



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Summer 2014 • Volume 52 • Number 3

Explore the shores!

Boot failure

Walkingstick man

Top leaders

100 mile hikers

Chapter picnic

Leader social

**Giant jack-in-the-pulpits
and more!**



Appalachian Footnotes

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

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Use the Member Center to get your chapter's newsletter electronically, renew your membership, update your member profile, or get a weekly digest of upcoming chapter activities sent to your e-mail in box! [Click here to log in](#)



Cover

A sunset paddle in Barnegat Bay about a mile from shore at Island Beach State Park, NJ is a wondrous summer experience.

Eric Pavlak photo.

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AMC Information Sources:

Delaware Valley Chapter Web Site: amcdv.org
DV Paddler's Web Site: paddlenow.com
Chapter e-mail: info@amcdv.org
E-mail Hotline: hotline-requests@amcdv.org
AMC General Web Site: outdoors.org

Chapter Ombudsman

Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Bill Steinmetz, 610-694-8677, or ombudsman@amcdv.org.

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Hit the beaches! Explore the shores!

There's plenty of hiking, biking, paddling, swimming, camping and birdwatching for nature lovers not far from home



Island Beach State Park, New Jersey

If you are looking for a more natural beach or sea-shore 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: www.stateparks.com/island_beach.html

Cape Henlopen State Park, Lewes, Delaware, offers hiking, bicycling (including rentals), camping, historical WW II 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.

See: 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 paddlers 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. See:

www.nps.gov/asis/index.htm

www.dnr2.maryland.gov/publiclands/Pages/eastern/assateague.aspx

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 www.paddlenow.com for our schedule and more photos. Also see: 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.

South Cape May Meadows, Cape May, New Jersey. Owned and maintained by The Nature Conservancy, South Cape May

Story and photos by Eric Pavlak

This story is an updated and expanded version of one published in *Footnotes*, Summer 2011

Meadows Preserve has more than 200 acres of critical habitat in globally-renowned birding area of Cape May. The preserve offers dunes, freshwater wetlands, meadows, ponds, and a full mile of protected beach. A wonderful place to spend a few hours or a day. Go to the Meadows web page and learn more about it and the town of South Cape May that was engulfed by the Atlantic Ocean in the 1950s. Click here for link.

Cape May Point State Park, New Jersey, offers miles of beach dune and woods hiking, plus a pond full of waterfowl. (I saw 17 species of ducks and a pair of swans there on my last visit in January). The park offers excellent year-round nature programs for the whole family. Oh, it has a lighthouse, too!

See: www.state.nj.us/dep/parksandforests/parks/capemay.html

Higbee Beach, New Jersey, is just north of Cape May on the Delaware Bay. The beach itself is fine for swimming, with no fees, no facilities, no vendors, no waves and no lifeguards. Until 1999, it was the state of New Jersey's only nude beach. No nudes now.

There are miles of hiking trails in the dunes and woods of the Higbee Beach Wildlife Management Area, which abounds with birds and other wildlife. See:

www.capemay.com/Editorial/june08/HigbeeBeach.htm

www.state.nj.us/dep/fgw/ensp/higbee.htm

Watching the sunset over the ocean or the bay

takes some effort in our area. Sunrises are easy: on the east coast, the sun rises over the ocean, very early in the morning in summer. To view a sunset over the water, try:

Cape May Point or the beach at Cape May

Island Beach State Park on the bay side

The western shore of Eastern Neck

Higbee Beach

Unless you are watching from a breezy beach, be prepared to deal with mosquitoes. If you choose to watch the sun drop below the horizon from your kayak or canoe, remember to carry the Coast Guard required light.

Boot Failure



By Eric Pavlak

Various responsibilities had kept us from any of our backpacking gear for almost four years, so before doing a tough trip this summer, we loaded our packs and laced up our rugged, high-topped boots.

We decided to do the Pulpit and Pinnacle loop, and carried the same weight as we would on our vacation trek. We were mostly concerned how we, not our gear, would do.

Halfway up to Pulpit Rock, Barbara noticed that the soles of her boots were detaching. By the time we got to the top, both soles flopping loose, attached only at the toes. Half way to the Pinnacle, a sole fell off her boot, and I noticed that mine were beginning to detach. By the time we began our descent, she had lost both soles, and I was effectively walking in flip-flops. Fortunately, I had brought along my low-cut hiking shoes. She finished the hike wearing my shoes and several pairs of socks.

Our boots were both of the same age and make: Birkenstock's that were about 13 years old. Could we get them fixed?

I took them to Pisano & Sons Shoe Repair (Malvern and Phoenixville), the only shop that I knew that could repair hiking boots. They were authorized subcontractors that did repairs for Birkenstock and several other major top brands of hiking boots. The answer: No! They have the tools, molds and equipment that used to allow them to resole boots in the days before the manufacturers switched to injection molded polyurethane soles.

"We used to be able to fix them right here for \$50. We can't do that any more," I was told. "These boots are not repairable."

I was told that this type of sudden failure was not limited to any

particular brand, and in fact was inevitable in all boots with polyurethane soles. Depending on the exact formulation mixing and molding of the sole, some will last longer than others, but all will eventually fail, with the soles peeling from the boot and disintegrating into black crumbs.

Despite rumors, dampness and reasonable temperatures do not seem to accelerate the disintegration process, although it is probably not a good idea to store your boots in a blazing hot attic all summer. Also, frequent use does not prolong the shelf life of the material.

Your boots could suddenly fall apart

Polyurethane is susceptible to biodegradation by naturally occurring microorganisms, specifically from enzymes from fungus and bacteria commonly found in soil. If you want the technical details, see *Microbial biodegradation of polyurethane*, Gary T. Howard, Department of Biological Sciences Southeastern Louisiana University. E-mail me and I will send you a copy. Note that trying to sterilize your boots will likely do much more harm than good.

Since that experience, I have learned of similar boot failures that have occurred on recent AMC hikes. One member had her boots disintegrate during a snowy winter hike, another on a recent chapter hike.

What is a hiker to do? Since almost all manufacturers have gone to injection molded polyurethane soles, we are stuck with them. They grip well, they wear well.

I guess we will just have to keep an eye on them. If your boots are more than five years old, you might want to get new ones before undertaking a major trek.

Barry Mazer

Whittle quietly, and carve a bigfoot stick

By Joan Aichele

For years we've hiked with Barry Mazer and never knew of his extraordinary hidden talents.

Yes, we would notice him pick up a discarded stick, or branch blow down suitable for hiking at the start of each hike, but never knew he was looking at it from the viewpoint of a craftsman.

Arriving early, he would often be seen whittling on wood as he would wait for the group to circle up before the hike. Little signs that you would notice but never really inquire as to what was behind these simple acts.

Then one day last fall, at the start of a Wednesday hike, Geri Chmiel, a member of our Fall Gathering committee, made an announcement requesting donations of any type for a raffle which would be held at our 2013 Fall Gathering. As a result of that request Barry generously donated six beautifully hand-crafted walking sticks to the raffle.

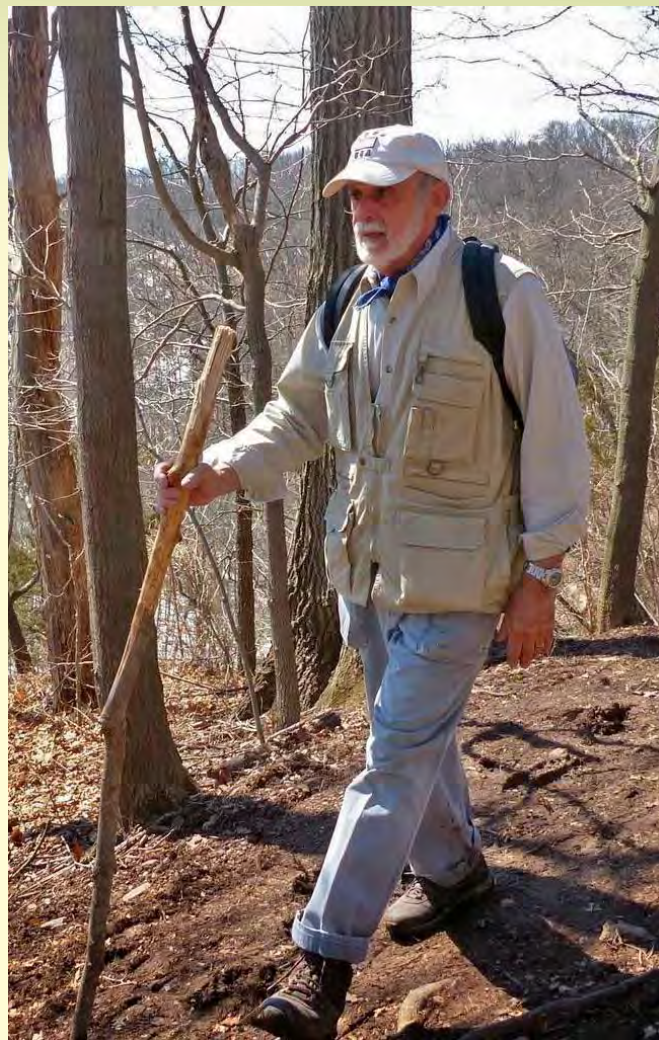
Until we saw the sticks, none of us were aware of Barry's extraordinary talent. The walking sticks were admired by many at the Fall Gathering including AMC president John Judge. Each was unique in design.

We saved a couple of these sticks for the raffle at our November Chapter Annual Dinner, at which time we also presented John Judge with his very own Barry Mazer original walking stick.

As a result of Geri's initial request, Barry has renewed his dormant interest in woodworking and now continues to create many more of these fine works of art. He made a personalized version for our Vice Chair Don Garrido, aka Big Foot. The walking stick has its own base which is a piece of wood carved to look like a human foot.

I received one with a small burl in the wood that looks like the face of Santa Claus with intricate detailed carved below the burl. We now have daily reminders of Barry and his talent when we see our walking sticks.

We do however hesitate to actually use them on the trail for fear of losing or abusing one of these works of art. But we no longer question when we see Barry venture off trail to pick out a young sapling perfect for a future walking stick.



Barry Mazer hiking in Ralph Stover Park. Rich Pace photo.



Don Garrido (left) and his custom stick. The foot isn't used while hiking, it is a stand to hold the stick at home.

Doris Sares photos



Mohican Outdoor Center Getaways:

Arrive as Strangers, Leave as Friends

By Priscilla Estes

Mohican Getaways “are like hosting a party at your house, only you don’t have to do all of the cooking or clean up,” says Joan Aichele, Del Val Chapter Chair and leader for New Members Getaway Weekend. “It’s such a rewarding experience to see a group of strangers arrive on a Friday, hardly talking to one another, and by Sunday they are talking and interacting with each other so much that it’s hard to make announcements!”

“The best thing about my weekend getaways is the people I meet,” says Mark Kern, leader of Map and Compass Getaways.

Socializing with fellow AMCers is also a favorite part of MOC getaways for leader Rich Wells too, who’s helping run the Delaware Valley Chapter Weekend at MOC this September, an extravaganza not to be missed. Rich also likes the food, especially Jim Catozzi’s cooking.

“My favorite meal at Mohican,” says Chef Catozzi (who will be the cook at Del Val Chapter weekend September 5-7), “was the Lasagna Fest I prepared with over eight different lasagnas and 12 different baked desserts.” Mark prefers the vegetarian options: “The quinoa chili is yummy.” Joan loves the breakfasts, “although I do tend to eat too much as it is all so tasty.”

Friendly folks, good food, what more could you ask for? Oh yes, the hiking, canoeing, swimming and other outdoor activities. The night hikes to Kittatinny Ridge are magical. “We sit and listen to the wind blow and watch the stars and planes flying into New York. Once we saw the Milky Way,” says Joan. Jim enjoys the hikes to the Crater Lake area with its six nearby ponds and lakes.

The Mohican Getaway Experience is unique to organized outdoor weekends because you can do as much or as little as you want, and you’re “not under the same time pressures as we sometimes experience with day hikes,” says Rich. There’s plenty of time in the evenings too, to laugh, relax, read or play games. “Trivial Pursuit is our favorite,” says Joan. “It’s quite a bonding time with lots of laughter and friendly teasing.”

Great hikes, beautiful evenings, new friends, fabulous food, and terrific leaders. You can even borrow hiking boots, poles and backpacks, for free. Makes you want to sign up for a MOC Getaway today and experience some of the terrific events this summer for families, couples and solo travelers, from yoga to astronomy to mushrooms and more. Go ahead, take the plunge! Check out Mohican and make new friends this summer. www.outdoors.org/lodging/lodges/mohican/



It’s Back! Our chapter’s weekend at Mohican Outdoor Center is set for the weekend of September 5-7.

Join in the fun. Explore the Delaware Water Gap National Recreational Area. At least three hikes will be offered each day of varying lengths and levels of difficulty, along with opportunities for canoeing, kayaking, and swimming in Catfish Pond.

The cost of just \$69 includes Friday and Saturday night lodging in cabins or in your own tents, casual Friday night buffet from 6 to 8 PM, Saturday and Sunday breakfasts, Saturday dinner and social hour. Bring your own lunches and adult beverages.

Rich Wells is accepting registrations through PayPal or by contacting him at rich700@gmail.com. Don Garrido and Jim Catozzi are putting this together for the chapter. We have four lodges reserved for us. Blueberry Hill, Sunset Lodge, Trails End, and Larch View. A total of 46 spots plus tent sites. Jim Catozzi will be doing the meals out of Blueberry Hill. Don Garrido is organizing the hikes and leaders.

Lennie Steinmetz photos



Health & wellness, lifestyle changes, topic of Mohican Midweek Getaway, August 6-8

Hiking, paddling and backpacking are just a few of the outdoor activities that we all enjoy. In order to do these activities we need to take care of the vehicle that carries us to these activities: your body, mind and spirit!

Unfortunately, there are several health issues that can overwhelm us and society in general today: diabetes, heart disease and chronic fatigue, to name a few. Our society today is in constant motion, never giving thought to what we are feeding this vehicle, nor pausing to find emotional rest and peace.

Changing your lifestyle is a tough topic today because it requires time and effort both of which, most of us do not have. It is our thought that with integration of healthy food choices and the adaptation of Tai Chi most of the aforementioned health issues can be moderated.

Healthy food choices can be accomplished by reading nutrition labels and eating a well balanced diet consisting of lean protein, veggies and complex carbohydrates.

Is it easy? No! It is downright difficult, but can be accomplished when you decide that living a happy, healthy life is better than being a casualty of unhealthy food.

Ask yourself, "Should I be eating something that I can't even pronounce? Would I feed this to my plants, dog or cat?"

The mind and spirit are integral to the body and through the practice of some form of relaxation or meditation, one can keep their body in balance, thus treating or preventing some of these common health issues we are facing today.

Tai Chi is thought to be a "meditation in motion," but actually today is better considered as a "meditation in motion," according to Harvard Women's Health Watch, May, 2009.

Tai Chi Easy is designed to improve one's quality of life, reducing stress and anxiety which drastically influence your immune system and chronic diseases.

Tai Chi Easy does not require difficult movements. It is more stationary and easier to learn helping people with all levels of ability. Health and Wellness are passionate to the both of us and it is our hope that seeds have been planted and that you will find resources to help you live a long, happy, healthy life!

We plan to expound on this topic at the Mohican Outdoor Center, August 6-8, and would love to have you join us for three days of relaxing, learning, hiking, paddling and swimming amidst the beauty and peace of nature that the Kittatinny Mountains provide.

Led by Sandy Unger, Certified Tai Chi Easy and Qigong Teacher. Geri Chmiel, RN and diet controlled person with diabetes. For more information and registration, see:

<http://activities.outdoors.org/search/index.cfm/action/details/id/73815>

Paddling, water safety courses offered

Our **solo open canoe** course is set for the weekend of July 12 & 13 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 19 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.

Come to our Annual Picnic!

Saturday, June 28, Starts at Noon! Fort Washington State Park, PA

Come celebrate the summer with your AMC friends at historic Fort Washington State Park.

Free hamburgers, veggie burgers & hot dogs with fixings! Everyone is asked to bring a non-alcoholic beverage for yourself and your family, and a side dish, salad or dessert to share.

Think green and bring a reusable plate, utensils and drinking cup for each person attending.

No glassware, no alcohol is permitted in the state park.

Pre-picnic activities will be listed prior to the event. Check The chapter web site (www.amcdv.org) for details. Pickleball, volleyball, badminton, softball, bag toss and special drawings will be going on throughout the day!

Self guided local hikes around the park and on Green Ribbon Trail. Very nice playground is on site. A tour of the Clinton House, operated by the Historic Society, may be held mid-day, if there is enough interest!

Well behaved dogs are permitted in the state park, but must be on a leash at all times.

Must RSVP by Wednesday, June 25, to Geri Chmiel, social@amcdv.org with number of guests, diet restrictions, side dish, salad or dessert you are planning to bring & if you are interested in the tour. Additional questions, call 609-914-1540, Monday through Friday, 9 AM to 9 PM.

Location: Fort Washington State Park, Militia Hill Pavilion, Lot #1. Just two miles from the PA Turnpike Exit 339. Use park gate, 6036 Joshua Road, Fort Washington, PA.

GPS coordinates = N40.11635, W75.23393

[Click here for an Interactive Map.](#)

Wilderness first aid training available

Wilderness First Aid training will be offered at the Mohican Outdoor Center on September 12-14.

This is a very worthwhile course, and one that we hope all DV leaders will take at some point. Fifty percent reimbursement is available, as described below.

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

Participate in AMC's

Conservation Action Network

[Click here for more information.](#)



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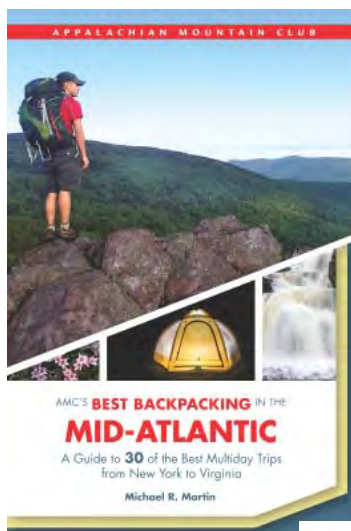
By Susan Charkes
Our chapter's
Conservation Chair

Member Price: \$15.16

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 or by calling 800-262-4455.

Now available from AMC Books

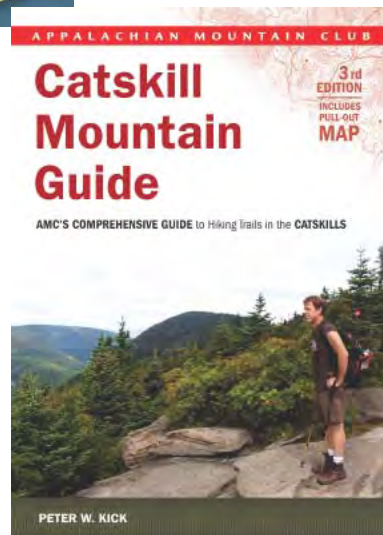


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Backpacking in the
Mid-Atlantic: A Guide
to 30 of the Best
Multiday Trips from
New York to Virginia

By Michael R. Martin
Paperback
Member Price: \$15.96

Catskill Mountain
Guide: AMC's
Comprehensive Guide
to Hiking Trails in the
Catskills, 3rd edition

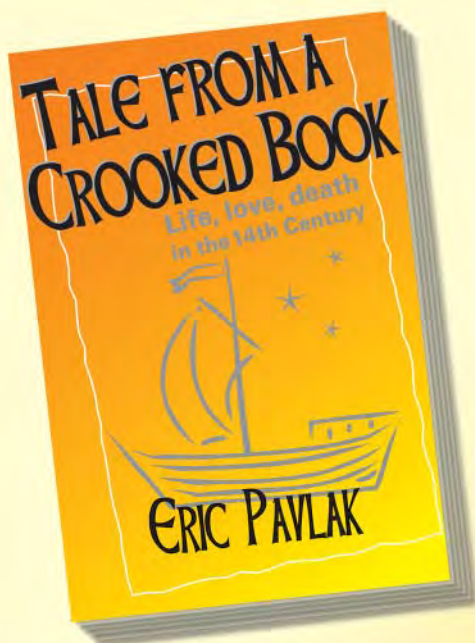
By Peter W. Kick
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Top Leaders of 2013

four or more leads

Abate, Lorraine	Liao, Frances
Aichele, Joan	Lippincott, Jeffrey
Arrison, Judith	Loch, Edward
Beatrice, Barbara	Manes, Mike
Berg, Sarah	Masterson, Morgan
Bergmann, Seth	McGroarty, Ed
Bergmann, Sue	Milne, John
Berntsen, Theresa	Morith, Brad
Bickford-Martin, Susan	Mulligan, Phil
Blythe, Barbara	Naismith, Patricia
Brandon, Tammy	Pace, Rich
Burkman, Kevin	Pavlak, Eric
Chalikian, John	Phelps, Ron
Charkes, Susan	Rogers, John
Chmiel, Geraldine	Rowen, John
Corpora, Kathleen	Rubinstein, Ira
Crosser, Cindy	Sacks, Patricia
Einstein, Richard	Sawin, Edmund
Fox, Peter	Sayne, Jim
Friel, Cindy	Schott, Paul
Fritzinger, Jeff	Schwartz, Al
Ganong, Carl	Schwartz, Daniel
Garner, John	Shabrach, Judith
Garrido, Donald	Shah, Bijal
Gougher, Robert	Sherwood, Tom
Hence, Nancy	Stein, David
Hence, Cliff	Steinmetz, Lennie
Hudson, Richard	Steinmetz, Bill
Hudson, Allison	Underhill, Walt
Hunsberger, Phillip	Underhill, Esther
Jarrett, Peter	Valerio, Michele
Kanarr, Ronald	Vant, Scott
Kern, Mark	Wakabayashi, Midori
Kindle, Ian	Wells, Rich
Lawless, Michael	Wiemann, Barbara
Lawless, Christina	Winegar, Ivan
Leibrock, Steve	

Most Active New Members

hiking miles

Jinfei Zhang	226 Miles
Jerry Taylor	199.2 Miles
Len Cassidy	198.5 Miles
Jane Richter	183.45 Miles
Wendy Fogerty	174.3 Miles
George Wagner	167.2 Miles
C.J. Lyford	140 Miles
Leigh Anne Mertzt	137.4 Miles
Denis McCartan	126.8 Miles
Rebecca Elston	126.7 Miles

Trail Work Volunteers

Greg Bernet
Carole Homeyer
Roger Homeyer
Jerry Lehmann
Bill Lotz
Kieu Manes
Mike Manes
Phil Mulligan
Charlie Ogle
John Schroeder
Benton Schwartz
Dan Schwartz
Dmitri Schwartz
Noelle Schwartz
Larry Snyder
Bill Steinmetz
Midori Wakabayashi

Shelter Maintainers

Members

Jim Bloom
Karen Franco
Nick Franco
Lynn Fraser
Doug Greene
Jackson Greene
Nancy Greene
Nathan Greene
Bob Huey
Marty Hunsberger
Phillip Hunsberger
Ed Johns
Dave McGrath
Louis Miller
Ken Niewoehner
Phyllis Niewoehner
Charlie Ogle
Ken Sacks
Dan Schwartz
Aaron Yeiser
Benjamin Yeiser
Chuck Yeiser
Ruth Yeiser

Non-Members

Jane Cope
Richard Cope
Eric Davidson
Kevin Dealy
Ben Giralico
Russell Keim
Sabrina Keim
Ben Kraft
Margot Kraft
Steve Kraft
George Ornick
Donald Stewart

Leaders' Social 2014: Campout, meals, activities, bring a guest, completely free!

This year's Leaders' Social, free to all leaders and a guest, will be a campout including dinner and breakfast. It will be held Saturday and Sunday, July 12-13, (under a full moon!) Group Camp Site #1 at Tohickon Valley County Park, 171 Cafferty Road, Pipersville, PA. GPS: 40.439791, -75.076975.

This event is totally free to all leaders plus one guest as a "thank you" for your dedication to AMC, our chapter and members. You can come either or both days, and the camping is optional.

Chef Jim Catozzi will be cooking a delicious Saturday night dinner as well as Sunday breakfast. He may ask for some volunteers to help with this.

There will be a hike, plus a bike ride on the Pennsylvania Canal towpath led by Rich Wells, and some other possible activities prior to the check in time of 3 PM. More details will follow about these activities.

You will have time to pick the perfect spot and pitch your tents before dinner. We are planning a campfire, so bring your musical talent and instruments. The whole idea is to have fun.

If the weather cooperates we also plan to do a full moon hike to High Rocks.

To participate in this event, you must RSVP to Rich Wells: rich700@gmail.com no later than July 7. You cannot just show up. The reservation line will open June 2. We'll send out a link to the registration form at that time.

As we get closer to the date we will send out more detailed information to all registrants.

For now, please add this event to your calendars. If you already have a trip planned for Saturday, you can still go on your trip and arrive later. If you have a trip planned for Sunday, Chef Jim will get you off on a good start.

No alcohol is permitted in the park. Be sure to bring your tents and camping gear. Sorry no dogs.

And if you just want to join us for Saturday evening you are more than welcome to do so, just let Rich know when you register that it will only be for Saturday dinner and not for overnight camping. Hope you can join us for a fun time!

For the latest on this event, go to:

<http://amcdv.org/leader-social.html>

115 chapter hikers top 100 miles in 2013

rank	name	trips	miles	rank	name	trips	miles
1	Joan Aichele	122	998.86	59	Malcolm Preece	20	174.84
2	Bijal Shah	81	685.50	60	Joseph Nanfara	20	174.80
3	Barry Mazer	66	552.94	61	Wendy Fogerty	23	174.30
4	Russel Moyer	61	518.64	62	Michele Valerio	18	172.45
5	John Rogers	58	483.40	63	Michael Lawless	34	170.50
6	Richard Einstein	57	461.47	64	Mark Mazer	21	168.20
7	Jerald Srodes	54	439.14	65	George Wagner	13	167.20
8	John Garner	58	414.35	66	Christina Lawless	33	165.50
9	Donald Garrido	53	405.75	67	Cyrille White	21	165.50
10	John Rowen	43	382.04	68	Marcia Comstock	20	159.40
11	Rich Pace	39	329.50	69	Lisa Miller	32	157.60
12	Robert Wacker	39	328.00	70	Jason-Michael Flintosh	13	154.10
13	Phil Mulligan	53	322.50	71	Thomas Harrington	22	152.65
14	David Stein	63	317.00	72	Amy Lockwood	13	152.15
15	Richard Hudson	42	316.00	73	Paula Uhrin	14	145.25
16	Geraldine Chmiel	41	306.80	74	Melissa Kelley	20	143.40
17	Tammy Brandon	25	287.50	75	Robert Hileman	14	142.57
18	Jean Mollack	37	286.61	76	Susyn Mihalsky	17	141.25
19	Michelle Thompson	34	281.45	77	Jeffrey Lippincott	16	140.75
20	Barbara Blythe	21	272.10	78	C.J. Lyford	28	140.00
21	Nilam Shah	33	258.40	79	Leigh Anne Mertz	17	137.40
22	Theresa Berntsen	25	257.70	80	Joan Detyna	17	133.85
23	R. Phelps	27	256.20	81	Edward Loch	15	131.00
24	Robin Jackson	21	255.90	82	Al Schwartz	16	130.00
25	Ann Ross	22	244.10	83	Barbara Wiemann	20	128.05
26	Jason Kumpas	39	242.80	84	Patricia Naismith	29	128.00
27	Susan Bickford-Martin	26	240.04	85	Denis McCartan	14	126.80
28	Tom Sherwood	38	236.20	86	Rebecca Elston	18	126.70
29	Ivan Winegar	29	233.05	87	Brad Morith	13	126.70
30	Jinfei Zhang	18	226.00	88	Jennifer Bayley	19	126.50
31	Midori Wakabayashi	25	224.22	89	Adrian Noble	15	125.67
32	Debbie Hinks	10	221.70	90	Edmund Sawin	21	124.50
33	Joe Swope	27	218.20	91	Eleanor Conwell	13	124.20
34	Hilda Danek	25	213.80	92	Mary Toomey	12	123.20
35	Ron Iannacone	26	213.55	93	Alex Drafinger	19	123.40
36	Cliff Hence	34	213.00	94	Patricia Slaughter	16	122.50
37	Patricia Merkel	29	212.25	95	David L. Alexander	20	122.10
38	Sara Armstrong	26	210.20	96	David Block	14	121.75
39	Judith Shabrach	25	208.79	97	Francesca Axe	17	121.60
40	Frank Allen	27	205.35	98	Wayne Campbell	15	119.95
41	Allison Hudson	27	205.25	99	Philip Kessler	10	117.70
42	Nancy Hence	33	205.00	100	Linda Kellc	11	117.00
43	Donna Truesdell	25	204.90	101	George Gorman	23	116.55
44	Ira Rubinstein	25	199.30	102	Stephen Leibrock	17	115.60
45	Jerry Taylor	23	199.20	103	Kevin Dunn	18	113.75
46	Len Cassidy	24	198.50	104	Denice Bohl	23	112.00
47	Cindy Crosser	20	197.10	105	Sue Bergmann	15	111.70
48	Carl Ganong	8	194.90	106	Keith Gross	16	111.60
49	Adrienne Fogler	25	191.50	107	Barbara Beatrice	10	109.40
50	Paul Schott	25	190.50	108	Sheryl Yatsko	13	109.00
51	Irina Kulikovskaya	19	185.00	109	Kathleen Corpora	8	108.30
52	Bud White	28	184.45	110	Sue Kenyon	6	107.30
53	Jane Richter	23	183.45	111	Sue Fatula	12	106.84
54	Katherine Kindness-Ruppel	22	183.20	112	Joe Brady	14	106.75
55	Lennie Steinmetz	26	180.70	113	Anthony Palandro	9	106.50
56	Peter Jarrett	24	179.50	114	Steve Perkiss	21	106.00
57	Mary Knesis	22	178.50	115	Jeff Fritzinger	9	104.40
58	Thomas Lawson	16	178.20				

Outdoor leadership training course graduates 32; students have diverse backgrounds and goals

The Delaware Valley Chapter's annual Outdoor Leadership Training course took place on the weekend of April 4-6, and there was a large group in attendance, with a total of 32 graduates.

It was an interesting and diverse group, including four guests from the DC Chapter, several people who had become acquainted with the chapter through Meetup, two students from West Chester University who were interested in improving the Outing Club program at their school, a 17-year-old (Benton Schwartz) who has been doing AMC trail work trips all his life and is hoping to become an AMC leader once he turns 18.

Also, a NY Chapter member who is interested in leading trips at Mohican, a young woman from Lititz who works with children and youth and is interested in getting them into the outdoors, and many others with interesting bios and visions for their future involvement as outdoor leaders.

The group was pleasantly diverse both in terms of age and ethnicity, and they bonded well with each other during the course of the weekend.

A few comments from the future leaders included:

"Great information presented in an interesting manner"

"Found it very engaging and informative"

"Informative and answered all my questions and more"

"I loved just gathering and meeting all of these people to make connections and explore more hikes"

"Great learning experience – many new details and circumstances to think about"

"I appreciated all the careful planning and preparation. It was extremely well-organized and very well run."

The graduates must now go on to complete two successful co-leads on DV Chapter trips in order to finish their training and become certified as DV leaders. The chapter looks forward to welcoming these trainees and their skills and enthusiasm to chapter leadership in the near future.



2014 OLT graduates:

Jill Augustine	Denis McCartan
John Buzdygon	Greg Molyneux
Bill Claus	Kat Neal-Macauley
Ken Cogan	Anthony Palandro
Chad Crisp	Denise Potkovic
Devin DiFranks	Gerard Prilutski
Craig Freden	Kate Prisby
June Gondi	Ann Ross
Eida Green	Benton Schwartz
Paul Jarosz	Noelle Schwartz
Marlo Keba	Brian Schwarz
Mike Keglovits	Mike Settles
Tom Lawson	Mike Spielman
Rich Lewis	Shu Ping Wong
Mark Lidd	Jin Xu
Lisa Lombardo	

Many thanks to the OLT trainers:

Joan Aichele	Mark Kern
Jeff Alpert	Christina Krosche
Tammy Brandon	Morgan Masterson
Jim Catozzi	Donna Morgan
Cindy Crosser	Phil Mulligan
Cindy Friel	Ron Phelps
Don Garrido	Bill Steinmetz
Aaron Gorban	Lennie Steinmetz
Pete Jarrett	Rich Wells

Outdoor leadership training course to be offered this fall

The Delaware Valley Chapter offers a training course for outdoor activity leaders each year in the spring. In addition, we have established a reciprocal arrangement with the Connecticut Chapter so that DV Chapter members may attend the Connecticut Chapter's leadership training course in the fall. If you'd like to get started as an AMC activity leader ASAP, this is your chance! The course this year will be offered on the weekend of November 14-16, 2014 in Litchfield, CT (western CT). We will try to coordinate carpools for DV Chapter members traveling to Connecticut for the course (about 3 ½ hours from Philadelphia).

The November course, like the DV Chapter's spring course, covers many aspects of being a trip leader such as group dynamics, leadership styles and accident scene management, and is led by AMC volunteers and staff. DV Chapter members completing this course will be certified as trip leaders upon completion of two successful co-leads on DV Chapter trips.

The cost for the weekend is \$60 for members, \$75 for non-members, including instruction, handouts, lodging and meals. For those leading at least two hikes for the DV Chapter within a year of the course, 50% of the course cost will be reimbursed. For additional information on this course or on other leadership training opportunities available through the AMC, contact Leadership Chair Lennie Steinmetz at leadership@amcdv.org or phone her at 610-694-8677



Fabulous Spring for Jack-in-the-Pulpits

by Joan Aichele

As we have been hiking through the woods this Spring we have noticed an abundance of Jack-in-the-Pulpits everywhere. This past weekend as we hiked through Fort Washington State Park we came across the largest plants we have ever seen. We noticed a group that had grown to at least three feet tall, as you can see in the photo of John Rowen standing next to one of the tallest plants. I guess the long winter was all they needed to flourish.

Get free weekly list of all chapter activities

If you are not currently receiving our electronic Weekly Activity List every Wednesday evening, you may be missing out on opportunities to find out about many of our scheduled activities.

For those not familiar with the Weekly Activity List, it is an e-mail containing all scheduled DV Chapter activities for the upcoming nine days. It includes announcements, cancellations, scheduled activities such as hiking, paddling and biking; plus advance trip notices and links to important conservation information. It is a great way to stay informed about what is happening within our chapter.

It is a free DV Chapter member benefit. All you need is an e-mail address. To begin receiving the Weekly Activity List, simply e-mail your full name and AMC membership number (which can be found above your name on the mailing label of your AMC Outdoors magazine) to: hotline-requests@amcdv.org. You will receive one e-mail a week. You will not be slammed with a lot of e-mails.

AT online hike planning guide now on web

There is a new resource available on AMC's web site for anybody who wants to plan hikes on the Appalachian Trail. The press release (which includes a link to the new AT web pages) can be found at: www.outdoors.org/about/newsroom/press/2014/at-online-guide.cfm