



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Spring 2019 • Volume 57 • Number 2



**DV leaders earn four club-wide awards
Land & Water Conservation Fund renewed
Original keepers of our national parks
New New Jersey guide book by DV author
Tree planting: good and fun
Outdoor leadership learning opportunities
Top leaders and 100-plus milers**



Appalachian Footnotes

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

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Just click on any e-mail or web link.

They all work!

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

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

Get a list of all Delaware Valley Chapter activities for the next two weeks sent to your 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: Bicycling along the canal towpath in Delaware Canal State Park, Pennsylvania, from the new access point at Ringing Rocks looking north. Mark Zakutansky photograph.

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Left to right: Award winners Barbara Beatrice and Jeff Fritzinger, Phil Mulligan, Greg Bernet.

Jeff Fritzinger, Barbara Beatrice, Phill Mulligan, Greg Bernet receive awards at AMC's club-wide annual meeting

DV Chapter's Jeff Fritzinger, our Leadership Chair, and Barbara Beatrice were presented with AMC's Volunteer Leadership Award at the club's annual meeting on January 26 in Norwood, Mass. Chapter Trails Chair Phil Mulligan received the Warren Hart Award at least 224 hours of trail work in 2018, and Chapter Vice Chair Greg Bernet was presented with the Marian Psychowska Award for at least 96 hours of trail work in the past year.

Since becoming leaders with the Delaware Valley Chapter in 2012, Jeff and Barbara have become energetic and committed leaders within the Chapter and in AMC club wide leadership initiatives. Their work as a team is well respected and always engaging.

They have shared their love of outdoor places, such as the Catskill Mountains, by organizing popular trips in fall, winter, and spring of each year. As the DV Chapter Hiking Chair, Jeff developed well-received workshops on Beginner Hiking Skills and Winter Hiking Skills that have attracted many novice participants to AMC's outdoor mission. They are scheduled to teach an upcoming community college class on hiking skills. Barbara has organized and led the Chapter's leader recognition dinner.

Jeff and Barbara participated in the first Train the Trainer (T3) Leadership Education weekend and came away inspired to train other leaders. Since that time they have used their skills as trainers for DV Chapter Leadership Training and have traveled at special request to assist several other Chapters with their Leadership Training. An area that they excel in teaching is Diversity, Equity, and Inclusion, no surprise given their focus on skill-building and opening the outdoors to all who want to experience it.

As a natural extension of this skill development, Jeff is now the DV Chapter Leadership Chair for 2019 and Barbara has been elected to the Club Wide Outdoor Leadership Development Committee (OLDC).

Congress OKs permanent authorization of Land & Water Conservation Fund



The U.S. House of Representatives overwhelmingly voted in support of a package of public lands bills including the permanent reauthorization of the Land and Water Conservation Fund on Tuesday, February 26.

This vote comes on the heels of the Senate's passage of the identical package of bills on February 12, now sending S.47, the Natural Resources Management Act, to the president's desk for his expected signature.

Thousands of AMC supporters helped make this victory a reality through letters and phone calls to their Members of Congress; leading outdoor trips to places protected by LWCF; posting on so-

Breakneck Ridge, New Jersey, is one of the thousands of popular hiking areas served by the LWCF.

cial media about LWCF; and even traveling to Washington, D.C. to bring your outdoor stories directly to decision makers.

All our elected officials in the Delaware Valley region voted in support of S.47 except for Pennsylvania Senator Pat Toomey. Please consider calling or e-mailing to thank them for their support. Stay tuned to AMC's Conservation Action Network for future opportunities to speak up in support of the Land and Water Conservation Fund and other important conservation policy issues.

Buffalo Soldiers: the original keepers of our national parks

By Christine Loch

As outdoor enthusiasts, many of us have had some of our most memorable hikes within the awe-inspiring lands of our national parks system.

Imagine for a moment a time when the preservation of these lands was in its infancy. A time when the federal government understood the importance of preserving such lands for future generations, yet was still working through the details of just how these lands could be protected from trappers, miners, and cattlemen.

Seeking out a means to protect these wide open spaces, which were brimming with hidden natural treasures that could be easily exploited for monetary gains, the government turned to the Buffalo Soldiers.

Four regiments within the Buffalo Soldier corps, a segregated division of the US Army, were chosen for this assignment. These brave men exceeded expectations, not only protecting the backcountry regions of Yosemite and Sequoia National Parks between 1891 and 1913, but also surveyed it with such accuracy and detail that these previously unmapped and unreachable lands were now accessible to hikers and campers. For that time and for many generations to come.

Their work is inspiring by just the sheer nature of the challenging unknown territories they explored, with the use of only the limited equipment of that era. But to truly appreciate their contributions, one must consider the political nature of our country at the time. These heroic individuals were the keepers of law and order within lands that were deeply segregated.

Their skills and knowledge earned them great respect, as miners and trappers tried to seek out a livelihood through illegal use of natural resources within these protected lands.

It was the trails they blazed and maps their surveys produced that enabled many of the park's first visitors to enjoy some of the most wondrous yet treacherous regions of the West.

Many of their achievements still serve today, enabling many to enjoy the backcountry areas of our parks. For example, those who have visited the awe-inspiring beauty of the Giant Forest can give thanks to the Buffalo Soldiers, who built the first usable road into this challenging terrain. Those who have attempted the treacherous climb up Mt. Whitney can thank the Buffalo Soldiers who first blazed a successful route up to its 14,494 foot summit.



While enjoying the excitement of backcountry mountain biking, pause for a moment and try to imagine climbing the terrain of the Rockies on a Victorian era bicycle. It was the Buffalo Soldiers, also known as the Iron Riders, who used some of the earliest models of bikes as a means of blazing trails through the expansive prairies and mountainous regions of the West

It was in 1896 that the 25th Infantry Bicycle Corps was formed, and on 32 pound bikes designed by A.G. Spalding & Co., the first mountain bike expedition began with a 125 mile trek from McDonald Lake to Mission Mountains in Nebraska. This was soon followed by a 23-day, 800 mile expedition from Fort Missoula, Montana to Yellowstone National Park and back again.

Lieutenant Moss, the leader of the expedition wrote: "Again, and again would we stop along the road to look at paint pots, pools, springs and gey-

sers...Riding through the Gibbon Meadow, we then turned off into Gibbon Canyon, deep, sinuous and picturesque. For miles we fared along the windings of the road, with the ever beautiful waters of the Gibbon River at our side, now admiring this, then admiring that. Indeed, this was the very poetry of cycling."

This journey was not only poetic but challenging, as bikers hit heavy rains and snow which made descents nearly impossible, as each man had to navigate with heavy bikes laden with all their necessities for the journey.

Learning about the Buffalo Soldiers and their contributions to the National Park system opens a new and enlightening perspective into our nation's early love affair with the outdoors. It took ingenuity, innovation, and bravery for these highly skilled individuals to provide us with the foundations that have led to the well-routed paths and trails we enjoy today. Next time you're in one of our western national parks, take a moment and give thanks to the Buffalo Soldiers, the early keepers of our national parks.

Top: Buffalo Soldiers at Minerva Terrace at Mammoth Hot Springs in 1896. Middle: 25th Bicycle Infantry crossing a river. Bottom: 1897 Spalding military bicycle.



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Hike New Jersey with the author of the latest AMC guide book

Get outdoors and hike New Jersey with the author of the new book! Upcoming hikes from *Best Day Hikes in New Jersey* include:

March 23, Saturday: Carranza Memorial to Apple Pie Hill (fire tower) to Route 72, in Tabernacle. Hike the highest elevation in the pine barrens (205 feet). Car shuttle. (13 flat but interesting miles, hike #49)

April 6, Saturday: Laurie Chauncey and Ettle Farm Trail, in Princeton. Enjoy woods, water, and a three-pony bridge. (3 to 5 miles, extension of hike #44).

April 9, Tuesday: Branch Brook Park in Newark. See the largest collection of cherry trees in the U.S. (5 flat miles, hike #17)

May 3-5, Mohican Outdoor Center: Yoga-Hiking weekend, Experience hiking, yoga, and the gong (a sonic experience.) (includes 5.7-mile hike #13)

Check the chapter web site. amcdv.org/AMCCalendar.php for details.

Book signings coming soon to selected REI, EMS, and other stores! Check Best Day Hikes in New Jersey Facebook page to keep abreast of upcoming signings and more hikes:

www.facebook.com/Best-Day-Hikes-in-New-Jersey-2032962360330183/

Priscilla Estes is an avid hiker, writer and yoga instructor, and has served as DV Chapter Chair and as publicity chair.



How Writing a Guidebook Helped Me Find My Way

By Priscilla Estes, from AMC's web site

Writing AMC's Best Day Hikes in New Jersey made me realize something: I had seriously underestimated both the state and myself.

I used to know New Jersey as a place of endless strip malls, clogged roadways with a sky-high congestion index, and foul-smelling stretches of industry. And then there was that fearsome bogeyman, the Jersey Devil, who still makes routine appearances everywhere from the Pine Barrens to the Garden State Parkway. No, thank you.

I also had some pretty unattractive notions about myself. For starters, I self-identified as a directional dummy. When reading a map, I would rotate the sheet—and myself—in every direction until we both were pointing the same way and then berate myself for not being able to translate what I was looking at into the actual world. (These issues are called lack of spatial ability and being hard on yourself, respectively.)

At unmarked trail intersections, I had a history of gladly deferring to my hiking companions. As for using a Garmin, help! How to even turn it on, let alone rely on its magical powers? I so feared losing the data I had collected that I eventually taped a square of paper over the “delete” button to avoid mistakenly pressing it at hike's end.

And in terms of fitness, please. Everybody on the trail seemed to be faster than I was, especially the 70-year-olds, not to mention the 5-and-under set. I think there was even a box turtle or two that gave me a run for my money.

How could I, with these shortcomings, possibly determine which hikes were “best” in an entire state, find my way to them, navigate the trails to completion, and not only live to tell about the journeys, but to guide others via detailed maps, directions, and photographs?

Why, oh why, did I say yes to this book? I was truly my own worst enemy.

But then I discovered something amazing. New Jersey's roads may confuse and terrify. At first. Perceived personal shortcomings can limit. Initially. But perseverance, combined with practice, gets you off the road and onto the trail.

On each stretch of winding path, I discovered a penchant for solitude. With every mile of forest and shining body of water, I became increasingly grounded. After every correct turn, I felt like Isabella Bird, the 19th-century guide. (Look her up!) And instead of the Jersey Devil, I met friendly hikers who yielded the right of way.

Technical glitches with camera, pen, and Garmin seemed natural and undaunting in the face of true miracles: trees growing from solid rock, boulders balanced on fissures, 400-year-old black gums, eagles nesting on power towers, and green spaces coexisting with industrial parks.

Trail maps may not always be clear. But neither is my life map. Yes, safety is always a concern in the outdoors, even in Jersey, where civilization lurks comfortably beyond the trees. But I don't need to be afraid. I can do my research, trust my instincts, enjoy my own company, and make some wrong turns.

And you can, too. You might get locked inside a park after hours and escape only through the kindness of a ranger. You might hike in circles. You might break your headlamp just as darkness falls, far from home. You might never find the trailhead you were looking for, or you might discover the yellow trail is now blazed red. And you just might just find something you weren't looking for: yourself.

Tree planting, tree maintenance: good for the environment and fun!

Story and photos by Mike Manes

If you are looking for new ways to enjoy the outdoors, try joining a tree planting or tree maintenance activity.

On these activities you will work with other environmentally interested groups and meet interesting people with very different philosophies.

Tree planting is done during the cooler days of spring and autumn, tree maintenance usually occurs in the spring and fall but may happen on a summer day. These are the days hikers, bikers, and paddlers reserve for their favorite activity. Tree care is an activity usually sponsored by environmentally enthusiastic people with a non-profit organization. Tree planting and care may be a one day activity, or it may be an activity that you return to for a long time to watch and help the progress of the tree or trees that you are connected with.

Why are we concerned with trees? Trees are good for the environment in many ways. For example:

Trees remove large amounts of CO₂ from the air, aiding the carbon footprint and thus reducing global warming.

Trees will remove pollutants both from the air and ground water.

Trees intercept large amounts of rainfall each year, helping to reduce erosion.

Trees stabilize the soil, particularly important along waterways.

Trees supply useful products for us such as wood and food.

There is considerable evidence that hospital patients who see trees out their windows require less medication and have quicker recovery times.

Trees provide habitat and food for a large variety of organisms that are crucial for our environment.

Most of the efforts AMC's Delaware Valley Chapter have put forth involved tree planting. Some have involved improving tree and forest health. Most of the other activities are simple gardening, such as installing fencing to protect the trees from deer, rabbits and raccoons. Another simple gardening activity is weeding around the baby trees.

Prior to 1904 the American chestnut (*Castanea dentata*) was the absolute monarch of the Appalachian forest, 25 percent of the wood in this range was chestnut. At the same time the king of urban trees was the elm, primarily the American elm (*Ulmus americana*) but also the slippery elm (*Ulmus rubra*).

These species were later devastated by imported fungal diseases, known as chestnut blight and Dutch elm disease. Should we make an effort to restore these beautiful trees to their early twentieth century glory? I believe we should, and have led tree parties working on chestnuts.

For the past few years we have collected chestnut seeds from orchards in the fall, the seeds are to be used in future plantings in efforts to establish a blight resistant American chestnut by selective breeding.

What about the elm? We have not done any work to restore this tree, but hopefully some AMC leader will decide to work with the elm tree.

It is mentioned above that AMC has partnered with other non-profit environmentally interested organizations, these have included Natural Lands, Wildlands Conservancy, and The American Chestnut Foundation. Work has been done on some locally owned public property.

I have given several practical reasons to participate in tree oriented activities. While having the feeling of accomplishing something worthwhile is a sound reason, the best reason for tree work is **it is fun**.

Above: Midori Wakabayashi and Adrian Noble plant tree at Diabase Farm Preserve on October 6, 2018.

Left: Lennie Steinmetz, Susan Weida, and Paula Uhrin smile after completing a tree planting near the Little Lehigh River on October 20, 2018.



Outdoor leadership workshop scholarships set for 2019

Step up and lead outdoor activities or boost your leadership confidence and skills at AMC Delaware Valley Chapter's outdoor leadership training workshop the weekend of April 5-7.

To make this event easily accessible for DV Chapter members, this session will take place at Nockamixon State Park 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

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, 2019. If you'd like to stay overnight at the cabins at Nockamixon State Park, the cost is \$15 for one night or \$24 for two nights. The Saturday night dinner cost is \$15. For additional information and registration, contact DV Leadership Chair Jeff Fritzinger at leadership@amcdv.org.

Young leaders ages 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, once they have successfully completed the course and their coleads.

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 enjoys 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.

Leaders' Dinner set for Saturday, April 6 Free to chapter leaders, guests welcome

In appreciation of the hard work and dedication of our leaders, all Delaware Valley Chapter leaders are cordially invited to the 5th Annual Leader's Dinner on Saturday, April 6.

The dinner is offered to all chapter leaders **free of charge**, and coincides with Delaware Valley Chapter's Outdoor Leadership Training weekend.

Whether you are a new leader, an active veteran leader, or a leader who has not led in a while, this multi-faceted event is designed with every leader in mind.

**Saturday, April 6, Pennridge Community Center
146 E Main Street, Perkasi, PA 18944 BYOB**

Catch up with old friends and fellow leaders; and get to know some newer leaders. Meet the Leadership Training Class of 2019 and help them get acquainted with AMC-DV

Connect with other DV Leaders to share tips and ideas on our favorite activities. Get updates on DV Chapter happenings

The dinner is free for DV leaders; \$15 per person at the door for their guests. Watch the [web calendar](#) for further information and how to register.

AMC's Mountain Leadership School

Mountain Leadership School is the AMC's most comprehensive outdoor leadership development program. Individuals take advantage of MLS to learn to manage risks and confidently enjoy their wilderness experience with minimal impact on the backcountry. The course is applicable to those who hike solo, with friends, or intend to lead groups. Originally conceived to teach personal outdoor leadership in the face of recurring demands for mountain rescue services placed on the National Forestry Service, MLS is now in its 61st year!

What sets MLS apart is its learn-by-doing method of instruction that will have you actively using your new skills as you acquire them. Experience has shown that this provides an optimal learning environment. MLS offers multiple levels of instruction so whether you are relatively new or highly experienced in the outdoors MLS has an offering that is right for you.

AMC's five-day Mountain Leadership School is staffed by highly experienced AMC volunteer instructors with vast backcountry experience who keep the curriculum applicable to today's leadership challenges. MLS curriculum includes:

Accident prevention

Emergency scene management

Personal management

Group dynamics & group management

Backcountry navigation

Trip planning

Low-impact travel (Leave No Trace)

For 2019 schedule and more information, please visit:

www.outdoors.org/skills-leadership/mountain-leadership-school

Scholarships available for active AMC leaders who attend Mountain Leadership School

Active AMC Trip Leaders who participate in MLS are eligible to apply for a Robert Hanson Memorial Leadership Fund Scholarship. There are a limited number of scholarships offered to each AMC chapter, facility, and camp. Each recipient will be awarded up to \$150. Contact leadership@amcdv.org for more information

Leaders: Moving from or to another chapter?

Or do you want to lead for more than one chapter? See the article on the next page for more information.

2019 Delaware Valley Chapter Weekend will be at Mohican

Join fellow AMC-DV members for an activity-filled chapter weekend at Mohican Outdoor Center August 13-15. There will be a variety of hikes, lake activities and evening recreation possibilities.

Stay in cabins (Blueberry or Black Oak) or camp out. For cabins, bring your own pillowcase and sheet or sleeping bag.

Prices depend on type of lodging and meals. Cabins are \$43 per night for AMC members; \$49 for nonmembers, primitive campsites are \$30 for members and \$35 for nonmembers Indian Point camping is \$35 and \$43. Executive Suite lodging \$70 and \$84.

Meals are \$12 breakfast, \$12 lunch and \$24 dinner for members; \$14, \$12 and \$29 for nonmembers.

A typical member's cost including meals from Friday dinner through Sunday lunch with cabin lodging would total \$182 a person. If you camped out and brought your own food, the cost would be \$60 a person.

Registration is already open! Contact AMCLodging@outdoors.org or 603-466-2727.

Hike Leaders, potential hootenanny singers and slide show presenters of beautiful places you've visited are needed for Saturday evening. Reply to: Annette Sheldon annetgabriele@verizon.net or Geri Chmiel jerseygbc@aol.com



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

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

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

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

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

Sign up for the Adventure Travel Newsletter

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

www.outdoors.org/ATnewsletter-signup

Guide Books and Nature Books

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

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

Moving from or to another chapter? Want to lead for another chapter?

If you are an active leader in one chapter and you want to lead for another, contact the chapter chair of your destination chapter and ask them who to contact about making this transition.

Provide the name and contact info of an appropriate volunteer in your home chapter (committee chair for example) who can describe your skill and experience.

For activities where specific hard skills are needed such as paddling, skiing, winter backpacking, or climbing, leaders may need to demonstrate their proficiency with those skills.

The destination chapter may require leaders to take additional periodic training in soft or hard skills, as new programs or as refreshers, to support volunteers in their efforts to uphold the AMC standard of leadership.

We acknowledge that AMC's leaders must often adapt to new audiences and new expectations, and our trainings will work to help leaders keep up to date and up to speed.

For more information, contact leadership@amcdv.org.

Sunday hunting once again proposed for Pennsylvania

A familiar issue has once again been moving through the Pennsylvania legislature – lifting the ban on Sunday hunting. PA Senator Dan Laughlin introduced Senate Bill 147 earlier this year. In addition to allowing the Game Commission to remove the ban on Sunday hunting, the bill would also make trespassing by hunters a primary offense and increase penalties. S.B. 147 was approved by the PA Senate Game and Fisheries Committee on February 5th and will next be considered by the entire Senate.

Previous proposals have failed to pass the Senate Game and Fisheries Committee, making S.B. 147 seemingly more viable than prior efforts. However, should the bill pass the Senate, it will move to the House; historically, members of the PA House have been less supportive of expanding hunting in the state than the Senate.

S.B. 147, if passed, would allow the Game Commission to remove the ban on Sunday hunting first established in 1873. As many avid hikers, birders, mountain bikers, and other recreational users know, Sunday is currently the only day during hunting season to enjoy the outdoors without the presence of hunters.

Reinstituting Sunday hunting could negatively affect the experience of recreationists who currently enjoy state game lands, state parks and forests, and some county and local parks.

Allowing Sunday hunting may also affect important stewardship like maintenance of the Appalachian Trail corridor. In some cases, AT trail crews choose to arrange their work for Sundays precisely to avoid active hunting.

Past proposals to end the ban on Sunday hunting have not been successful, in some part due to a large opposition from groups such as Keystone Trails Association and the PA Farm Bureau. Keystone Trails Association and PA Farm Bureau also oppose Senate Bill 147.

To make your voice heard on this issue, please contact your PA State Senators and Representatives regarding Senate Bill 147.

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

iNaturalist makes you a scientist while walking on the trail

From their website: *iNaturalist is a citizen science project and online social network of naturalists, citizen scientists, and biologists built on the concept of mapping and sharing observations of biodiversity across the globe.*

You can join this community and help AMC with their scientific research into climate change and other issues just by installing an app on your smartphone and taking some pics while you are out hiking.

Start by going to <https://www.inaturalist.org/> and signing up. You can sign in using Google or Facebook (not recommended for privacy reasons), or create an account with your e-mail (recommended). You can do this on your phone but it's easiest if you use a notebook or desktop device for this part.

When you sign in to the home page there is not much there because you haven't made any observations or joined any projects yet, but click on the "Getting Started Guide" and look around. If you want, print out "How to Make an Observation" for your phone type.

Now click on the Projects tab. Click on All Projects >> at the top right. Type "AMC" into the Search box and Go. You see all the projects AMC is involved in. The most relevant for our chapter are on the Appalachian Trail and in Harriman State Park. Browse around. If you think you are going to be hiking in that area, you can join the project (top right) now.

Now back to your phone. Install the iNaturalist app from the App Store or Google Play, sign in, and go take a hike!

When you see something, tap the observe button and take as many photos as you can. You will see the location and time added automatically. This is what makes the data really useful. Identify it if you can, but don't worry if you cannot. All specimens are identified by experts on iNaturalist, including AMC's own scientists. Optionally add comments and attach the data to a project, and then upload. That's it! Go do more.

After a while you will see that your observation has been formally identified. Research grade! Cool! I must be really good! They can now be used in research.

Congratulations! You are now a Citizen Scientist. Go to the Conservation page of the DV chapter website to see what other projects you can participate in.

AMC and other science organizations are interested in the distribution and frequency of species, but particularly in pictures of plants at varying stages of development. When the plant first appears (the first snowdrop or skunk cabbage), when it starts and ends flowering, appearance of seeds or fruit, any changes of appearance. This is called phenology, the timing of biological events, and can be used e.g. to see the impacts of climate change on plant flowering times.

This effort is in its infancy. It has the potential to be a powerful research tool, and will be more and more useful as more data is accumulated. Spend a few minutes when you are hiking to help it along. Need help or have questions? Contact DV Conservation Chair Adrian Noble at conservation@amcdv.org.

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

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

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

Top leaders and activities participants of 2018

Most active leaders

Four or more leads

Mike Ahern
Joan Aichele
Barbara Beatrice
Sue Bergmann
Greg Bernet
Terry Berntsen
Susan Bickford-Martin
Barbara Blythe
Tammy Brown
Steven Campanelli
John Chalikian
Geri Chmiel
Lisa Chou
Eleanor Conwell
Cindy Crosser
Michel Daage
John Dalvet
Bill De Stefano
Stan deRiel
Rich Einstein
Judy Farrell
Weston Fenner IV
Liz Fox
Justin Fried
Jeff Fritzinger
Carl Ganong
Karla Geissler
Reed Goossen
Robert Gougher
Jay Gross
Mary Hunsberger
Phill Hunsberger
Pete Jarrett
Raun Kercher
Mark Kern
Kathy Kindness
Robert Liston
Christine Loch
Ed Loch
Lisa Lombardo
Dan Loughner
Mike Manes
Denis McCartan
Margaret McDonald
Phil Mulligan
Pat Naismith
Joe Nanfara
Adrian Noble
Rich Pace

Anthony Palandro
Eric Pavlak
Jennifer Percival
Ron Phelps
Malcolm Preece
Larry Priori
George Rockett
John Rogers
Alan Rothenberger
Lois Rothenberger
John Rowen
Rand Salani
Paul Schott
Dan Schwartz
Noelle Schwartz
Annette Sheldon
Tom Sherwood
David Stein
Bill Steinmetz
Lennie Steinmetz
Diane Ullmer
Midori Wakabayashi
Susan Weida
Barbara Wiemann
Amy Williams
Dean Witman

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	miles/equivlent
1	Jane Richter	1194.95
2	Jay Gross	860
3	Greg Bernet	795.35
4	Joan Aichele	641.1
5	Adrian Noble	627.95
6	Amy Williams	620.5
7	Susan Weida	610.65
8	Dennis Burrichter	580
9	Robert Liston	577.95
10	Richard Einstein	572

11	John Rogers	524.45
12	Raun Kercher	508.2
13	Larry Priori	497.3
14	George Rockett	484.2
15	Denis McCartan	478.8
16	Mike Ahern	475.35
17	Jerry Taylor	473.35
18	Jeanna Nelis	450.9
19	John Rowen	425.85
20	Joe Nanfara	424.1
21	Phil Mulligan	420.7
22	Bob Hileman	411.65
23	Sue Bickford-Martin	406.4
24	Kathy Ciliberti	400.1
25	Karen Rossino	397.45
26	Tom Sherwood	392.3
27	Rich Pace	389.5
28	Barbara Blythe	373.15
29	Dan Loughner	347.3
30	Lois Rothenberger	333.2
31	Cindy Crosser	333.1
32	Jerry Srodes	319.9
33	Margaret McDonald	309.55
34	Geri Chmiel	308.5
35	David Stein	301.8
36	Karla Geissler	298.6
37	Reed Goossen	287.9
38	Leo Connolly	265.5
39	Len Morawski	261.1
40	Michelle Thompson	252.25
41	Cameron Smith	243.95
42	Patty Gill	242.1
43	Mike Manes	240.8
44	Noelle Schwartz	240
45	Jeanne Mantell	237.85
46	David Schofield	237.2
47	John Garner	232.4
48	Kieu Manes	223.8
49	Tammy Brown	222.05
50	Beverly Eccles	220
51	Richard Kowal	205.5
52	Terri Doolin	203.5
53	Mary Hunsberger	197.5
54	James Bloom	195.65
55	Lynn Fraser	195.65

Continued on the next page

AMC's New Brand

By now, we hope you have seen our new “Be Outdoors” branding in the magazine, at Annual Summit, at outdoors.org/brandnew or in an e-mail. In case you missed it, here are some key points about what this is and why we made the change.

AMC's heart and soul are powerful and what we do is very important. Yet, the way we express that outwardly—to the new hearts and new souls who will preside over AMC's second 150 years—has been unclear. As much as we're right to revel in our own history of adventure, hard work, and environmental leadership, we haven't successfully channeled what we are and what we offer into an honest message of welcome. As an organization that rejoices in introducing people to the outdoors, and to its service, we must do better.

Our new landmark celebrates that we consist first and foremost of individuals. Our new tagline, “Be Outdoors,” is an invitation with no strings attached. Our new imagery shot for the first time by our new in-house photographer shows real AMCs on real AMC outings. Taken together, it's a way forward for our brand that's less concerned with saying who we are and much more interested in finding out who you are. We're pledging a warmer welcome, a clearer purpose, an even stronger mark in the name of conservation and recreation, and fresh perspectives on the same great AMC you already know and love.

Be Outdoors is about joining the human condition to its origin point. It's the biggest, simplest thing you can do in the biggest, simplest place you can do it. Be Outdoors celebrates the spirit of adventure in every possible form, embracing everything that comes with it—wisdom, humor, work, fun, pain, and triumph. There is no wrong way or where to Be Outdoors, and there's room for everyone. Be yourself outdoors. Be together outdoors. Belong outdoors.



Continued from the previous page			81	Weston Fenner IV	153.9	107	Jason Thompson	122.8
56	Bill De Stefano	195.5	82	Ira Rubinstein	152.8	108	Ivan Winegar	121.9
57	Kathy Hughes	194.8	83	Larry Butler	151.5	109	Marc Seltzer	120.5
58	Midori Wakabayashi	193.8	84	Mindy Gumminger	151	110	Linda Taggart	120
59	Alan Rothenberger	191.4	85	Kyle Conrad	150.8	111	William Lotz	120
60	Steven Campanelli	191	86	Sue Auyeung	150	112	Patrice Luongo	120
61	Alessandra Taddeucci	189	87	Ed Lochmoeller	148.7	113	Lori Gleason	118.9
62	Roger Brown	187.4	88	Dorothy Knaus	147.2	114	Jeff Fritzinger	118.45
63	Rob Splaine	186.9	89	Mary Jane Martin	146.6	115	Marcia Telthorster	114.7
64	Ellen Berry	186	90	Rand Salani	145.2	116	Annette Sheldon	113.45
65	Stephanie Motta	183	91	Walter Auyeung	145	117	Stan deRiel	113.45
66	Jeff Schrager	180.6	92	Judith Shabrach	144.9	118	Janet Remig	113
67	Anthony Palandro	175.5	93	Jennifer Percival	140	119	Blase Hartman	111.15
68	Rick Hudson	174.1	94	Joanie Schultz	138.4	120	Malcolm Preece	110.8
69	Jason Kumpas	173.5	95	David Block	137.6	121	Anne Melley	108
70	Carl Ganong	171	96	Kathy Kindness	136.3	122	Marcia Comstock	107.7
71	Pete Jarrett	169.45	97	Pennie Lochmoeller	136.2	123	Daniel Schwartz	107
72	Michel Daage	165.45	98	Barbara Beatrice	135.45	124	Patricia Naismith	106
73	Rich Weber	164.8	99	Sharon Yates	132.5	125	Ron Iannacone	105.9
74	Hil Feusi	164.6	100	Justin Fried	132	126	Sue Bergmann	105
75	Diane Ullmer	162.2	101	Theresa Berntsen	131	127	Martyann Gutierrez	104.5
76	Jin Xu	162	102	Glenn Shoup	130	128	Robert Wacker	102.7
77	David Forester	158.7	103	Lennie Steinmetz	129.2	129	Debbie Hinks	102
78	Pat Weber	157.3	104	Monica Wolf	127.3	130	Peter Rosswaag	101.5
79	Judy Farrell	156	105	Al Jacobs	124.6	131	Steve Pomarico	101.5
80	Allison Hudson	155.6	106	Paul Pierpoint	123	132	Linda Watsula	101.35

Winter hikes in the Catskills

This past winter, Lennie and Bill Steinmetz led the adventure for the 27th year!



Photos from the January 12-19 trip. Top two by Monika Jaeger, bottom three by Rich Pace.

