



# Appalachian Footnotes

**In this issue:**

**More than 100 exciting outdoor activities!  
Dress for winter hiking comfort & safety.  
Tough! Rewarding! Winter backpacking.  
Winter paddling? We're not kidding!**







**Appalachian Footnotes**  
the quarterly magazine of the  
**Delaware Valley Chapter**  
**Appalachian Mountain Club**

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**Deadline for Spring Issue: January 10**

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## **Footnotes now offered in color e-version; Membership Center lets you choose**

Beginning with this issue, *Footnotes* is now available in a full color on-line edition. Not just the print edition with one or two photos in color, but as a full color magazine, with extras available only in that edition.

In addition, we will be offering a printable black and white version of activities schedule. Of course, this schedule will not be as up to date as the on-line electronic version, but will be useful as a hand out or bulletin board copy

The printing and distribution of *Footnotes* is our chapter's single large expense. It consumes more than one third of our annual budget. This is money that could be better spent on conservation, education, activities, trails or many other worthy endeavours. When members choose to receive the electronic version, they will save money not only money, but paper, trees and water. Even printing on recycled paper has its environmental costs.

No one now getting the paper version will have it discontinued unless they choose that option. You can choose both electronic and paper forms.

### **Spring issue begins electronic delivery**

Starting with the Spring Issue of *Appalachian Footnotes* you can elect to receive electronic delivery only. By selecting electronic delivery you will receive an e-mail containing a link that you can click-on to download the newsletter. The on-line version will be in color and provides the option to include content not available in the print edition. In addition, the activity schedule will available in a printer-friendly format. By selecting e-delivery you save a tree or two, have a predictable arrival time and save the chapter a buck to two, money that remains in the Chapter to support other member activities. Of course, if you want to continue receiving the paper version, you will continue to do so.

Visit AMC's new on-line membership center where you can renew your membership, control your membership options, learn about member-only options and subscribe to e-newsletters.

To enter the Membership Center visit our chapter web site at [www.amcdv.org](http://www.amcdv.org). Information about the Center appears on our chapter home page and provides a link to take you directly to log-in page. If you have not received an e-mail with your password and log-in the article describes how to go about obtaining an ID and password.

This is just the beginning. We hope to offer additional chapter and club-wide options in the coming months that will make your membership even more valuable.

### **Membership Information**

Moving? Please remember to change your address and desired chapter affiliation by going to our web site: [amcdv.org](http://amcdv.org) click on *Join Now!* and follow the links. Or call AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors and for Footnotes. Address corrections cannot be made by the newsletter editor.

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

# Get Started in Cross Country Skiing this Winter!

Just as walking can encompass everything from a stroll in the park to an ascent of Kilimanjaro, there are many kinds of cross-country skiing.

Touring Centers have miles of groomed trails, with tracks set in the snow by a machine that looks like a snowmobile with skis behind it. The tracks keep your skis from skittering sideways and let you concentrate on developing a good forward 'kick and glide'. The centers also rent gear, offer group lessons, and provide a warming hut or cafeteria for your lunch-break. For your first couple of times out, go to a touring center. At touring centers, besides the traditional kick and glide people, you'll see skaters. Instead of using the grip of the ski-base on the snow to push off, skate-skiers use the snow much like a skater uses ice. It's faster, and a lot more aerobic, used for a quick workout, or for races. Some of the trails at touring centers have a flat skating lane in the middle, between two sets of tracks for classic kick-and-glide skiers.

What we offer in AMC is usually called **ski touring**. Mostly, we prefer to go out in state parks or forests, often on old woods roads. This is sometimes called off-track skiing, since there are no set tracks. If the snow is fresh and no skiers have been out yet, we take turns being in the lead to break trail. The tours usually last all day; bring a foam pad to sit on at lunch-time.

**Telemark skiing** means skiing downhill using the Telemark turn, which was invented in the Telemark region of Norway towards the end of the 19th century, as a way for ski-jumpers to stop. It's a graceful turn, with a deep knee-bend, requiring considerable strength and skill.

Telemark skiers are of two kinds. Lift-served telemarking

is done at downhill ski areas, using ski-lifts to get uphill. The boots are very high, rigid and expensive, and the skis are wider, designed for downhill only. Back-country telemarkers search for fresh snow on steep hills; they happily spend 30 minutes climbing uphill in order to spend five zooming back down. They too use wider skis and stiffer boots.

In our area, **skiing is an opportunistic sport**. You have to be prepared to grab the snow while it's fresh. Snow that's lain around in warm weather, or in rain, is no fun to ski on. There won't be many trips to Touring Centers offered in our schedule because it's difficult to predict weather conditions, so take advantage of any that are. In addition, there will be cross-country ski trips scheduled on short notice on the Chapter Hotline when the weather conditions are appropriate. If you're not already on the list to receive trip notices on the E-mail Hotline, you can add your name to the list by contacting [hotline-requests@amcdv.org](mailto:hotline-requests@amcdv.org). The Outdoor Club of South Jersey ([ocsj.org](http://ocsj.org)) is another good source trips and information.

The web site [www.xcski.org](http://www.xcski.org) is a well-organized web site covering most every touring center in the eastern USA. The touring centers vary in how frequently they report their snow levels. Be aware that a report more than two days old is worthless, and phone before you go to check snow depth, how many trails are open, and what the weather forecast is.

If you have questions about cross-country skiing trips opportunities, destinations, or equipment, contact Winter Activities Chair Lennie Steinmetz at [bls@amcdv.org](mailto:bls@amcdv.org) or by phone at 610-694-8677.

— *By Jill Arbuckle, NY-No Jersey Chapter as edited by Lennie Steinmetz, DV Chapter*

## Where to Ski Free

Skiing free, that is, away from touring centers. No equipment rentals, no warming huts, no groomed snow or set tracks - but also no trail fees, no crowds, just you and the beautiful snow-filled woods — off-track skiing. In the backcountry in winter you should never go alone, find a friend or two to go with you. Some possible destinations include your local park, and:

**Valley Forge State Park**, when it has snow, often has decent broken trails. Often skiable on four inches of snow, suitable for beginners, skiable at night.

**Jacobsburg State Park**, a 1167 acre state park just off Rte. 33, 7 miles north of the Lehigh Valley and Rte. 22. Good trails for novice and intermediate skiers.

**Delaware Water Gap**. Blue Mountain Lakes, a 15-minute drive from Mohican, has a network of easy woods roads, connecting to a skiable woods road that runs several miles north. Holds snow well. Suitable for beginners with support.

**Jockey Hollow**. Near Morristown, NJ. Parking lot fills early if snow's good.

**Wawayanda State Park**. Northwest NJ. Ask them to point out the no snowmobiles trails.

**Nescopeck State Park**, PA. Woods trails, holds snow well, intermediate.

**Brady's Lake**. PA, state game lands. Holds snow very well, very large. Varied terrain, but you are on your own to find or break trail.

**Broad Mountain**, Lehigh Gorge State Park. Holds snow. If you can bike it in the summer, you can ski it in the winter.

Find your park on the web, but call ahead before driving any distance. It will save you time and frustration.

## Some Popular Touring Centers

**High Point State Park**, NW Corner of NJ, 973-702-1222. At 1600 feet elevation, and with groomed tracks, it's often skiable when other nearby places are not. [www.xcskihighpoint.com](http://www.xcskihighpoint.com)

**Fahnestock Winter Park**. In Putnam County, NY, close to Cold Spring. 845-225-3998.

**Mohonk Preserve**, 845-255-1000. North of New Paltz, NY. A large network of trails, from easy to challenging. Trail fee. Limited number of passes, arrive early. Rent skis in New Paltz

**Minnewaska State Park**, 845-255-0752. Northwest of New Paltz. Another large trail network. Trail fee. Rent skis in New Paltz

**Frost Valley YMCA**. 845-985-2291 ext. 205. North-east of Liberty, Southern Catskills. [www.frostvalley.org](http://www.frostvalley.org)

**Van Hoevenburg Olympic Cross-Country Area**, 518-523-2811. Near Lake Placid. Lodging available at the Adirondack Mountain Club's Loj, 518- 523-3441 or in numerous motels in Lake Placid.

**Northern Vermont**. Stowe, besides being a premier downhill area, has some great XC skiing, at Trapp Family Lodge and other touring centers. Bolton Valley, a short drive away, has some challenging XC trails that would be good training for backcountry.

**Jackson, NH**. The self-styled XC Capital of New England. Besides the immense trail network at Jackson Touring Center, there are free trails out the front door at Pinkham, ranging from short novice loops to the most challenging backcountry tours in the northeast. Stay at the AMC's Highlands Center in Crawford Notch or Joe Dodge Lodge in Pinkham Notch — check [www.outdoors.org](http://www.outdoors.org) for info on accommodations.

In all cases, it is best to call before you go. Conditions change!



# Proper winter wardrobe provides comfort and safety

By Luke Smithson & Lennie Steinmetz,  
photos by Rich Pace

Being properly dressed for winter hiking can make the difference between an enjoyable trip or a very uncomfortable and even painful experience. Layering is the word of the day. Your layers should include:

**Base layer:** moisture wicking fibers such as polypropylene, Bergalene, Capilene, etc.

**Insulating Layer:** one or more layers of insulating materials, such as fleece and down. Should be loose to create air pockets of insulation.

**Outer Layer:** wind/waterproof shell jacket with hood and wind/waterproof shell pants with full side zips. A heavier rain jacket is a good shell for PA, as we often get icy drizzle in the winter. A heavy parka/down jacket may be desirable for camp and extended breaks. If you are expecting really cold temps (below 30) or high winds, it may be good idea just to have one with you.

Versatility is the key to winter clothing. Multiple light layers work better than one or two heavy duty layers as you will shed and don layers to regulate your body temp. Clothing with vents are convenient, especially zippered arm pit vents on jackets and full length zippers in the sides of pants. When shopping, explain to the salesperson what you are using the clothing for. Read tags



and information sheets. Consider items beyond the cost, such as reliability, versatility, and durability.

Gloves and mittens need to be heavily insulated (fingers and toes are usually the first body parts to get cold. Mittens tend to be warmer, but give you less control of your fingers when trying to manipulate equipment. Lined gloves and mittens are a good option: thinner base layer and a heavier shell. A good option here is to wear a glove base layer and a mitten shell. The shell can be removed while the glove base is retained when finer finger detail work is needed, for example, priming a stove. Always carry a backup pair of gloves as warm as your main pair. Wet gloves are a recipe for disaster. Tying your gloves to an “idiot cord” is not a bad

idea. Lost gloves are no good, not to mention expensive.

Keeping your head warm is especially important in winter. Carry several different hats and headbands, lightweight as well as warmer options, so that you can change gear as you heat up or cool off. Balaclavas, face masks, neck, gaiters, and scarves are also valuable and lightweight additions to your pack, especially for above treeline or prolonged exposure. Don't forget sunglasses — snow glare is painful!



In regards to footwear, there are a number of good insulated boots on the market now that are relatively inexpensive (under \$100) and will keep your feet warm in colder temperatures. Columbia and Sorel are two good brands that are available at stores such as REI, EMS, and Campmor. Keep shoes roomy: tight shoes are a guarantee for cold feet. A little airspace creates lots of insulation.

Wool, synthetic, or combinations of both (no cotton!) work well for socks. Extra dry pairs to change into as your feet sweat can also be helpful. Synthetic, moisture wicking liners will help you maintain warm, dry feet. Gaiters — waterproof barriers that wrap around your ankles and shins — keep the snow out of your boots and are an important piece of equipment in the snow.

**Traction devices** are useful in the icy conditions that are often the norm in winter in northeastern PA, traction devices can be important for safe travel. There are several options available:

**Yaktrax** are an inexpensive (under \$25) and lightweight traction device. The Pro model, which has a strap over the foot to hold them in place, is recommended. Their long term durability is somewhat questionable, but the replacement cost is not high.

**Stablelcers** can provide some traction in questionable areas, such as thin layers of ice on trail or light snow. Can be used with most types of boots.

**Crampons** provide heavier traction for thicker layers of ice and steeper terrain. Can be dangerous to yourself (holes in your pants, legs, boots, feet), other people (the person behind or downhill from you) and your equipment (your tent floor when you forget to take them off). Instruction in their use is recommended.

**Hiking poles** can be useful with all of the above for increased stability.

As long as you go out properly prepared, you will find winter to be a delightful season to enjoy the outdoors. Have a great winter season!

# Winter backpacking is tough but rewarding!

By Luke Smithson, DV Chapter member, edited by Lennie Steinmetz, Winter Activities Chair

Winter conditions are physically demanding, so being in good physical condition is important for winter backpacking. Don't neglect conditioning and fitness while focusing on equipment! Packs are heavier, clothing and foot gear is heavier, conditions are harsher, and there is less room for error. Get in shape before your trip, and it will be a much more enjoyable adventure.

Winter conditions are also mentally challenging, so remember:

- You must become comfortable with a little discomfort.
- You will always be a little chilly. When you become warm, you will start to sweat.
- You will have less daylight, so you will be working in the dark.
- Working in bulky clothing and gloves can be tiring.

The good news is, however, that with more commitment come bigger rewards!

Winter conditions demand more reliance on equipment. Here are a few suggestions on appropriate gear.

**Clothing:** Layers and layers for lots of options. Much of your time will be spent adding and shedding layers to manage your body heat. Don't let yourself overheat! Sweating is not desirable in cold conditions. A good rule of thumb is to go light while you are moving. Let yourself be a little chilly (not cold), then layer up as soon as you stop moving (breaks, lunch, camp). It is easier to stay warm than to warm up!

**Shelter:** Freestanding tents are essential, as the frozen ground will not accept tent stakes. Winter time is a great time to make use of the shelters on the AT and other areas. The elevated plat-

forms keep you off of the ground and are usually dry and free of snow. There are also rarely ever crowds in these areas during the winter. A tarp can close off the open side of the shelter. A lightweight snow shovel may be needed to clear a tent platform. Make the platform as flat as possible.

**Sleeping Bags and Pads:** Winter sleeping bags are needed. Zero to 20 degree bags are usually sufficient for this area. Bag liners can improve comfort and versatility of the bag. Pads are absolutely essential. The frozen ground is a huge heat sink! Doubling up on pads is usually recommended, for example, a foam pad with an inflatable pad on top. Keep sleeping bag and extra clothes in a dry sack or a sealed garbage bag. If the rest of your equipment becomes wet, you will still have a dry set of clothes and a dry bag to crawl into. Wear your dry clothes and a hat to bed for additional warmth.

**Stoves and fuel:** You will need a stove that functions in cold weather. Liquid white gas stoves work well, although you need to test yours before taking it out on the trail. To test at home, place your stove in the freezer overnight, then remove and attempt to light while the stove is frozen. Some stoves will need a priming gel and a windscreen to operate well. You will also need to bring extra fuel for melting water.

Probably the best way to find out more about winter backpacking is to attend the **Winter Backpacking Workshop on January 10**, or go on one of the AMC backpacking trips listed in this schedule, and learn from the leader and experienced participants. Don't hesitate to contact the leader in advance and ask for advice on clothing, equipment and other essentials. The leader's goal is to provide a safe and enjoyable experience for all participants, and this can best be accomplished by planning ahead and being prepared!

## Paddle in winter? Are you crazy? Not if you dress for the ice cold water

Last New Year's Day I led a chapter trip on the flat and icy cold water of the Brandywine. We put in at the Brandywine River Museum in Chadd's Ford and finished our trip four hours later at Brandywine State Park in Delaware. It was a beautiful winter day that started overcast and finished in bright sunshine.

I've done winter trips in tidal marshes, seasonally free of insects and full of wintering tundra and even trumpeter swans. I've seen the beauty of crystalline ice formations and heard the roar of thousands

of snow geese taking wing. And paddled whitewater streams.

Whitewater paddlers and sea kayakers must wear dry suits or wetsuits and other specialized cold water gear. On our Brandywine trip we took participants who had no special gear, something we would do only on an accessible shallow stream on just the right winter day. They had a lot of carefully selected winter clothing, such as plastic bags over heavy hiking socks inside of old sneakers. Not to keep the feet dry, just to keep them warm. And a full change of clothing on the river in a dry bag. And another in the car at the takeout. And a stove, sleeping bag and pad for the group.

Since water chills the body 25 times as fast as air, paddlers must venture out both dressed and prepared for the worst.

Learn more about winter paddling, and dressing and preparing for the harshest winter conditions of all at our chapter's paddlers web site: [paddlenow.com](http://paddlenow.com). We do offer winter trips, including flatwater, but only when weather and water conditions are right.

—Eric Pavlak, Canoeing Chair



Doug Weeks dressed for the 35 degree water of Tohickon Creek on a DV chapter trip in February 2008. - Eric Pavlak photo.

### If your feet are cold, put on a hat.

There is truth in these old words of outdoor advice. Half of your body's heat loss can occur through an unprotected head. As your body begins to lose heat faster than it can generate it, it tries to maintain its core temperature by cutting blood flow to peripheral areas: the feet and hands. Putting on a hat, or putting on a warmer hat, will cut heat loss, keep the body core warmer, and restore full blood flow to the hands and feet. Keeping your head warm will keep your feet warm.



## Joan Aichele, Membership Chair, hiking & biking leader, named Appie of Year

Meet Joan Aichele, our 2008 Appie of the Year. Joan joined the AMC in December 2002, and following the sale of her business, has become a key member of the Chapter. In 2007, the Nominating Committee approached Joan and asked her to accept the position of Membership Chair. To our great benefit, Joan said "yes," and the rest is history.

Soon after becoming Membership Chair, Joan organized the New Member's Social, and went the extra mile in helping with the Activity Social and Picnic. Her expertise and willingness to work hard is especially evident with the Annual Dinner. Joan assumed the lead role in planning and managing the dinner, and the results of her hard work were very much evident. In fact, planning for the dinner was languishing when Joan stepped in. She negotiated several changes in the terms of the contract, managed the registration process, obtained the door prizes and contacted all 25-year members. If that wasn't enough, Joan also chaired the nominating committee which produced a slate of candidates that everyone is excited about. We look forward to great things from the new committee.

Joan's gregarious personality, articulateness, reliability, ability to work with people and to follow a task through to completion, has impressed members of the Executive Committee and the AMC staff with whom she interacts almost daily on membership issues. For membership problems and questions she is our go-to person. Our Chapter membership very much appreciates her thoroughness and fast responses. Joan goes far beyond her job description in dealing with the many issues that always seem to come up. Her abilities are widely recognized and that is why she is now serving on the AMC Mohican Outdoor Center Advisory Committee. At Mohican, Joan also is involved in leading new member weekends and Midweek Getaways.

Joan's passion is to make new members to the Chapter feel welcome. Aside from the new member's social, she leads numerous hikes targeted to new members. She is one of our most prolific leaders, leading an average of six hikes each quarter and has recently patched a hole in our schedule caused by the illness of a Chapter hike leader. In miles she is near the top of the list and also is a bike leader. We hope each of you can get out on the trail and meet Joan during one of her hikes.

We're confident you'll be as impressed with her as we are.



## Three honored for work on land use law to protect Appalachian Trail in PA

Our Chapter recognized State Representative Robert Freeman, lawyer Charles Elliott, and former Temple Law student James Miles with Conservation Awards for their outstanding efforts in protecting the Appalachian Trail in Pennsylvania.

These are the first Conservation Awards to be given by the Chapter. Robert Freeman, PA representative from Easton, and Charles Elliott, a land use lawyer and chapter member also from Easton, crafted PA House Bill 1281, which passed both houses this summer. The Bill, which was signed into law on June 11, 2008 as Act 24, grants additional protections to the AT by establishing requirements and offering townships incentives to protect trail values through zoning.

The initiative grew out of the Alpine Rose race track controversy of a few years ago, which the Appalachian Trail Conservancy was unable to defeat in state court. Charles Elliott was the attorney representing the Conservancy and local residents in that fight. Despite the loss, the race track next to the trail has yet to be built.

The loss did, however, inspire former Temple law student James Miles to write a law journal article on how the PA Appalachian Trail Act might be strengthened to prevent such developments in the future. Kristen Sykes, of AMC's Mid-Atlantic office, forwarded James' provocative article which eventually made its way to Charles Elliott's office. Charles was inspired by the article and contacted Representative Freeman and the rest is history.

The Conservation Awards were slated to be presented by AMC's Director of Conservation Susan Arnold, of New Hampshire, at our annual Dinner.

## Joe Bell earns 2008 Golden Appie award for years of work on AT's Smith shelter

Joe Bell has been presented with the 2008 Golden Appie award for his more than 35 years of involvement with the Appalachian Trail and the Delaware Valley Chapter's Leroy Smith Shelter.

He was one of our Chapter members who helped construct the shelter, which is located on the AT near Wind Gap, PA, in 1972.

Since then, he has served as the shelter's primary maintainer, putting in over 200 hours this year alone on repairs and enhancements to the property.

His unflagging devotion to this project has kept the shelter in excellent condition in spite of its age, and his improvements this season need to be seen to be appreciated.

In addition, he spent many hours working with the AT Ridgerunner, the person hired to patrol the trail in the summer months, introducing him to the area and assisting him with various projects.

On behalf of all the AT hikers who have enjoyed spending time at the Leroy Smith Shelter, the Chapter would like to offer a big "thank you" to Joe for his efforts.

We are pleased to make him the recipient of this year's Golden Appie award.



## Winter Activities

of your fellow AMC members while enjoying a weekend of hiking, socializing, entertainment, and just plain relaxing by the fire. Take advantage of this opportunity to start getting in shape for the upcoming spring & summer hiking seasons! If there's enough snow, we'll provide snowshoes and show you how to use them. Cost is \$115, includes 2 nights lodging, 2 dinners, 2 breakfasts, guided hikes, a pre-dinner social, and other activities geared especially towards new members. Host: Chris Rapacki, 908-400-5500 or [c\\_rapacki@eptech.com](mailto:c_rapacki@eptech.com). Register: [mohican@mindspring.com](mailto:mohican@mindspring.com) or 908-362-5670, 9 AM-5 PM.

### **Fri.-Sun., Mar 6-8. Homebrew and Hiking Weekend Getaway.**

Join us for two days of exploring the backcountry sections of the Delaware Water Gap National Recreation Area. Depending on the conditions we'll hike or snowshoe to the various ponds and/or waterfalls in the DWNRA. Friday Night there will be an intro to home brewing with samples of the various styles of beer. Saturday we'll bottle a batch during happy hour, while sampling the same brew made two weeks before. If you're a home brewer and would like to participate and share some of your work, please contact Kathy Scranton. \$115/M, \$122/NM includes 2 nights lodging, 2 breakfasts and Sat happy hour & dinner. Hosts: Dave and Kathy Scranton, [sknrfan@comcast.net](mailto:sknrfan@comcast.net) (215-885-0359 before 9 PM). Register: [mohican@mindspring.com](mailto:mohican@mindspring.com) or 908-362-5670, 9 AM-5 PM.

## Teacher holds retirement party at Mohican

by Kathleen Davies

Turning 50 was a milestone. I could finally allow myself to start counting the years until retirement. Turning 55 was an even bigger milestone. That was the year I would accept an early retirement incentive and leave my job teaching Honors Chemistry at a Rockland County high school. The biggest event of all was receiving my first Social Security check. I wanted to do something very special to celebrate this momentous occasion.

The idea for a party came to me during an easy three mile training run with a friend. I would invite my fifteen or twenty best friends for a weekend, somewhere, but where? Mohican Outdoor Center, an AMC facility in Blairstown, NJ, near the Delaware Water Gap seemed like a perfect spot. I had put on a quilt retreat there the year before, and Blueberry Hill Lodge could handle 17 people in its three bunk rooms. The price was right, too: the cost would be just about equal to the amount of one SS check.

After checking with wonderful Mohican host Dave Simpson I picked the second weekend in August of 2008. About 20 people received invitations reading:

*Thank You Thank You Party  
In Recognition Of Receiving My First Social Security  
Check, To Thank You For Your Contribution To That Check  
And To Thank You For Your Contribution To My Life, I Am  
Inviting You To A Weekend Party.*

I waited for R.S.V.P.s to come in, and ended up with 13 people, a dozen friends and me, slated to come together on August 8.

We had a wonderful time! I loved seeing my friends, some of whom I hadn't seen in a few years. My mother and one of our hiking friends flew in from the Seattle area. My longest time friend (37 years) drove in with another friend from New Hampshire. The best part of all was having so many of my friends meet each other! We hiked, we laughed, we enjoyed the food and the Saturday night music, we canoed, and talked. Boy did we talk!

The party was a smashing success, thanks to the beautiful location, the terrific Mohican staff, the great food, the perfect weather, and the wonderful women who attended. It's the perfect place to celebrate a special occasion, be it a birthday, a wedding, a graduation, or **your** first Social Security check!

*Go to E-edition extra photo.*

## Register in January for '09 August Camp in Central Cascades

By Sam (Ruth) Jamke, August Camp Committee member

AMC's peripatetic August Camp is the longest running volunteer-run event in the Club's history, dating back to the late 1880's. Although August Camp has no permanent home, it is one of the full service camps listed on [www.outdoors.org/lodging/camps/index.cfm](http://www.outdoors.org/lodging/camps/index.cfm).

The camp, which runs four weeks each summer, relocates yearly, moving after several years at different northeast locations to several venues in the western regions of the US. Folks who discover the camaraderie that abounds at August Camp often return year after year to this "summer camp for grown-ups." People used to have to sign up for two week sessions, but in recent years single weeks have been made available and have proven very popular. The 2007 camp in California's Sierra Nevada Mountains filled up early in the year, as did the MT/WY-based camp this year, located near the northeast entrance to Yellowstone National Park. Recent camp locations have included Mount Rainier and the North Cascades, both in Washington State; the Sawtooth Mountains in Idaho; Stratton, Maine; and the Adirondacks, Keene Valley, NY.

AC volunteers and paid staff hired by the August Camp Committee set up a tent city for about 60 campers at the chosen location. The roomy 9' x 12' wall tents each contain two cots and are supplied with a bucket (for fetching wash water) and dishpan (for laundry). There are also a huge dining tent, a lunch tent—where the kitchen staff set out supplies for campers to make their lunches each day—and a "tea tent" with coffee and provisions for other hot beverages. The kitchen is either set up in another big tent or in a structure that is available on the property leased for the four week session. The food is delicious and plentiful.

While there is usually a place nearby for swimming, campers can also enjoy hot showers daily by placing their Sunshowers in a sunny spot while they are off hiking. When they return, they simply hang the device in one of the private stalls built just for the purpose and have a nice relaxing shower.

A fleet of vans is rented to transport campers from the designated airport to camp and back and to the various hikes or other activities each day. Hikes of varying lengths and elevation gain are offered each day—one can do anything from a gentle nature walk to a challenging mountain hike and even the occasional overnight—or simply hang out in camp. Depending on the camp location, there may be water-based activities, bike trips or sight-seeing trips offered as well. In the late afternoon, "happy hours" are enjoyed outside one or more of the campers' tents, and after dinner, around a campfire, trip reports and stories about the day's events are shared and the next day's activities described. For those who have the energy, a songfest follows.

Go once to August Camp and you may become, like many regulars, an August Camp "junkie." While the 2008 Camp, based in Wyoming near the Montana border, is now over, watch for next year's registration info in January 2009 at [www.augustcamp.org](http://www.augustcamp.org), and enjoy reading articles on the web site about past camps.

In 2009 (July 18-Aug. 15) we will be located in Oregon's Central Cascades for some superb hiking. Camp will be near Sisters, Oregon and near Santiam Pass where the Pacific Crest Trail crosses route 20. We will explore the lakes and mountains of the Deschutes and Willamette National Forests and the Mount Jefferson and Three Sisters wilderness areas. Our airport will be the very accessible Portland International. Join us for one week or longer!



Appalachian

Footnotes

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Above are some cabins in Valley Forge Park in early winter, a scene familiar to the many of us who walk there. They are picturesque, historic, beautiful, and yet we, for the most part, opt to live in a different style of house

This issue of Footnotes is in a different style, as we begin the move from a strictly print newsletter to one that offers a full-color electronic magazine with lots of extras. You will continue to receive the black and white paper version unless you specifically choose not to receive it.

On line you will find not only a beautiful color magazine, but a printable quarterly activities schedule, an album of group photos from past trips, plus expanded versions of some of the articles in this issue.

Please take the time to see the new electronic version by visiting the chapter web site at [www.amcdv.org](http://www.amcdv.org).

If you like it, you may decide that getting your newsletter earlier, in color, and with less paper waste is the way to go.

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## Electronic Edition Extras!



Above: Snowball in summer, Ellenville, NY, ice caves, photo by leader Rob Segal of the NY/NoJersey Chapter. Left-to-right, the 11 participants are: Dawn Britton, Ira Rubinstein, Lynne Allen, Sam Frederick, Christine Pence, Ed Loch, Ron Phelps, Marge Brennan, Eric Gaardsmoe, Elizabeth Forbath, Russ Moyer.

Right: Retirement Party at Mohican. Article on page 11.







Enjoying Pulpit Rock on the way to the Pinnacle led by Tom Olsen (who took this photograph) a midweek hike on October 22. Top: Gerry Martyniak, Byron Cook, Al Male, Jerry Kollman, Ivan Winegar, Buddy White, Brian Wasson. Bottom: Nancy Fredland, Mary Hanise, Suzy, Joan Aichele, Joe Swope, Rick and Allison Hudson.

Terry Berntsen provided this photo from the Finger Lakes biking weekend in July. They had just completed a 35+ mile bike and walked down to beautiful Taughannock Falls falls.







The above photo on the scenic South Trail near Bake Oven Knob was taken by Al Schwartz on June 21.

On the August 2 Mt. Tammany trip, AMC hikers have fun on a rainy summer day. From left to right: Dave Gutter, Jennifer Berlin, Al Schwartz, Holly O'Connor, Christine Pence, Anne Bivans, Bill Fabel, Rich Wagner, Chip Denis, Barb Blythe, Roomi Nusrat, Ron Lozowski, Judy Dvorshock, Rich Pace, Shawn Bishop and Sue Bickford-Martins. Al Schwartz photo.

