



# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Summer 2018 • Volume 56 • Number 3



**Hiking in a strange land  
Enslaved explorer  
I love to hike  
Leadership grads  
Trail crews at work  
Ridge runner 2018**





## Appalachian Footnotes

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AMC General Web Site: [outdoors.org](http://outdoors.org)

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**Cover:** Barbara Bailey, properly attired for hiking on a 100 degree October day in the desert, rests on a rock among the strange formations in Goblin Valley State Park, Utah.

*Eric Pavlak photo*

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# Now for something completely different



## **Try hiking and backpacking in the deserts of the American southwest**

Story and photos by Eric Pavlak

The longest and toughest day hike of my life began with coffee and granola at first light.

The day before Barbara and I had backpacked deep into the Needles District of Canyonlands National Park in Utah, a very remote and isolated place. Now we left our tent and much of our gear behind, and headed out into the predawn light. Our goal was to cross into the next canyon and trek the dry bed of Elephant Creek to Druid Arch.

The trail followed a narrow ledge on a cliff face, and was marked with cairns. The brightly colored rocks caught the light of the rising sun. As the sun rose, so did the temperature, which by mid-day would be well over 100 degrees. It was August.

### **Heat and water**

We were there at the hottest time of the year because August and September are the only time you can dependably find water in the southwest deserts. At that time, thunderstorms sweep through the area, bringing rain, filling creeks for a few hours, causing flash floods in narrow canyons. You can see the storms from twenty miles away. They come and go in an hour, bringing lightning and rain.

Then the sky clears and the water drains into the loose soil, leaving pools and puddles in places. Those were to be our sole source of water for days.

### **Crack in the rock**

After a few hours, the trail took us to a solid rock wall. The passage was through a shoulder width crack in the rock. For about 40 feet we moved through the crack, carefully placing our boots on narrow ledges, straddling a void that descended we knew not how deep into darkness below. The rock walls closed just above our heads. This was one interesting hike!

When we emerged once again into dazzling sunlight, the trail led us over another rock wall, and finally descended into Elephant Canyon. We found a puddle of water in the dry creek bed, and topped up our water bottles.

*Druid Arch is a massive geological wonder at the head of Elephant Canyon. The larger of the two windows is 55 feet from the chock stone to the top of the opening. There is a shorter route than the one we took, but none more spectacular. The trail from the canyon bottom takes only nine or ten hours.*

The scenery was stunning: brightly colored rocks deeply cut and carved by eons of erosion and patches of green desert trees and shrubs against a bright blue sky. There were several shallow pools along the mostly dry creek bed, and we used these to fill our water bottles and wet our sponge to cool our heads and necks. One pool was partly shaded by overhanging rocks, and was cool and deep enough that we laid down in the water.

We passed a pairs of hikers shortly after entering the canyon, and later that long afternoon we saw two coming toward us.

"Did you make it to Druid Arch?" I asked. "Is it far?"

"We made it," one replied. "You don't have that far to go. It is on edge to us. You've been looking at it for the last hour."

We spent maybe a half hour at the arch before retracing our steps. We arrived back in camp well after sunset, made a quick dinner and quickly fell asleep. During the course of that day, I drank 13 liters of water. Barbara, who is smaller, drank a proportional amount.

### **Desert thunderstorm**

The next day all we did was drink water, eat and lay in the shade, doing as little as possible. That afternoon we had a booming thunderstorm with torrents of rain, followed by a rainbow and a gushing waterfall that tumbled down a cliff next to our camp. Both lasted a half hour.

We located our camp near, but not too near, a water source. During the night we could occasionally hear animals at the water hole, perhaps mule deer or jackrabbits. We weren't worried about these animals, just the ones that liked to eat them. We would cross paths with one of these the next day.

*Continued on next page*



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Following a day of much needed rest, we decided to hike across a ridge into a different canyon. Yesterday's rain left the creek bed moist with wet sand and occasional puddles of water.

We passed a lone hiker coming the other way, a German, the fifth and final hiker we encountered on our trip. We chatted for a few minutes before continuing. His footprints were clear and sharp in the soft wet soil.

Just a few minutes later we saw something that would shake us: large, clear fresh prints from a big cat, a mountain lion. One of the prints was centered inside the footprint of the German hiker. The lion had passed through after the hiker, who was only a few minutes behind us.

We were now in a situation we had discussed, read about and planned for and dreaded. Ultimately, we decided to continue on, taking appropriate precautions. We saw more prints, probably from the same cat, on the way back. I am not going to tell you what we did, or what you should do, in a similar situation, You need to learn that yourself.

We returned to camp that night, spent the next morning romping on the rocks, and hiked out. By evening we were at a restaurant in Moab, trying to devour the huge pile of food we had ordered.

#### **Not our first time**

That backpack was definitely not our first desert adventure. Nor should it be yours. Both of us have considerable desert hiking experience. I have hiked in Death Valley with the temperature over 120 degrees. We have seen the East Mojave in bloom, with flowers on the barrel cactuses and prickly pear following a heavy August rain. We have hiked miles to see petroglyph and hidden arches and rock formations you can hardly imagine. And



*Some desert trails, like this one in Bryce Canyon are easy, except for the steep climb out of the canyon at an elevation of 9,000 feet.*

we know we are not experts.

Why go to the desert? Because it is beautiful, strange and different. Yes, it is a harsh land where all the plants have thorns or are or are toxic. But you can see datura (Georgia O'Keeffe's favorite), smell fragrant yucca flower a quarter mile away or even out race a roadrunner (they are really not all that fast).

#### **Local knowledge is key**

By all means read web sites and guide books. Learn about where you are going. Know the altitude, local climate and learn about the terrain. Talk to park rangers, visit park and BLM (Bureau of Land Management) offices and get as much current information as you can. And keep current with weather conditions and forecasts.

Experienced hikers will have no trouble on major trails in the national parks. But even there, ask. Trails may be closed, or inadvisable under certain conditions. In Bryce Canyon, we had a hot hike on a day that ended in a violent hail storm. That night it snowed, and the following afternoon it was hot.

#### **Use your own keen judgement**

Two years ago, we hiked a slot canyon in Capitol Reef NP. Slot canyons are potentially dangerous: flash floods have killed, you can't outrun them and there is often no way to climb up the canyon walls.

We had the right gear, particularly footwear. The ranger told us it hadn't rained in three weeks, but he knew of no one who been in the east side canyons in two months. The weather forecast was perfect.

We set out the next day. The 25 miles of "well maintained dirt road" to the trail head was drivable at 20 mph. We hiked in about two miles, until we came to a place where the canyon floor was deep with shoe-sucking gooeey mud. A huge chock stone and debris pile choked the canyon's narrow throat. We spent an hour trying to find a route up and around the obstacles. We decided we could go around and safely drop down into the canyon, but there was a good chance we could not get out. We turned around, and spent the afternoon elsewhere.

#### **Timing your hike**

When day hiking in hot weather, consider two hikes a day. Start one very early and finish before noon, then eat your main meal and take a long nap. If there is a town near by, it is not cheating to eat in a nice, cool restaurant! You will be fresh for an evening walk, perhaps to see a sunset. If the moon rises late, stay up to see a heaven full of stars in the clear desert air.

If you have never done desert hiking, you should. If you have done it more than a few times, try backpacking. In either case, do your research and preparation, and explore and enjoy something completely different.



*Left: Narrow slot canyon. A sudden storm could bring a wall of water*  
Appalachian Mountain Club, Delaware Valley Chapter • www.amcdv.org • Summer 2018 Page 4





Fragrant flowers scented the Kelso Dunes, East Mojave Desert.

## **Desert Kit** What to bring in addition to or in place of your regular backcountry hiking gear.

### **Water**

It is almost impossible to drink too much water in the desert, even on cool days. The dry air desiccates you. You never notice the water you lose by breathing, and by sweating. Sweat dries instantly.

When you are planning a hike, carry one and a half to two times as much water as you would for a similar distance and terrain at home.

For very long day hikes and for backpacking, you cannot possibly carry enough water. Bring a filter with a pre-filter. The pre-filter will keep mud and silt from clogging your main filter. Carry a shallow cup like a Sierra cup to scoop water, plus a deeper container like the bottom half of a one liter soda bottle to pump from. A filter that connects directly to your water bottles is convenient.

A vitamin powder such as Emergen-C adds flavor as well as a little sugar and potassium to your water and makes your warm drinking water a bit tastier.

### **Food**

You need to eat, even if you don't feel like it. Bring foods that withstand heat, that have some salt, but are not too salty. Trail mix that contains nuts and dried fruit can be nibbled, and if the dried fruit includes apricots and bananas, you will add needed potassium as well as salt. Oranges keep well, and make a juicy snack. Bananas can turn into brown mush in just a few hours.

### **Sunblock**

Use a mineral-based sunblock whose active ingredients are titanium dioxide and zinc oxide. For example, Neutrogena Sensitive Skin. This is what dermatologists recommend; ask your doctor or dermatologist. Sunblocks based on organic (carbon-containing) chemicals deteriorate rapidly in the intense desert sun. Apply sunblock liberally before you start hiking, and reapply during the day.

### **What to wear**

A broad-brimmed, light colored hat is absolutely essential. You should not be in the desert without one! It should have a chin cord for windy conditions.

A bandana that can be wetted and loosely tied around your neck (where there is a lot of blood flow) helps keep you cool.

Light colored clothing that is breathable and UV resistant is essential. A cotton shirt may feel good, but check the UV rating of all clothing you wear. I once got a bad sunburn through a cotton T-shirt. Long sleeves are a good idea.

Hiking in shorts is comfortable, but be sure to protect your legs with lots of sunblock. Always carry a rain jacket, which also serves as your wind layer.

Sturdy hiking boots are necessary. They protect feet and ankles from sharp rocks and even sharper thorns. If you are exploring a slot canyon, wear old sneakers or running shoes that lace tight, so they won't pull off in thick, gooey mud.

### **Packs and gear**

A large fanny pack is excellent for short day hikes where you need to carry only two or three liters of water. It keeps your back cooler, and still has room for food, first aid kit and a jacket.

For longer, tougher hikes you will need a bigger pack to carry more water, extra food, an emergency tarp and some cord, and perhaps water filtration gear.

Metal coated space blankets weigh little and can keep the sun off an injured hiker, serve as a sun shade, or keep you warm if you are unexpectedly forced to spend the night away from camp.

Bring a compass and paper map and know how to use them. Cell phone signals are nonexistent. Electronics, displays and batteries can prove unreliable in heat. Western trails are often well marked with cairns and easy to follow, but it is easy to get lost in desert landscapes.

A sponge or a wash cloth can provide an amazing amount of refreshment when dipped in a puddle and applied to your face and neck.

### **For your car**

Carry several gallons of water in your car at all times when in the desert. When renting a car, make sure it has a spare tire, that the spare tire is inflated and that tire changing tools are present.

# York, a slave, was a vital part and full voting member of the Lewis & Clark expedition

By Christine Loch.

Many of us recall from our earliest years of elementary school education the stories of Lewis and Clark. This brave band of explorers ventured into the unknown regions west of the Mississippi from 1804 to 1806, under the commands of Captain Meriwether Lewis and Lieut. William Clark, exploring the newly acquired land under the Louisiana Purchase.

Although many stories and paintings tell the tale of Lewis and Clark, few depict the important contributions of York, the only enslaved member of the expedition, who was a key contributor to the expedition's success (Buckley, 2008).

The expedition was the original concept of President Thomas Jefferson, who requested a sum of just \$2,500 from Congress to commission an expedition he called the Corps of Discovery. They were to explore the Missouri River, improve diplomatic relations with the natives, and find a clear passage to the Pacific Northwest. Months after the original request to Congress, the Louisiana Purchase territories were acquired from France, making the exploration of these key regions an additional focus (Buckley, 2008).

York, a slave on the Clark family farm, grew up alongside William Clark and was later willed to him as his personal slave in their young adulthood. He remained enslaved to Clark as they ventured into the unknowns of the Western United States. Together, they witnessed the sheer beauty and magnificence of some of the country's unique and treasured regions as part of the legendary Lewis and Clark expedition.

During the 28-month journey, from May, 1804 to September, 1806, York served the Lewis and Clark expedition, working side-by-side with other expedition members, while also at the beck and call of his master William Clark. Cooking, scouting, and caring for the ill, the many talents of York proved invaluable to the group.

Unlike many enslaved people of his time, his role in the expedition provided him unique opportunities, such as being the first documented African-American to participate equally in a democratic voting process. This was evidenced in journals from the expedition, which listed vote tallies on key decisions made by the group, such as where to set up winter encampment. According to these notes, York had equal voting rights within the group. It should be noted that these journals also reflect an equal female vote by Sacagawea, the Indian guide who was key to their navigation through the Western territories (NPS, 2015).

The extraordinary contributions of York were well noted during the expedition, both through journal entries, and on return to the East, where inhabitants of St. Louis saluted the adventurers, offering equal welcome and praise for York alongside his white colleagues (pbs.org).

When the explorers returned from the Pacific, after braving the unpredictable weather and unknown lands of the West, York continued his enslavement under Clark. His greatest wish at the time was to be closer to his wife, and requested Clark to contract him out, so he could be in an area closer to where his wife was enslaved. Clark denied this wish for three years. Instead, York remained enslaved for 10 additional years after the expedition, at which time Clark granted him freedom. He began work in a freight hauling business in Kentucky and Tennessee, later dying of cholera in 1832 (Holmberg, 2012), (pbs.org).



*York on the expedition, as depicted by award winning historical painter Michael Haynes. Visit his web site for more paintings of the expedition plus many other historical scenes at <https://www.mhaynesart.com>*



*The Corps of Discovery on the lower Columbia River, painting by Charles Marion Russell;*

The 30 volumes of journals from the expedition are kept at the American Philosophical Society in Philadelphia,



# I love to hike! Hike for health and join the movement

Breathing in fresh air, feeling warm sunshine, or experiencing the brisk winter chill as I approach a summit with a spectacular vista or ocean-view are only some of the pleasures that make the challenge of hiking so worthwhile. For some, the sense of accomplishment that a hiker experiences is just one of the perks. There are measurable and significant mental and physical benefits as well.

The modern lifestyle requires excessive multitasking that drives our brains to easily make mistakes. The effect of nature allows us to remain more calm and focused. As an avid backpacker, it seems to me that the perfect recharge is to slow down, take in beautiful surroundings, and spend several days to a week outdoors with friends. I distinctly recall emerging from the back woods of the Canadian Rockies after a week without connection to civilization with an unforgettable feeling of bliss. Relying only on six other people and the simplicity of minimal supplies allowed the complexities of modern life to fade away, and helped us to grow close to one other.

Sufficient immersion in nature is key to enhancing sense of self and improving mental performance. Some scientists have coined this process the “three-day effect” as that is how long it takes to re-calibrate the brain.

David Strayer, a cognitive psychologist at the University of Utah notes that such amount of time in nature is how long it takes for the prefrontal cortex (the brain’s command center) to calm and rest, comparable to overuse of a muscle during exercise. This is assessed by way of an electroencephalogram (EEG) using eighteen electrodes on the brain to record the electrical signals. Strayer, along with fellow colleagues from Stanford University’s Graduate School of Education, has found that nature can improve creativity by up to 50 percent. Hikers do not need caffeine to get



a brain power boost. Instead, the closest trail suffices. This results from a combination of unplugging from technology and spending time outdoors.

While hiking in the wilderness or other natural environments, we may hear the wind in the trees, the birds chirping and flowing water. We may see rock formations and a landscape of trees and shadows. Such stimuli is peaceful to humans and effortlessly catches our attention. The easy access to our environment that close immersion in nature offers does not require much effort. Nor does it take any voluntary will to notice our surroundings. Researchers have shown that this effortless focus disengages the brain and restores its natural capacity for attention. Contrast this with modern, everyday life (filled with constant distractions) that depletes the brain, causing mental fatigue, loss of effectiveness, and stress.

— Dr. Cynthia Crosser, Backpacking Chair

*Next issue: part two, learn about the physical benefits of hiking.*

## Scott Simon, AT Boundary technician, is our 2018 AT Ridge Runner



This year’s Appalachian Trail ridge runner is Scott Simon, who brings experience and maturity to this position, having been a ridge runner in the Cumberland Valley two years ago.

In addition, he is employed by Appalachian Trail Conservancy (ATC) during the colder seasons as a corridor boundary technician. In this capacity he works with trail clubs in maintaining and reporting on the integrity of the boundary lines of National Park Service land bought to protect the AT.

The ridge runner program on the Appalachian Trail enters its 26th year in 2018. A ridge runner is an AMC employee who works on the AT five days a week including weekends and holidays between Memorial and Labor Days. His or her job is to meet and greet trail users, educate on Leave No Trace, and help preserve the trail experience for future generations.

Our chapter and the larger AMC have been directly involved in supporting this program in Pennsylvania for all of those years. The program has been coordinated by the ATC and the National Park Service, with a continuing grant from the Pennsylvania Department of Conservation and Natural Resources from the Land and Water Conservation Fund.

The section of trail covered stretches 42 miles from Delaware Water Gap to Lehigh Furnace Gap and includes Wind Gap, Little Gap and Lehigh Gap in northeastern PA, including the 16 miles of the trail maintained by the DV Chapter. There are two other ridge runner programs on the AT in Pennsylvania, one in the Cumberland Valley, and the other in southern PA near Michaux State Forest.

If you’d like to keep updated on the Ridge Runner program and Scott’s experiences on the trail, go to his Facebook page at: <https://www.facebook.com/NEPARidgerunner/>



# DV leadership training 2018 graduates 20; a great weekend

By Lennie Steinmetz, Leadership Chair

The DV Chapter's annual Outdoor Leadership Training course took place this year on the weekend of April 6-8. There were 20 graduates who were part of the Class of 2018, including a number who took advantage of the chapter's Young Member Scholarship offer.

This year's graduates included: Jenneys Aviles, Lauren Bailes, Mia Campanelli, Kyle Cybrowski, Michel Daage, Ann Marie Drosnock, Karla Geissler, Mary Hunsberger, Joshua Jayasinghe, Raun Kercher, Kathy Kindness, Jim Kissel, Karen Patton-Kissel, Leigh Ann Peterson, Izzy Reginato, Samir Tandon, Valerie Turner, Diane Ullmer, Amy Williams, and Emily Zislis. Eleven of the graduates have already completed their first required co-lead as of June 1 and four have completed all requirements and been added to the list of DV Chapter activity leaders.

The instructors for the course included Barbara Beatrice, Terry Berntsen, Cindy Crosser, Stan DeRiel, Kristi Edmonston, Jeff Fritzinger, Pete Jarrett, Mark Kern, Bob Liston, Phil Mulligan, Adrian Noble, Rich Pace, Ron Phelps, Kate Prisby, John Rogers, John Rowen, Annette Sheldon, Bill Steinmetz, and Lennie Steinmetz. Their presentations were highly rated by the course participants, who enjoyed having input from such a diverse and experienced group.

As part of the Leadership Training weekend, a Leaders Dinner was held again this year, this time at the Upper Bucks Activity Center, 2183 Milford Square Pike in Quakertown. DV Leaders

were invited to attend, free of charge, to thank them for their efforts throughout the year, and to allow them an opportunity to interact with the new trainees. More than 55 DV leaders/guests turned out for the event, in addition to the 18 trainees who attended. The Dinner

Planning Committee, chaired by Margaret McDonald, included Barbara Beatrice, Jeff Fritzinger, Mary Jane Martin, Denis McCartan, Lois Rothenberger, Lennie Steinmetz, and Susan Weida. The evening's activities included tutoring sessions on the use of the AMC activity database system, introductions of the Class of 2018 mem-



bers, presentations by AMC staff members Kristi Edmonston and Patricia McCloskey, a presentation on *Photographing Your Event* by Rich Pace, and roundtable discussions on *Gear* (Jeff Fritzinger and John Rogers), *Go-Lite Hiking and Backpacking* (Cindy Crosser & Anthony Palandro), *Trail Food* (Barb Blythe & Sue Bickford-Martin), and *The Well-Dressed First Aid Kit* (Larry Priori).

Mary Jane Martin and Jeanne Mantell coordinated the food preparation, serving, and clean-up efforts, with assistance from Ellen Berry and Linda Watsula.

As you can see, many hands were on deck to make this weekend a success. The trainees were very positive in their reviews of the weekend, and were one of the most enthusiastic and fun groups to take part in OLT in recent years.

We look forward to having them join the ranks of DV leaders in the coming months and to seeing their activities on the AMC schedule soon!

## Outdoor leadership training courses offered this fall: basic and AMC Adventure Travel

The DV 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 16-18 in Litchfield, in western Connecticut. We will try to coordinate carpools for DV Chapter members traveling to Connecticut for the course (about 3 1/2 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 approximately \$50 for members, \$65 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 percent of the course cost will be reimbursed.

Young members interested in becoming AMC leaders may want to take part in the Inter-Chapter Young Members (20s & 30s) Leadership Training weekend that will take place on September 21-23 at the Harriman Outdoor Center in New York (30 miles north of Manhattan).

For additional information on these courses or on other leadership training opportunities available through the AMC, contact Leadership Chair Lennie Steinmetz at [leadership@amcdv.org](mailto:leadership@amcdv.org) or phone her at 610-694-8677.

Experienced DV leaders who wish to expand their range might be interested in attending the Adventure Travel training weekend that will take place on the weekend of November 2-4 in Charlton, MA. This is a great opportunity for trip leaders who are ready to take the next step from leading local chapter trips to organizing and leading longer domestic and international excursions. Information on this training is available at <http://www.outdoors.org/outdoor-activities/adventure-travel>





## Our volunteer trail crews at work

**Left: Chainsaw crew on the Dunfield Creek Trail Worthington State Forest at Delaware Water Gap, where there was significant damage from a thunderstorm, May 1**

**Below: Pennsylvania Highlands Trail Stewards at Ringing Rocks Park in Bucks County, PA.**

**Volunteers are still needed for this crew. If you can help, contact Greg Bernet at [gbernet@ptd.net](mailto:gbernet@ptd.net)**

**Photos by Greg Bernet**





# 2018 FALL GATHERING

Camp Woodstock, Woodstock, CT  
Hosted by the Connecticut Chapter  
October 12–14, 2018

Morey Pond by Anthony Quintano

## BE A KID AGAIN!

Come to AMC's Fall Gathering in northeast Connecticut for fun, friendship, and adventure.



On the shores of Black Pond, Camp Woodstock offers heated cabins, unheated yurts, and a campsite with parking close by. The surrounding hills and dales offer the perfect setting for hiking, biking, and paddling activities led by experienced local leaders. Camp activities include informative talks, archery, arts and crafts, and a rock climbing wall. Tour nearby wineries, antique shops, and historic landmarks. A live band will perform on Saturday.

Come and enjoy this beautiful, autumn getaway. You'll be glad you did!

Registration opens July 1. Register at [outdoors.org/fallgathering](http://outdoors.org/fallgathering).

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

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

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

## Guide Books and Nature Books

Every book review ever published in *Footnotes*, plus web-only reviews is now available on our chapter's web site at: <http://amcdv.org/books.html>

## Sign up for the Adventure Travel Newsletter

If you want to learn about new Adventure Travel trips, get the most up to date listings right to your in box! To sign up for the quarterly Adventure Travel newsletter go to: [www.outdoors.org/ATnewsletter-signup](http://www.outdoors.org/ATnewsletter-signup)

## Paddling, water safety courses offered

Our solo open canoe course is set for the weekend of July 14 and 15 on the Schuylkill River near Reading, PA, and will cover basic solo paddling up to entry level whitewater. Members \$25/ non-members \$35.

Our annual swiftwater safety session is marked for July 21 at the Lambertville Wing Dam on the Delaware River, \$5/\$25.

All of these courses have modest fees, and all equipment is provided. These events may be rescheduled due to water levels and weather conditions. For the latest information go to the paddler's web site, [paddlenow.com](http://paddlenow.com).



Solo open canoe course teaches boat handling skills. Left: Swiftwater safety session, Lambertville wing dam.





*The Delaware River through the Water Gap is one of the many places protected by the Land and Water Conservation Fund.*

## From now until September 30 Speak Up for Conservation

Join the 52 Week Campaign for Land and Water Conservation Fund (#SaveLWCF), lead trips.

The Land and Water Conservation Fund (LWCF) is a visionary and bipartisan federal funding program for protecting our nation's most special places. From Sterling Forest in the New York Highlands, to White Cap Mountain in Maine, to the Appalachian National Scenic Trail, LWCF has funded the protection of some of our most iconic landscapes and trails in the Northeast.

In December of 2015, after briefly allowing the LWCF to expire, Congress reauthorized the Land and Water Conservation Fund for three years. Now the clock is ticking down once more, with just months to go until LWCF expires again in September 2018. As a leader within the nationwide LWCF Coalition, AMC is calling on our elected officials to permanently reauthorize LWCF and provide full and permanent funding to unleash the true promise of this critically important conservation and recreation program.

### AMC Voices are Needed!

Countless AMC outdoor trips have been hosted in places protected by this program, many of which may still be private property or would have been lost to development if not for LWCF. But one reason LWCF is threatened with expiration is that most people do not know its role in protecting the places they love. So, this year we are shining a light on this unsung hero of conservation!

For the months leading up to September 30, 2018, AMC and our LWCF Coalition partners have launched the 52 Weeks Campaign to celebrate and feature every place that we can that has benefited from LWCF funding. This is a great opportunity to get outside to these places and share what you now know about LWCF. Encourage people to communicate with their elected leaders about permanent reauthorization of the fund.

### Call to Action:

Schedule or attend a trip on LWCF-protected land between now and September 2018.

Share photographs on social media using the hashtag: #SaveLWCF.

Speak up by going to the Action Center on Outdoors.org and sending a letter on LWCF to your Members of Congress. Use the drafted sample letter to get started. We will also be keeping our #SaveLWCF webpage up to date with current news, events and ways to get involved: <http://www.outdoors.org/articles/blogs/conservation/savelwcf/>

## Nominations sought for chapter executive committee positions

In order to fill vacant positions on the chapter executive committee, each year we appoint a new nominating committee.

It is made up of no more than one current executive member, plus several other volunteers. This year's committee is headed by Bicycling Chair Robert Liston, who can also provide job descriptions for each position.

If you or anyone you know is qualified and willing to serve, contact him at [bicycling@amcdv.org](mailto:bicycling@amcdv.org) before July 15.

All serve for a one year term, from November to November. The offices that may be open beginning November, 2018, are:

Chair	Hiking
Vice Chair	Social
Secretary	Membership
Leadership	

## AMC Fall Hiking Week in New Hampshire set for September 28 to October 5

The AMC 2018 Fall Hiking Week will be held at Woodward's Resort, Lincoln, NH (<http://www.woodwardsresort.com/>) from Friday, September 28th to Friday, October 5th. Join us for the weekend, a few days, or for the full week.

There are several guided hikes each day from easy to challenging. Last year we offered a total of 38 hikes over the week. All hikes are led by AMC volunteer leaders.

All meals are included, as well as afternoon tea & cookies, and pre-dinner social hour snacks/appetizers.

Social hour is a time for all FHW participants to socialize, review the day's events, and hear about the evening program and the next day's plans.

Resort amenities include an outdoor pool, an indoor heated pool, jacuzzi, and free Wi-Fi. Evening entertainment is provided daily.

For registration information, a tentative hike schedule when it becomes available, and any other information, please visit our website [www.fallhikingweek.org](http://www.fallhikingweek.org). Facebook: <https://www.facebook.com/AMCFallHikingWeek>. Registration deadline is August 31.

## AMC 20s & 30s Leadership Training and Trail Stewardship Weekend

**September 21-23**

**AMC Corman Harriman Outdoor Center, NY**

Brush up on your outdoor leadership skills and connect with other outdoor enthusiasts in their 20s & 30s,

Take the first step to become a trip leader for your local AMC Chapter! AMC is hosting a Leadership Training designed for 20s & 30s and it is sure to be a great time. Participants will have a chance to network with other AMC

Young Members (YM) from across the region may come and learn important leadership skills that will set them on the path to becoming trip leaders for local AMC Chapters.

AMC is also offering a separate 20s & 30s Trail Stewardship programs at the Corman Harriman Outdoor Center that weekend. If you're interested in learning trail work skills and networking with other 20s & 30s, this weekend is for you!

Registration will be open June 15 to September 7 or until filled. To register, call AMC Reservations at 603-466-2727.