



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club

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Natural gas, a painful extraction

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Building a trail bridge





Appalachian Footnotes

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Delaware Valley Chapter
Appalachian Mountain Club
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Moving? Please remember to change your address and desired chapter affiliation by going to the AMC Member Center at www.outdoors.org/membercenter or call AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors and for *Footnotes*. Address corrections cannot be made by the newsletter editor.

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AMC General Web Site: outdoors.org

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Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Jane Shepard, 610-584-4408, or ombudsman@amcdv.org.

Cover photo by Sue Bickford-Martin shows an AMC trip on top of Mt. Minsi looking at Mt. Tammany.

Going electronic saves much more than trees, printing paper & postage

By going to an electronic format for our newsletter, we obviously save printing and postage costs. Two years ago these ever-increasing costs exceeded \$12,000 a year, half our annual budget, and our chapter was running huge deficits. Our chapter receives just a few dollars of your membership dues. The rest goes to run the AMC's huge regional conservation and education efforts, facilities and other programs.

We thank you for your cooperation during the past two years as we converted to an electronic newsletter, a modern, full-color e-magazine. It also saved the chapter's budget, and allowed us to devote more of our resources to outdoor activities, trail maintenance, conservation, and education, our core purposes.

Since virtually every member has, or has access to a computer and e-mail, we have ceased producing a paper newsletter, except for a handful of black and white copies mailed to those few members lacking e-mail. We hope you enjoy our expanded full-color publication!

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Deadline for the Next Issue: February 15

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Natural gas extraction an ongoing risk to communities, health, environment; yet provides few local benefits

By Ed Loch

The growing natural gas extraction industry in Pennsylvania and parts of New York State, and its effect on our environment, water quality, state lands, taxes and jobs has been one of the top news stories in our region for the past year.

It dominated local news, particularly in the regions affected. It was the cover story a year ago in this publication.

Before then, many area residents had never heard of Marcellus Shale. Now, that name has come into regular use in energy industry, political and environmental circles. For many in the energy industry, the name is associated with massive revenues from sales of natural gas.

For some rural municipalities and for politicians on various state and local levels, it is associated with economic recovery. Yet it has been pointed out by many political leaders that most of the jobs created by the gas boom have not gone to Pennsylvania residents, but to workers brought in from out of state.

For many people who are concerned about the environment and the health and well-being of Pennsylvania, New Jersey, New York and Delaware citizens, Marcellus Shale is a term that has gained notoriety and infamy, as a threat to our quality of life.

What is Marcellus Shale, and why should I care?

Erosion, sedimentation and compression of clay-rich soils almost 400 million years ago created the Marcellus formation, named after a small village in Onondaga County, New York, where the shale lies near the surface. It was settled by Europeans in the late 18th century, who named it after a third century BC Roman general. In 1839, geologist James Hall published a report called *Marcellus Shales in Seneca County*. The little town of Marcellus, once a remote village in a neighboring state, would provide the name for one of Pennsylvania's major political and environmental issues of the early 21st century.

Ancient organic materials decomposing and producing natural gas have created a reserve estimated to be in the hundreds of trillions of cubic feet, located about 7,000 feet below the surface. Using older drilling technologies, the gas was too deep and too dispersed throughout the shale to be worth extracting, but new methods have been developed that make drillers anxious to tap it. The main innovation drillers now use is called hydraulic fracturing, or fracking. This works by pumping water and some combination of chemicals into the ground under great pressure to fracture the shale, wedge grit into the cracks, and allow the gas and much of the water to flow up through the well. This has proved a great boost to the production of the gas wells, but many environmental groups and researchers believe that the process is a detriment to the environment and a community health hazard.

What happened with the water in Dimock?

What happened with the water in Dimock?

According to Wilkes-Barre *Times-Leader*, 18 homes in Dimock, PA, in Susquehanna County, will soon be connected to a public water supply, instead of having to use the well water found to contain toxic and sometimes flammable materials. The PA Department of Environmental Protection estimates the cost at close to



Lycoming County natural gas drilling site. — landandwater.org.

\$12 million, and is asking Cabot Oil and Gas to pay for it. The DEP has blamed gas drilling by Cabot on contaminated water in the community, although Cabot claims that it does not use the chemicals detected in the wells for its hydraulic fracturing. The difficulty is that drillers like Cabot haven't divulged exactly what chemicals they do use for fracturing, for fear of theft of intellectual property by competitors, they claim. Recently, Halliburton Co., one of its major suppliers who is fighting US EPA about disclosure of its hydraulic fracturing fluid, has publicly disclosed detailed but incomplete information on its website about the chemicals used in its recently reformulated fracturing fluids.

Currently, frac fluids are specifically exempt from disclosure and federal EPA regulation under a provision inserted in the 2005 energy law by then Vice-President Dick Cheney dubbed the "Halliburton Loophole." A bill to repeal that loophole has been introduced in the U.S. Senate by Pennsylvania Senator Robert Casey.

In late October, 2010, researchers at the University of Buffalo raised concerns that the hydraulic fracturing process could release uranium as well as natural gas from the shale, and that the uranium could seep into ground water.

Besides the impact on water and forest habitats, there is the increased burden of industrial trucks using narrow roads not designed for this kind of traffic, as well as the added noise and the risk of accidents such as explosions and chemical spills. All of these are already occurring.

Does Pennsylvania get anything out of its shale?

On September 29, 2010, the PA House of Representatives passed SB 1155, which provided for a severance or extraction tax on all the gas that drillers take out of the Marcellus Shale. The bill proposes that the funds received from the tax would go to assist with environmental preservation programs and to communities affected by the drilling operations. One of the programs that could receive severance tax funds would be the Growing Greener initiative, which funds watershed reclamation and resource extraction site cleanup. However, as of late November 2010, the PA Senate has yet to vote on their version of the severance tax bill. Republican senators are reportedly questioning the constitutionality of the bill passed by the House. The Senate has not demonstrated any intention of finishing the legislation on this issue, despite being urged to do so specifically by Governor Rendell in a letter he sent to them earlier. The proposed taxes are similar to the taxes levied by other states against corporations that extract natural resources within their borders. It is a way of ensuring that Pennsylvania shares in

the profits from the resources being taken out from under it.

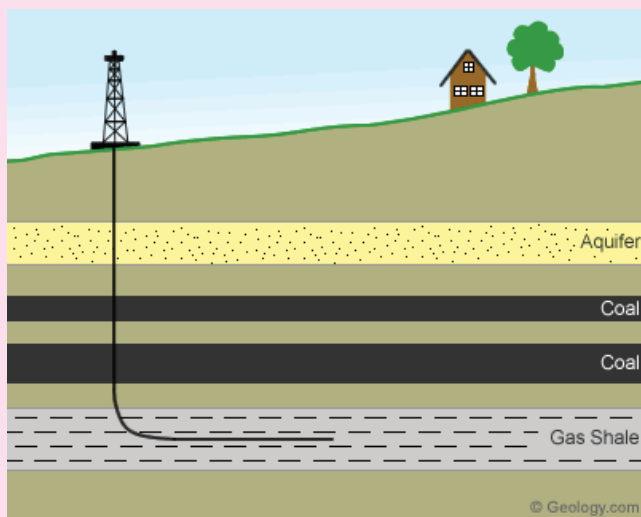
Drilling in National Forests

According to the Penn Future web site, 700,000 acres of state forest land have been leased to drillers, as of May 2010. John Quigley, the Secretary of DCNR has warned that gas drilling will bring "a degradation of Penn's Woods ...unprecedented in the history of the state." He has also raised the concern that leasing more forest land will jeopardize the state's green certification from the Forest Stewardship Council, which classifies Pennsylvania's timber products as sustainable.

However, on October 27, 2010, Governor Rendell issued an executive order that bans any further leasing of state forest lands for drilling. Though Rendell leaves office in January 2011, this move forces his successor, Tom Corbett, to either rescind the order or leave it in effect. The new governor's action or inaction will be a statement about his position on the issue.

Impact to Outdoor Recreation

Near Dimock, PA, hiking trails on state forest lands have been closed off, and posted with no trespassing signs. What was once public recreation land has now been made into industrial zones. As hikers in Pennsylvania and its neighboring states, we are likely to find an increasing conflict of interest between industrial and conservation priorities. Another important factor in the drilling debate is that while land is being claimed for industry and the environment impacted, drilling companies are injecting some revenue into local economies, and funds from the land leases are supplementing state revenues during the current economic recession. Somehow, we must balance our desire for a clean and pristine environment with the economic needs that fossil fuel extraction meets. As lovers of our state's environment, we must stay informed about what is happening to it, and make sure that our voices are heard. We need to be in communication with legislators, making sure that they hear the case for the environment, as well as the case being presented by thousands of dollars from drillers.



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

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

Injecting maximize gas company profits

The fracking fluid injected underground

The typical Marcellus Shale gas well, according to Chesapeake Energy, a major player in the region, takes 100,000 gallons of water to drill, plus nearly another four million gallons to frack the well. This is a one-time operation.

Fracking is done with a gel of water and sand plus additives, which is injected into the well under very high pressure in order to fracture the shale. The grains of sand keep the fracture cracks from closing, and allow the gas to flow. Here, according to the same source, is the recipe, which is thought to be typical of fracking fluids:

To each million gallons of water-sand mixture, add a combined total of 5,000 gallons of hydrochloric acid to dissolved minerals; lutaraldehyde, an antibacterial agent; ammonium persulfate, to permit a delayed breakdown of the gel; n,n-dimethyl formamide, to prevent pipe corrosion; borate salts, to maintain viscosity at higher temperatures; various petroleum distillates to reduce friction; aguar gum or hydroxyethyl cellulose, thickeners; citric acid to prevent precipitation of metal oxides; potassium chloride, a brining agent; sodium or potassium carbonate, detergent compounds; ethylene glycol, the main ingredient in antifreeze; and isopropanol, to increase viscosity.

Not all of this fluid remains underground. Some of it is returned to the surface where it is typically held in ponds or containments which hopefully do not leak or overflow during heavy rain.

The fracking dollars injected into politics

Governor-elect Tom Corbett, a leading opponent of taxes on Pennsylvania's emerging shale-gas industry, has accepted more than \$700,000 in campaign donations from that industry, more than all other Pennsylvania candidates combined. — *Phila. Inquirer*

Natural gas industry proponents put \$2.85 million in politicians' campaign chests between 2001 and March 2010, according to a new study by the Harrisburg-based non-profit Common Cause and the League of Women Voters of Pennsylvania. In the past three years, those companies and interest groups spent \$4.2 million on lobbying activities, the organizations reported. — *Pittsburgh Business Journal*

Pennsylvania is now the only state with substantial mineral resources that does not levy a severance tax or fee, according to the Pennsylvania Budget and Policy Center, a nonpartisan research agency based in Harrisburg.

This section researched by Eric Pavlak

Download the original *Footnotes* article on Natural Gas at

<http://paddenow.com/PDF/AMCgasstory.pdf>

History of Marcellus Shale:

http://www.mhs.marcellusny.com/MHS_Home/Marcellus_Beginnings.html

Dimock

http://www.timesleader.com/news/Amid_drilling_fight__Dimock_gets_public_water_09-30-2010.html

Severance Tax

www.pennfuture.org

<http://www.prnewswire.com/news-releases/governor-rendell-urges-senate-leaders-to-enact-promised-severance-tax-104439718.html>

Uranium concerns

<http://www.buffalo.edu/news/11885>

State Forests

www.pennlive.com

Economic Stimulus

<http://www.npr.org/templates/story/story.php?storyId=129993583>

Walking in a winter wonderland: warm, safe and happy

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 is a good

idea, 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 since 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, with a thin base layer and a heavier 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 useless and 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.

StableIcers can provide some traction in questionable areas, such as thin layers of ice on trail or light snow. They can be used with most types of boots, but are heavy to carry.

Microspikes are durable, lightweight and effective, although somewhat more expensive (\$60), but worth the price.

Crampons provide heavier traction for thicker layers of ice and steeper terrain. They 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 outdoors!

Touched for the Very First Time

I Was an August Camp Virgin!

By Priscilla Estes

For years, I'd heard about AMC's August Camp, which incidentally starts in July, go figure. All that togetherness in tents bereft of showers (hot) and toilets (flush) did not appeal.

So I'd smile and nod while others enthused about stuff like The Great Food. *Yeah, right, out-of-work twenty-somethings roasting weenies and heating up beanies.* And The Fabulous Camaraderie. *Kumbayah around the fire? Spare me!*

And last but not least, The Terrific Hikes. *Well, they had something there.*

But then AMC announced that August Camp 2010 was to be in Golden, British Columbia, smack dab in the Canadian Rocky Mountains: the poor man's Alps, the land of the manly Royal Canadian Mounted Police and the only known habitat of the Albino Polar Bear.

Hmmmm. Beanie Weenies vs. Wilcox Pass in Jasper National Park. Kumbayah along with the Columbia Icefield. Snoring, farting togetherness, but also Beauty Creek. If we signed up as drivers, we could steal a spare van and explore Banff or Glacier national parks. If we developed a sudden and overnight interest in geology, we could visit The Burgess Shale Fossil Beds, named after Burgess and Shale, the inventors of vaudeville 500 million years ago.

If we wanted to see a hoodoo (and who don't?), they were everywhere. We could swim, fish, raft, ride a horse or a bike, spelunk a cave or visit a bear preserve. Or we could hike. Hiking with AMC? What a novel idea!

And we could hike with people we knew or would get to know from the Del Val chapter and from all the other chapters in AMC, plus a few ringers. We'd also be enjoying the luxury of letting someone else plan the hikes, lead the hikes, and put up with any whiny hikers.

What did you say, Mark? "Whiny hikers? We don't take no steenkin whiny hikers."

And so 54-year-old Paul and I took the plunge into the land of group tenting, sun showers, port-a-potties and communal meals. And guess what? We loved it.

Who wouldn't like a summer-full moon that swallows the sky;

stars to guide each step to the Tillie; and the gentle snort of ranch horses in the night, warding off the grizzlies? Who doesn't love hand-dipped ice cream a few steps away, glacier-clean swimming holes just past the pines, and a wood-fired sauna adjoining the camp? Noel, are you still in there or did you finally break out?

Not to mention spinach scrambled eggs, homemade cookies and Lasagna a la Great, served by the crème de la Croos.

So sign up for August Camp now! Whistle along with the marmots! Watch big horn sheep butt heads on the ice! Dip trail-raw feet in icy glacier falls! Sniff the crinkly air of the alpine forests! Paint your face at the iron-rich Paint Pots! Have tea at a hut in the clouds while watching bears make daisy chains! Miss the van ride home, Mary-My-Wallet's-In-The-Other-Car, and eat spaghetti Bolognese (for free!) at the hostel in Lake Louise. Whack the gophers while you wait for the sun shower. Lob a snowball at Ledge! Laugh with Lennie while she leads us in song around the campfire! Pull Matt's multicolored toes! Go Albino Polar Bear watching with Paula in the chilly mountain morn.

Oh, so many things to do, so many memories to make. All this with ice, communal coolers, easy chairs for rent, an already-pitched tent, comfy cots, delicious meals you

don't have to cook, and an AMC van that whisks you from the airport to the campsite and back again. Organization perfect, a deal at twice the price.

AMC August Camp offers (with apologies to George Gershwin) sunny days and green pastures, daisies and song birds, starlight and sweet dreams: Who could ask for

anything more? *Except maybe Madonna.*

Photos: Paul Wulfinf cools his heels in snow melt along the Iceland Trail. AMC hikers cross the bridge to the Painted Pots.



August Camp 2011: back to Canadian Rockies!

Sign-up now for a week or two at August Camp 2011. Find details for August Camp 2011 at: www.augustcamp.org. Also see the article on page 12.

✓ *Mark these dates!*

2011 Social and Education Events

New Members' Social – Tuesday, February 22

Outdoor Leadership Workshop – April 8-10

Spring Fling at Mohican – April 29-May, see page 12

DV Leaders Social – Saturday, May 21, Weisel Hostel

Basic Canoe Training – May 21 & June 4

Annual Picnic – June 18, 2011– Tentatively set for Green Lane Park, confirmation in early January 2011

Solo Open Canoe Training – July 9-10

Swiftwater Safety – July 23

Annual Meeting – Tentatively Nov. 12, location not determined

Outdoor Leadership Workshop to be held April 8-10 at Nockamixon State Park

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of April 16-18.

In an effort to make the training session more easily accessible for DV Chapter members, this session will take place at Nockamixon State Park and the Weisel Hostel near Quakertown.

Everyone is welcome to attend: leader wannabes, new leaders, new members, experienced leaders, members who just want to learn what leadership is all about.

Topics to be covered are the elements of outdoor leadership common to all AMC outdoor activities:

- Activity planning
- Leading safe and enjoyable activities
- Leadership styles
- Group dynamics
- Liability issues
- Decision making model
- Accident scene management
- Conservation and minimum impact issues
- AMC leadership requirements and guidelines
- How to become a DV Chapter activity leader
- Map and compass skills

Instructors will be experienced AMC volunteers and staff.

Why attend? If you want to step up to leading outdoor activities, the workshop will give you the confidence and skills that you need. If you are already an experienced leader, this workshop will make you a better one.

Register or get additional information by contacting DV Leadership Chair Lennie Steinmetz, leadership@amcdv.org.

Course Fees: \$35 for AMC members, \$50 for non-members, \$20 if one co-lead is completed by April 1, 2011.

One night lodging at Weisel Hostel, \$15; two nights, \$24. Saturday night dinner \$15.

AMC courses get you ready for paddling adventures

Whether your paddling goal is a wilderness camping trip, participating in one of the popular river sojourns, or simply getting down a Pine Barrens river without smashing into the banks, our two-part open canoe training might be the ticket for you.

These popular programs, offered May 21 and June 4, cover basic and moving water canoeing, and they often fill up early. We will also offer a solo open canoe course July 9-10, a swiftwater safety course on July 23, and may offer a basic kayaking course. We tutor whitewater paddlers during easier trips. The photo on the right is from the safety course.

For more photos of our whitewater and flatwater activities, visit the paddler's website at <http://paddlenow.com/> These are indexed by location and date.

Annual Activity Social

Make new friends and socialize with some old friends! Snacks, dinner & dessert for \$10! BYOB

Prior to the social, several activities are scheduled, including hikes. Presentation of the 100 mile hike awards will take place during the social.

Sat., March 26 — 5 to 8 PM — \$10/person, BYOB
Perkasie Fire Company No. 1, 100 N. Fifth Street,
Perkasie, PA 18944

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

Checks must be received by March 20

Send checks (no cash) make payable to AMC-DV to:

Rhoda Eistman, RR #1 Box 277, Tannersville, PA 18372

Not just for new members, everyone welcome!

New Members' Social set for Tues., Feb. 22

Day hiking, bicycling, paddling, backpacking and trail maintenance will be among the topics covered at our New Members Social, to be held Tuesday, February 22 from 7 to 9 PM in Plymouth Meeting, PA.

You will learn about our dozens of lodges, camps and other facilities including the nearby Mohican Outdoor Center, as well as information about AMC Major Excursions and our August Camp.

This is the ideal opportunity for those new to AMC, or those who have been members for awhile but were hesitant to participate, to learn more and get involved. If you or a friend have heard of AMC but wondered what it was all about, now is your chance to join us for a fun-filled evening.

While giving a short slide show presentation, leaders of our various outdoor activities will explain what goes on, how to participate and answer your questions. There will be plenty of time to meet and talk to trip leaders and other members.

We will answer any questions you may have about the on-line AMC Member Center, and the electronic version of our newsletter, *Appalachian Footnotes*. We will explain a members only benefit, our Weekly Activity Digest/Hotline e-mail, which keeps you informed about our latest scheduled activities and announcements.

The New Members Social will be held at the Plymouth Meeting Friends House, 2150 Butler Pike, Plymouth Meeting, PA 19462.

This is a free event. No need to register. Come alone or bring a friend, co-worker, or anyone with an interest in the outdoors. Everyone is welcome. Refreshments will be provided.

In the event of bad weather the day of the event, please check our web site at www.amcdv.org after 2 PM for a postponement notification, or call 215-803-2779. Snow is date March 8.

For more information please feel free to contact Joan Aichele, AMC Delaware Valley Membership Chair at membership@amcdv.org or 215-257-3372.



Leading a trip at an AMC destination

An extended fall weekend at Cardigan Lodge: great hiking, food & fun!

Leading a chapter trip to an AMC lodge was an uncomplicated task and proved to be an absolutely rewarding experience. I recently led a group trip to Cardigan and want to share my experience with others considering leading trips to AMC destinations.

Registering, gathering information, seeking guidance on hikes and activities were painless. The staff at Cardigan Lodge is exceptional: they are very friendly and accommodating. The food is scrumptious and plentiful, and even happy hour snacks are also provided! We had one participant that had very special dietary needs, and the staff went out of their way to ensure the food met her requirements.

Different programs including daytime and evening activities were offered. Team Del-Val participated.

While Cardigan Lodge is not located in the White Mountains but rather the Lakes Region, the hiking was still challenging and very worthwhile. The views from Cardigan and Firescrew summits were breathtaking, and we were fortunate to have great fall weather. We had clear spectacular views of the Whites of New Hampshire and the Green Mountains of Vermont. The fall foliage was brilliant.

Since this was a chapter trip with 12 participants, there was no charge for the leader. When I asked my group for their feedback, I had several requests that I must run a similar trip next fall to another AMC location. If you have any questions about the accommodations or the hikes I led, please contact me.

— Terry Berntsen, terryberntsen@comcast.net



Maggie DeWitt does some rock scrambling up the challenging Holt Trail to Cardigan summit — Terry Berntsen photo.

Appie and Golden Appie awarded to Rhoda Eisman and Allen Male

The awards were presented at the AMCDV Annual Dinner on November 6. The Appie and Golden Appie are annual chapter awards given to chapter members in recognition of outstanding volunteer service. Specifically the Golden Appie is given to a long standing member who has made a lasting difference in the chapter, while the Appie award goes to a particularly active newer member.

This year's Appie, Rhoda Eisman has been a member since 2005. Rhoda has served as both a hike and bike trip leader since 2008 leading many trips in the Spring, Summer and Fall Seasons. Rhoda is well known for the brisk pace of her hikes and bike trips, all done to keep her in shape for the ski season.

In addition Rhoda was very active and helpful in articulating the concerns and needs of our active volunteer leader community, offering thoughtful opinions about how short-notice trip advertising methods could be improved and more responsive to our leaders needs.

And for the coming year, she has volunteered to share her accounting skills and experiences with the chapter by becoming our next chapter treasurer.

This year's Golden Appie, Allen Male, has been a DV member since 2001 and a member of the DV Executive Committee for the past four years serving as chapter treasurer during some of the chapter's more financially challenging in our chapter's history.

Allen invested countless hours studying our income and expense structure and recent trends, and then developed new approaches to help the chapter not only survive, but to lay the foundation for us to thrive. He has made a significant difference in areas of chapter budgets, financial planning and fiscal reporting.

Besides offering solid financial management skills and advice, Allen has been a welcome contributor of thoughtful and wise

advice to many of us on the executive committee on issues that extend beyond just dollars and cents. Allen is our chief Executive Committee advisor regarding chapter procedures and by-laws.

Recently Allen has drafted and improved our policy regarding fee-based activities, assuring they are managed in a fiscally responsible way.

The Delaware Valley Chapter is grateful for both Rhoda's and Allen's contributions. Congratulations to both of them on being selected this year's AMCDV Chapter Appie and Golden Appie!



Rhoda Eisman, active leader and new treasurer.



Allen Male, past treasurer and new vice-chair

Get creative

Newsletter Editor Wanted!

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

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

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

Writers, Copy Editors & Photographers Wanted!

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

Contact Eric Pavlak, newsletter@amcdv.org

AMC-Mohican Trail Crew builds a bridge

To eliminate the hazard to trail users crossing Route 209 in the Delaware Water Gap National Recreation Area in Pennsylvania, the National Park Services' best choice was to relocate both the trailhead and the parking area to the north side of Adams Creek. However, the creek now separated the trailhead from the main portion of the trail, which is located on the south side. Since the creek's steady flow and rocky stream bed make for slippery footing, a streambed crossing was out of the question. A footbridge was the only solution.

To get the bridge built, the NPS asked veteran volunteer trail crew leader Walt Daniels of the Connecticut Trail Crew, and the Mohican Outdoor Center volunteer trail crew to take on the project. The NPS request was straightforward: build a single-log, single-railing bridge over Adams Creek, using a nearby downed red oak.



The large red oak was brought down by, most likely, a combination of conditions: its location on a steep slope, loose soil, strong winds, the weight of snow and ice. Here the 40 foot long, 3,500 pound log has been separated from the tree trunk, and the tree top removed. Crew members are preparing to remove the two large limbs prior to moving the log to the stream bank.

Without diagrams or survey markers, constructing cribs—the bridge's foundations on either bank—was a challenge for a weekend volunteer trail crew. Considerations of height, levelness, alignment, and distancing were the subjects of many discussions.



To raise the log into position over the creek, the crew used a rigging system called a highline, consisting of a sling connected to a wire rope suspended from nearby trees. A Griphoist, a manually-powered hoisting device, with a 4000 pound capacity rating, was used to pull the wire rope. A second Griphoist, with a 2000 pound capacity rating, was used to pull the log laterally into position.

A series of 4 inch x 4 inch x 4 foot deck supports are bolted in place.

**Photo essay by Quint Reiff,
with help from Dan Schlauer**





Each support is fastened by three 1/2 in x 7 in lag screws seated in counter bores. Even with pre-drilled pilot holes, getting all thirty-three lag screws tightened required team strength.

Doubts about building a flat deck on a humpback log were eased as the crew began to see how the tree trunk's graceful curves would enhance the "character" of their bridge.



The crew found building a milled lumber deck-and-railing system on an un-milled, tapering log challenging. Just as the deck was installed following the contours of the log, the railing was installed close to level to maintain a symmetrical look.

The finished bridge is a tribute to its builders and a service to the public.

If you would like to volunteer for trail projects in the Water Gap area, contact Mohican Outdoor Center, 50 Camp Mohican Road Blirstown, NJ 07825, 908-362-5670, mohican@mind-spring.com.

For trail volunteer opportunities in other areas, perhaps closer to where you live, see our schedule at <http://www.amcdv.org/Calendar/> or contact us at trails@amcdv.org.





Where to get your activities schedule

Print

AMC Outdoors will continue to print the full schedule of all chapters in each issue.

e-Mail

You can get a listing of all DV Chapter trips e-mailed to you each week by joining the chapter Hotline. (Send an e-mail to: hotline-requests@amcdv.org.) Plus, get up to three customized Activities Digests sent to you as frequently as weekly from the AMC Member Center.

DV Chapter Trips Calendar • Aug/Sep 2009

2009													
S	M	T	W	T	F	S							
8/23 padding (1) total: 1	8/24 hikes (1) total: 1	8/25 other (1) total: 1	8/26 hikes (1) other (1) total: 2	8/27 hikes (1) other (1) total: 2	8/28 hikes (1) total: 1	8/29 padding (1) total: 1							
8/30 padding (1) total: 1	8/31 hikes (1) total: 1	9/1	9/2 hikes (1) total: 1	9/3 hikes (1) trailwork (1) total: 2	9/4 hikes (1) total: 1	9/5 hikes (4) padding (1) trailwork (1) total: 6							
9/6 hikes (1) padding (1) trailwork (1) total: 3	9/7 hikes (1) trailwork (1) total: 2	9/8 hikes (1) total: 1	9/9 hikes (1) total: 1	9/10 hikes (1) padding (1) total: 2	9/11 backpack (1) other (1) total: 2	9/12 hikes (1) padding (1) trailwork (1) other (1) total: 5							
9/13 hikes (1) backpack (1) trailwork (1) other (1) total: 4	9/14	9/15 other (2) total: 2	9/16 other (2) total: 2	9/17 hikes (1) other (1) total: 2	9/18 hikes (1) other (1) total: 2	9/19 hikes (1) padding (1) other (1) total: 3							
9/20 hikes (1) padding (2) other (1) total: 4	9/21	9/22	9/23 hikes (1) total: 1	9/24 hikes (1) total: 1	9/25 hikes (1) padding (1) total: 2	9/26 hikes (2) padding (1) trailwork (1) other (2) total: 6							

[Search the entire Trips Database](#)

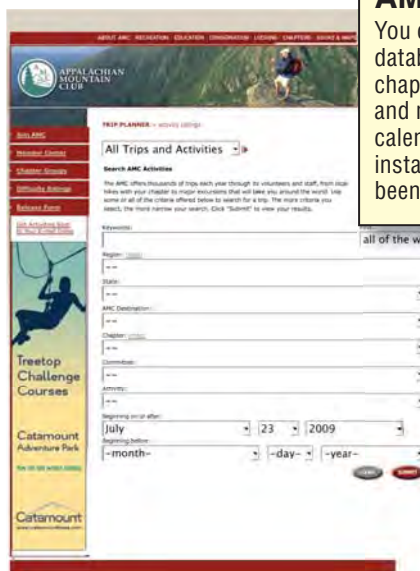
[Common trailhead parking locations](#)

Chapter Web Site

The activities calendar on the chapter web site is the easiest and fastest way to get the latest trip information on DV Chapter activities. The calendar is updated almost instantaneously once a trip has been entered and approved.

AMC Web Site

You can search the entire AMC database of activities from all chapters, plus interchapter and major excursions. The calendar is updated almost instantaneously once a trip has been entered and approved.



Web and e-mail listings contain the full trip description, up to 450 words!

Get Footnotes, custom trip lists, by signing up at AMC Member Center

Now that our activities schedule is no longer in our newsletter, and electronic delivery is the only way to get *Footnotes*, it is more important than ever to sign up at the Member Center. Not only do you receive the full color expanded newsletter, you receive a link directly to a printable version of our chapter activity schedule.

If you have still not logged into the Member Center, do so today. It only takes a few minutes. To register:

1. Go to: www.outdoors.org and click on Member Center.
2. For first timers to the AMC Member Center, you must enter your member number found on your AMC membership card or above your name on the mailing label of your *AMC Outdoors* magazine.
3. Next verify your name by clicking the circle next to your name.
4. Then enter a preferred user name and password. Record these, as you will need them each time you log-in in the future.
5. Choose one security question to answer, which will be used in the event you forget your user name or password.
6. Type in the two words displayed exactly as shown for security purposes. Your log-in is now complete. Take some time to check out your profile page. Pretty cool isn't it?

7. Here is the most important step. In the center of your profile page you will see a red colored tab SET CHAPTER NEWSLETTER PREFERENCES. Click on that tab. Next you will need to click on HTML, click on ELECTRONIC and then, very importantly, make sure at the bottom of that page you check, "Yes! I'd like to receive electronic delivery of the Delaware Valley Chapter's newsletter, *Appalachian Footnotes*, when available." Then click on submit.

You are now done. One other thing: When asked if they have signed up to receive our electronic newsletter, some members say, "yes, I am receiving both versions."

If you are receiving both, then you have not "opted in" for the electronic version. It seems when Hotline subscribers receive the log in information to view our electronic newsletter on our web site, they incorrectly think they have logged in to receive it automatically to their inbox. This is not the case.

The online newsletter on our web site will be going away. It is there only on a temporary basis so you can view it to see how it looks. You need to follow the steps listed above to stop receiving the printed copy and begin receiving the electronic version as well as the activity schedule link automatically. If you have any questions or need assistance, please do not hesitate to contact Joan Aichele at 215-257-3372 or membership@amcdv.org.

The Undiscovered Far East, LV Group, Jan. 19

Szu-Ting Yi, former DV Chapter Backpacking Chair, mountaineer and operator of her own adventure travel business, will present a slide show at the Lehigh Valley Group meeting at 7:30 PM on Wednesday, January 19.

For the past few years, she has been pursuing her dream of becoming a world-class mountaineer, doing major climbing trips all over the world. In 2010, she launched an adventure travel business, called LittlePo Adventures.

She said in a recent e-mail, "I feel that I'm really living my dream now because I have been thinking about this business idea for years. I have been wanting to introduce the depth of culture of where I am from through outdoor expeditions to English speaking friends. Especially there are many amazing places in terms of scenery and diverse culture in Taiwan and China waiting to be explored."

In January, she will be visiting the Philadelphia area, and she will speak about peak ascents and trekking in less-traveled places in China and Taiwan, including some exciting trips she is planning for 2011.

The meeting will take place at the Friends Meeting House in Bethlehem on Route 512, 0.5 miles north of Route 22 (4116 Bath Pike, Bethlehem). For additional information on the meeting, contact Lennie Steinmetz at 610-694-8677 or leadership@amcdv.org. For information on Szu-Ting's LittlePo Adventures, see her website: <http://www.littlepo.com/>.

August Camp encores the Canadian Rockies

While August Camp has not traditionally remained in the same location two years in a row, the popularity of the 2010 Camp has prompted a return to the Canadian Rockies in 2011. Once again, there will be a chance to explore this stunning area, including the Canadian National Parks of Yoho, Banff, Kootenay, Glacier and Jasper, with their snow capped mountains, vast glaciers and ice fields, turquoise lakes, thundering waterfalls, wildflowers, hot springs and fossil beds.

The camp will again be located in the Beaverfoot Valley between Field and Golden, British Columbia. Car camping and backpacking overnights, a visit to a grizzly bear refuge and whitewater rafting are possible weekly activities, in addition to the daily selection of hikes. AMC August Camp is a full service Camp, with roomy tents for two with cots, all meals daily, sanitary facilities and stalls for using your solar showers. Campers may attend for one or two weeks.

Week 1: July 16-July 23

Week 2: July 23-July 30

Week 3: July 30-Aug. 6

Week 4: Aug. 6-Aug. 13

Address registration questions to Trish Niece at 203-265-9584 before 9 PM, or Sam Jamke at 603-472-2536 before 9 PM. Registrar, Trish, at registrar@augustcamp.org.



Appalachian
Footnotes

AMC Spring Fling - April 29 - May 1, 2011

AMC's third annual Spring Fling clubwide event will be held April 29 through May 1 at the Mohican Outdoor Center.

Join your AMC friends from near and far for this fun-filled weekend featuring hikes on the scenic trails in the Delaware Water Gap, biking on the park's roads and rail-trails, a visit to the Lakota Wolf Preserve, paddling on Catfish Pond (canoes, kayaks and all gear provided!), and of course, making S'mores around the campfire. A variety of guided activities for you to choose from will be provided throughout the weekend, and all meals are included, too.

AMC members and non-members (families, too!) are invited. Bring your favorite musical instrument and join Mohican's own band Saturday night in playing the classics and a few originals. This will be an chance for all twelve chapters to come together just to relax and have fun - no meetings, no business agenda, just a chance to get acquainted with fellow outdoor enthusiasts from all over the northeast. Register early, as last year's event sold out quickly. For additional information, contact amcmohican@gmail.com

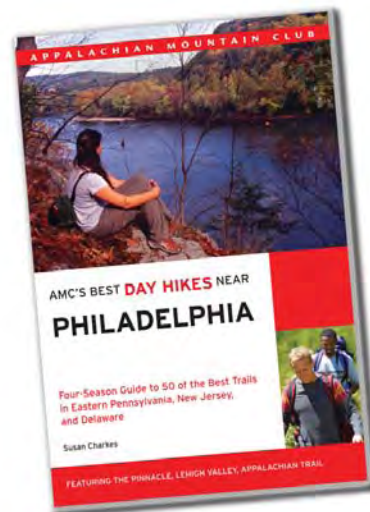
Run and walk will benefit Valley Forge trails

Valley Forge National Park will host the sixth annual Revolutionary Run at 8.30 AM on Sunday, April 17, 2011. It is a five-mile race mostly using the park's newly repaved Joseph Plumb Martin trail. There is also a three-mile walk and a one-mile youth fun run.

In previous years, the Revolutionary Run has generated as much as \$30,000 for the Friends of Valley Forge to use in maintaining the park trail network. More than 1300 runners, 300 walkers and 75 children have participated in the annual event.

This is not an AMC event, but is sponsored by the Park and the Valley Forge Convention and Visitors Bureau.

Visit <http://www.active.com/running/valley-forge-pa/6th-annual-valley-forge-revolutionary-5mile-run-2011> for more information if you want to participate. If you can volunteer to help with the run, please contact Phil Mulligan at 215-247-8658 or at valleyforgetrails@amcdv.org.



Order from AMC Books on line at www.outdoors.org and get your member discount.

When you use Adobe Acrobat Reader to view this newsletter (rather than using a preview program):

Just click on any e-mail or web link. They all work!

Click on the bookmark icon



and you will get a clickable index!