



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Winter 2011-12 • Volume 50 • Number 1



**Facing Winter • Mac White Remembered
Helping Meet Education Needs in Uganda**





Appalachian Footnotes

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

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Just click on any e-mail or web link.

They all work!

Click on the bookmark icon  and you will get a clickable index!

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 must be an AMC member.

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. Training, 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

Cover, top: Janel Demeter protects her face from Winter's icy blasts in this Kevin Perry photo. **Below:** Ugandan teacher Romo talks to his students about overcoming disabilities in this Peter Fox photograph.

Membership Information

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

Chapter Ombudsman

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

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In Memoriam: Malcolm L. "Mac" White

It is with sadness that we note the passing of Malcolm "Mac" White on September 9, 2011.

Mac was an ardent hiker and conservationist who was instrumental in the passage of the Appalachian Trail Act in Pennsylvania, the construction of the chapter's Leroy Smith Shelter, and in persuading the Pennsylvania Turnpike Commission to build a tunnel at Lehigh Gap rather than going over Blue Mountain and the AT.

Mac was a past Delaware Valley Chapter Chair (1978-79) who in more recent years may be remembered for his *Meandering with Mac* column in Footnotes. He was the co-founder of the chapter's Lehigh Valley Group, which is now in its 19th year of existence. He served for many years on the Board of Managers of the Appalachian Trail Conservancy.

Mac was an inveterate outdoorsman, sharing his passion with family and friends. Along with his wife Connie he hiked the 2,200-mile length of the Appalachian Trail, and also traveled extensively around the world. He indulged his passion for photography in his darkroom, winning numerous prizes for his work.

Mac was born and raised in Schenectady, New York. He earned his BA in Chemistry at Colgate University and went on to complete his PhD in Physical Chemistry at Northwestern University in 1953.

He spent most of his career as Member of Technical Staff at Bell Telephone Laboratories in Allentown, PA. After retiring from Bell Labs in 1982, he worked as a research scientist at Lehigh University for six years. Throughout his career, Mac was granted six patents and published twenty-eight articles in technical journals.

Mac served as a Boy Scout Troop leader and was also on the boards of the American Red Cross, the Bethlehem Public Library and Chamber Music Society of Bethlehem.

Memorial donations may be sent to the Bethlehem Public Library, 11 West Church Street, Bethlehem, PA 18018 or the Appalachian Trail Conservancy, PO Box 807, Harpers Ferry, WV 25425-0807.

Remembering Mac White

by Bob Pritchett

I was fortunate to have worked with Mac at Bell Laboratories in Allentown. We met at work and soon discovered our mutual interests in photography and the outdoors. At that time I was a member of the NY-NJ chapter of AMC, but Mac convinced me switch over to Delaware Valley.

We worked on many projects together, especially those connected with the Appalachian Trail. I remember spending many nights with Joe Bell and Mac working at Leroy Smith's house getting ready for the next weekend's efforts to put up the Smith shelter. We couldn't understand Leroy's hurry to finish the shelter, but only he knew he was to succumb to cancer soon.

Physical trail and shelter work was only a part of Mac's efforts that I helped with. We spent many days traveling to Harrisburg to meet with environmental officials in order to put together a bill to protect the Appalachian Trail in Pennsylvania. Don't ask how we managed to sneak out of work for those trips. We also met with other groups including Keystone Trails Association and the Sierra Club in places like Haag's hotel in Shartlesville all for the purpose of passing a trails bill.

We were ultimately successful, of course, and Mac and I met with Governor Milton Shapp in his office on the day he signed the bill. It only took three years to accomplish this.

From building the steps on the AT at Wind Gap to adopting trails in NJ near the Water Gap, Mac was a tireless worker and advocate for the preserving outdoor recreational opportunities.

We will all miss him.



Travelers mix volunteer work and wildlife watching in Uganda

by Peter Fox

I was recently asked to offer some thoughts on the exploits I have shared with a good friend of mine: Patrick McGill.

I have been fortunate enough to be able to check a couple of important items off my bucket list by traveling with Pat. He does most of the planning and determination of logistics and I just enjoy the fruits of his labors.

Most recently Pat and I traveled to Uganda in 2010. The trip was booked through a rather unusual travel agency called Benefactours. Our agent, Cynthia Holmes, arranged a combination of volunteer work and tour experiences that were exceptional. The flight was quite a journey in itself, taking 22 hours from the US to France, then Kenya, and finally Uganda.

During the first half of our stay in Uganda, we volunteered for an organization called Soft Power Education. Soft Power operates primarily in the Jinja region of Uganda, and organizes the construction and renovation of schools. While they work closely with the Ugandan government on these projects they are not a government sponsored organization.

While there we observed the rammed earth techniques that they use to construct school buildings in Bujagali. By mixing local red clay with five percent cement and a little water, Lego-like bricks can be created by compressing the material in a special preform press. The cement then cures and binds the material into a permanent brick that does not need to be fired in an oven.

This reduces time and creates greater consistency of the bricks without generating the pollution that wood-fired bricks create. After curing for a few days, the bricks and mortar are laid out for the



building construction. Rebar-like metal strips are also part of the construction to provide additional structural stability. Later, a layer of stucco is applied to the brick to seal the brick and create a smooth painting surface. The structure is then roofed with corrugated sheet metal.

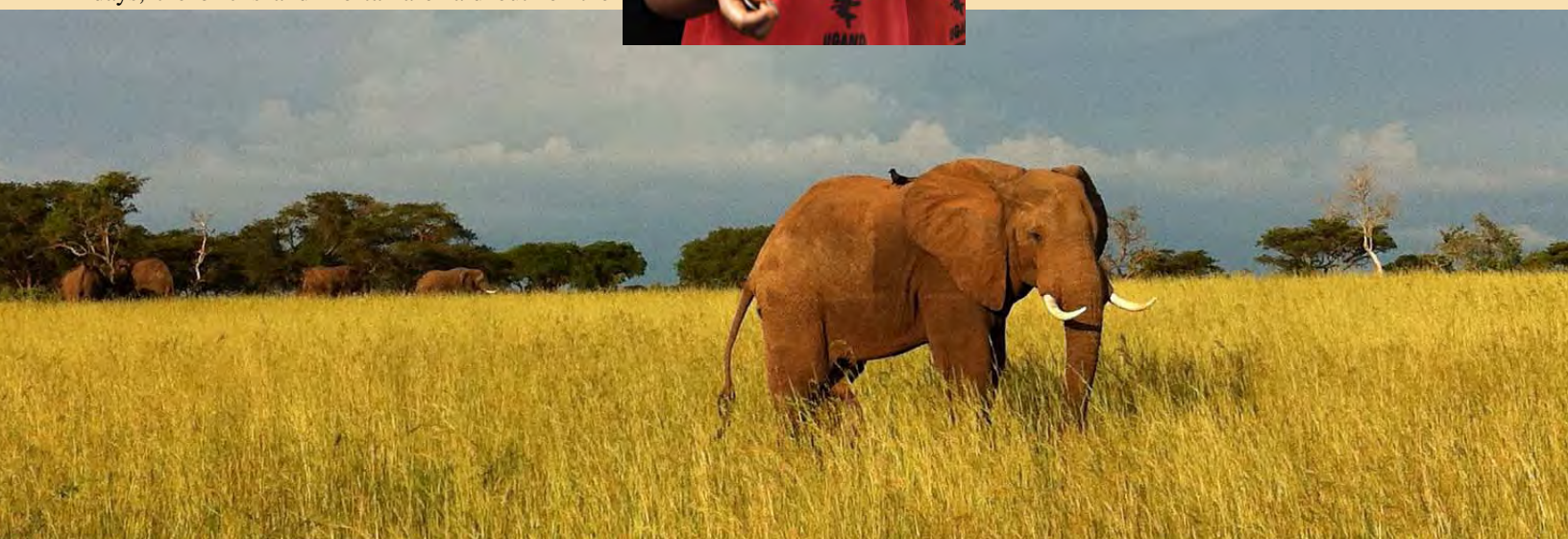
After initially viewing the Soft Power facilities, Pat and I were set to work painting a school. The school served roughly 800 elementary students.

When we first arrived, a group was playing soccer with a ball made from plastic shopping bags. We spent the day painting the school with a number of volunteers, mostly from the traveling tourist groups that come to Jinja to do white water rafting.

Lunch consisted of posho (a kind of porridge) served with beans. Unfortunately, the first day we forgot our spoons. They fed us generously, with the semi-solid posho and beans, while the school children were lucky if their parents could afford to give them an allowance for a watered down version of the posho for lunch.

The remainder of the week was spent painting in the mornings, cleaning up then having lunch (more posho and beans) and returning to the lodge. The afternoons and evenings were usually spent riding motorcycle taxis into town. While our lodge had the luxury of electricity and even

Top right, McGill and Moses on the paint crew; Peter Fox and with a child at the Soft Power Preschool; McGill, students and teachers in one of the schools; a happy child at the school.



a hot shower, potable water was not part of the package. My Steripen came in quite handy, providing us with five liters of water a day for two weeks on one set of lithium batteries.

After seeing the fantastic pictures our fellow volunteers had of white water rafting, Pat and I decided to book a rafting trip on our Saturday off.

All total we spent five days working at the school. After working in Jinja, we traveled to the Murchison's Falls National Park for a safari.

On the way, we visited a rhino sanctuary and a chimpanzee observation camp. We had a great time driving through the park watching the native animals through the top of our guide's Land Rover, and relaxing on the boat rides up and down the Nile through hippo and crocodile infested waters. Unfortunately, we spent very little time at the Paraa Lodge with its poolside bar, and stunning views of the Nile, in favor of driving through the park to observe the native wildlife. Truly no zoo could match the number and diversity of animals that we saw. Pat is an avid birdwatcher, and Uganda was certainly no disappointment in that respect.

Pat's interactions with Soft Power have continued, and earlier this year Pat decided to sponsor a school building (with a little help from his friends).

Pat will be in Uganda for the three month construction project of the two room school building (I will join him for two weeks). Just recently, Pat was recognized by Dupont with a cash award to Soft Power Education. Preliminary plans are to use the Dupont funds to build a cistern for collecting rainwater from the roof of the schools for drinking water for the students.

Peter Fox is the DV backpacking chair, and he provided these photos.



Chapter honors five retiring leaders who helped define our club

The DV Chapter would like to recognize and thank five outstanding leaders who have decided to retire from active trip leadership this year.

The paddling community will miss the leadership of **Phil Ritchie**, who for many years led whitewater training, and **Bob Lindquist**, who expanded our paddling horizons by leading trips on new and exciting whitewater streams. They both led numerous AMC trips every year, and both were avid wilderness paddlers. They occasionally paddled one of Bob's tandem whitewater open canoes together, even taking it through the Grand Canyon on the Colorado River!

For many years Bob hosted the annual paddlers' barbeque on the weekend of the first June Lehigh dam release. Bob still occasionally paddles on club whitewater trips.

The chapter's hikers have enjoyed many trips over the years led by three active leaders who are now retiring: Billy Neuman, Tom Olsen, and Jane Shepard. **Billy Neuman** had the highest hiking mileage in the chapter for several years. He was also a long-term AT hiker who has completed all but 200 miles of the AT. He led day hikes for many years along the Delaware on alternate Wednesdays each month, rain or shine, with lunch in Stockton.

Tom Olsen, noted hiker and hike leader for many years, has retired from leading for the Delaware Valley Chapter. Tom was particularly noted for leading hikes in the Pennypack Creek area, and also led many hikes in the Wissahickon Valley and for Delaware Canal walks. Tom was the high mileage hiker for the chapter in 2002. He has hiked most of the Appalachian Trail and is an aggressive highpointer, summiting the highest points in most states of the continental United States. In recent years Tom has turned his attention and energy to Geocaching. On most clear days he may be found searching for geo-caches in almost any area of the northeastern US.



Retiring leaders Billy Neuman and Jane Shepard at the annual dinner.

New pet and money policies set for activities

New financial reporting and pet participation policies for chapter activities go into effect January 1.

Leaders will continue to make the decision on whether to allow or disallow pets on chapter activities, but will include a notification in the activity write up if pets are allowed. Based on that knowledge people can decide whether to participate or not participate in the activity.

The Financial Reporting Policy covers all activities that include a participant fee. The Policy reflects long-time AMC practices and complies with an AMC-wide effort that each Chapter have a written policy. Fee collection, fund use and accounting reporting requirements are the key elements covered by the Policy. You can view these policies by going to:

www.amcdv.org/Governance/PetParticipation.pdf

and www.amcdv.org/Governance/ActivityFinancialPolicy.pdf

KTA speaks for hikers and trails

For the past forty years, the Keystone Trails Association (KTA) has been promoting the interests of hikers in and around Pennsylvania. KTA is a federation of 60 hiking and outdoor organizations in and around Pennsylvania, including DV-AMC.

There are also more than 1,400 individual members who share a love of walking in the great Pennsylvania outdoors. KTA monitors government at all levels and is alert to actions that have an impact on hiking trails.

It also forms a network for the exchange of information with hiking clubs all across Pennsylvania and in neighboring states. An introductory membership of \$15 will bring an informative newsletter and help keep alive our hiker voice. Members may also purchase KTA publications, including the Guide to the Appalachian Trail in Pennsylvania and Pennsylvania Hiking Trails, at a reduced rate.

Many user groups compete for appropriate park and forest space and it's important that hikers speak out to protect Foot Traffic Only trails. KTA speaks for hiking trails. If you would like to support this effort, contact kta-hike.org or Keystone Trail Association, PO Box 251, Cogan Station, PA 17728-0251.

Jane Shepard, a special leader

During the recent Annual Meeting Jane was honored by the DV Chapter for her many years as an activities leader. Jane's association with the club spans more years than anyone active today can remember. Over the years, Jane has served the members of the chapter as chapter chair, hiking chair, membership chair, as well as taking on many other lesser responsibilities when the need arose. Her latest responsibility was that of chapter ombudsman.

Although all of these positions are an important part of any organization, Jane is thought of by most as a friend and mentor. Many currently active leaders will agree that Jane has acted as a positive role model. She would recruit and mentor anyone she thought would be an asset to the club and would freely yield advice when asked.

She was always meticulous in her trip planning, which made for many a wonderful experience for the people who attended her outings. Along the way she made many loving friendships that endure to this day.

But alas the years pass too quickly and the inevitable has come to pass. Jane has decided to retire from leading hikes for the chapter. That is not to say she is dropping out of sight all together. She has promised to continue to help the chapter wherever and whenever she can. I am sure that we have not heard the last from Jane, and I know the executive committee will be calling on her to stay involved in some way.

We can only imagine how difficult a decision like this must be for a person who is so sociable and active as Jane. As much as Jane will miss leading hikes and socializing with her many hiking friends, Jane will also be missed beside us on the trail and by the campfires at night.

She should take comfort in knowing that the chapter today is, in large part, a result of her hard work and dedication. Many of today's leaders trace back their involvement in the chapter to her friendly guidance. She will be sorely missed on the trail, but never forgotten. — Pete Jarrett

Annual Meeting and Dinner

*Clockwise from right: Jeopardy Joan, AMC Jeopardy host Joan Aichele; Midori Wakabayashi receives Appie of the Year award from Craig Smith; Mark Kern receives Golden Appie Award from Craig Smith; Outgoing Executive Committee members Craig Smith, Stephanie Wall and Bill Steinmetz; plus others enjoying the dinner. **There is more about Midori and Mark on the next page.***

Photos by Lennie Steinmetz.



✓ *Mark these dates!*

2012 Events

New Members' Social – Tuesday, February 28, Plymouth Meeting Friends (date tentative)

Activities Social – Saturday, March 24, Perkasio Fire Company Hall

Outdoor Leadership Workshop – April 13-15, Nockamixon State Park.

Spring Fling at Mohican – April 27-28

DV Leaders Social – Saturday, May 12, Weisel Hostel near Nockamixon State Park.

Annual Picnic – June 16, 2011, tentatively set for Washington's Crossing Park, NJ, confirmation in early January

Annual Meeting and Dinner – Tentatively Nov. 10, Upper Gwynedd Fire Company Hall

AMC publishes digital photography guide

The Appalachian Mountain Club has recently published the *AMC Guide to Outdoor Digital Photography*.

Written by professional photographer Jerry Monkman, this book is designed for outdoors people eager to expand their photography skills, or experienced photographers looking to hone technique shooting adventure and nature subjects. Monkman serves as coach and guide each step of the way, from packing gear and finding inspiration to taking great shots and editing photos in the "digital darkroom."

It features fundamental techniques and concepts that every outdoor photographer needs to know. Using easy-to-follow instructions, case studies, and expert advice, Monkman covers essential gear and gear safety, telling stories with photos, the special challenges of shooting in different conditions, perfecting composition and exposure, processing images using editing software, and the ever-important undertaking of keeping those digital photographs organized and safe.

This must-have guide will expand your creativity and your skill set as you head out on your next adventure with camera in hand. Inside you will find:

- Accessible techniques for new and experienced photographers
- Comprehensive coverage of the photography process
- Tips and advice for shooting in all conditions, weather, and seasons
- Crisp, large, full-color photographs
- Digital darkroom techniques
- Case studies with detailed explanations
- Digital resources appendix

Jerry Monkman is a conservation photographer whose nature and adventure photographs have appeared in magazines and books around the world, including *National Geographic Adventure*, *Outdoor Photographer*, *Audubon*, *Men's Journal* and *National Wildlife*. His work can be found at www.ecophotography.com.

AMC Guide to Outdoor Digital Photography.

By Jerry Monkman, Paperback • \$19.95

174 pp • 8 x 10 inches • ISBN 978-1-934028-50-6

Midori Wakabayashi named Appie of the Year

Midori Wakabayashi, Appie of the Year, has been a member for more than seven years. She is an active hike leader, and volunteers for trail maintenance at Valley Forge National Park.

She volunteers every year to help out at our new members socials. Last year she took on the position of publicity chair. She has reached out to managers of various outdoor gear stores to promote the AMC to their customers.

She represented AMC at National Public Lands Day and National Trails Day. Last year she volunteered to work at the Spring Fling at Mohican. She worked tirelessly all weekend long doing far more than what was asked of her. She truly represents what makes AMC strong.

Mark Kern earns Golden Appie award

Mark Kern, this year's Golden Appie, has been a DV member since 1994. This dedicated member serves as a hiking and bicycling leader for the chapter, and as an instructor for DV's outdoor leadership training program.

He is currently a member of the leadership committee, and served as both chapter trails and bicycling chairs. He also served a year as chapter vice chair.

Mark is winter mountaineering leader for DV Catskills trips, and a leader and coordinator for trail work at Ridley Creek State Park, where he is currently an active volunteer.

He is also a member of the Mohican committee, and runs weekend getaways such as map and compass and introduction to cross country skiing at Mohican. Mark regularly contributes his handyman and repair skills at Mohican.

He is head hike leader for August Camp and a member of the August Camp Committee.



August Camp 2012 in Whistler, British Columbia

Join us in Whistler, British Columbia to celebrate the 125th anniversary of August Camp, AMC's oldest tradition. Camp will be located near the site of the 2010 Winter Olympics, and the hiking and other activities will be fabulous. August Camp, a full-service tent village for 64 campers each week, offers multiple hikes daily for all levels of ability, several overnights and a number of water-based activities, as well as nightly campfires and plentiful home-cooked meals.

Sanitary facilities and stalls for using your solar showers are provided. Camp runs from July 14 to August 11, 2012, with stays of one or two weeks available.

Included is van transport to and from the Vancouver airport and to/from daily hikes and other offered activities.

Join in hikes or relax around camp and enjoy the scenery. We are planning some fun events to celebrate our anniversary, so stay tuned to our web site for more details.

Registrations are accepted as of January 3, 2012 in the order in which they are received.

Complete information will be available electronically shortly after April 1. Once notified of conditional acceptance, you must download and fill out required forms from augustcamp.org

Week 1: July 14 - July 21

Week 2: July 21 - July 28

Week 3: July 28 - Aug. 4

Week 4: Aug. 4 - Aug. 11

Outdoor Leadership Workshop: April 13-15

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of April 13-15, 2012. To make this event 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*
- *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*

The instructors are experienced AMC volunteers and staff.

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.

The cost for the course is \$35 for AMC members, \$50 for non-members, \$20 for AMC members who complete one co-lead by April 1, 2012. If you'd like to stay overnight at Weisel Hostel (where the Friday evening session and Saturday dinner will take place), the cost is \$15 for one night or \$24 for two nights. The Saturday night dinner costs \$15.

Contact DV Leadership Chair Lennie Steinmetz, leadership@amcdv.org for additional information and registration.

Leaders offered education reimbursements

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

For more information or to apply for training reimbursement, contact the chapter leadership chair at leadership@amcdv.org

AMC Adventure Travel offers exciting trips

AMC's Adventure Travel volunteers create, plan and lead domestic and international trips fostering a dynamic and active group environment. Each trip is unique but all strive to fulfill AMC's mission of promoting stewardship and appreciation of the natural world. For complete information about AMC's Adventure Travel program go to www.outdoors.org/adventuretravel. A sample includes:

Nepal	April 14-26
SE New Mexico	April 21-29
Hawaii	April 28-May 13
Italy	May 2-13
Ireland	May 19-26

If you have any questions or would like information about becoming an Adventure Travel leader, contact Colleen Yout at cyout@outdoors.org or 617-391-6596.

You can become a Mohican naturalist

You may have participated in naturalist programs at AMC's north-country destinations, and now you will have the same opportunity at AMC's southernmost destination, the Mohican Outdoor Center.

This past summer the conservation committee of the NY-NoJ Chapter initiated a naturalist program at the Mohican Outdoor Center. Sara Hart, NY-NoJ Chapter Conservation Chair, participated in AMC's annual springtime naturalist training, and over the summer she led several naturalist hikes around the grounds of Mohican.

This program will continue in the 2012 hiking season, and we are looking for volunteers. Come and help us grow the naturalist program.

How? First, bring your love for the woods, waters, and wildlife of the Mid-Atlantic Highlands region. And what AMC member doesn't have that?

Add to that your knowledge either about our local ecology, geology, or human history. For example, on my interpretive hikes I cover such topics as the natural changes versus threats to the mid-Atlantic deciduous forest, biodiversity (e.g. the seven native oak species), local wildlife habitat, native endangered snakes, bear safety, Leave No Trace principles, and various questions the participants may bring up. You can bring your own personal interests; and they can be as specific as fungi, mosses, or songbirds, or as broad as climate change.

You would also need a desire to be at Mohican and to share your knowledge with fellow members and other visitors. If you haven't been to Mohican, you'll see, once you come out, you will want to be back.

Finally, you are encouraged to take AMC's three-day naturalist trainer course so you can learn how to keep your audience interested, and to make contacts with fellow AMC naturalist who can help you develop your programs. This training is usually a long weekend in May, held in New Hampshire. For more information: www.outdoors.org/volunteers/information/information-naturalist.cfm

Don't hesitate to contact me with any questions: conservation@amc-ny.org. I would be happy to help you get started.

— Sara Hart, NY/NoJ Conservation Chair

Mohican Center will be open for the holidays

For the first time in many years Mohican Outdoor Center will be open over the Christmas Holidays.

If you are looking for something different and exciting to do with your family Mohican may be just the thing.

Take a hike in the morning then paddle around Catfish Pond in the afternoon. Be sure to plan an evening hike up to the top of Kittatinny Ridge to soak in the peacefulness, view the stars and vast landscape before you. Due to limited staffing you should plan on bringing your own food.

In addition, if you are looking for a fun, safe way to enjoy your New Year's Eve celebration check out Kathy and Dave Scranton's "Hike in the New Year" getaway from Friday, December 30 through Sunday, January 1.

There is no better way to celebrate the start of 2012. More detailed information can be found at: activities.outdoors.org/search/index.cfm/action/details/id/57619. To make reservations contact AMC Reservations at 603-466-2727.



Stay warm, well hydrated, well fed on the trail

Winter hiking, skiing and snoeshoeing aren't about being cold; they're about learning how to keep warm in the cold, staying well hydrated and well-fed, and hiking smart. Here are a few simple rules.

Rule 1: Stay cool to keep warm.

In theory staying warm sounds easy: wear lots of warm clothes. It isn't that easy. Staying warm in winter is more moisture management than insulation.

There are several techniques that help. The first is that to keep warm, stay cool. This may sound counter intuitive, but it works. If you do not stay cool, you will sweat and when you sweat you give off water vapor. As the water vapor passes through clothing, it cools until, as it approaches the outside surface, it reaches the dew point. Then it becomes liquid water and your clothes get wet.

Rule 2: Ventilate.

Even when cool, you will sweat some. The next step is to address removing that moisture without getting your clothes wet. Everyone has heard of Gore-Tex. It's great stuff, but not perfect. While it will allow moisture to pass through, it does slow it down. Better is to have no outer shell, or one made of uncoated nylon. Better still is to have good ventilation. Pit zips help a lot. Other coats have body vents, and ways to adjust the cuffs to admit or restrict air. These are as important as the water-proofness of a coat. Shop carefully.

Rule 3: Drink and eat a lot.

Being cool and ventilated is a great start, but to keep your body warm, you also need to keep your blood flowing throughout your body and to do this, you need to stay well-hydrated. In the summer, when it's hot, we naturally drink a lot. In the winter, when it's cold, that's not always the case. We still sweat and we also lose large amounts of water vapor every time we take a breath of cold air. As the cold, dry air fills our lungs; the moisture evaporates to humidify the air. We breathe out and see steam. To keep our blood thinned and moving through our bodies, that water needs to be replaced. Just like in the summer: drink enough so you keep peeing. To encourage drinking, carry your water bottle where you can access it without stopping.

Finally, we have our cool, dry, hydrated hiking machine in full swing. Nothing is going to stop us now. At least until we run out of energy. To prevent that: eat. Winter hiking doesn't lend itself to stopping to eat, so the solution is to eat on the move.

Rule 4. Hike smart, be conservative.

It's especially important to hike conservatively in the winter. During the summer, if you undertake a hike that's too long or too hard and get in over your head, you can just hike out and try again another day. If you make a really big mistake, you might spend the night in the woods and hike out in the morning. Winter is fundamentally different. If you make a big mistake in the winter, it can be fatal.

Pacing in winter is equally a part of hiking smart and is also an integral part of proper ventilation; not sweating more than your clothing layers can dissipate. In addition, proper pacing helps maintain your energy reserves, preventing excessive fatigue and



helping you to stay safe and comfortable.

It's important that everyone understands that winter hiking isn't a game; it's serious business. It deserves respect and concentration in the same way that driving to the mountains deserves respect and concentration. You wouldn't drive to the mountains in a snowstorm with bald tires and brakes that didn't work. You shouldn't winter hike without the proper equipment, clothing, and knowledge.

Equipment for winter activities

Equipment and clothing needs vary. For short hikes or snowshoe trips on nice winter days, the requirements are less than for assaults on 4,000 foot peaks above treeline. To get started winter hiking your needs are pretty low and can be met with a mixture of high tech and low tech equipment. As you get more into winter hiking your desire for more high tech equipment will probably grow. (And your bank account will dwindle.) Here is look at the equipment and clothing. Visit www.amcsem.org/hikes.html for the complete list.

Snowshoes: You can't beat the new aluminum snowshoes with built in crampons for traveling through snow covered mountains. These come in several models, from "recreational" to "summit," where the strength (and price) increase. The more expensive ones are stronger, heavier, and generally last longer. Any will work for introductory winter hiking. There is no consensus on sizing. Some recommend following the manufacturers' weight suggestions for the snowshoes (be sure to add in the weight of your pack). However, remember that here in the Northeast, where we seldom get deep powder snow, you can often use shorter snowshoes.

Boots: In the White Mountains, plastic boots are the winter boots. They work well with crampons, snowshoes, or by themselves (on snow.) They don't work well on bare ground; it's a lot like walking in downhill ski boots. Sorel boots (or other similar insulated Pac boots are rubber bottomed, leather or nylon uppers) are the approved alternative option. Ones with removable liners provide a nice option for drying them out if they get wet. They



work well alone, or with snowshoes, but don't work as well with full crampons. (The crampons don't always stay on the flexible rubber boot well, and the risk of stepping on your own foot and causing serious damage to the boot and foot shouldn't be ignored.) These are less expensive than plastic boots and sufficient for introductory winter hiking. One of these approved options may be needed for official chapter trips in northern New England. However, there are many high-tech winter boots on the market suitable for less demanding conditions. Your boots are one of your most important and critical pieces of winter equipment.

Gaiters: These are designed to keep the snow out of your boots and pant legs and can add warmth. Gore-Tex is best, but newer Schoeller cloth gaiters and even nylon retain breathability without full waterproofness.

Crampons: Full 10 or 12-point crampons on your plastic boots are the way to go for traction on hard packed or crusty snow or ice. They are available in step-in bindings for most plastic boots, or strap-on style for any boots. Instep (4 or 6-point) crampons strap to your boots and provide some level of traction on snow or ice. Some have had good luck, others only problems, but they can be a good compromise offering protection with less weight in less serious conditions.

Ice axe: An impressive looking piece of equipment, but not needed on most trips. However, above tree line (with the proper training), an ice-axe can be a lifesaver if you slip on the steep, crusty snow fields and during normal climbing provide a crucial third point of contact.

Poles: These are good. They help you keep your balance on the snow and give you something to lean on when panting. The options range from old ski poles, which work fine up through the latest adjustable trekking poles, which also work, but cost more.

There is argument about basket size, some advocate bigger baskets for deep snow but in some winter conditions these can get caught under crusts and in holes. Many experienced climbers advocate small summer or no baskets.

Water bottles: A wide mouth Lexan bottle, filled with hot water mixed with sports drink (such as Gatorade), stored upside down in an insulated water bottle carrier on your waist belt is the way to go. (The Lexan bottles won't break, the hot water delays freezing; the flavoring further reduces the freezing point and makes it taste better, and the carrier delays freezing while providing easy access). Storing it upside down causes the first ice to form in the bottom of the bottle and the threaded cover to stay ice-free longer. Carry a second bottle well inside your pack to keep it insulated. It's also good to carry a stainless vacuum bottle with hot water to make a drink. While great in the summer, hydration bladders are subject to freezing problems in the winter.

Food & carrier. The key is to eat small amounts throughout the day. It will keep you warm, and you probably won't have the opportunity to stop and eat an extended meal, as you would get too cold. Food should be a mixture of easily eaten items, and should be carried in a waist pack or pouch on your pack. Gorp, candy, cut up baklava, granola bars. Avoid some bars such as Power Bars, which freeze solid. If you want to take them treat them like cheese. Pre-cut them then pop a piece in your mouth and wait for it to thaw out before chewing. A trick I use is to carry my gorp in a plastic bottle. I can unscrew the cover with my mittens on, then "drink" the gorp without getting my mittens in it. Something you can't do with a bag of gorp.

Clothing for winter hiking.

Remember the three Ws: Wicking, Warmth, and Weather protection."

Socks: Polypro liners (for their wicking), wool socks (for their warmth) and your boots provide the weather protection. Smart-wool mid to heavy weight socks work well.

Long underwear: Polypro or Polyester? Polypro (polypropylene) supposedly works slightly better at wicking away moisture while absorbing less water, but it also permanently absorbs body odors that are almost impossible to remove by standard washing.

Pants and shirts: For warmth, choose nylon, polyester, fleece, or wool, not cotton, which retains moisture. Many thin layers are better than one thick layer, as you can adjust your insulation to the weather and your level of exertion. On a 30-degree day, climbing uphill you might only need thin nylon pants over your long underwear. Standing around at minus 20 degrees, you may want several layers of clothes. Pants with side zips are especially good, as you can add, or remove, them over your boots.

Overpants and coat: For weather protection, Gore-Tex is the material, although lately other vendors have been coming out with other waterproof and breathable fabrics and coatings. Below 32 degrees you can use uncoated nylon wind pants and coat. These are even better, as they breathe better than even Gore-Tex. But they aren't waterproof, so you really need a rain coat too. (33 degrees and raining, without a waterproof layer, is asking for hypothermia.)

Mittens and gloves: The same three Ws apply. Thin Poly liners, fleece or wool mittens and gloves, and over mitts to keep out the wind and water. You will find that when hiking with much on your hands, they will probably sweat. Thin fleece gloves or mittens may be all you need. Mittens or gloves? Mittens keep your hands warmer by reducing the surface area exposed to the cold. Gloves provide more dexterity, but frequently not enough. Try poly gloves inside fleece (or wool) mittens with overmitts. Then if you need dexterity you can remove the mittens and still have the liner gloves for some warmth.

Hats, face masks, goggles: Fleece hats are good, but most don't stop the wind which can lead to earaches. Windblock fleece head-

bands are good, as they protect your ears, while allowing your body to cool off, which you may need while climbing. A face mask or balaclava is important when it's very cold, or windy. Above tree line, a face mask and goggles may be needed to protect you from the wind and snow.

Chemical hand and toe warmers: These shouldn't really be needed. If you are using them often it could be argued that you are too close to being in trouble. But they should be carried. These are a material which produces an exothermic reaction (i.e., give off heat) when exposed to air. They are a one-time use item, and while they don't give off a lot of heat can be the difference between frostbite and cold, or cold and warm.

Search for new AMC president continues

AMC President Andy Falender will retire in January 2012 after nearly 23 years first as executive director, and more recently president, of the Appalachian Mountain Club. The search for a new AMC President is well under way.

Bridgespan, AMC's search consultant, has interviewed more than 100 people across the country. The search committee has reviewed over three dozen resumes and has interviewed over a dozen strong candidates.

AMC is now in second round interviews with several people, and Bridgespan continues to bring strong, new candidates to our attention. They believe they are on track to have a new President in place around the start of the new year, but the primary focus is finding the best candidate possible for AMC. For details on the search for a new President, see www.outdoors.org/president-search.

AMC invites you to celebrate the achievements of President Andy Falender at our Annual Meeting, Saturday evening, January 28, 2012, at the John F. Kennedy Library in Boston. To register for this event, visit www.outdoors.org/FarewellAndy.

Vision 2020 sets four major goals

Following much hard work and the extensive input from AMC chapters, individual volunteers and members, staff, and AMC's Board of Advisors, AMC has launched *Vision 2020*, a plan encompassing four strategic initiatives to guide us in the coming decade:

1. Build a vibrant and diverse community of 500,000 constituents including more families and young professionals. We will develop local partnerships that broaden our diversity and reflect our region, and build communities online that reach new audiences.

2. Help 500,000 kids get outdoors giving them transformative outdoor experiences available through AMC's Youth Opportunities Program, our destinations near urban areas and close to home family activities through our chapters and local partnerships.

We will make our huts and lodges even more inviting to families. AMC will advocate for local, state, and national policy in support of getting young people outside.

3. Lead regional action on trails, land protection, and engaging youth in conservation by protecting and maintaining 2,500 miles of trails, protecting an additional two million acres from development, and growing our river and waterway expertise and involvement.

We will build our capacity to offer professional trails assistance to other organizations and expand teen trail crew opportunities. We will offer opportunities for our constituents to reduce their recreation-driven carbon footprint.

4. Broaden the impact of AMC's Maine Woods Initiative on the 100 Mile Wilderness by building on our experience and perspective as a land owner in Maine to make our Maine lodging and program operations financially self-sustaining, support local economic development, and protect 800,000 additional acres.

Look for more recreational opportunities that promote the 100-Mile Wilderness region as a world-class destination for outdoor recreation. To learn more about AMC's strategy for the next decade, visit www.outdoors.org/Vision2020.

