awards is presented each year.

It recognizes AMC volunteers who have contributed outstanding efforts to the mission of the Club for a sustained period of time, and at the very highest levels. This award highlights long term commitment to enhancing and sustaining the integrity of the Club's conservation, education and recreation values, with a special acknowledgment that the recipients have developed a complete understanding of the values and goals of the entire organization.

Joan was membership chair for four years, chapter chair for three, served on numerous committees, Mohican Committee chair, led the club-wide 2013 Fall Gathering, leads 50 or more activities each year and logs a thousand or more activity miles in most years.



Benton Schwartz was honored as AMC's Emerging Conservation Leader of the Year for his trail work, corridor monitoring, trail stewardship and conservation work.

As the son of long-time trail maintainers Dan and Noelle Schwartz, Benton grew up doing regular trail maintenance.

He attended AMC's Teen Trail Crew at Camp Dodge while in high school, and took the chapter's leadership training program, becoming a hiking leader the day he turned 18. His love for boundary work led him to study land surveying at the University of Maine.

He is now responsible for leading work trips on a 10-mile section of the AT and caring for the two shelters and privies in that section in Maine.



Trail Maintainer **Greg Bernet** was awarded the Volunteer Leadership Award for his work on our chapter's 15 mile AT section in Pennsylvania, plus he personally maintains an AT section in New Jersey with the NY/NJ Trail Conference, where he is also on their board as AMC's representative.

Greg also led in the scouting and development of the Pennsylvania Highlands Trail, organized and led work crews in Ringing Rocks Park. He reorganized the DV Chapter's AT Corridor Monitoring program, increased the number of volunteers from a handful to nearly 20. He recently was asked to take on trail maintenance in Jenny Jump State Park.

Trail Service Awards

For the hours of trail service, there are two awards. Those in our chapter receiving them were **Dan Schwartz, Greg Bernet, Mike Manes and Kieu Manes**, who received the Marian Pychowska Award for at least 96 hours trail work in a year. The Warren Hart Award for at least 224 hours in a year went to **Phil Mulligan**.

A Polar Extreme: The Contributions of Matthew A. Henson

By Christine Loch

Imagine a small boy, orphaned and living on his own by age 11. What he knew, this impressionable young lad picked up through observation and working odd jobs in shops and on ships as a cabin boy.

Gaining an education through shipmates and captains, he was raised on the ways of the sea and sailed to lands far beyond his Maryland birthplace. By age 21 he met a man who expanded his experiences, to include journeys only few of us could ever dream of, expeditions that to this day leave many of us wondering how survival was even possible.

The young lad was Matthew A. Henson, born in 1866 to freeborn sharecroppers in Charles County, Maryland. Henson's talents and skills would lead him to become one of the key explorers of his time, accompanying Robert Peary on numerous expeditions, including his most notable North Pole expeditions from 1900 to 1909 (Biography, 2013), (Brendle, 2003).

In contrast to Henson's humble upbringing and early struggles, Peary was college educated, and enjoyed a prestigious career as a draftsman for the National Geodetic Survey (Biography, 2013).

Despite this education, it was Henson who saw the importance of the indigenous people on the Polar expeditions, and as such, quickly learned their language and unique skills of survival in such a harsh climate. Building sledges and training other expedition members on their functionality and handling, Henson was indispensable to the survival of the expeditions companions (Biography, 2013).

Peary recognized Henson as an indispensable colleague, and refused to make his last and final leg of his North Pole journey without Henson by his side, "Henson must go all the way. I can't make it there without him."

It was on April 6, 1909, when Peary, Henson, four Eskimos and 40 dogs reached what they believed to be the North Pole (Biography, 2013).

Controversy ensued on their return from this final expedition, as Frederick Cook placed a similar claim to reaching the North Pole in 1908 (Henderson, 2009).

A special review by Congress in 1911, discredited Cook's claims and confirmed Peary as the first human to reach the North Pole. This claim was revoked many years later as review of contemporaneous documents written by Peary supported that he was as much as 30 miles from the true North Pole (History.com, 2010).



Peary's contributions to exploration were well rewarded within the Navy command, resulting in the distinction of Rear Admiral at the time of his retirement. He spent his retirement years continuing to receive numerous scientific society awards across Europe and America for his Arctic explorations and discoveries.

In contrast, Matthew Henson's contributions went largely unrecognized for most of his life. He spent the 30 years following the Polar expeditions as a clerk in a New York customs house. It wasn't until the age of 70 that Henson received the well-deserved yet greatly overdue recognition for his contributions and talents to world exploration.

In 1937 Henson was inducted as an honorary member of the Explorers Club in New York, and by 1944 he was awarded a Congressional Medal. Posthumously, in 2000, Henson was awarded the National Geographic Society's Hubbard Medal for his distinct contributions to exploration, discovery and research (Brendle, 2003).

Henson personally captured his accounts in two books, the first published in 1912, *A Negro Explorer at the North Pole*, the second work published in 1947, *Dark Companion*.

A thorough and excellent review of both the Cook and Peary expeditions and the controversy around these two men's claims is provided by Richard Bryce in his book, *Cook & Peary*.

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Treking Iceland

with AMC Mountain Leadership School Skills



Story and photos by John Rogers

A fictional account based on a real trip, with real life applications

Water slid down Jo's hard shell and waterproof pants; rain ran off gaiters and boots onto ground that looked like yellow-orange sandpaper. As Jo moved south on the Laugavegur trail in Iceland, the rain began moving off, with slanting columns of water below clouds drifting east.

The sun reappeared, shining warm and bright in the valley. More rain could be seen upwind — haze under dirty-white puffy clouds — sweeping slowly over the mountains. Another cloud would be over the trekkers in 15, or perhaps 45, minutes.

In these mountains, it was difficult to judge distances. Either way, it was fine. A massive crescent rainbow filled the sky to the northwest. Jo's group was warm, mostly dry, and happy. It was day six of an adventure in these wild mountains just a couple degrees south of the Arctic Circle.

She thought back to her first day in these mountains. Was it really just six days ago that Jo's group had met near the old harbor in downtown Reykjavik? They were greeted there by Alfi, a bright eyed Icelandic woman who would be their guide and leader for the next ten days. Twelve travelers from Europe and North America, the group had climbed into a large bus built like a monster SUV. They had spent the early morning driving into the countryside, eventually turning off pavement, then driving hours more up roadless valleys and riverbeds.

Iceland's wilderness had greeted Jo's group that first day with driving horizontal sheets of water. Yet after dropping their gear at a mountain hut, the group had hiked out in the afternoon, following Alfi in weather that would normally cancel all outdoor activities. The walk was clearly going to be a test of rain gear.

It reminded Jo of a day in the White Mountains last June. There she had joined other adventurous souls for AMC's Mountain Leadership School. She had learned in those New Hampshire Mountains that good rain gear can keep you safe and comfortable, if not necessarily dry. With a little wind and enough time, rain finds its way in.

Today in the Icelandic wilderness it would be the same. But that was fine. Jo had selected her gear for this trek using her MLS checklist. Base layer, fleece mid-layer, and hard shell were called for today. Even as water slowly trickled down her neck inside her jacket, she was comfortable and confident. She had experienced these conditions before and knew all was well.

continued on next page



Trekking Iceland with MLS skills continued from previous page

However, it was obvious that all was not fine with everyone. Minutes earlier, the group had hiked around the side of a large hill, straight into the full force of the wind. Water was now coming at them directly from the west, not down from above. With Alfi up front leading the way, Jo glanced back to check those behind. She noticed two hikers standing 50 yards back.

Jo gave a shout over the wind to the group and turned round. Back down the trail were Kay and Ben, a recently retired couple from the Midwest. Ben was struggling with Kay's rain gear. She was wearing a poncho. Kay had commented in the morning that she liked a poncho because it could double as a pack rain cover. But at the moment, it looked more like a huge Tibetan prayer flag, flapping violently around Kay's head and neck. Kay couldn't see with the fabric in her face, and worse, she was fully exposed to the pelting rain and cold wind. Ben was futilely trying to pull the poncho down, but the wind was immediately blowing it back up about Kay's head.

As Jo reached the couple, she pulled off her own pack and reached in, bringing out her what-if bag. Among other items, the bag contained 50 feet of paracord. In moments Jo wound the cord round Kay's waist, snipping off a length with the scissors in her Swiss Army knife. Now Ben and Alfi worked together, holding down the poncho as Jo once again wrapped the cord around Kay. With a quick slip knot, poncho was secured in place. The four trekkers gave each other big smiles as water dripped off their chins.

Then they returned to the group and resumed their hike on a loop trail to an overlook above a volcanic crater lake named the "Ugly Puddle." Icelanders clearly have a sense of humor. The view and lake were spectacular.

Turning back towards their mountain hut, Jo once more thought back to her time at Mountain Leadership School. Before that week, she hadn't carried paracord or some of the other items in her what-if bag. She had learned so much during the program: from the MLS team, others in her field group, and from the course materials. It had been after dinner one evening, sitting around their camp stoves, when one of her teammates had reviewed the items in his just-in-case bag. Since then Jo carried one too.

Rain and wind had been a near constant companion since arriving in Landmannalaugar. It was a vast region of mountains and valleys in a stunningly beautiful geothermal area that looked like another world. Now, almost a week in these mountains, Jo continued to be surprised by the brightly colored landscape — vivid earth, brilliantly colored plants, deep gorges, and endless views in every direction.

As the group rounded a bend in the trail, Jo saw something new: a substantial river, with no bridge in sight. This river wasn't like the other water crossings they had forded. Those had been relatively small streams waded wearing the water shoes or sandals everyone carried. This was different, a braided maze of numerous fast-moving milky-white waterways, gravel bars, and cobblestones, perhaps 200 yards wide.

Jo watched as two hikers on the far shore entered the river. Bracing themselves with trekking poles, they moved carefully through the fast-moving water channels, from one gravel bar to another, water rising just above their knees in the deepest channels. Jo felt a slight thrill as she knew this was the way her group would cross, too.

At the same moment, Jo realized this wasn't going to work for Vivian. Vivian, the kind heart of their hiking group, had been a constant ray of sunshine. She had lifted everyone's spirits each day, especially in the mountain huts every evening. The years had been kind to Vivian, yet she had found the group pace challenging. Not unnoticed by Jo, she responded by forming a quiet partnership with their guide. Alfi led the group from up front and Jo would help at the back. Together they created an efficient pace and were able to manage the wide range of abilities among the group members.

continued on next page



Trekking Iceland with MLS skills continued from previous page

Watching the two hikers reach the near riverbank, Jo knew that the risk was too great for Vivian to cross alone. If she went down in the fast current, which seemed a real possibility, Vivian would struggle to recover. Jo once again thought back to her time at Mountain Leadership School and the water crossing techniques they had discussed.

As the group sat down to remove boots and put on water shoes, Jo asked Jason if he would cross with her and Vivian. His easy nod and smile completed the team of three Jo envisioned. In one's and two's, Jo watched her group begin working their way across the river, each person using their poles in the currents.

Jo's team of three finished tying boots to packs, then Jason and Jo moved left and right round Vivian. They unfastened hip belts and sternum straps, and locked arms with Vivian at the elbows. The three waded into the river, with six legs and two hiking poles working together as one. The water was icy cold and milk white, the river bed unseen. Shuffling their feet, Jo was surprised how securely the team of three moved through the water. Even in the deepest channel, when the water rose up to their thighs, the trio moved steadily towards the far bank.

It had taken only minutes of concentrated effort, now they were sitting on the far side of the river, drying feet and putting on boots. There were five miles of trail remaining today before they reached their final mountain hut of the trek, then two more days of hiking in the Thorsmork valley before returning to civilization.

As the group got to their feet and adjusted packs, soft rain began falling, highlighted by yet another rainbow. Jo moved easily, realizing with satisfaction that every day on this trek she had applied something from her time at Mountain Leadership School. Attending MLS had been one of the best decisions she had ever made. Jo wasn't sure where she would travel for her next wilderness adventure. She was sure that wherever she went, she wouldn't be going alone. MLS would be there with her.



AMC's Mountain Leadership School runs each June in the White Mountains of New Hampshire. The five-day program specializes in leadership and backcountry skills development, utilizing a learn-by-doing instruction method. For more information about MLS, visit <https://www.outdoors.org/skills-leadership/mountain-leadership-school>. Also, **see page 12**.

Spring Into Hiking: Hiking Essentials Workshops in Bethlehem and Newtown, PA

AMC's Delaware Valley Chapter, in partnership with Pennsylvania State Parks, is hosting two Hiking Essentials Workshops to either get you started hiking or move you to the next level.

Learn about gear, trip planning, map and compass basics, identifying and minimizing hazards and what to do if something goes wrong. This program is designed for those wanting to feel more comfortable hiking anywhere, from nearby local parks and rail trails, to more remote wilderness areas.

The workshops will be held from 9:30 to Noon. After a brief lunch break (BYOL), there will be a short, easy hike. Please bring a lunch, snacks, water and any gear you wish to use on the hike.

The first will be Saturday, March 31 at Illicks Mill, 100 Illicks Mill Rd, Bethlehem, PA. The second will be held Sunday, April 15, in the classroom at the Tyler State Park Office, 101 Swamp Rd. Newtown, PA 18940]

Cost is free; but registration is requested as space is limited. In order to comply with Pennsylvania State Youth Protection laws, all children under 18 years of age must be accompanied by their parent or legal guardian.

Questions and registration, contact Jeff Fritzinger, jfritz110@gmail.com or Barbara Beatrice equeyaya@gmail.com.

Philadelphia Environmental Film Festival April 6-8

With 265 total submissions from 43 countries, this event presents thought-provoking, exceptional new shorts and features that entertain, inform, and inspire personal action. In addition to the film lineup, the Festival includes an exciting Opening Night Red Carpet Gala, a juried competition, awards, and opportunities to meet the filmmakers. more at <http://philaenvirofilmfest.org/>

Volunteer vacations are new for 2018, also volunteer trail crews and teen trail crews

Adult Volunteer Vacation participants will lend a hand to maintain trails and do similar work and have some time to enjoy the sights and sounds of different locals. Information is available at <https://www.outdoors.org/volunteer/volunteer-trails/adult-crews-full-list>

For more information on volunteer trail crews and teen trail crews, go to <https://www.outdoors.org/volunteer/volunteer-trails>

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>

Kids have fun and learn at Mohican Family Getaways



A fine way to spend a weekend or some mid-week time this summer is to join an AMC-sponsored Family Getaway at Mohican Outdoor Center, suitable for families with children age six and older.

In two full days of activities we dayhike on and over rocky ridges and moist ravines of the Delaware Water Gap, collect and study plants, skulls and pelts of mammals, and macroinvertebrates (and the occasional snapping turtle or crayfish), swim and boat on Catfish Pond, create wholesome cakes from scratch with seasonal local berries, do some tempera painting, enjoy board games, toast s'mores at a campfire with U-tell ghost stories, night-hike to the ridge, and probably more.

Mohican supplies free rentals of things like boots and hiking poles if you lack them, as well as incredibly savory food, with vegetarian, vegan, and other dietary options accommodated.

It's a great way to get first-time-hiking families outdoors, and for the kids to bond with others — there's no TVs and no time for cell-phones! These will be offered once as weekend and once as midweek events this summer, and they usually fill up!



Unexpected ornamental cherry tree, proud bakers with their yeast raised bread, sniffing wild wintergreen, netting some critters and examining an empty snake skin.

For this year's offerings, click on or go to:

<http://activities.outdoors.org/search/?aud=7&dest=18&mode=list>

Outdoor leadership training, scholarship programs set for 2018

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of April 6-8.

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, 2018.

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 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:

<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 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 this year. For additional information, they should contact leadership@amcdv.org.

Free dinner for all leaders set for April 7

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 fourth annual Leaders Dinner on Saturday, April 7.

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 7 from 4:30-9:00 PM at the Upper Bucks Activity Center, 2183 Milford Square Pike, Quakertown, 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 RSVP to Susan Weida at <http://bit.ly/2HOavS0> by April 1, 2018.

Sign up for the Adventure Travel Newsletter

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

www.outdoors.org/ATnewsletter-signup

Top leaders and activities participants of 2017

Most active leaders

| Name | Days | Leads |
|----------------------|------|-------|
| Phil Mulligan | 69 | 69 |
| David Stein | 68 | 68 |
| George Rockett | 54 | 54 |
| Denis McCartan | 52 | 48 |
| Jay Gross | 51 | 51 |
| Joan Aichele | 36 | 36 |
| Theresa Berntsen | 35 | 22 |
| Patricia Naismith | 30 | 30 |
| Rich Pace | 29 | 29 |
| Gregory Bernet | 28 | 27 |
| Rand Salani | 25 | 25 |
| Peter Jarrett | 24 | 24 |
| Richard Einstein | 23 | 23 |
| Barbara Blythe | 22 | 18 |
| Elizabeth Fox | 21 | 21 |
| Annette Sheldon | 18 | 16 |
| Mike Manes | 17 | 17 |
| Jeff Fritzinger | 16 | 16 |
| Susan Weida | 15 | 15 |
| Jennifer Percival | 14 | 14 |
| Robert Liston | 14 | 14 |
| Cindy Crosser | 13 | 8 |
| John Rogers | 13 | 13 |
| Stan deRiel | 12 | 11 |
| Daniel Schwartz | 12 | 12 |
| R. Phelps | 11 | 9 |
| Larry Priori | 11 | 11 |
| Tom Sherwood | 11 | 11 |
| Michael Ahern | 11 | 11 |
| Barbara Beatrice | 10 | 10 |
| Steven Campanelli | 9 | 5 |
| Adrian Noble | 9 | 8 |
| John Rowen | 8 | 7 |
| Midori Wakabayashi | 8 | 8 |
| Sarah Richardson | 8 | 8 |
| Geraldine Chmiel | 8 | 8 |
| Lorraine Abate | 7 | 6 |
| Justin Fried | 7 | 3 |
| Linda Watsula | 7 | 7 |
| Malcolm Preece | 7 | 7 |
| Reed Goossen | 7 | 7 |
| Anthony Palandro | 6 | 3 |
| D. Alan Rothenberger | 6 | 5 |
| Christine Loch | 6 | 6 |
| Lois Rothenberger | 6 | 5 |
| Tammy Brandon | 6 | 6 |
| Barbara Wiemann | 6 | 6 |
| Joanie Schultz | 6 | 6 |
| Lennie Steinmetz | 6 | 6 |

| | | |
|-----------------------|---|---|
| Joseph Nanfara | 6 | 6 |
| Susan Bickford-Martin | 6 | 6 |
| Phillip Hunsberger | 6 | 6 |
| Carl Ganong | 5 | 2 |
| Judy Farrell | 5 | 2 |
| Christina Asroff | 5 | 2 |
| Dave Mitchell | 5 | 4 |
| Esther Underhill | 5 | 5 |
| John Chalikian | 5 | 5 |
| Lisa Lombardo | 5 | 5 |
| Ian Kindle | 5 | 5 |
| Richard Hudson | 4 | 4 |
| Peni MacMeekin | 4 | 1 |
| Bill Steinmetz | 4 | 4 |
| Lisa Chou | 4 | 2 |
| Paul Schott | 4 | 4 |
| Stephen Leibrock | 4 | 4 |
| Al Schwartz | 4 | 4 |
| Sue Bergmann | 4 | 4 |
| Ruth Yeise | 4 | 4 |

| | | | |
|----|---------------------|----|--------|
| 16 | Adrian Noble | 50 | 490.25 |
| 17 | Len Morawski | 53 | 482.7 |
| 18 | Lois Rothenberger | 54 | 452.35 |
| 19 | Joseph Nanfara | 52 | 443.5 |
| 20 | Tom Sherwood | 56 | 406.9 |
| 21 | Jerald Srodes | 40 | 385.85 |
| 22 | Robert Hileman | 37 | 369.8 |
| 23 | Beverly Eccles | 60 | 364.5 |
| 24 | Rich Pace | 39 | 359.5 |
| 25 | Mike Manes | 33 | 357.9 |
| 26 | Cameron Smith | 45 | 356 |
| 27 | David Stein | 69 | 344.2 |
| 28 | Margaret McDonald | 39 | 338.65 |
| 29 | Rand Salani | 26 | 334.5 |
| 30 | Sue Bickford-Martin | 37 | 324.4 |
| 31 | Reed Goossen | 36 | 323.85 |
| 32 | John Garner | 43 | 321.5 |
| 33 | Jeffrey Schrager | 50 | 309.3 |
| 34 | Linda Watsula | 38 | 307.65 |
| 35 | Malcolm Preece | 36 | 301.55 |
| 36 | Richard Kowal | 31 | 297.5 |
| 37 | Tammy Brandon | 28 | 290.5 |
| 38 | Pat Weber | 30 | 286.65 |
| 39 | Debbie Hinks | 24 | 283 |
| 40 | Rich Weber | 28 | 275.45 |
| 41 | Dan Loughner | 29 | 275.2 |
| 42 | Geraldine Chmiel | 33 | 267.95 |
| 43 | Barbara Blythe | 23 | 266.7 |
| 44 | Midori Wakabayashi | 33 | 264.7 |
| 45 | Roger Brown | 25 | 260.5 |
| 46 | Larry Priori | 31 | 257.4 |
| 47 | Peter Jarrett | 35 | 256.6 |
| 48 | Dennis Burrictor | 40 | 250.4 |
| 49 | Hilda Feusi | 26 | 248 |
| 50 | Mary Jane Martin | 29 | 246.45 |
| 51 | Richard Hudson | 30 | 246.35 |
| 52 | Shannon Roy | 39 | 242.6 |
| 53 | Lennie Steinmetz | 29 | 240.75 |
| 54 | Michael Ahern | 28 | 230.4 |
| 55 | Jeanne Mantell | 28 | 228.25 |
| 56 | Theresa Berntsen | 23 | 227.9 |
| 57 | Patrice Luongo | 28 | 226.45 |
| 58 | Ira Rubinstein | 31 | 224.9 |
| 59 | David Schofield | 26 | 217.7 |
| 60 | Paul Schott | 26 | 217.3 |

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 | Jane Richter | 162 | 1306.4 |
| 2 | Joan Aichele | 116 | 1065.7 |
| 3 | Gregory Bernet | 101 | 946.95 |
| 4 | Susan Weida | 103 | 890.5 |
| 5 | Richard Einstein | 87 | 822.85 |
| 6 | Jeanna Nelis | 68 | 645.8 |
| 7 | Phil Mulligan | 91 | 639 |
| 8 | Jerry Taylor | 64 | 625.5 |
| 9 | Denis McCartan | 72 | 618.26 |
| 10 | Robert Liston | 67 | 615.15 |
| 11 | Kathy Ciliberti | 64 | 561.45 |
| 12 | Jay Gross | 87 | 547 |
| 13 | George Rockett | 87 | 543.5 |
| 14 | John Rowen | 63 | 519.65 |
| 15 | John Rogers | 55 | 495.35 |

continued on next page

Top participants of 2017

continued from previous page

| rank | name | activities | miles | | | | | | | | | | |
|------|-----------------------|------------|--------|----|----------------------|----|--------|-----|-------------------|----|--------|--|--|
| 61 | Alessandra Taddeucci | 37 | 215.2 | 79 | Marcia Comstock | 21 | 170.9 | 100 | Gregory Hartman | 14 | 124.3 | | |
| 62 | Daniel Schwartz | 15 | 215.1 | 78 | Stephen Leibrock | 20 | 170 | 101 | Jose Ibarra | 9 | 124 | | |
| 63 | Robert Wacker | 28 | 213.8 | 81 | Michelle Thompson | 19 | 167.45 | 102 | Thomas Harrington | 17 | 123.6 | | |
| 64 | Ellen Berry | 22 | 209.7 | 82 | William Lotz | 16 | 167 | 103 | Francesca Axe | 15 | 123.25 | | |
| 65 | James Bloom | 23 | 207.1 | 83 | Maria Kiernan | 17 | 161 | 104 | Sally McGinty | 20 | 123 | | |
| 66 | Jill Sperandio | 26 | 203.4 | 84 | Gail Chambers | 13 | 159.2 | 105 | Ron Iannacone | 16 | 123 | | |
| 67 | Kathy Kindness-Ruppel | 21 | 202 | 85 | Cyrille White | 21 | 156.55 | 106 | Sue Bergmann | 16 | 121.5 | | |
| 68 | David Block | 25 | 198.7 | 86 | Kathy Hughes | 24 | 152 | 107 | Mark Kern | 16 | 121.1 | | |
| 69 | Allison Hudson | 24 | 195.35 | 87 | Patricia Naismith | 31 | 151.9 | 108 | Barbara Beatrice | 16 | 120.5 | | |
| 70 | Lisa Lombardo | 22 | 194.4 | 88 | Cindy Crosser | 14 | 149.5 | 109 | Joanne McDonald | 17 | 117.5 | | |
| 71 | Lynn Fraser | 22 | 192.1 | 89 | Anthony Palandro | 11 | 147.2 | 110 | Stephen Clifford | 14 | 116.8 | | |
| 72 | Kieutien Manes | 17 | 189.2 | 90 | Jin Xu | 13 | 147.2 | 111 | Janet Remig | 19 | 113.2 | | |
| 73 | Carl Ganong | 7 | 186.9 | 91 | Annette Sheldon | 21 | 141.7 | 112 | Marian Racette | 22 | 113 | | |
| 74 | R. Phelps | 22 | 183.02 | 92 | Steven Campanelli | 9 | 141.16 | 113 | Joseph DeMatto | 6 | 199 | | |
| 75 | Joanie Schultz | 23 | 181.6 | 93 | D. Alan Rothenberger | 18 | 140.1 | 114 | Darin McCartan | 7 | 109 | | |
| 76 | Jason Kumpas | 30 | 180 | 94 | Stan deRiel | 21 | 139.5 | 115 | Stephanie Motta | 17 | 109 | | |
| 77 | Leo Connolly | 27 | 176 | 95 | Jeff Fritzinger | 18 | 137.5 | 116 | Jim Driscoll | 11 | 107.5 | | |
| 78 | Brad Stephenson | 20 | 171.65 | 96 | Elizabeth Fox | 23 | 137 | 117 | Judy Farrell | 6 | 103 | | |
| | | | | 97 | Anne Melley | 15 | 126.7 | 118 | Linda Mayerik | 15 | 101 | | |
| | | | | 98 | Ivan Winegar | 18 | 126.6 | 119 | George Gorman | 19 | 100 | | |
| | | | | 99 | Barry Mazer | 15 | 124.45 | | | | | | |

Paddling, water safety courses offered

An **introductory tandem canoeing** course on paddling flatwater and basic river paddling is scheduled for June 9-10. 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 14 and 15 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 21 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.



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



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- Group dynamics
- Accident scene management
- Map and compass
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Unique to MLS is an experiential learning model in which you use new skills as you acquire them. This hands-on approach is optimal for long-term retention of critical skills. We have multiple offerings, so whether you are relatively new or highly experienced in the outdoors there is a course for you.

All programs are staffed by highly experienced AMC volunteer instructors with vast backcountry experience. Offerings include: standard, advanced, and women's only. Each program includes five days in the White Mountains of NH, beginning with an instructional day at AMC's Highland Center followed by four days of backpacking. In the field you will be a leader, co-leader, and participant as you learn the interpersonal and technical skills needed to take charge in the backcountry.

If you've ever thought about leading or simply want to be better prepared for the challenges of the outdoors, then MLS is the school for you.



2018 DATES

- June 11 - 12 | SOLO Wilderness First Aid & CPR
- June 13 - 17 | Mountain Leadership School Courses:
 - MLS for Backpack Leaders
 - MLS for Backpack Leaders - Women's Specific
 - MLS Advanced Skills

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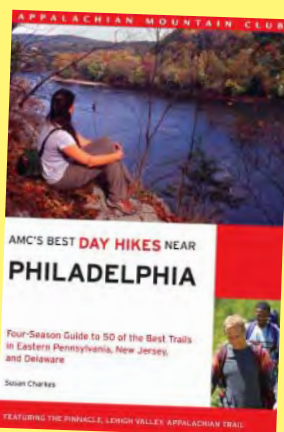
www.outdoors.org/mls





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



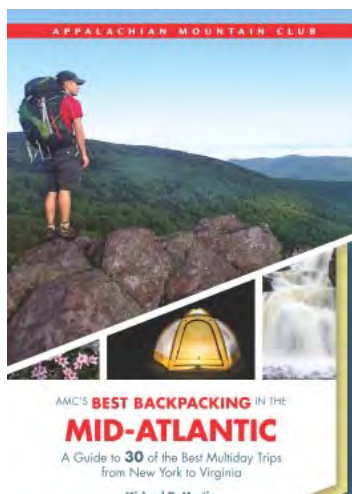
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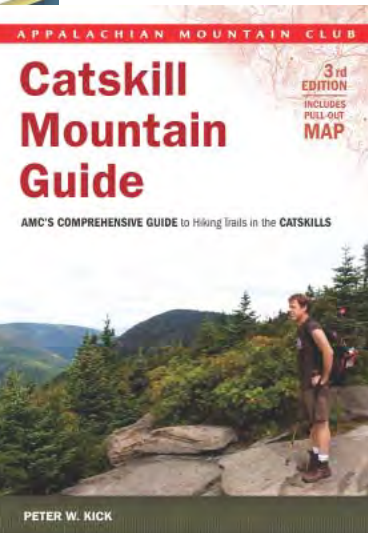
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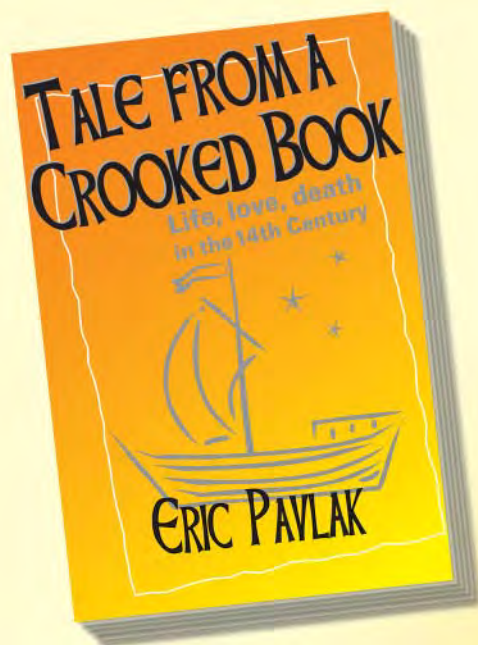


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Electronic trip reporting: you no longer need to mail forms!

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. 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>