



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Winter 2012-13 • Volume 51 • Number 1



Hikes for short winter days

Dress for winter

DV to host Fall Gathering 2013

Leadership training • New hikers' information

Appie awards • Mohican programs and more!



Appalachian Footnotes

the magazine of the
Delaware Valley Chapter
Appalachian Mountain Club
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Cover: *In the lead is Robert Matsen followed by trip leader Ron Gonzalez on an AMC trip near Big Moose Lake in the Adirondacks last February. Sue Bickford-Martin photo.*

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AMC General Web Site: outdoors.org

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A detailed directory can be found on our web site.

Try nearby parks for a hike on a short winter's day

By Eric Pavlak

Now that the shorter days of winter are upon us, you may find the need and desire to get outdoors and go for a walk in the woods for a few hours. You don't have all day, you don't want to travel too far, and it gets dark so early!

Here are a few parks that I have found good for that shorter walk outdoors, parks mostly overlooked on our hiking schedule. Most are near to major population centers and are easy to get to. Perhaps one is near you, so when you get the urge, grab your boots, skis or snowshoes and hit that nearby trail!

Evansburg State Park, Pennsylvania is located just a few miles north of King of Prussia half way between Norristown and Colledgeville, Evansburg offers six miles of hiking trails, including a five mile loop. The loop trail goes along both sides of Skippack Creek through the surprisingly deep hemlock gorge that is the core of this 1,000 acre park. Hunting is permitted in some sections of the park, so stick to the trails, which are in a part of the park where hunting is not allowed, and wear blaze orange during deer season, or hike on Sunday.

The east side of the loop trail is steep in places and can be a challenge in sub-freezing weather if icy. However, during a good hard cold spell, the marshy areas on the west side freeze solid and make hiking easier. The varied terrain and the lovely creek make Evansburg a great place for a short hike on a winter afternoon. Snowshoeing would be fine with enough snow cover, but the steep, twisty trails make for poor skiing. For more information: www.dcnr.state.pa.us/stateparks/findapark/evansburg/index.htm

Brandywine Creek State Park, Delaware: This oddly-named park along the Brandywine River is just south of Chadds Ford, PA and convenient to Wilmington, DE. It has nine miles of hiking and multi-use trails for hiking; try the Rocky Run Trail or the Greenways Trail that winds along the creek. The Greenways Trail continues outside the park for a total of 10 miles. The trails and open fields are good for cross-country skiing. Hunting is not permitted in this park. For directions and other informations, see: <http://www.destateparks.com/park/brandywine-creek/index.asp>

Ridley Creek State Park, Pennsylvania: Ridley Creek State Park has 2,606 acres of Delaware County woodlands and meadows. The gently rolling terrain of the park, which is centered on Ridley Creek, is only 16 miles from center city Philadelphia, and offers 12 miles of hiking trails. It is a good place to ski when there is enough snow. There is no hunting allowed. Chapter hike, December 8.

The historic 300-year-old working farm and restored colonial village are closed to visitors during the winter, but you can certainly walk or ski past it. Come back on a summer weekend for a tour and look inside the buildings. For more information: www.dcnr.state.pa.us/stateparks/findapark/ridleycreek/index.htm

Jacobsburg Environmental Education Center, Pennsylvania was formerly called Jacobsburg State Park. This 1,168 acre park has 18 miles of hiking trails, many of which are good for skiing with adequate snow depth. This lovely park is located just north of Nazareth, PA and is close to Allentown, Bethlehem and Easton. It is drained by the Bushkill Creek, not to be confused with the Big Bushkill, which is



Skippack Creek reflects the bare trees and the afternoon light of the low winter sun at Evansburg State Park.

— Eric Pavlak photo.

in the Poconos. Hunting is permitted in sections of the park, so wear blaze orange during deer season, or hike on Sunday.

So if you are in the area and looking for something to do outdoors on a winter day, grab your boots or skis and head to Jacobsburg. For more information on this park, go to: www.dcnr.state.pa.us/stateparks/findapark/jacobsburg/index.htm

Pennypack Park is a Philadelphia park located in the northeast section of the city, that while much less well known and used than the Wissahickon, is like it in that it encloses a pretty creek with miles of marked and unmarked trails. You can hike along either side of the creek from the Delaware River all the way to the Montgomery County line and beyond, on that county's parkland.

This park is way better than you might expect. It has lots of wildlife and lots of pretty views. It even has an environmental center, some very old mill remnants and the oldest bridge still in use in the country, the three span stone arch Frankford Avenue bridge built in 1697. Plus, there are plenty of trailhead parking locations and it is served by numerous public transit lines.

Washington's Crossing State Park, New Jersey, has 15 miles of hiking trails. Originally made a state park because of its historical significance, it is a wonderful place to hike, with lots of small steams and wooded ravines.

It is located on the Delaware River just north of Trenton, New Jersey. This is where Washington and the Continental Army landed when they crossed the Delaware in the darkness of Christmas night in 1776, then marched south to Trenton where they defeated Hessian troops in a surprise dawn attack.

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Try nearby parks

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You can enjoy a winter's hike at the site of one of our nation's most important events, and then perhaps dinner at one of the many nearby restaurants. Chapter hikes are scheduled for this park on January 2 and February 13. For more information: www.state.nj.us/dep/parksandforests/parks/washcros.html

Nolde Forest Environmental Education Center is located near Reading, Pennsylvania, and is located on the beautiful 665 acres grounds of the Jacob Nolde mansion.

Nolde was an emigrant who started as a weaver and rose up the corporate ladder, eventually owning a large knitting mill that by the early 20th century employed 1,500 workers. He made a fortune, but gave much to various charities. He was a pioneering conservationist in the region and left his carefully restored and preserved land to the public.

The Forest has about 10 miles of hiking trails, but since many are nearby to each other, you can get a good look at the place with a few hours of hiking. Cross country skiing is permitted. A club hike is scheduled here for January 6, and will include a slide show and a tour of the Nolde mansion.

For more information: <http://www.dcnr.state.pa.us/stateparks/findapark/noldeforest/index.htm>

Finally, I will list a park just north of Princeton that I have not visited, but comes recommended by AMC members: **Sourlands Mountain Preserve**, in Somerset County, New Jersey.

This 4,000 acre county park provides about five miles of hiking in an undisturbed natural setting. For more information including a trail map, see www.somersetcountyparks.org/parksfacilities/sourland/sourlandmtpreserve.html

Phila. parks, trails closed overnight this winter

Beginning December 3 and continuing through March 31, 2013, the Wissahickon Valley, West Fairmount Park, Cobbs Creek Park, and Pennypack Park areas of the Fairmount Park system will be closed daily from 8 PM to 6 AM. All trails, parking lots, and other areas in these parks will be closed to all pedestrian, bicycle, equestrian, and vehicular traffic. The expanded closing hours are being implemented to ensure public safety as deer control activities are being conducted in these parks, according to Philadelphia Parks and Recreation Commission.

DV Chapter to host 2013 AMC Fall Gathering at Y camp in the Delaware Water Gap area

It is our chapter's turn to host the next AMC Fall Gathering in 2013 and you will not want to miss this event, for it is going to be **big!**

The dates are October 18-20, 2013, and it will be at YMCA Camp Speers-Eljabar in Dingmans Ferry, PA. This camp is located just on the edge of the 70,000 acres of the Delaware Water Gap National Recreation Area.

This region has some of the most beautiful landscape you'll ever see surrounding the Delaware River's New Jersey and Pennsylvania shorelines. You will see mountains, waterfalls, rhododendron and hemlock forests, fall colors that will astound you and an abundance of wildlife.

There will be many activities in and around the Water Gap such as hiking, biking, paddling, workshops, nature walks, sightseeing and dancing — something for everyone including families.

Three days will not give you enough time to do it all, but you certainly can try. If you like to have fun, you won't want to miss the 2013 Fall Gathering.

We will have more information available as we start to plan and finalize the details. But for now, please save these dates on your social calendar.

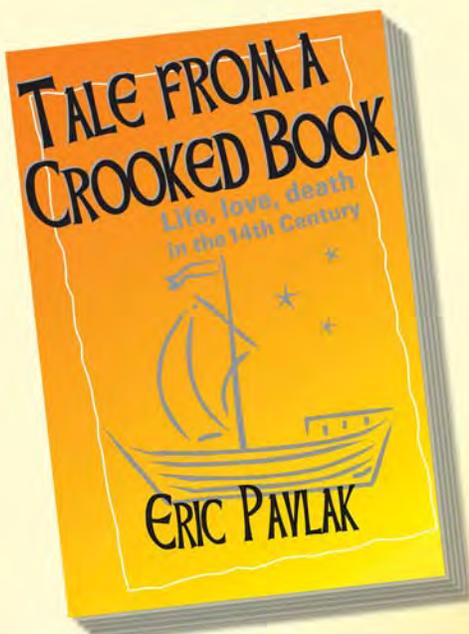
Get free weekly list of all chapter activities

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

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

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

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Dress for Winter!

Bill and Lennie Steinmetz, who have led winter weekends in the Catskills and the Adirondacks for the Delaware Valley Chapter for many years, say that the secret of success for enjoying winter hiking is to be properly dressed for your time in the cold.

They provide trip participants on their winter mountaineering trips with a list of suggested clothing and equipment, which is below. If you're doing a winter day hike in this area, do you need all this gear? No, but looking over the list may provide some food for thought as to things you might want to take along even for a day hike closer to home.

One item in particular that they recommend, even for local hikes, is Microspikes. These are lightweight, durable, relatively inexpensive (\$59, at REI and EMS) traction devices that can be easily attached to any boots. They provide much-needed stability for the icy conditions that frequently are a problem on trails in northeast Pennsylvania.

Bill and Lennie will be leading an **Introduction to Winter Hiking** weekend at the Mohican Outdoor Center in the Delaware Water Gap on January 25-27, which will provide an excellent opportunity for those interested in expanding their three-season hiking into winter this year. The cost for the weekend, including two nights lodging, two breakfasts and Saturday dinner, is \$149 for AMC members. If you'd like additional information on this workshop, go to <http://activities.outdoors.org/search/index.cfm>.



Dress according to conditions, but come prepared with extra clothing and supplies!
— Rich Pace photos.



Winter day-hike clothing & equipment list

Clothing to wear

Dress in non-cotton layers: When climbing, you are going to become a lot warmer than you might imagine, but you might also become chilled at that nice, but windy overlook. Be ready to take off and put back on as needed. Cotton is dangerous in winter, so leave the jeans at home!

Socks: insulated sock with liner sock, Smart Wool medium or heavy weight works nicely. Your toes should not feel constricted in your boots

Boots: Insulated and waterproof winter boots, of which there are many new lightweight models on the market. Be sure to size big enough for good circulation. Take socks you'll wear along when fitting. Uninsulated fabric hiking boots can result in cold wet feet and a most unhappy experience.

Long synthetic underwear, light or medium weight. Wear tops in moderate weather, tops and bottoms in colder weather, wind.

Light or medium weight fleece or other synthetic over shirt

Synthetic mountaineering or hiking pants

Gaiters for additional warmth, to protect pants from crampons, and to keep snow out when snowshoeing.

Hat: Synthetic or wool hat. Your outer shell jacket should have a hood for wind protection.

Shell jacket for cold and wind protection, such as soft shell or other synthetic outer wind layer.

Wool or polar fleece mittens: It is wise to have a variety of mittens, gloves and head gear for different conditions. Consider the addition of lightweight glove liners.

Carry in pack: More insulating clothing, such as synthetic or down sweater, vest or jacket.

Rain gear, both a parka and pants that can be put on over boots.

Your extra mittens, gloves and hat collections.

Food & Beverage

Bring a minimum of one to two quarts of liquid per person per day in water bottles insulated with socks or parka. Hydration systems can freeze, and are not recommended.

Lightweight thermos (recommended but not necessary) for hot Jello, hot chocolate or other beverage.

Food items high in carbohydrates that can be eaten while moving such as gorp, energy gels, granola bars, small candy bars.

Equipment

Pack of sufficient size to carry all your gear. Consider a pack cover or liner for wet conditions.

If **snowshoes** may be needed, shorter models work for most non-overnight trips.

Bottom claws are absolutely necessary for steep ascents and descents

Microspikes or similar product for moderately icy conditions, **crampons** for steep ice.

Hiking poles for additional stability and points of contact.

Head lamp or flashlight, a personal first aid kit, lighter or matches, medications, sunglasses, sunscreen, etc.

For cold emergencies, consider a light bivy sack, light sleeping bag, thin foam pad and parka as part of your group gear.

Mohican offers getaway programs for 2013

Register for an upcoming Mohican getaway event and give yourself a great opportunity to explore the Mohican Outdoor Center in the scenic Delaware Water Gap.

Getaway programs offer relaxing and fun multi-day activities where you can socialize and experience the surrounding natural beauty both within and around the camp. These low cost events are a great way to meet new friends, learn new skills, explore hiking trails (including the Appalachian Trail) or simply sit around a warm fire with your favorite book.

The **Wilderness First Aid (WFA)** course offered on Fri.-Sun. January 4-6, and Fri.-Sun. March 15-17, will teach you how to deal with common medical incidents and accidents that occur in the backcountry. It stresses safety, preparation, crisis avoidance, treatment of problems, protection from the elements and more.

Be one with the season through yoga, meditation, and hiking at the **Yoga and Hiking Midweek Getaway**, Tues.-Thurs., January 22-24, where we will enjoy the quiet winter beauty of Mohican.

If you are you a three-season hiker who is considering expanding into winter activities this year, now is your chance to learn about clothing, equipment, and safety issues at the **Winter Hiking Mohican Weekend Getaway** on Fri.-Sun. January 25-27.

Explore the backcountry trails of the Delaware Water Gap and Pocono areas on skis by signing up for the **Cross Country Ski Weekend Getaway**, on Fri.-Sun., January 25-27. If snow conditions are not suitable for skiing, we'll hike instead.

Join us for the **Animal Tracking Winter Getaway** on Fri.-Sun., Feb. 1-3, as we track paw prints across the snow to learn more about animals and their lives.

Don't hibernate this winter, attend the **Winter Fun Midweek Getaway**, Tues.-Thurs., February 5-7 and enjoy this beautiful season. Learn to ski safely and enjoyably in the winter.

Do you have a hiking adventure bucket list? Then join us for the **Bucket List Hiking Midweek Getaway**, Tues.-Thurs., February 5-7. Find a network of others who have experience and helpful advice in completing your list.

If you are a beginner who wants to learn how to downhill ski, come to the **Beginners Downhill Ski Weekend Getaway**, Fri.-Mon., February 15-18. There will be lessons and a fun day of skiing.

Calling all young and young at heart members for a weekend of winter fun at the **Young Members Winter Adventure Getaway**, Fri.-Sun., February 22-24. We will be snowshoeing, XC country skiing, or hiking. Saturday evening will be spent sharing some of our favorite cold weather beverages in front of a cozy fireplace.

Share your talents and love of Mohican to help us make a few improvements around camp at the **Work and Play Weekend**, Fri.-Sun., March 22-24 as we get ready for the upcoming spring season.

Check our chapter website www.amcdv.org/Mohican for specific details and registration on the 2013 Getaways.

Sign up for other AMC chapters' newsletters

If you enjoy receiving and reading our DV chapter electronic newsletter *Appalachian Footnotes*, you might like to receive electronic newsletters from one or more of the other eleven AMC chapters to see what exciting things are going on.

It is easy to subscribe to these and you can opt out at any time. To get chapter newsletters from other AMC chapters, please contact Member Services at 800-372-1758, or send an e-mail to AMCInformation@outdoors.org specifying the additional chapter newsletters you'd like to receive. Newsletters from other chapters are only available via e-mail.

Chapter honors John Rowen, Rich Pace

Two very active Delaware Valley Chapter leaders were presented with awards recognizing their volunteer work at the chapter's annual dinner this November.

The Golden Appie Award was presented to John Rowen for many years of service to the Chapter. John has been a member of the Appalachian Mountain Club and the Delaware Valley Chapter for more than 28 years and has served as hiking chair, executive committee member and nominating committee member.

John is currently the chapter's hiking data analyst, and in that capacity has developed data systems to facilitate the identification of hiking trends and achievements. John is also one of the Chapters most active leaders and noted for a variety of both day and weekend hikes.

The Appie Award was presented to Rich Pace for his service and commitment to the Chapter. Rich was recognized for his leadership of a variety of outdoor activities over the past ten years, which include hiking, paddling and backpacking.

Rich has also been a major leader in the chapter's Meet-Up program where his popular hikes are noted for originality and high participant praise. Rich was also a major participant in the development of the chapter's hotline scheduling and communication system.

Wilderness first aid course worth taking; offered four times in 2013 at Mohican

Accidents happen. People get hurt, sick, or lost. The temperature drops, the wind picks up, and it starts to rain. Would you know what to do?

Many backcountry emergencies are preventable, and even when bad things happen, sometimes the wrong care can make things worse. By learning a few basic skills, you can make the difference between a good outcome and a bad one-and maybe even save a life.

Wilderness First Aid is an excellent course for the outdoor enthusiast or trip leader who wants a basic level of first aid training for short trips with family, friends, and outdoor groups. The 16-hour-long two-day course focuses on the basic skills of: response and assessment, musculoskeletal injuries, environmental emergencies, survival skills, soft tissue injuries, and medical emergencies.

The Delaware Valley Chapter highly recommends this course to all activity leaders, and offers a 50 percent reimbursement to leaders who lead at least two trips for the chapter within one year of taking the course.

The course is taught by Stonehearth Open Learning Opportunities (SOLO) four times a year at the Mohican Outdoor Center in the Delaware Water Gap.

In 2013, the course will be offered on the weekends of January 4-6, March 15-17, May 3-5, and September 13-15.

The cost for AMC members is \$267, including lodging and meals for the weekend. For questions about the program, contact Leadership Chair Lennie Steinmetz at leadership@amcdv.org or contact SOLO directly at 603-447-6711. For course reservations call 603-466-2727.

Team Willy: Will I leave a legacy? Yes!

If you are you interested in investing in the future of AMC, then we hope you will consider joining Willy Ashbrook, Chair of Team Willy and member of AMC's Board of Directors, and other club members in leaving a legacy with the AMC through your estate plans. Know that a gift at any level will be appreciated and be of value to AMC programs.

To learn more, visit www.outdoors.org/plannedgiving or call Jim Hamilton at 617-391-6585.

August Camp 2013 set for Cascade Mountains

In 2013 August Camp returns to the breathtaking North Cascade Mountains of Washington State with hikes and other activities in the Cascades National Park, Mt. Baker-Snoqualmie National Forest plus Ross Lake and Lake Chelan National Recreation areas.

Choose from a variety of hikes every day, or add in backpacking, rafting or kayaking to expand your experience. Take an excursion to the San Juan Islands to hike or bike, and enjoy the Washington State Ferry System. No matter what you do, you'll be surrounded by amazing vistas.

August Camp is a full-service tent village for 64 campers each week that offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie.

The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream. The site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

Registration forms and detailed information can be found on the August Camp website beginning in December. Plan your one or two-week adventure now, and be part of one of the oldest camps in the AMC.

Registrations will be accepted after January 2, 2013, on a first come basis. The cost, including all meals and transportation in the camp vans (to the trailheads each day, to camp from and back to the Seattle/Tacoma Airport) is \$875 per week for AMC members, or \$1700 for two weeks. The camp runs for a total of four weeks:

Week 1: July 13 - July 20

Week 2: July 20 - July 27

Week 3: July 27 - Aug. 3

Week 4: Aug. 3 - Aug. 10

For additional information and reservations, the August Camp website is <http://augustcamp.org>



Mountaintop celebration, Adirondacks. — Rich Pace photo.

Education reimbursements available for DV Chapter activity leaders

The Delaware Valley Chapter offers reimbursements to activity leaders for a variety of specific training programs, including Chapter 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 Delaware Valley Chapter Leadership Chair at leadership@amcdv.org.



AMC skiers in the Adirondacks last February.

— Sue Bickford-Martin photo.

Whatdaya' mean, the trip's full?

If you've ever called to sign up for a trip and been told that the trip was full, you may have wondered "How this could be? After all, what's one more person?"

Well, since AMC trip leaders are volunteers, they are encouraged to take only as large a group as they feel they can safely and comfortably lead. They are also encouraged to keep in mind the group size recommendations for the area in which they will be hiking.

These recommendations vary considerably, for example in the White Mountains, the US Forest Service recommends that groups be no larger than 10 persons.

On the Appalachian Trail, the Appalachian Trail Conference recommends that day hikes be limited to groups of 25 or less and backpacking trips be limited to groups of 10.

These recommendations are based on a concern for the environment and for the impact that larger groups can have on fragile trail systems. The impact on other participants' experience with faced with a crowd of 30 or 40 people is also reason for concern.

On paddling trips, group size may also be limited by available equipment and limitations of access points, as well as all the other considerations of group size.

Aside from these limits, an individual leader might feel comfortable with leading only a smaller group, and it is certainly their right to lead only as large a group as they feel comfortable with.

Meeting times and places are generally not given in Delaware Valley Chapter trip listings because this allows leaders a chance to speak to participants in advance and make sure that the group does not become too large and that the participants have the necessary equipment and experience for this type of outing.

If you are interested in taking part in a given trip, it is important that you contact the leader well in advance to reserve your space. Should your plans change so that you cannot take part in the trip, please let the leader know so that your space can be made available to someone else.

Ideally, no one would be turned away from a trip because it was full. If it does happen to you, realize that this is simply a result of having too few outings to accommodate the number of would be participants on a given day.

The solution? More leaders are needed to make more trips available. If you would like to become a leader for the Delaware Valley Chapter, please contact the activity chairs (hiking, biking, paddling, etc) listed in the masthead for more details on how you can become involved.

Remember, AMC is a volunteer organization that relies on volunteers like you to make it a success!

Outdoor Leadership Training to be April 12-14

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of April 12-14, 2013, at Nockamixon State Park and the Weisel Hostel near Quakertown.

Everyone is welcome to attend, from 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

The instructors will be experienced AMC volunteers and staff.

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 is \$35 for AMC members, \$50 for non-members, \$20 for AMC members who complete one co-lead by April 1, 2013. 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 cost is \$15.

For additional information and registration, contact chapter Leadership Chair Lennie Steinmetz, leadership@amcdv.org or by phone at 610-694-8677.

New hikers: do your part to have a good time

The leader is there to make sure that I have a good day, right?

Whoa. Let's backtrack a moment. AMC leaders volunteer (they are paid nothing) to lead hikers through the woods. The leader's basic responsibility is to plan the hike, submit a hike description, show up, adhere to all park and AMC rules, and show the group the route.

In case of an accident, the leader will offer any assistance they can, and send in an accident report to the club.

AMC hiking is a group activity. Most of the group will have lots of fun most of the time (including, hopefully, the leader), but there's no way to make sure that the hike will meet the needs and expectations of each individual hiker.

Want to enjoy your day in the woods? Here are some pointers:

Read the hike description carefully. If the most vigorous thing you've done in the past month is to run for the bus, don't go on a 4E12 hike. Pick a hike that realistically suits your fitness level. When in doubt, pick a slower, less hilly and shorter hike

Bring all the food, water and other gear needed for the hike. If you're uncertain what to bring, check with the leader.

Stay with the group.

Be considerate; don't expect the leader to change the difficulty or length of the hike in order to suit you. The leader can't guarantee when a hike will end, so don't expect the leader to make sure you're home in time for another social engagement.

In some instances, a leader may need to tell someone that they may not join the hike because they are not prepared for that hike or do not have the required gear. Respect their judgment, be flexible, and try again another day on an outing more appropriate for you.

by Nancy Tollefson

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Risk Management: On land, snow, ice or water, AMC leaders need to be well qualified

By Denise Zembryki

Reprinted from Footnotes five years ago

During Aaron Gorban's presentation on Risk Management at the Leadership Training Workshop in April, he reviewed the AMC requirements that a leader must meet to be considered qualified.

One of these, related to "hard skills" is that the technical skill level of the leader exceeds the difficulty of the activity he or she is leading. Aaron's example was that a hiking leader who is leading a 10 mile hike should be able to hike 15 miles.

While a leader needs to incorporate risk avoidance, the other component for Risk Management is emergency preparedness — this "margin for error" is essential to being able to lead safe trips.

Putting on my paddling helmet (rather than hiking or ski cap!), This requirement is equally applicable for water-based activities: canoeing, river or sea kayaking. From our DV-AMC General Paddling and Leadership Policy:

Trip leaders shall be rated on the basis of not only their paddling skills, but also their general leadership skills and their ability to run safe trips in accordance with the rules and traditions of the AMC, the Delaware Valley Chapter and the Canoe Committee. Ratings shall be made by the Paddling Committee each year at the annual committee meeting and at other times as deemed necessary by the Canoeing Chair. Skill evaluation and demonstration for leader rating will normally be made on club trips. Paddlers who wish to lead trips must demonstrate their paddling skills to be equal to or better than the level of the trips they intend to lead. Leader candidates must co-lead at least two trips prior to receiving a full leader rating. Their co-leader should have a full leader rating for the proposed trip, and should act as a mentor, advisor and observer of the new leader. The new leader should perform the majority of the pre-trip and post-trip work, and act as the leader-in-charge on the water. Safety training is highly recommended for all leaders.

Are these requirements rigorous? Yes. Are they necessary? Absolutely! Talk with **any** experienced paddler, and he or she can describe numerous cases where preparedness, on-water skill and ability to deal quickly and competently with an incident meant the difference between an ordinary day on the water and a real problem.

What the Canoe Committee has long recognized is that the "easier" trips (up to Class 1) are often the ones where the leader has a much more difficult undertaking, as so many of those folks calling to come on these easier trips are novice or non-paddlers. Yes, these novices can come along, but the pre-trip info needs to be detailed, and the support from other experienced paddlers needs to be present.

Nevertheless, the trip leader needs to have substantial skills himself or herself, to respond appropriately to any event that occurs on the water.

Bottom line: what you contribute as a participant and what the AMC expects from you as a leader are two very different things. It takes an investment of time and energy to learn the skills to lead for the AMC, but the reward is being able to share your love of the outdoors with others in a safe and fun way.

First Day Trips: AMC's leaders will offer First Day events on January 1, 2013 as part of a nationwide celebration of state parks. Plan a trip or plan to attend. Whether you are on foot, snow shoe or on the water, it's a great way to start the New Year. All trips are listed at <http://activities.outdoors.org>. If you will be in some other part of the country, you can still enjoy a First Day trip by visiting <http://www.americasstateparks.org/first-day-hikes>.



AMC hikers travel on snowshoes in the Catskills on this trip two winters ago. — Rich Pace photo.

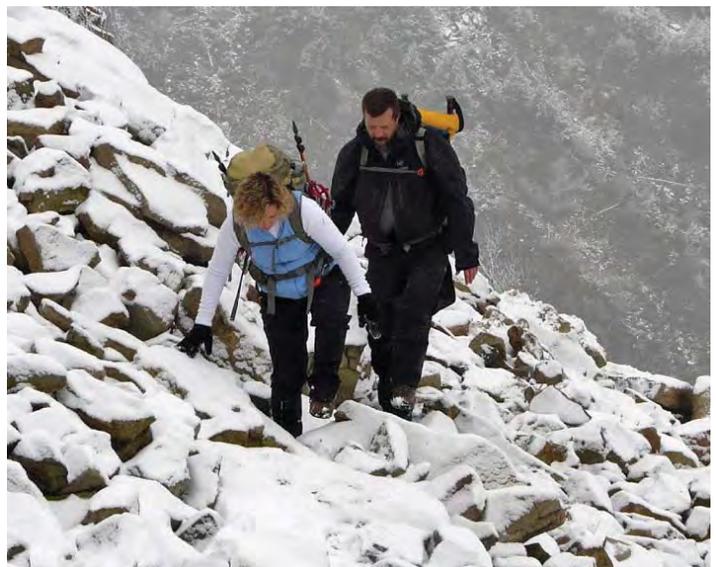
AMC publishes new book, calendar

AMC Books has just released of *Mountain Voices: Stories of Life and Adventure in the White Mountains and Beyond*, compiled and edited by Rebecca Oreskes and Doug Mayer. In this collection of interviews that have appeared in Appalachia, fifteen profiles capture fascinating stories of travel, adventure, and lifelong passion for nature, along with the spirit of the people who choose to live in the craggy, remote North Country. Over nearly two decades, authors Doug Mayer and Rebecca Oreskes have interviewed extraordinary people whose lives are intricately linked to New Hampshire's White Mountains.

In their own words, Brad and Barbara Washburn enumerate their groundbreaking mountaineering exploits, and Rick Wilcox discusses search and rescue efforts. Woodsmen like Ben English tell of their work on hiking trails, and George Hamilton recounts his career in AMC's high huts. White Mountain icons such as boot maker Karl Limmer and Ellen Teague of the Mount Washington Cog Railway offer accounts of their esteemed careers in the mountains. Guy and Laura Waterman detail the development of their backwoods ethics philosophy. Historical photographs accompany each interview.

A perfect companion to the book is the new 2013 Mountain Photography Bradford Washburn Calendar, full of spectacular images from Alaska, the Swiss and French Alps, and New Hampshire's White Mountains.

You can order directly from the AMC at www.outdoors.org/amc-store or by calling 800-262-4455.



AMC hikers brave slippery conditions on the snow covered east face of Lehigh Gap last winter. — Rich Pace photo.

You never know what'll happen at the Mohican Fall Foliage Midweek Getaway

By Joan Aichele

Not many people can say they were buzzed by gliders (sailplanes), but that is what happened to the participants at this years' Fall Foliage Getaway at Mohican Outdoor Center.

This year, as always, the Getaway was filled with lots of laughter, good times and memories. We started on Tuesday by hiking up Mt. Minsi on a warm sunny day and had spectacular views of the Delaware Water Gap.

We were treated to awesome views of Mt. Tammany covered in fall colors under azure blue skies. Our group stopped along the hike and chatted with many other hikers out that day including a friendly couple from Ohio who had decided to head east to view the fall colors. They were not disappointed with what they were seeing.

Tuesday night, those of us who still had energy took a hike up the Rattlesnake Swamp Connector Trail to the Kittatinny Ridge to view the light pollution from New York City and enjoy the serenity of the evening. The night was so clear we were treated to a phenomenal view of the Milky Way as well as several falling stars. It was the perfect end to a perfect day.

Wednesday, we hiked south along the Appalachian Trail to Raccoon Ridge to take in the views of the Delaware River as well as to catch glimpses of the few raptors still migrating south. Some of the group broke off and ventured down the Kaiser Trail to Coppermine Trail where they enjoyed the waterfalls and spectacular gorge along the trail.



As we stopped for a break at the fire tower all of a sudden out of nowhere came a glider so low we could see the pilot waving and smiling at us. None of us could believe what we just witnessed. Then more gliders passed over head. We started screaming and waving back to the pilots as they continued to buzz us.

One very good pilot dipped down and actually came up the face of the mountain and over the ridge right over our heads as we saw the underbelly of his glider. You would have thought a bunch of school children was standing there instead of adults with all the screaming and excitement in the air. It was an unforgettable experience that you would probably only witness once in a lifetime. It was the perfect ending to three days of laughter, fond memories and good times.

If this sounds like something you would enjoy please join us next year. We would love to have you join us then; we are hoping for a full house. We have moved the dates from the normal Tuesday through Thursday to Wednesday through Friday to pair it up with the 2013 AMC Fall Gathering.

Our chapter will be hosting the Gathering next year and it will be held in Dingmans Ferry, PA a beautiful 45 minute drive through the Delaware Water Gap National Recreation area from Mohican. You can spend three days at Mohican Outdoor Center October 16-18 hiking and paddling on the New Jersey side of the Delaware River. Then on October 18-20 join us at the Fall Gathering on the Pennsylvania side of the river.

Then everyone returned to camp for an afternoon of relaxing at the Boathouse or paddling on Catfish Pond. Pat Merkel put us all to shame by taking a dip in the lake attired in her wetsuit.

George Gorman also took a dip in the lake although his was unplanned and very much unexpected. He showed us all the improper way to get into a kayak. Although the situation could have been very serious we all enjoyed many laughs over the incident. Happy to report George is just fine.

After a fabulous dinner of herb-roasted pork with homemade mashed potatoes, green beans, and homemade apple and peach pies prepared by the very talented Mohican staff, we settled in by the roaring fire for a very competitive and lively game of Apples to Apples. Lots of laughter and good natured teasing was heard from the group throughout the evening.

Thursday, our final day of the Getaway was to be just a routine hike north on the Appalachian Trail to the Catfish fire tower and back to Mohican on the Rattlesnake Swamp Trail. It was a somewhat over-cast day but we still had nice views from the ridge.

