



# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Summer 2011 • Volume 49 • Number 3

**Summer at the shore**

**PA Highlands Trail update**

**Spring Fling: story and photos**

***Gasland* filmmaker addresses issues**

**Annual Picnic, Leaders' Social and more**







## Appalachian Footnotes

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Delaware Valley Chapter  
Appalachian Mountain Club

published using recycled electrons.

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## Come to our Annual Picnic!

*Saturday, June 18 at Noon, Tohickon Valley Park*

**Hiking! Biking! Food! Games! Family Fun! Free!**

Free hamburgers, hotdogs and veggie burgers with fixings! Many activities such as hiking, bicycling, softball, volleyball, horseshoes, etc., will be available as part of the picnic. Bring the whole family! No fee! Pool swimming is available for a fee. Pre-picnic hike and bicycle road and trail rides, see chapter web site for details.

Please bring a covered dish, salad or dessert; enough to feed four or more people. Don't forget to let me know what you are bringing.

Bring a reusable plate, utensils and a cup. This is our little bit toward becoming greener. Glassware, alcohol are not allowed in the park.

Bring your equipment to play softball, volleyball, or horseshoes if you'd like.

Well-behaved dogs are allowed but they must be kept on a leash six feet or less in length.

**RSVP to Stephanie Wall**, stephaniewall3@gmail.com or 215-421-5660.

*Tohickon Valley Park, 127 Cafferty Road, Point Pleasant, PA, 215-297-0754.*

### Membership Information

Moving? Please remember to change your address and desired chapter affiliation by going to the AMC Member Center at [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter) or call AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors and for Footnotes. Address corrections cannot be made by the newsletter editor.

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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, Jane Shepard, 610-584-4408, or [ombudsman@amcdv.org](mailto:ombudsman@amcdv.org).

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# AMC, partners, working to develop PA Highland Trail net

By John P. Brunner, AMC Mid-Atlantic Recreation Planner

The Appalachian Mountain Club is working with several partner organizations, plus local, state and county governments and individuals to develop the Pennsylvania Highlands Trail Network (PHTN) within the 1.9-million acre, 13-county Pennsylvania Highlands region.

When completed the Highlands Trail will stretch more than 130 miles through the PA Highlands from the Delaware River to the Whiskey Springs Uplands, where it will connect with the Appalachian Trail near the Maryland border.

The PHTN will be an extension of the existing 150-mile Highlands Trail that runs from the Hudson River near Storm King Mountain in New York, through Northern New Jersey to the Delaware River at Riegelsville, PA. Characterized as a “rugged footpath,” the NY/NJ Highlands Trail is a combination of new trails, co-alignment along established trails and road walking.

The NY/NJ Trails Conference led the multi-year effort to establish the northernmost reach of the Highlands Trail, and in May 2009 joined with AMC and several other organizations and government representatives to hold a Welcome to Pennsylvania celebration and ribbon cutting ceremony at the Roebling Bridge in Riegelsville.

## It's all about the network

How do you plan a new 130 mile trail? That question is frequently asked about the PA Highlands Trail, and the short answer is: You don't. Planning forty three-mile trails is a more accurate description of the process.

For a variety of reasons, the PA Highlands Trail experience will be somewhat different from the NY/NJ Highlands Trail. The topography of the northern Highlands, especially in New Jersey, features more well-defined and contiguous ridgelines, with Musconetcong Mountain in Hunterdon County being a prime example.

Where the trail crosses into Pennsylvania at Riegelsville, the Highlands becomes a more irregular landscape of hills and small mountains that overlook farmland and developed areas.

Establishing a main trail route from Riegelsville to Maryland is the big picture goal, but this will be accomplished in large part by connecting a network of existing trails. Some of these trails (the Delaware and Lehigh, Perkiomen and Schuylkill) are based on either canal or rail systems. The Horse-Shoe Trail and Mason Dixon Trail meander great distances across the landscape, hop-scotching from one opportunity to another through a complex maze of private and public lands. The PHTN will include all of these.

The PHTN will likely feature new trails that follow the model of the rugged footpath found in the NJ Highlands. Other sections will be co-aligned with established non-motorized multi-use trails that connect to a broad network of trail systems and population centers.

Within the region between the Delaware River and Schuylkill River, the major multi-use trails that the PHTN will potentially be

sharing include the Delaware & Lehigh Trail, Saucon Valley Rail Trail, Perkiomen Trail, and Schuylkill River Trail. The Horse-Shoe Trail will be the first major connection once the PHTN crosses the Schuylkill River.

## Two trunk routes

This past winter members of the PHTN Steering Committee (Bucks-Northampton-Lehigh Group) recognized the advantages of developing two main trunk routes, the most important being that the Northern Route would be co-aligned on existing multi-use trails and trails that are under construction or “shovel ready.” This would allow a significant portion of the PHTN to be established relatively quickly.

The southern trunk route will require more time to develop because of the need to establish landowner agreements and easements, but will offer a high quality hiking experience, some of

it in a relatively secluded, mostly forested setting. The two distinct trail trunk routes would each begin at Riegelsville, PA and be rejoined near Quakertown, Milford Township and the Unami Hills.

The Northern Route of the PHTN will follow the Delaware Canal Towpath (D&L Trail) from Riegelsville to Easton where it will join the Lehigh Canal Towpath upstream to the new Bethlehem Greenway, which is under construction.

From there, it will join the Saucon Valley Rail Trail at Hellertown and continue down to Coopersburg and Quakertown. Trail connections are in the process of being established between Quakertown, Trumbauers-

ville and Milford Township, Bucks County, and ultimately the Unami Hills. Most of the Northern Route will follow multi-use non-motorized trails used primarily for walking and bicycling. These trails are already providing recreational opportunities for a mix of rural, urban and suburban populations.

The Southern Route will follow the Delaware Canal Towpath south to a point just below the Nockamixon Cliffs, where it will then head west towards Nockamixon State Park, Quakertown Swamp and on to Milford Township and the Unami Hills.

Discussions are already underway to consider a few key properties for potential preservation and trails. Some sections of this route will consist of secluded, rugged footpaths with spur and loop routes to iconic Highland features such as Ringing Rocks County Park, while other sections will likely follow back roads. The Northern and Southern Routes of the PHTN will form a great 70 mile loop within Bucks, Northampton and Lehigh Counties.

This year AMC staff and volunteers will install interpretive kiosks for the Pennsylvania Highlands Trail Network and the Borough of Riegelsville. The kiosks will be placed at the new canal footbridge in Riegelsville. Another PHTN kiosk is in the works for placement along the D&L Trail, possibly at Sand Island within the City of Bethlehem.



*Guidebook author and AMC activity leader Susan Charkes gathers plant specimens along a possible trail alignment. Her book, AMC's Best Day Hikes Near Philadelphia, is available with a member discount through AMC's website, and through local and online booksellers.*



# Spring Fling 2011 at the Mohican Outdoor Center



AMC's third annual Spring Fling took place at the Mohican Outdoor Center in the Delaware Water Gap on the weekend of April 29 to May 1, attended by 115 people from various AMC chapters. Based on turnout, weather and the participant comments, it was an even bigger success than last year. Here is a sample of participant comments.

When asked why they chose to attend, participants replied:

*"Inexpensive weekend away with many outdoor activities to choose from."*

*"We used to come here for family camp and loved it. It seemed like a good opportunity to come back with the kids."*

*"Get to meet like-minded people."*

*"I heard it was fun."*

*"A fun hiking weekend at a great price with lots of opportunity to chat with new people."*

*"A good way to get my girl friend introduced to AMC."*

When asked what they liked about the weekend:

*"Opportunity to meet members of other chapters."*

*"Opportunity to do so many different hikes."*

*"Boathouse happy hour – Executive suite campsite."*

*"Irish dancing – do that more!"*

*"Volunteers were truly amazing. Their dedication to making sure everyone was doing well and having a good time was impressive."*

Many attendees were excited about the Mohican Outdoor Center. Here are some things people liked most about Mohican:

*"Rustic and comfortable – Beautiful boathouse and lake."*

*"The number of trails that begin at [Mohican]."*

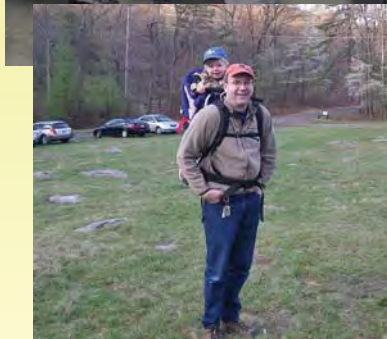
*"Boathouse at sunset."*

*"Beautiful location – All the recreational options."*

*"Cleanliness – Friendliness [of the] staff, committee members, volunteers."*

*"Easy reach from New York City."*

Plans for Spring Fling 2012 are already in the works. For additional information about next year's plans, contact the Mohican Outdoor Center at [amcmohican@outdoors.org](mailto:amcmohican@outdoors.org) after June 15. To learn more about the Mohican Outdoor Center, visit AMC's website at <http://www.outdoors.org/lodging/mohican/mohican-hikes.cfm>. — David Scranton



Photos by Lennie Steinmetz, Rich Pace and Kathy and Dave Scranton, who are shown here dancing with brooms.





## Summer at the nearby shore: there's hiking, biking, paddling, swimming, camping and birdwatching for nature lovers

If you are looking for a more natural beach experience this summer (or next fall or winter), try one of these largely undeveloped places:

**Island Beach State Park**, New Jersey, according to the park web site, is a narrow barrier island stretching for 10 miles between the restless Atlantic Ocean and the historic Barnegat Bay. Island Beach is one of New Jersey's last significant remnants of a barrier island ecosystem that once existed along much of the coast and is also one of the few remaining undeveloped barrier beaches on the north Atlantic coast. Over 3,000 acres and 10 miles of coastal dunes remain almost untouched.

Miles of sand dunes and white sandy beaches offer habitat to maritime plants and diverse wildlife that is almost the same as it was thousands of years ago. Island Beach contains outstanding examples of plant communities such as primary dunes, thicket, freshwater wetlands, maritime forest and tidal marshes. The state's largest osprey colony, as well as peregrine falcons, wading birds, shorebirds, waterfowl and migrating songbirds, are found here. Island Beach is nationally known as a unique resource with over 400 plants identified, including the largest expanses of beach heather in New Jersey.

It has the best swimming beach in New Jersey, with hot showers and changing rooms. It offers miles of hiking trails and you can walk along the beach, but be prepared for cars on the beach except in the natural areas and the swimming beaches. Unfortunately, all of the ocean beaches listed here are afflicted with this curse. These beaches allow four wheel drive vehicles onto major sections of the beach, ostensibly for surf fishing, but often just for cruising. And I have seen surf fishers park their cars and walk the short distance over the dunes to the beach. Good for them!

Island beach has a great nature center that kids love, and several interpretive trails. There are entry fees, and the park limits the number of users and can fill up on hot summer weekends.

See: [http://www.stateparks.com/island\\_beach.html](http://www.stateparks.com/island_beach.html)

**Cape Henlopen State Park**, Lewes, Delaware, offers hiking, bicycling (including rentals), camping, historical WWII fortifications, a nature center and two of the best swimming beaches on the east coast. Located at the mouth of the Delaware Bay, it is a great place to watch for whales and porpoises right from the beach.

Along with beach walking, there are miles of hiking trails behind the dunes and in the woods. The park has bicycle rentals and plenty of activities for children. You can find excellent dinner spots in nearby Lewes, and take the ferry to Cape May. <http://www.destateparks.com/park/cape-henlopen/index.asp>

**Assateague Island**, Maryland and Virginia. There is both a Maryland state park at the northern end of the Island, and Assateague Island National Seashore, which extends south into Virginia. Both offer camping, hiking and swimming. The National Seashore offers backcountry camping accessible by either pad-

dlers or backpackers. And yes, there are cars on the beach.

But the lower half of Assateague Island is off limits to cars and unfortunately backpacking campers, but you can get there by walking and can have miles of unspoiled ocean beach all to yourself even in the middle of summer! The best way to get there is to paddle to a remote backcountry camp site and walk.

Warning! Assateague Island is legendary for its mosquitoes, so come prepared. Also, call ahead and ask. In bad years, it can be as bad as the arctic. Or go in October or early November when the bugs are gone but the water is still warm and swimmable.

Assateague is the home of the famous wild horses, the descendants of once-domestic livestock. The ones near the campgrounds

can grab food from your hands, but the wilder ones in the southern parts will generally keep their distance.

<http://www.nps.gov/asis/index.htm>

<http://www.dnr.state.md.us/publiclands/eastern/assateague.asp>

**Eastern Neck National Wildlife Refuge** is on an island in the Chesapeake Bay directly south of Rock Hall, MD. Rock Hall is a good place to rent a basic bicycle if you don't have one with you. It also has a full service kayak outfitter that offers rentals, sales, accessories and guided tours.

This mostly wooded island is home to a large number of bald eagles, ospreys, herons, egrets and other large birds of prey. Geese, ducks, loons and cormorants abound, and songbirds are everywhere. There is even a butterfly preserve near the nature center

Eastern Neck has miles of trails, dirt roads and very lightly traveled paved roads for bicycling and walking. Bird watching blinds and boardwalks allow easy access for good wildlife observation. You can swim from the shore here, but there is no guarded beach.

Eastern Neck affords the paddler miles of coastline that, except for some rocky breakwaters, is free of man-made development. The trip around the island is about ten miles in length; longer if you explore its inlets and coves. Our AMC chapter often runs mid-summer paddling trips around Eastern Neck. See <http://www.paddlenow.com> for our schedule and more photos. Also see: <http://www.fws.gov/northeast/easternneck/>

In addition to the activities mentioned above, there is also fishing, crabbing and clamming available at these seaside gems. Be sure to check the local fishing regulations before you do so.

All of these wonderful places are suitable for children and families, and many offer special trails and activities popular with kids. They can be done as day trips by many of our members, and all but Island Beach offer in-park or nearby camping.

So you can have your day at the beach in a more natural setting than the usual resort clutter. You can hike, paddle, bike and explore, and still finish your day with a nice dinner and an ice cream cone.

*Story and photos, including cover photo, by Eric Pavlak. The cover was taken at Island Beach State Park last August.*



*Warm waters, sandy beaches and green woods make welcome rest stop for this paddler on AMC's Eastern Neck trip last July. While it is calm behind the breakwaters, the bay had two to three-foot waves in places that day.*

## 100 mile hikers for 2010

Name	Miles	Trips	Name	Miles	Trips
Joan Aichele	668	89	Kathy Claude	76	30
Scott Vant	469	58	Bob Lynam	165	14
Tom Sherwood	448	64	Jean Plough	162	26
David Stein	433	67	Denice Bohl	158	23
Bijay Shah	414	62	Susan Charkes	156	22
Richard Einstein	412	49	Rhoda Eisman	153	13
Rich Benningfield	410	57	John Garner	152	21
Eric Bucher	403	61	Ed Sawin	149	19
Rich Pace	390	48	Nancy Hence	148	24
Phil Mulligan	386	66	Adrienne Fogler	147	19
Russel Moyer	381	43	Cliff Hence	147	24
Mike Lawless	380	53	Mike Manes	147	20
Buddy White	374	49	Irina Kulikovskaya	146	15
Tina Lawless	373	52	Jim Geisel	144	23
John Rowen	371	51	Nancy Fredland	144	19
Angad Khalsa	339	42	Tammy Brandon	144	15
Sue Bickford-Martin	332	35	Chris Hoess	141	19
Jeff Schrager	302	44	Kieu Manes	140	19
George Gorman	298	46	Kathy Ciliberti	139	16
Theresa Berntsen	286	29	Gerry Martyniak	135	15
Emily O'Hagan	277	34	Susyn Mihalasky	132	16
Anthony Youngblood	276	44	Lisa Miller	128	20
Pete Jarrett	276	38	Norm Vadner	128	18
Bill Lotz	275	44	Steve Pomarico	128	13
Jason Kumpas	274	41	David Warfield	125	18
Dale Brandreth	268	34	Carol Broadbent	124	15
Dave Block	268	33	Steven Perkiss	123	17
Norm Cook	262	45	Lou Gutzait	122	19
Ivan Winegar	232	29	Bob Savron	120	2
Richard Bieler	225	35	Jim Sayne	119	18
Elaine Stogo	220	30	Jude Shabrach	119	14
Paul Schott	218	29	Tom Olsen	119	14
John Nelson	210	25	Len Adam	118	18
Jerry Srodes	209	28	Lois Rothenberger	118	16
Christy Roberts	206	31	Liz Fox	117	17
Midori Wakabayashi	206	27	C.J. Lyford	116	18
Bob Wacker	204	24	Dave Alexander	116	16
Joe Swope	204	27	Mike Kearney	116	12
Barry Mazer	202	25	Allison Hudson	115	15
Michele Valerio	202	22	Jerry Kenney	115	19
Pat Naismith	200	36	Debbie Melcher Hinks	112	11
Jeff Lippincott	194	31	Marcia Comstock	110	10
Ron Phelps	194	24	Malcolm Preece	109	12
Rick Hudson	192	24	Ed McGinnis	108	13
Tom Harrington	192	29	Marge Kashmer	108	9
Lorraine Abate	189	24	Mark Mazer	106	12
Al Snyder	188	28	Donna Truesdell	105	10
Billy Neuman	187	23	Barb Blythe	104	13
Marge Brennan	186	22	Ira Rubinstein	103	12
Peter Fox	181	18	Matt Beckius	101	8
Sara Armstrong	181	24	Linda Watsula	100	4
Jim Smith	180	27	Mark Schmerling	100	10

## Top leaders of 2010

Name	Trips Led	Name	Trips Led
David Stein	65	Ron Phelps	8
Phil Mulligan	54	Jeff Depue	8
Mike Lawless	46	Paul Davis	7
Christina Lawless	45	Richard Hudson	7
Joan Aichele	40	Jean Plough	7
Pat Naismith	40	Tom Sherwood	7
Bill Lotz	39	Susan Charkes	6
Peter Jarrett	36	Peter Fox	6
Rich Pace	33	Phill Hunsberger	6
Terry Berntsen	28	Mark Kern	6
Richard Einstein	22	Bill Steinmetz	6
John Milne	19	Lorraine Abate	6
Scott Vant	17	Jerry Kenney	5
Nancy Hence	14	Al Schwartz	5
Rhoda Eisman	12	Midori Wakabayashi	5
Mary Ellen Greve	11	David Warfield	5
Bob Savron	11	Jim Sayne	5
Sue Bickford-Martin	10	Steve Bailey	5
Eric Pavlak	10	Barbara Blythe	4
John Rowen	10	Dale Brandreth	4
Cliff Hence	10	Donna Morgan	4
Doug Weekes	10	Ed Sawin	4
Bill Jacobsen	9	Walt Underhill	4
Mike Manes	9	Michele Valerio	4
Lennie Steinmetz	9	Irina Kulikovasya	4
Jeff Lippincott	8	John Chiakian	4

## Leader Appreciation Social, Sat. May 21

The DV Chapter's activity leaders: hike, bike, backpacking, paddling, trail work, etc.—are the backbone of the chapter. To say thanks for all you do, the chapter is sponsoring a Leader Appreciation Social on Saturday, May 21 at Weisel Hostel near Quakertown. Join us for a day of hiking, biking and trail work activities on the trails and roads near Nockamixon State Park, followed by a happy hour and barbecue dinner at Weisel Hostel.

Come for the day, the afternoon, the evening; whatever fits your schedule.

This event is also for recent Outdoor Leadership Training graduates who will have the opportunity to meet and learn from experienced leaders. Bring your wit and wisdom to share, and help welcome these new leaders to the Chapter.

**10 AM - Day hike**, Delaware Canal Towpath. Leader – Rich Einstein.

**10 AM - Bike trip**, 40 mile road bike trip at a moderate pace, following the route of the Covered Bridge Century. Leader – Jeff Lippincott

**1 PM - Afternoon hike**, Haycock Mountain. Leader Pete Jarrett

**2:30 PM - Trail work**. Clipping and brushing, basic trail improvements to trails at Nockamixon State Park. Tools provided, no previous experience necessary.

Meet at Weisel Hostel. Leader, Phil Mulligan.

**5 PM – Happy Hour** at Weisel Hostel. Appetizers provided, BYOB.

**6 PM – Barbecue Dinner**. Burgers, salads, chips, desserts and beverages provided. Let us know if you prefer a vegetarian menu.

**7 PM – Discussion session** – “Making It Better”

What can we do to make the DV Chapter better? How can we improve the schedule of activities offered? How can we communicate better with our members, and with those outside the chapter? Please bring suggestions to share and discuss with the group.

RSVP by May 16 to Pete Jarrett, [pjarrett@aol.com](mailto:pjarrett@aol.com) or Lennie Steinmetz, [leadership@amcdv.org](mailto:leadership@amcdv.org), 610-694-8677. Please indicate in which activities you plan to participate.



## Mohican manager Dave Simpson is retiring

For many visitors to the Mohican Outdoor Center in Delaware Water Gap, Dave Simpson has been the “face of Mohican” — the man who for the past 13 years has welcomed them to Mohican, helped them get oriented, cooked their breakfast and dinner, entertained them at Music Night on Saturday, and been there to solve any problems that might arise during the weekend. But now, Dave has decided that it's time to explore the next chapter in life and enjoy some opportunities that have long been on the back burner.

Dave came to Mohican in January of 1998, having worked as the DV Chapter's AT Ridgerunner for the previous two summers. He had also worked at AMC's Bascom Lodge on Mt. Greylock in the Berkshires for several fall seasons, where he picked up many of the ideas that he would later put to use at Mohican (including the Music Night concept). Within weeks of arriving at Mohican, he had purchased a collie puppy that he named “Mohican” or “Mo” for short, who has also become a familiar face for guests at the center.

During the years that Dave has worked at Mohican, he has seen many changes take place. The occupancy at the center has grown rapidly, through an ever-expanding program of volunteer-led workshops and independent rentals. Funding from the AMC's 2001 Capital Campaign allowed for many major renovations to the facility that which have been taking place for the past sev-



*Dave Simpson's smiling face was the first seen at Mohican by thousands of thru-hikers, campers, day hikers and other visitors.*

eral years. Those returning to Mohican after a long absence are amazed at the changes that have occurred, finding it difficult to recognize some of the cabins after their many improvements.

Dave's original training was as an earth science educator. Music, as many know, has always been a passion of his, and he began his performing career at the age of 13. He considered a career as a performer, but realized that meant he would need to live in a big city and this was something he preferred not to do. Having grown up in the woods, he always connected with the outdoors and knew that “he could only see himself living in an environment with a rural aspect.” Mohican fit that description nicely, as well as giving him an opportunity to work with fellow outdoor enthusiasts who came there to enjoy the beautiful surroundings that were now his home.

In retirement, Dave is looking forward to resuming his tour

## It's time to get out there and be active

*By Joan Aichele, Membership Chair*

According to the calendar, summer is near. After a long, cold and snowy winter we are all ready to get out and hit the trails, bike paths or swift flowing rivers. Impossible as it may seem our bathroom scales are indicating to us that it is definitely time to get motivated. Now is the perfect time to get out and participate in something that you enjoy. The key here is to find a physical activity that you enjoy doing. Even better, is to find a physical activity that is combined with socializing which leads to intellectual stimulation which leads to a healthier body and brain. AMC activities are a perfect fit for this. Few people like to hike, bike or paddle alone. It is always more enjoyable when you are engrossed in a conversation with another person. It never ceases to amaze me how many new things we learn while conversing with someone on an AMC activity. It is a little harder to do when biking or paddling but the ever important meal stop certainly allows time for intellectual conversation. So the next time you need motivation to be active just think of the interesting people you will meet on your outing and how much better you will feel because of it. The best part of this is the relatively low cost involved with feeling better. No expensive gym membership or equipment to buy. Just put on a comfortable pair of walking shoes or dig out the bike from the back of the garage or borrow a kayak and off you go.

One helpful reminder to members with access to our website: [www.amcdv.org](http://www.amcdv.org). Before heading out on a chapter activity it is always a good idea to get into the habit of clicking on our Activity Calendar to check the status of that scheduled activity. Sometimes due to weather or other unusual circumstances a leader may have had to cancel their activity. The status will be listed as canceled instead of open or wait-listed. Taking a few moments to check ahead of time could save you a lot of lost time and aggravation. I hope to see many of you out enjoying the great outdoors and socializing with your fellow AMC members in the next few months.

of the National Parks, which he says is now “about 60 percent completed.” He intends to get back on the road and explore in a leisurely fashion, which has not been possible during his years at Mohican. By Christmas he hopes to be in Holland, spending time with some old friends he hasn't seen in over 15 years. And as a former AT Thru-Hiker, he is eager to get back out on the trail and do some more extensive hiking trips than have been possible in recent years.

He also looks forward to having more time to concentrate on his music. He has written music that was considered for publication in the past, and he hopes to get some things published in the coming years. He also says that if the right opportunity presented itself, he might pursue performing somewhere, using his skills as a singer, guitarist, and pianist.

Dave will certainly be missed by many who have enjoyed his warm hospitality at Mohican over the years. His many AMC friends and associates, however, join in wishing him a wonderful retirement, and many years of “happy trails” to come!



*Mo on snow.*



# Outdoor Leadership Training graduates 27



The Delaware Valley Chapter's annual Outdoor Leader Training course took place on the weekend of April 8-10, with a larger than usual group gathered for the event.

Twenty-seven future leaders took part in the weekend, which included an optional Friday night Map & Compass course and class sessions with various role play segments on Saturday and Sunday. Several active DV Chapter leaders joined the group for the Saturday night dinner and twilight hike to meet with the future leaders and share ideas and experiences with them.

The OLT Class of 2011 included six Haitians who are active in a group called Pathfinders, which brings young people from Philadelphia into the outdoors to experience nature and team adventures. The chapter looks forward to continuing our association with this group and assisting them in their future efforts.

The other 21 members of the Class of 2011 included leaders interested in day hiking, backpacking, bicycling, paddling, family outings, and Young Members trips. A number of these had completed their first co-lead with the chapter before attending the course, so should be ready to start leading their own trips in the near future after completing one additional co-lead.

The feedback from the participants about the course was very positive, including special kudos to the DV Leaders who served as trainers. One participant commented "I would also like to express my appreciation for the work of the volunteer trainers. Their collective experience, knowledge and enthusiasm was most impressive. It is a privilege to have been able to spend time with them."

Another trainee wrote "It was fun to meet so many new folks and to learn the "AMC way" to lead trips. A valuable and useful

weekend in every regard. The fact that it ran so smoothly is a testament to the dedication of all the volunteer leaders that helped.

Many thanks to the DV leaders who served as trainers and organizers for this year's course: Jeff Alpert, Jim Catozzi, Peter Fox, Rick Hudson, Pete Jarrett, Mark Kern, Christina Krosche, Jeff Lippincott, Donna Morgan, Phil Mulligan, Craig Smith, Bill Steinmetz, and Lennie Steinmetz.

And congratulations and best wishes to the OLT Class of 2011: Victoria Bastidas, Myriam Bazar, Gregory Canfield, Jimmy Charles, Wesley Charles, Geri Chmiel, Cindy Crosser, Mehul Dave, Paul Dice, Barry Donovan, Peggy Dufresne, Carl Ganong, Ember Jandebour, Ron Kanarr, Kristyn Lederer, Joseph Malek, Gale Maleskey, Donald Maskal, Morgan Masterson, Mark Mazer, Christine Murray, Emily O'Hagan, Bijal Shah, Rameau Thomas, Guerline Thomas, Sandy Unger and Brian Wasson.

## Newsletter Editor Wanted!

If you want to be the next editor of this publication, let us know!

**You need:** A desire to be creative, the ability to organize and arrange, a passion for quality and detail, the ability to learn new skills, plus a computer with internet access.

**You get:** A full version of the Adobe Creative Suite on your computer, including Photoshop, Illustrator and InDesign. A chance to help others while showing off your creative talent. Help and support will be provided.

## Writers, Copy Editors & Photographers Wanted!

We need writers, editors and photographers willing to take on assignments, and deliver quality articles and pictures on time.

Contact Eric Pavlak, [newsletter@amcdv.org](mailto:newsletter@amcdv.org)



# Gas drilling, fracking done with inadequate protections; corrections proposed in filmmaker's letter to the DRBC

*The following is the complete text of the letter from Josh Fox, producer of the documentary film Gasland, to the Delaware River Basin Commission. I have chosen to print it here because it addresses most of the health, environmental and regulatory issues involved in natural gas extraction by means of hydraulic fracturing that face our region.*

*While the gas industry has spent millions of dollars on advertising, lobbying and on contributions to politicians, those opposed to uncontrolled and unregulated gas extraction, or whose lives, livelihoods and lifetime commitment to nature are limited to their own limited funds and their homegrown grass roots efforts.*

*This letter is a useful source of information and discussion points for talking to others about the issues, as well as a starting point for further action.*

*If you have not already done so, you should also read the two extensive articles in the Winter 2010 and the Winter 2011 issues of this publication. If you do not have your old copies, let me know at [eric@outings.org](mailto:eric@outings.org) and I will send you copies. — Eric Pavlak*

April 15, 2011

Delaware River Basin Commission:

I am writing to the Delaware River Basin Commission in fierce and passionate opposition to permitting large scale industrial gas drilling anywhere in the River Basin. The Delaware River basin is a watershed area, a national treasure and should not be industrialized by large scale gas drilling.

The process will destroy property value, fragment and fracture the land, contaminate water resources, pollute air quality, create a public health crisis, it will significantly harm the tourism industry in the region and make the area unfit to live in.

I am the filmmaker of the Academy Award nominated documentary *Gasland* and I am a resident of the Delaware River Basin in Milanville, PA. I have called Milanville my home since I was born in 1972. I live just off of Calkin's Creek, a tributary to the Delaware a few miles from where the stream enters the river. The property across from my land, which borders the stream has been leased. I have been living with the stress that my property will be turned into an industrial drilling zone for three years now. I have no confidence whatsoever in the gas industry's ability to drill for gas while maintaining the quality of life, water, or air that exists in my area. I also have no confidence in the DRBC's ability to regulate this industry, because the regulations you have put forward are inadequate, and cannot be enforced. I asked Carol Collier personally during her press conference on February 22nd in Honesdale, PA how many gas wells would the current DRBC regulations allow for. She said that if these regs were adopted, she expected the river basin to have 22,000 gas wells in the next 30 years. Quite simply, 22,000 gas wells in the Delaware River Basin would destroy the health and character of the region, make it unlivable, make homes impossible to sell and forever destroy one of

the last pristine river basins in the world. My dream of raising a family in the river basin and contributing to the life and community of the region will be shattered forever.

I think that the commission knows exactly what I have to say, because I have testified many times in person at public comment sessions and this three years of protest has been utterly exhausting and stressful. I will endeavor here to address the problems with allowing such large scale industrial drilling in the basin once again.

I should also note that although my film has been attacked by the gas industry, it is 100 percent true investigative journalism, based on fact, science and vetted citizen testimony. I have published my responses to the many specious and misleading attacks on the film at my website [www.gaslandthemovie.com](http://www.gaslandthemovie.com):

[1trickpony.cachefly.net/gas/pdf/Affirming\\_Gasland\\_Sept\\_2010.pdf](http://1trickpony.cachefly.net/gas/pdf/Affirming_Gasland_Sept_2010.pdf)

Fracking is a whole-scale industrialization process that pumps millions of gallons of toxic material directly into the ground. Thousands of documented contamination cases show the harmful chemicals used have been turning up in people's water supplies in fracking areas all over the map.

I have traveled all across the country and found that in every place I have gone, the gas industry has destroyed people's quality of life. It is utterly irresponsible, against the will of the majority of the people and against the current culture and character of the area for whole scale industrial development of any sort, especially gas drilling.

I will oppose gas drilling if approved, by every legal and peaceful means available to me.

I made the film *Gasland* out of a genuine care and love for the state of Pennsylvania, for Wayne County, for Damascus township and for the Delaware River. The film was designed to bring to light something that residents of the river basin and the DRBC were by and large overlooking — the extreme harm and danger of fracking for Natural Gas, as it was taking place across the nation. To make the film, myself and a dedicated team of five people were working for no pay, day and night, without a major media company behind the film and without any assurances that anyone would see the film outside of the Delaware River basin.

The film *Gasland* has been thoroughly vetted, fact checked, verified and backed up by true journalistic review and science and we stand behind it 100 percent.

*Gasland* has helped forge a movement of in Pennsylvania, New York, and increasingly worldwide. Millions of people saw the film when it aired on HBO. In addition, I have toured to over 120 cities in the United States. Everywhere I go, I hear the complaints, concerns, outrage and dismay of the citizens facing the driller's invasion. Everywhere I go, people want to know what is happening to the Delaware River Basin. If the river basin is drilled it will be a tragedy not only felt by the residents, but by a worldwide audience.

Apparently, the whole world knows there is something terribly wrong with Hydraulic Fracturing for Natural Gas. The proposed

**New York state has moved into a bi-partisan moratorium on fracking, Quebec has imposed a de-facto moratorium on shale drilling, the Maryland state house is on the verge of passing a similar moratorium, 20,000 protesters marched in France last week against shale drilling, Australian farmers are revolting and locking their gates against gas exploration**



regulations ignore that body of knowledge and evidence. New York state has moved into a bi-partisan moratorium on fracking, Quebec has imposed a de-facto moratorium on shale drilling, the Maryland state house is on the verge of passing a similar moratorium, 20,000 protesters marched in France last week against shale drilling, Australian farmers are revolting and locking their gates against gas exploration, the New York Times reported that radioactive gas drilling waste was being dumped directly into Pennsylvania's drinking water sources, the Pulitzer Prize-winning Pro-Publica news organization reported thousands of cases of contamination across the country, CNN and 60 minutes has reported numerous case studies on families whose health have been harmed and whose water has become undrinkable due to drilling and yet the DRBC refuses to acknowledge that this activity is not appropriate for the river basin whatsoever.

By the Pennsylvania DEP's own account, one well out of 32 wells in Dimock caused an area of contamination that was nine square miles wide. From my experience and from the detailed reports of thousands of contamination cases across the country, and the industry's own track record of failure, Dimock is no exception. What does it mean for Pennsylvania if you replicate Dimock across the basin? The effects on the river basin would be dire. Mass migration out of the region, permanent chemical contamination and a situation of large scale industrial development, the type of which the region has never seen.

If these regs are approved and the river basin is drilled you will make a Dimock of the region.

Additionally, the regs fail to address any industrial sites that will be created by the gas industry in addition to the well sites. The gas industry will install and create many other industrial sites that are hazardous to health, destroy quality of life and violate the social contract. These include, massive development of pipeline infrastructure, which will carve up our woods, fragment the region and destroy the landscape, compressor stations which run 24 hours a day which are incredibly noisy, permanent and emit hazardous amounts of volatile organic compounds and other toxic emissions, mini-refineries which may vent off toxic hydrogen sulfide and have no air emission controls. Each well site will require an enormous amount of trucking. Each well site requires 1,100 truck trips, which will destroy our roads, make transportation impossible and will fill the region with noise 24 hours a day.

I will point out just a few examples out of the tens of thousands of affected people whose lives have been ruined by drilling. Please, listen to the people in *Gasland*. Listen to Louis Meeks, the Vietnam veteran rancher from Pavillion, Wyoming who has had such terrible water and air contamination that his health is in serious decline. Please listen to Pat Farnelli and Ron Carter of Dimock, PA, who have not made the money that they were promised by

the industry only to see their town and lives ruined. Please listen to Amee Ellsworth, who has confirmed thermogenic methane in her water and who was so terrified that her house would explode when she was in the bathroom that she was showering in the dark because she was afraid that a spark from her light bulb would ignite her water. Kim Weber, a resident of the Grand Mesa area of Colorado, lives on the banks of the Colorado river, which supplies water to much of the south west. Her land was contaminated by the drilling process, her water was ruined, and she now suffers from brain lesions caused by toxic poisoning, along with several of her neighbors who also have brain lesions. The ground water in her entire town has been despoiled. I interviewed her neighbor Curtis Meacham who was surrounded by ponds that had turned black. His well water smells like burning plastic and if he waters his plants with it his plants wilt and die. He can no longer sell his property because of the destruction of the water and he is suffer-



*The Delaware River, threatened by hydraulic fracturing, is not only a home for wildlife and beautiful place for recreation, it is the source of drinking water for five percent of the nation's population, more than 15 million people.*

ing from chronic respiratory illness. Listen to these honest Americans, from all walks of life, from all across the political spectrum, from red states and blue states, from wealthy backgrounds and from poor, from the cowboys and ranchers to the New York City liberals and the Texas Tea Party folks and everywhere in between. Please hear us out.

There is no feasible or appropriate way to do this kind of industrial activity in the region, it will create despair, civil unrest, contamination and the permanent despoiling of the region.

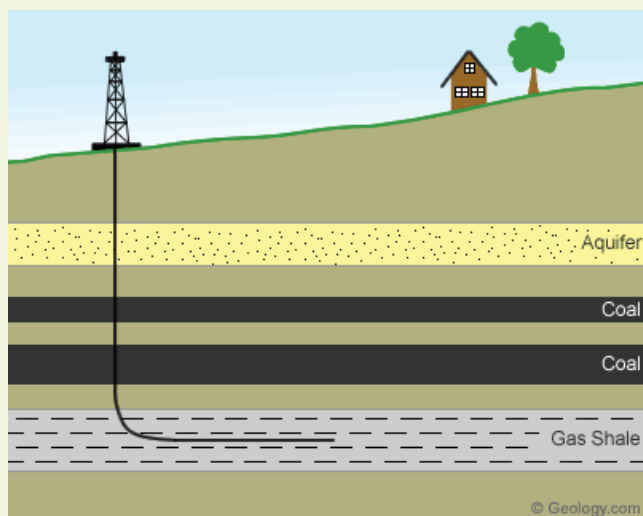
In specific, the regulations are inadequate in the following ways:

1. No regulations should be approved without a proper cumulative impact study of the effect of 22,000 gas wells and the corresponding pipelines, compressor stations, refineries, truck trips, injections wells, waste impoundments, access roads will have on the river basin as a whole.
2. There are no restrictions on harmful fracking chemicals. No limitations or disclosure required for proprietary chemicals. No restriction on carcinogenic, neurotoxic or endocrine disrupting chemicals.
3. There is no appraisal of human health risk in the region from drilling. Please see the Garfield County/Battlement Mesa health study which details health impacts in a similar river



basin in Colorado. The report can be found at: [www.tcgas-map.org/media/Health%20Risk%20Assessment%20Garfield%20Ritter%209-10.pdf](http://www.tcgas-map.org/media/Health%20Risk%20Assessment%20Garfield%20Ritter%209-10.pdf)

4. There is no enforcement capability within DRBC, PA or NY DEP, local law enforcement or citizen or federal groups.
5. There is no adequate inspection capability for gas wells.
6. There are no standards for well casing depth.
7. There are no standards for well casing cement.
8. There are no standards for well casing pressure tests.
9. There are no standards or limitations on frack pressures.
10. There are no standards or limitations on frack depth, multi-stage fracks, no frack length monitoring.
11. No assessment for how much frack liquid is left in the ground relative to total water injected. No monitoring of wastewater left in the ground or reporting of how much is brought to the surface. There is no adequate tracking of waste.



Horizontal boring and hydraulic fracturing not only extract natural gas, they also present a myriad of environmental problems, since bore holes pass through many layers of the earth. Water, gas and fracking fluid can migrate between layers if the well bore is not properly sealed between each layer. Such contamination may occur miles from the well site.

Lawyers and accountants will likely keep busy determining mineral rights. Private land holders own the mineral rights under their property, unless they have sold or leased them. The Commonwealth of Pennsylvania has so far declined to impose a severance tax, a fee for the publicly owned gas being taken by the private drillers.

12. Companies are not required to report drilling logs, drilling mud records, frack chemical records, depths, frack pressures, directional drilling locations to the public.
13. There are no regulations for drill cutting disposal or storage.
14. There are no regulations for drill pit lining disposal. (PA allows these pits and liners to be buried on site.)
15. There are no regulations or restrictions on drilling muds, which are injected before wells are cased. Drilling muds are often synthetic and/or petroleum products.
16. Inadequate assessment of violations and fines. What happens to these companies if they are in violation of the regs or are found to have caused substantial harm? What are the penalties? Can these penalties be severe enough to actually stop companies from continuing to pollute, or will they just pay

the fines as a cost of doing business without changing their ways.

17. There are no requirements for clean up of accidents, spills, gas migration, chemical contamination.
18. There are no requirements for chemicals used during the life of the well such as anti-freezes, glycol ethers, methanol, etc, which are used on site throughout the life of the wells to keep the pipes from freezing.
19. There are no adequate standards for condensate tank lids, pressure valves or caps. Condensate tanks leak volatile organic compounds or release them into the air via pressure valves. No assessment has been made of the effects of those releases on humans, plants, aquatic life, water quality, air quality etc.
20. There is no emergency plan for spills, blowouts, well casing failure, pipeline leaks.
21. There are no safeguards for natural springs or spring houses (Many people, including myself use spring houses which are located near roads in many cases, for water).
22. There are no regulations on spreading wastewater on roads near residential areas, natural springs, streams or the river itself.
23. No adequate program to examine contaminants in wastewater.
24. No adequate treatment program or facilities to deal with the enormous quantities of wastewater.
25. No enforcement capability for illegal or inappropriate dumping of wastewater (which has been documented by both the NY Times, Gasland, pro-publica as many other sources as a typical practice within the industry).
26. No compensation for landowners who have properties adjacent to drill sites whose land value will be destroyed by drilling.
27. No regulation of wastewater impoundments, flowback pits.
28. No assessment of the effects of chemical and volatile organic compound evaporation on plants, animals, infrastructure, water sources, aquatic life, etc.
29. No assessment of what truck traffic will do to critical infrastructure (roads and bridges).
30. Totally inadequate setbacks from water sources including springs, streams and the river itself. Wells should be required to be set back one mile or more from water sources.
31. No water monitoring program to check the health of groundwater, streams or the river itself for contaminants related to gas development
32. There are no standards for hours of operation of drilling—no enforcement of noise or light ordinances. No assessment of noise or light pollution on animal populations.
33. There are no noise level standards for drilling, compressor stations, refineries etc.
34. There are no standards for disclosure or testing for Hydrogen Sulfide or VOCs that may be emitted from wells.
35. No assessment of the use of biocides on aquatic, animal, plant or insect life on the region whether injected or evaporated.
36. No assessment of methane discharge (vented, flared or fugitive emissions) on aquatic, animal, plant, human or insect life or on the biodiversity of the region.
37. No requirements for pipeline easements, construction, placement or pipe/pipe coupling standards.
38. No assessment of civil unrest, citizen outrage, mass migra-



- tion, property value, psychological damage, rise in crime, influx of transient work force or any of the social costs that are well documented with massive industrial gas drilling.
39. No requirements for seismic testing or its impacts on aquatic, animal, plant or insect life or underground streams, aquifers and rivers.
  40. No requirements for the assessment of natural underground fractures, abandoned wells or other migratory pathways for gas and or harmful chemicals.
  41. No assessment of probably seismic disruptions.
  42. No program for assessing or monitoring the hauling, treatment, disposal or spillage of naturally occurring radioactive materials (NORMS) in wastewater, flowback water, condensate, gas emissions, particulate matter or its effects on aquatic, animal, plant, human or insect life.
  43. Refusal to acknowledge the sustained and passionate outcry on behalf of the majority of residents of the river basin against industrial gas drilling in the river basin.
  44. No standards for fact checking for fraud/misinformation among gas company representatives home visits or presentations to the public about the nature of industrial gas drilling.
  45. Inadequate public comment period to address these regs, it should be extended or reopened.
  46. No adequate appraisal period for drilling—No way to check in with the citizens of the region or assess what is happening once it has begun. An outside independent review of the effects of gas drilling on the region should be done at least once every six months to assess how the project is going and address public comments.
  47. No assessment of what 22,000 gas wells will do to downstream, downwind and down river communities and individuals dependent on clean water from the Delaware river such as Philadelphia and Southern New Jersey (Trenton/Camden).
  48. No assessment on the cultural/character changes to the region.
  49. No assessment of what will happen to organic farm certification in the region.
  50. There is no assessment of what will happen to tourism, or summer camps in the region.
  51. Inadequate set backs from houses, schools, campsites, recreation areas scenic areas, etc.
  52. There is no appraisal for wind patterns, peaks and valleys.
  53. There is no appraisal of fog patterns (which can be quite dangerous to drivers) in the region on truck traffic, or on flowback pits, emissions, chemical evaporation, etc.
  54. No adequate fund or fee for increased use of local services such as hospitals, ambulances, fire departments etc due to increased population and activity.
  55. No fund/insurance assessment for increased loss of property/life due to increased truck traffic.
  56. No reporting requirements for venting events from condensate tanks, compressor stations, pipelines, well pads.
  57. No restrictions for waste materials to clean pipelines or well bores.
  58. No maintenance requirements for well bores, pad sites, or any gas drilling infrastructure over a period of several years. No maintenance requirements for well casings.
  59. No assessment of gradation of hills, valleys, seasonal runoff streams for well pad placement. There is no requirement for placement of impoundments or wastepits near graded slopes

or valleys so that run off is contained.

60. No requirements for clean up/remediation of spills, pad sites, toxic materials, etc.
61. No requirements for baseline testing for **all** fracking chemicals used in the region. Gas Companies should be required to do baseline testing for **all** fracking chemicals used in each well for ALL domestic water wells, rivers, streams and springs in a 5 mile radius from each well site before any drilling is to occur and each year for 10 years there after and every 2 years for the following 20 years after drilling. Citizens should not have to bear the cost or the difficulty of baseline testing, or with subsequent water testing for years and years down the line. This extensive testing is the only way to insure that the water of the region is safe for decades into the future.
62. LLC's should not be allowed to drill in the River Basin. Any company which is created to have limited liability should not be allowed to drill in the region. Companies must have long-term financial and legal liability if they are to risk the watershed with this practice.

In addition to the above, I must address the overall problem of drilling conditions nationwide. DRBC is creating regs within a totally inadequate national structure. DRBC should not even consider formulating regulations until the following conditions have been met at the federal level

I submit these conditions on behalf of myself and the whole *Gasland* team which includes several other residents of the river basin.

#### 1. End the federal exemptions.

We demand that the Natural Gas Industry's exemptions to the following laws be ended immediately:

Safe Drinking Water Act  
Clean Water Act  
Clean Air Act  
Superfund Act

Natural Gas drilling should be subject to the same laws as every other Industrial, Private or Commercial sector.

#### 2. End to federal subsidies for fracking.

Fossil Fuel Industries receive three times the level of Federal Subsidies as compared to Renewable Energy Sources. This creates an unfair advantage in the marketplace for fossil fuel drilling technologies such as Hydraulic Fracturing, which undercut truly green forms of energy.

#### 3. Expansion of EPA study and creation of independent health study and EPA permitting.

Fracking has never been proven to be safe. Thousands of contamination cases, and testimonials across the country, point to a massive failure to protect water, air and human health. Each of these cases must be investigated and damage must be assessed.

We appreciate that the EPA has just begun a study of Hydraulic Fracturing, but it is under-funded and incomplete.

- a. EPA must broaden the scope of its current ecological study. The current EPA Study is only funded through the end of this year and does not adequately address issues of hazardous emissions and overall emissions from gas drilling.
- b. EPA Ecological study must be conducted by scientists without conflict of interest.
- c. A five-year parallel health impact assessment should be conducted in all of the most areas by an independent third party working alongside the EPA, either from an unbiased charitable foundation or an esteemed University.
- d. Fracking should require permitting from EPA as well as



state and local departments of environmental protection/ planning.

#### 4. Immediate health/ecological crisis management in drilling areas.

We call upon the Federal Government to immediately address concerns of citizens in areas that have been drilled and are experiencing negative ecological and health effects. Recommendations include but are not limited to:

- a. Vapor recovery units to control emissions at existing well-sites, separators, refineries, compressor stations and condensate tanks,
- b. Replacement water via municipal pipelines in areas where aquifers have been contaminated and,
- c. Restoration of areas that have been industrialized with compressor stations, refineries and other gas drilling and refining machinery to a state appropriate for residential use. Communities experiencing irreparable damage should be compensated appropriately for loss of property and physical injury.

#### 5. Burden of proof: the gas companies and fracking product manufacturers.

Product manufacturers must be required to disclose chemical ingredients in the products used to drill and frack to the general public, landowners and surrounding communities in accordance with the Federal Safe Drinking Water Act. Chemicals should be listed and made publicly available online on well-by-well basis. If a chemical listed by the product manufacturers is found in a citizens private well or in a municipal water source, and is not found to be naturally occurring in the geology before drilling, both the product manufacturer and the drilling and extraction companies shall have the burden of proving that contamination was not caused by the drilling company.

Independent Baseline Water Testing should be mandated for all chemicals used in drilling and paid for by companies wishing to drill in any area where people are dependent upon groundwater.

#### 6. Chemical product identification: benign isotope IDs affixed to fracking chemicals.

Each chemical product used in fracking for underground injection, should be tagged with a non-radioactive isotope so that it is easily identifiable if these compounds should migrate into drinking water supplies. Each fracking product will be required to have its own non-radioactive isotope so that there is no doubt as to the migration of such chemicals into under-

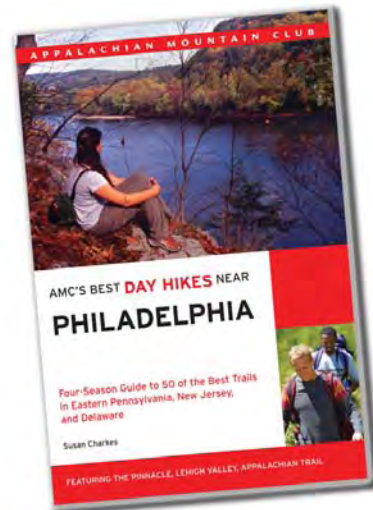
ground water supplies.

#### 7. Tracking and reporting of waste.

Currently there is a huge problem with illegal dumping and improper disposal/treatment of drilling waste. Every drop of drilling waste, drilling fluids, produced water or drill cuttings should be identified by its contents, tracked and reported in trucks that carry hazardous waste placards and must have a detailed and outlined waste management program for disposal and/or treatment. Contents of hazardous waste should be posted online in an easily accessible manner with waste routes and disposal sites clearly outlined. Any truck deviating from the designated waste route should be immediately suspended and all work on the site from which waste emanated should be immediately halted.

I have the health and safety of the thousands of concerned citizens that I have met during my past three years of investigation in mind in submitting these initial recommendations to the DRBC, to the Press and to the Federal Government of the United States of America. I urge you to please act with diligence and honesty in your appraisals and not to turn a blind eye to the massive movement across the US that is outraged at the gas drilling industry and the damage that it has caused.

Thank you,  
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Appalachian  
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