



# **Appalachian Footnotes**

**The New Jersey Pine Barrens:  
not barren, much more than pine**

**Top leaders and 100 mile hikers  
Fall Gathering preview  
Chapter picnic**

**Delaware Valley Chapter • Appalachian Mountain Club  
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## Appalachian Footnotes

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Members are reminded that they can advertise used gear and similar items for free in our Weekly Activity Schedule. Contact: web@amcdv.org

**Cover:** *AMC paddlers on an overnight camping trip on the Mullica River in the New Jersey Pine Barrens. Rich Pace photo.*

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## The Pine Barrens: a wonderland of woods & water

By Eric Pavlak

A wonderful place to paddle and hike, the New Jersey Pine Barrens are a vast track of largely natural land and water right in our back yard. While largely pine, they are definitely not barren. They are a rich habitat for a large variety of plants and animals.

Although often presenting the appearance of wilderness, there are few places in the pines untouched by human hands. They are easily accessible, and are the largest expanse of open space on the eastern seaboard between Boston and Richmond.

The Pinelands National Reserve was created by Congress under the National Parks and Recreation Act of 1978 as the first National Reserve in the nation. In 1988 it was recognized by UNESCO as an International Biosphere Reserve.

At 1,195 persons per square mile, New Jersey is the most densely populated state in the nation. But the 1.1 million acres of the Pine Barrens, a quarter of the state, has a population density of just 15 people per square mile. The aquifer underlying the pines contains an estimated 17 trillion gallons of some of the purest water in the country.

### Geology and Topography

The pinelands are situated on the Atlantic coastal plain, and are made up largely of porous, highly acid sandy deposits. The sand was created by millions of years of alluvial erosion of the once mighty Appalachian Mountain chain.

About 10,000 years ago, at the end of the most recent ice age, the land looked a lot like arctic tundra. The glaciers never reached this far south, so it was never ice covered. By 5,000 years ago, the pinelands looked pretty much as the wild parts do today.

The area is low, with most of it under 100 feet above sea level. There are a few ridges and hills, mostly well below 300 feet. There are three major drainage basins that flow east directly into the Atlantic Ocean, while one, the Rancocas, flows west into the Delaware River estuary. All streams in the Pine Barrens originate there from the underground Cohansey aquifer. There are no streams flowing into the pinelands.

The dominate soil is quartz sand, which makes up more than 80 percent of the soil. There are more than a dozen local soil types, but

all are highly acid (pH 3.5 to 5.5), contain only small amounts of humus and other organic matter, and drain quickly with little moisture retention. Thus, the entire area is prone to drought and wildfire. Given this, the region is covered with flora suited to these conditions.

### Botany

The pitch pine, *Pinus rigida*, is the dominate tree. The New Jersey Pine Barrens are the largest forest in North America where this tree is number one. Short leaf pines and many species of oaks make up the rest of the forest. The understory is made up of scrub oak and heath family members including blueberry, huckleberry and mountain laurel. Ground cover consists of various mosses, lichens, ferns and low heaths such as bearberry and teaberry.

The poor soil, frequent drought and periodic fires (mostly of natural origin) result in a dwarfing of trees within the forest and



Above: Carnivorous sundew plants glisten like nectar-rich flowers to lure unsuspecting insects to their sticky doom. Top of page: AMC paddlers on the Mullica River. — Rich Pace photos



the natural selection of drought and fire resistant species.

The many cedar and sphagnum bogs and swamps of the region lie along the courses of the creeks and rivers. There are few natural ponds or lakes within the region. Those that exist are due to human, and sometimes beaver, activity.

The Atlantic white cedar is the largest tree of the region, and commonly lines the banks of streams and rises from the bogs. Highbush blueberry, swamp azalea and other shrubs form the understory, and thick mats of mosses cover the ground. Blue-green lichens grow on the roots and trunks of cedars, while wild cranberries often line the banks of creeks.

In the few open areas with enough sunlight, such as the verges of bogs, carnivorous plants such as sundews and pitcher plants grow, along with orchids and ferns.

The tea-colored water of the pines, often called “cedar water,” is that way due to more than just cedar trees. The color is caused by tannin from a variety of vegetation, and from iron, the same iron that gives the quartz sand its golden hue.

The name “pine barrens” was given to the region by early European settlers because their traditional crops would not grow in the poor, acid soil. And the barrens of New Jersey are not the only ones, there are also smaller pine barrens on Long Island and Cape Cod.

#### Fauna

The pines are home to a vast variety of wildlife. Mammals range in size from white tailed deer to shrews. Beaver, muskrats and possum are common. So are red, grey and flying squirrels, chipmunks, rabbits, bats, groundhogs (woodchucks), and a variety of mice and voles. Predators include red and grey fox, plus weasels, minks and otters. Raccoons and skunks live here, too.

Reptiles include seven commonly found species of turtles and a dozen species of snakes, plus several less common species of each. Amphibians include a variety of newts, efts, salamanders, toads and frogs. Early spring in the Pine Barrens near a bog can be almost deaf-

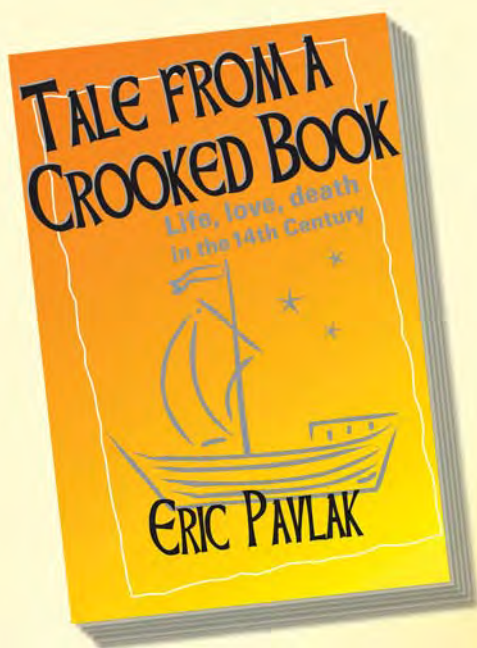


*Huge white cedars of this size once lined the banks of pine barrens streams, but were felled long ago to make shakes and clapboards. This one was discovered by AMC paddlers along a remote and tangled section of Mt. Misery Brook on a very cold President's Day in 2004. — Wayne Albrecht photo.*

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ening with the sound of the tiny little frogs called spring peepers,

Fish include more than a dozen species, including types of sun-fish, bullheads and darters. The chain pickerel is the only large game fish native to the area.

The pines are home to hundreds of species of insects and arachnids. The ones travelers are most likely to be distressed by are the mosquito and two species of ticks. Take appropriate precautions!

Beautiful insects include a variety of colorful butterflies and moths, and the firefly.

With so many trees and streams, the pines are year-round or seasonal home to about a hundred species of birds. Varieties of ducks, geese and swans swim the waters while two species of herons wade and fish. Eagles, hawks and kestrels hunt by day, while several kinds of owls do so by night.

Songbirds include a large variety of warblers. Martins, swifts, sparrows, bluebirds, red-winged blackbirds, orioles, wrens, cardinals and too many more varieties to list are common.



Top: AMC group on the annual Mullica River canoe camping trip. Above: Wild iris in bloom. — Rich Pace photos.

Grouse drum and doves coo during daylight hours, while numerous species of woodpeckers hammer away. If you ever camped there, you were probably sung to sleep (or kept awake) by a whippoorwill. If you are lucky, a mockingbird will provide your night song.

**Recommended guide book:** *A Field Guide to the Pine Barrens of New Jersey* by Howard. P. Boyd.

### History

The land that was to become the New Jersey Pine Barrens was first inhabited about 10,000 years ago by the ancestors of the Lenni-Lenape people. They used the pinelands for hunting and trapping and occasional fishing. Archeologists have found more than a thousand early human sites in the pinelands.

Europeans began exploring the New Jersey coast and inlets in 1524 (Verrazano), 1608 (Hudson, and a few years later by Block). They mostly stayed north of the South Jersey coast, and the region was claimed, at various times by the Dutch and the Swedes. It wasn't until 1674 that the first English settlers arrived.

Imported diseases such as smallpox, typhoid and many others, for which native populations had no immunity, had already arrived in North America from Europe and had spread to this area well in advance of the new settlers. Thus, it was likely that the native population was reduced to a tenth or less of its former size even before the first new immigrant stepped off the boat.

For the first hundred years or so the newcomers stuck to the coast, and fished, whaled and engaged in trading. Then came the extraction of lumber for construction and shipbuilding from the virgin forests. Hundreds of small, water powered sawmills were established throughout the region, and the forests fell. In 1749, Benjamin Franklin, appalled by the rapid deforestation, called for conservation and better resource management.

Pitch, tar rosin and turpentine were much in demand by the shipping and building industries of the day, and were extracted from both living trees and the stumps and waste of the lumber operations.

The discovery of bog iron in the 1760s sparked a new industry. This easily extracted ore was smelted using charcoal made from

# AMC's Fall Gathering 2013

## In the beautiful Delaware Water Gap National Recreation Area!

Activities for everyone! Hike, bike, paddle. Lots of full and half-day trips! Bikes, boats and other equipment provided. Special activities for kids! Live music & barn dancing, campfires, hayrides!

Located in the 70,000 acre National Recreation Area, with hundreds of miles of hiking trails, abundant with waterfalls and scenic overlooks.

*Option for three days of Fall Foliage hiking based at AMC's Camp Mohican, October 16-18. Extra charge applies.*

Lodges and tenting at Speers-Eljabar YMCA camp near Dingman's Ferry, PA, with on-site lake, hiking, nature trails, climbing tower, zipline and more. All meals provided.

**October 18-20 • Hosted by the Delaware Valley Chapter**  
**for registration and detailed information, visit: [AMCfall.org](http://AMCfall.org)**



the abundant trees, and the high silica content of the ore resulted in an iron that was naturally rust resistant.

During the American Revolutionary War, New Jersey iron-works, such as the one at Batsto (now a museum and historical site), produced cannon balls and other weapons and tools for the Continental Army. Iron making continued for almost a century, although the tiny production of the region soon became a trivial part of the booming industrial economy of our nation.

The production of window glass, using the local sand as raw material and the forest wood as fuel, was also an important local industry at Batsto and other nearby locations. By the 1850s, both these industries declined and folded, giving way to vastly larger coal-fired mills. All this iron making and glass making required large amounts of charcoal, which meant clear cutting giant swaths of forests. Today, the only large scale commercial enterprises in the Pine Barrens (excluding real estate development outside the protected areas) is agriculture: growing cranberries and blueberries.

### Abuse

A quick internet search for "off-road" and "pines barrens" will turn up plenty of examples of some of the worst abuses of nature of this kind. A page that features photos and examples is:

[pinelandsimagery.com/blog/20876/a-scar-on-the-pine-barrens](http://pinelandsimagery.com/blog/20876/a-scar-on-the-pine-barrens)

If you witness this kind of activity, or its aftermath, photograph it and report it to the appropriate authorities. Littering is also a problem, not only along the paved access roads, but within some parts of the barrens. Clean it up, if you can. Carry a trash bag in your pack or boat, and do a little public service.

### Paddling

There are 14 canoeable streams within the Pine Barrens, and our chapter runs trips on some of them, including the Mullica, Batsto, Wading, Cedar, Oswego, Great Egg Harbor and Maurice.

Streams with canoe livery services are most likely to afford good paddling, since the outfitters clear the numerous deadfalls each year, and keep the waterways open. Anyone who has ever attempted to paddle an uncleared Pine Barrens stream can attest to the difficulty of numerous carry-overs and portages, often through thick, tangled brush.

The best time to go, especially if you want to see wildlife, is on weekdays in the summer, and anytime the rest of the year. On summer weekends you will often share the waterways with hundreds of screaming, inept paddlers ramming their canoes and kayaks into the banks and tree stumps. In fall, winter or spring, and on weekdays, you will likely find yourself in peaceful solitude.

The best guide books are *Paddling the Jersey Pine Barrens* by Robert Parnes, and *Garden State Canoeing* by Edward Gertler.

### Hiking

The 50 mile long Batona Trail (Back TO NAture) traverses the Pine Barrens, and connects the Brendan T. Byrne, Wharton, and Bass River State Forests. You can download a trail map and guide at [state.nj.us/dep/parksandforests/parks/docs/batona14web.pdf](http://state.nj.us/dep/parksandforests/parks/docs/batona14web.pdf)

Another good trail for a long day's hike, about 10 miles, is to park at Batsto Village (be sure to check out his historic site) and hike up the Mullica River and down the Wading, or vice versa. These parallel rivers are almost in sight of each other, before joining below Batsto. Trail maps are available online and at the park office.

A good information source for pines hiking trails is available at: [www.pinelandsalliance.org/exploration/todo/hiking/](http://www.pinelandsalliance.org/exploration/todo/hiking/)

Our chapter offers numerous hikes in the Pine Barrens, so check the web schedule or the online database.

When planning a trip, keep in mind that while the terrain is flat, the trails are often on sugary sand or loose gravel, which can make for slow and tiring hiking. And no matter where you hike, check with the park or state forest office for seasonal information and rules, and follow them.



## DV Chapter to Host 2013 AMC Fall Gathering in Water Gap National Recreational Area

By Joan Aichele, Fall Gathering Committee Chair

Summer is fast approaching, but it is never too early to start looking ahead and making plans for something to do in the fall. This year our chapter is getting the chance to host the AMC Fall Gathering, which will be held on the weekend of October 18-20 at Camp Speers-Eljabar YMCA in Dingmans Ferry, PA.

The camp is right at the edge of the spectacular Delaware Water Gap National Recreation Area.

For those new to AMC, the Fall Gathering is a club-wide event of outdoor activities such as hiking, biking and paddling, along with social hours, dinners, a Saturday night barn dance and campfires.

There will be members from all twelve AMC chapters in attendance. It is a wonderful opportunity to meet fellow AMC members from the other eleven chapters.

Lodging is at a YMCA camp, so you will get the opportunity to relive your youth by staying in a cabin in bunkrooms. The cabins are modern and have all the important amenities such as full bathrooms including stall showers.

Rustic tenting with limited shower access will be available for those not wanting to stay in a cabin.

Our Fall Gathering committee has planned all types of fun activities for adults, plus a separate agenda for children and families. Within the camp's grounds there are hiking trails, including a nature trail through a bog area, a large lake for paddling with free canoes available. Also, biking around the camp with free bikes and helmets available to those over the age of seven.

For the more adventurous types over the age of 12 there is a ropes course with zip line, climbing tower and confidence course. All of these activities are free. There will also be an opportunity to go horseback riding for an additional fee of \$25 per hour.

Off-campus, we will be offering full and half-day hikes to many spectacular areas along the Pennsylvania side of the Delaware River. You can choose from hikes that will include waterfalls and fabulous views of the fall foliage in the park, or hikes that go through gorges with hemlock and rhododendron forests.

We will be scheduling a paddling trip down the Delaware River where you can view awesome fall colors all around you. This will be coordinated with a local outfitter so there will be an additional charge for boat shuttle and rental.

We also have scheduled two tours to Grey Towers Mansion in nearby Milford, PA, one each on Saturday and Sunday morning. Grey Towers was the summer home of Gifford Pinchot, first director of the U.S. Forest Service as well as a two-term Governor of Pennsylvania. You will be touring all three floors as well as the gardens of this magnificent home. (Five dollar fee.)

Saturday night we offer a barn dance with live music by Dave Colestock and the ContraRebels for all kinds of dancing: square, circle, line and a little contra. No experience or partner needed. Simply join in to have lots of fun.

If you get too hot while dancing take a break and head out on a hay ride under the full moon.

Reservations open on July 1. For reservations and more information, see [www.amcfall.org](http://www.amcfall.org).

## Picnic set for June 15, Lower Perk Park

The Delaware Valley Chapter picnic will be held on Saturday, June 15 at Lower Perkiomen Valley Park, Oaks, PA at noon.

We will provide hamburgers, hot dogs and veggie burgers with all the fixings.

Each member is asked to bring a salad or dessert to share. A variety of activities including hikes, bike rides and a paddling trip will be held before the start of the picnic.

Additional information will be on the chapter website. Please RSVP to [social@amcdv.org](mailto:social@amcdv.org) with your name and what you will bring or call 610-866-2036 and leave a message. We will have volleyball, horseshoes, quoits, bean bags, etc. Come be a part of the fun!

## AT maintainer needed for Culver's Gap section

A trail maintainer is needed for a two-mile section of the Appalachian Trail in Stokes State Forest, south from Rt. 206 in Culver's Gap.

The volunteer maintainer should keep the trail clear of debris, cut grass and weeds, clip bushes, and keep blazes fresh. This usually requires three or four visits a year. Experience with trailwork helpful but not required; we offer on the job training.

The NY/NJ Trail Conference has assigned maintenance of 11 miles of the AT in Stokes to us, the AMC NY-NoJ chapter, but AMC assigns the western NJ counties to DV chapter, so we are recruiting from DV members too.

If interested, contact Steve Weissman at [sweissman@weissmanmintz.com](mailto:sweissman@weissmanmintz.com) to get more information on what the job entails, or arrange for a guided walk-through. If you love hiking, here's your chance to be a major contributor to the volunteer effort that keeps our trails open.

## Leaders offered education reimbursements

The DV Chapter offers reimbursements to DV activity leaders for a variety of specific training programs. This includes Outdoor Leadership Training, Wilderness First Aid, Map & Compass, Leave No Trace, Chapter Youth Program, Water Safety, Chainsaw Safety, and Mountain Leadership School. The reimbursement rate is 50 percent of course fees, not to exceed \$150. Applicants for reimbursement must have led a minimum of two activities within one year before or after taking the training event.

For more information or to apply for training reimbursement, contact the chapter leadership chair at [leadership@amcdv.org](mailto:leadership@amcdv.org)

## Paddling, water safety courses offered

An **introductory canoeing** course on canoeing flatwater and basic river paddling, taught in tandem canoes, is scheduled in two parts: session one is Saturday, June 8, and session two, Saturday, June 22. The first session will be in the New Jersey Pine Barrens, on a lake and a river. The second on the Delaware, near Lambertville, NJ. Members \$85/non-member \$105, for both classes, \$50/\$60 each. The course was postponed from its original dates due to weather.

Our **solo open canoe** course is set for the weekend of July 13 & 14 on the Schuylkill River near Reading, PA, and will cover basic solo paddling up to entry level whitewater. \$25/\$35.

Our annual **swiftwater safety** session is marked for July 20 at the Lambertville Wing Dam on the Delaware. \$15/25.

All of these courses have modest fees, and all equipment is provided. For the latest information go to [paddlenow.com](http://paddlenow.com).

## Chapter 100 mile hikers of 2012

1	Joan Aichele	866.8	54	Dave Warfield	170.9
2	Bijal Shah	782.75	55	Ron Iannacone	169.75
3	Russel Moyer	575.1	56	Marcia Comstock	169.45
4	John Garner	496.35	57	Chris Ferrara	165.5
5	Richard Einstein	442.85	58	Wendell Gulick	164.5
6	Anthony Youngblood	442.2	59	Peter Jarrett	163.85
7	John Rowen	441.85	60	Frank Allen	162.1
8	Robin Jackson	428.95	61	Joe Brady	161.1
9	Barry Mazer	378.75	62	Joan Detyna	157.75
10	Tom Sherwood	369.4	63	Thomas Harrington	157.3
11	Nilam Shah	363.6	64	Tammy Brandon	157
12	Jerald Srodes	391.25	65	Edmund Sawin	156.7
13	Cliff Hence	355.75	66	George Gorman	156.35
14	Rich Pace	352.6	67	Eugenia Carp	155.7
15	Donald Garrido	352.45	68	Geraldine Chmiel	153
16	Nancy Hence	336.5	69	Irina Kulikovskaya	146.5
17	Ray Kraus	326.4	70	Ed Shinn	145.7
18	Phil Mulligan	317.25	71	Adrienne Fogler	144.75
19	Lisa Miller	305.35	72	Lynn Brass-Smith	143.6
20	David Stein	300.7	73	Sue Fatula	142.6
21	Jason Kumpas	300.5	74	Patricia Merkel	140.25
22	Richard Hudson	296.35	75	David Alexander	140
23	Bud White	287.4	76	Elizabeth Demers	138.4
24	Carl Ganong	284.6	77	Nancy Fredland	133.5
25	Midori Wakabayashi	280.9	78	Elaine Stogo	133
26	Theresa Berntsen	276.4	79	Stephen Leibrock	132.9
27	Barbara Blythe	259.1	80	Gregory Hartman	132
28	Melissa Kelley	258.1	81	Sue Bergman	130.5
29	Scott Vant	257.3	82	Kathy Kindness-Ruppel	130.45
30	Frances Liao	253.1	83	Donna Truesdell	129.2
31	Susan Bickford-Martin	251.1	84	Leonard Adam	128.45
	Jennifer Bayley	251.1	85	Kathy Ciliberti	127.95
33	Dale Brandreth	244.85	86	Paula Uhrin	122
34	Mary Toomey	243.2	87	Kathy Claude	121.9
35	Debbie Hinks	241.1	88	Steven Shelly	120.45
36	Angad Khalsa	239.5	89	Christine Gunsaulus	120
37	Allison Hudson	237.0	90	Randy Girer	119.1
38	John Rogers	219.65	91	Robert Savron	118
39	Christina Lawless	219.2	92	Judy Iden	117.15
40	Michael Lawless	214.2	93	Steve Perkiss	111.2
41	Winfield Fairchild	213.35	94	Jean Plough	109.5
42	Cyrille White	212.75	95	Mike Manes	108.3
43	Ivan Winegar	205.5	96	Michele Valerio	108.1
44	Paul Schott	200.7	97	Denise Bohl	107.7
45	Emily O'Hagan	200.5	98	Lennie Steinmetz	107
46	Ira Rubinstein	198.5	99	Izabella Young	105.6
47	Judith Shabrach	198	100	Robert Hileman	104.4
48	Kathy Hughes	197.9	101	Jim Sayne	103.2
49	Robert Wacker	195.6	102	Steve Heiman	102.8
50	Sara Armstrong	192.5	103	Ed Wuensch	101.1
	Joe Swope	192.5		Keith Gross	101.1
52	Cindy Crosser	188	105	Robert Lynam	100
53	Ron Phelps	180.6		Sheryl Yatsko	100

## Top chapter leaders of 2012

Rank	Leader	Days Led
1	Bijal Shah	77
2	David Stein	54
3	Joan Aichele	46
4	Phil Mulligan	38
5	Christina Lawless	34
6	Theresa Berntsen	35
7	Michael Lawless	32
8	Rich Pace	24
9	John Milne	23
10	Peter Jarrett	22
11	Cliff Hence	21
12	Richard Einstein	20
13	Susan Bickford-Martin	19
14	Carl Ganong	17
15	Patricia Naismith	16
	John Rowen	16
	Midori Wakabayashi	16
18	Barbara Blythe	15
19	Paul Schott	14
20	Ron Phelps	12
	Jim Sayne	12
22	Scott Vant	11
	Donald Garrido	11
	Mike Manes	11
25	Lennie Steinmetz	9
	Robert Savron	9
27	Lorraine Abate	8
	Tom Sherwood	8
	Peter Fox	8
	Ian Kindle	8
	Jeffrey Lippincott	8
32	Eileen Greve	7
	Richard Hudson	7
	Bill Steinmetz	7
	Eric Pavlak	7
	John Chalikian	7
	Walt Underhill	7
	Mark Kern	7
	Nancy Hence	7
40	Christina Krosche	6
	Cindy Crosser	6
	Phillip Hunsberger	6
	Seth Bergmann	6
	Sue Bergmann	6
	Al Schwartz	6
46	Nancy Fredland	5
	Morgan Masterson	5
	Michele Valerio	5
	Donna Morgan	5
	Tammy Brandon	5
51	Ronald Kanarr	4
	Jeffrey Alpert	4
	Catherine Frankenberg	4
	Edmund Sawin	4
	Mark Mazer	4
	Ivan Winegar	4
	Rhoda Eisman	4
	Kevin Burkman	4
	Steve Leibrock	4
	Esther Underhill	4





## Successful Outdoor Leader Training Course graduates 26

Twenty-six future leaders took part in the Delaware Valley Chapter's annual Outdoor Leader Training the weekend of April 12-14. It included classroom and outdoor sessions, with various role play segments on Saturday and Sunday, plus the optional Friday night map and compass course. Several active DV Chapter leaders joined the group for the Saturday night dinner and evening discussion session to meet with the future leaders and share ideas and experiences with them.

The OLT Class of 2013 included nine members of a hiking club from the New York City area who were interested in improving their leadership skills for their organization. After taking the course, two members of the group decided that they were so impressed with the training session and their experience with AMC that they would join the DV Chapter and hopefully become DV Chapter leaders.



The other 17 members of the Class of 2013 included leaders interested in day hiking, backpacking, bicycling, paddling, family outings, and Young Members trips. Two were already leaders with AMC's Youth Opportunities Program at the Mohican Outdoor Center, and had decided that they would like to expand their involvement to chapter trips as well.

The feedback from the participants about the course was very positive, including special kudos to the DV Leaders who served as trainers.

Some of the comments on the evaluation forms included: "This was more fun than I expected. Impressed by commitment of trainers and staff,"

"I picked up a lot of information regarding leading trips. Everything covered had value."

"I found all sessions pertinent and helpful."

"Very professionally developed program. Shows AMC is highly organized and dedicated to its members."

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

Special thanks also to Aaron Gorban, AMC's Director of Outdoor Leadership Training, who instructed several course segments. His extensive knowledge and his skills as a presenter once again contributed greatly to the success of the course.

And congratulations and best wishes to the OLT Class of 2013: Judy Arrison, John Azelvandre, Richard Breusch, Eugene Burke, Francine Carlini, Len Cassidy, Eleanor Conwell, Richard Dinnen, Christopher Goeken, Richard Goldberg, Robert Gougher, Steve Hall, Carino Higgins, John Kashwick, Carol Kluchinski, Victoria Lowe, Elayna Mofitt, John Rogers, Carl Rush, Alicia Sprow, Jacob Stevens, Jonathan Wall, Paul Warren, Barb Wiemann, Nathaniel Williams, and Katharine Woodhouse-Beyer.





## Mohican launches guided naturalist program

Mohican Outdoor Center is launching a guided naturalist program this summer for eight selected weekends, with trained volunteer naturalists on duty, guiding guests and visitors through the diverse ecosystems of Mohican.

This is important because it allows families an opportunity to learn about nature, stewardship, Leave No Trace and about AMC.

The program will include different plants, animals, and ecosystems surrounding Mohican, and will run on Saturdays at 10 AM and 2 PM on June 1 and 15, July 20 and 27, August 17. Saturday, August 24 there will be a 10 AM hike.

Sunday hikes will be held at 10 AM on June 2, 9, 16 and 23, July 21 and 28, and Aug. 18 and 25.

Meet prior to the start time at the Mohican Visitors Center, 50 Camp Rd, Blirstown, NJ. For more information about the program call Mohican at 908-362-5670.

## Families offered free tent use at Mohican

Summer is here, so start thinking about something different to try with your entire family. If you're looking for a new low-cost adventure, especially for the kids, Mohican Outdoor Center in Blirstown, NJ has a family camping opportunity for you.

A one-time use of tents, sleeping bags and air mattresses for a family of four to experience camping at Mohican Outdoor Center in the Delaware Water Gap is yours for free. The only cost involved is a nominal fee for the campsite for the weekend or however many nights you chose, two night minimum stay.




The helpful Mohican staff will assemble the tent for you. All you have to do is bring your gear, food and a willingness to have fun. Explore all there is to do at Mohican.

You can try to sleep in each morning to the sounds of nature and the water of Catfish Pond lapping at the shoreline. But the kids will be too excited to sleep and want to get started right away with hiking on the many trails around Mohican. Or casting their fishing poles into the lake to see what they can catch for dinner. Swimming in the lake is also a popular afternoon activity.

When they finally do get tired, pile the family into a canoe or two (available for a nominal cost) and leisurely paddle around the lake in search of turtles, fish, snakes and beaver. The lake is so clear you can see to the bottom in many places. Make a game out of it to see who can be the first to find all of the beaver lodges on the lake.

Mohican Outdoor Center is located in the middle of 70,000 acres of the spectacular Delaware Water Gap National Recreation Area. You can hike on trails with views that go on forever or alongside streams leading to waterfalls and hemlock forests. You may even catch the mountain laurel, rhododendron or blueberries in bloom.

For more information about the Free Family Tent Program contact Mohican at 908-362-5670, then to reserve your campsite contact AMC Reservations at 603-466-2727, Monday through Saturday, 9 AM to 5 PM.



**Coming this June!**

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

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

## August Camp still has a few openings

Limited space is still available for the 2013 August Camp in the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas.

Choose from a variety of hikes every day, or add in backpacking, rafting on the Skagit River or kayaking in the San Juan Islands to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our fleet of vans provides transport between camp and SeaTac on each Saturday.

Registration forms and detailed Camp information can found at [www.augustcamp.org](http://www.augustcamp.org). Plan your one or two week adventure now and be part of one of the oldest camps in the AMC.

Week 1: July 13 - July 20

Week 2: July 20 - July 27

Week 3: July 27 - Aug. 3

Week 4: Aug. 3 - Aug. 10



## Upcoming Mohican Events

For event details, click [here](#) to visit the Mohican web site.

General questions about Mohican, call 908-362-5670. For reservations: 603-466-2727. Questions about a program, contact the leaders.

**Family Adventure Midweek Getaway** Tues.-Thurs, July 9-11. Kids stay and eat for free! Looking for something different to do with the kids? Let them experience Mohican Outdoor Center in the summer. This family getaway is for families with kids ages 6-14. Multiple things for you to do as a family, crafts, games, nature study, guided hikes, boating, swimming in a lake and folk dancing. Annette Sheldon and Stan de Riel, 609-587-0873, annettegabriele@verizon.net. Member \$166, non-member \$199, Youth & child free.

**Rock Climbing for Beginners** Fri.-Sun. July 19-21. This two-day program introduces you to basic rock climbing and "top-roping" techniques. Minimum age 18 (16 with an adult). Led by Rich Peteruti of Lord Stirling School. Member \$422, non-member \$506.

**Introduction to Geocaching Workshop** Fri.-Sun. July 19-21. Geocaching is a sport where participants use hand-held GPS units to navigate to and find small objects hidden by other participants. This workshop will offer basic instruction in the operation of a GPS unit along with various strategies useful for successfully locating hidden geocaches. We will also go out into the field and exercise our new skills on a set of caches in the Mohican area, hiking 5-7 miles each day. Permanent caches are not permitted in the National Recreation Area; these will be temporary caches set so you'll not be able to log these. Bring your hand-held GPS (not required to participate). Includes two nights lodging, Saturday and Sunday breakfast, Leader John Rowen, 215-886-9591. Member \$149, non-member \$179.

**Yoga and Hiking Midweek Getaway** Fri.-Sun. Aug. 23-25. Celebrate summer's splendor. Kick your heels and rejoice in living through yoga, meditation and hiking in natural beauty. Give in to summer and energize the body and calm the mind with breath-walking, gong meditation, writing meditation and laughter. All levels of hiking and yoga participants welcome. Leader Priscilla Estes, pestes2@verizon.net. Member \$149, non-member \$179.

**Wilderness First Aid** Fri.-Sun. Sept. 13-15. The Wilderness First Aid (WFA) course will teach you how to deal with common medical incidents and accidents that occur in the backcountry. It stresses safety, preparation, crisis avoidance, and the treatment of problems such as blisters, sprains, hypothermia, heat disorders, protection from the elements and more. Also discusses long-term patient care, a reality of backcountry travel. The WFA is a 16-hour course and can be used to re-certify a WFR level of training. CPR certification \$35 during the course. Program questions: SOLO, 603-447-6711. Member \$267- non-member \$320.

**Fall Hawk Watch Midweek Getaway** Tues.-Thurs. Sept. 17-19. Join us for some hiking, paddling and relaxing at Mohican. We will definitely hike out to Raccoon Ridge a popular viewing spot along the Kittatinny Ridge to enjoy this peak time of year to watch the raptors as they migrate south. Leader Joan Aichele 215-803-2779. Member \$166, non-member \$199.

**Writing Outside Yourself** Fri.-Sun. Sept. 20-22. Kickstart your creative writing and have a pleasant outdoor weekend at the same time. Hikers and writers at all levels, beginner to experienced. Program questions: leader Steve Shelly, shelshocke@verizon.net. Member \$149, non-member \$179.

**September Apple Festival Midweek Getaway** Tues.-Thur. Sept.

## Field test a pair of hiking boots at Mohican

To a hiker, probably the most important equipment is their hiking boots or shoes. If your feet hurt, you are not going to hike far or enjoy your trip. When you try out a new pair of boots at a retail store, walking around on carpet and an artificial incline is no true test to determine if they are the right boots for you.

Now you can demo a pair of LOWA boots at Mohican Outdoor Center in Blairstown, NJ. There are three different styles of boots at Mohican which come in all men's, women's and children's sizes.

The friendly Mohican staff will assist you in finding a style and size perfect for your hiking or backpacking needs. Once you find the right fit, head out on the trails for a test hike. You are not limited to the number of styles to demo.

During the recent Spring Outdoor Adventure Weekend Getaway several of us hiked up to the Kittatinny Ridge on a full moon night hike. The rocky trail was just too much for one of our guest's boots.

As we arrived back in camp she stopped at a picnic table to show us that both soles of her boots were flapping and about to fall completely off. Duct tape was quickly administered to both boots so she could at least finish the hike back to her cabin. But we still had two days of hiking ahead of us.

Fortunately, the LOWA boot demo center was recently up and running at Mohican. This guest was able to demo two different style boots throughout the weekend, making for a much better experience. You cannot buy the boots at Mohican, however if you find a pair you like, they will give you a list of retailers nearby. So on your next trip to Mohican, stop by the visitors center and partake in this great new amenity. — Joan Aichele

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24-26. Trip with the group to a local orchard for apple picking. Learn new recipes for some of the most delicious apple deserts, and participate in the weekends contest's and games. During the evening, socialize around the fireplace, or gather around a cozy autumn outdoor camp fire. Leader Jim Catozzi at jcatozzi9@verizon.net. Member \$166, non-member \$199.

**Family Adventure Getaway** Fri.-Sun. Sept. 27-29. Kids eat for free! Join Cindy Friel, DV Chapter Family Activity Chair for a family adventure weekend. Activities planned will include moderate hiking, kayaking/canoeing in Catfish Pond and other naturalist activities. Possible trip to Lakota Wolf Preserve (additional fee). Most activities will be geared towards children ages 5-12 but older kids are more than welcome to attend. Program questions: Cindy Friel, 215-206-8022. Member \$149, non-member \$179; youth member \$59, youth non-member \$79; child member \$49, child non-member \$59.

**Intro to Digital Outdoor Photography Getaway** Fri.-Sun. Sept. 27-29. Designed for the beginning digital photographer. Additional \$15 fee for material/processing and instruction. Participants should bring their camera manuals if they have them and may bring previously taken photographs in a digital file format for possible use with Photoshop Elements. Includes two nights lodging, two breakfasts, Saturday dinner and social hour. Reservations: 603-466-2727. Program questions: Wayne Wirta 732-267-1004, ww48@aol.com. Leader: Lennie Steinmetz, 610-694-8677. Member \$149, non-member \$179.

**Rock Climbing for Beginners** Fri.-Sun. Sept. 27-29. This two-day program introduces you to basic rock climbing and "top-roping" techniques. Minimum age 18 (16 with an adult). Led by Rich Peteruti of Lord Stirling School. Member \$422, non-member \$506.