



Appalachian Footnotes

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

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Use the Member Center to get your chapter's newsletter electronically, renew your membership, update your member profile, or get a weekly digest of upcoming chapter activities sent to your e-mail in box! Click here to log in



Cover: Jean Fletcher and Zoltan Nagy ski along one of the carriage roads at the X-C Ski center at Minnewaska State Park near New Paltz, NY.

Sue Bickford-Martin photo.

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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 Hotling: bottling requests@amedv.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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It was nearly noon and my knuckles turned white

on the steering wheel of my small car, but I had snow tires, traction, and a purpose to move forward. We were in a blizzard, at least by Jersey standards, but the locals would just shrug their shoulders and call it weather. We were deep in the Adirondacks on Route 28 on our way to backcountry ski from Big Moose Lake to Beaver River, a journey only cross-country skiers and snowmobilers attempted.



Sue Bickford-Martin. — Photo by Irina Kulikovslaya

The snow was falling steady and thick, but we arrived safely at our lodging, an old guest house manned by a grumpy retired pipe fitter and his pit bull companion. Soon our fellow AMC skiers arrived and we were all chomping at the bit to strap on our boards and venture into the snowy heaven. It was white-out conditions, but we were so happy to be together as fellow skiers and to be in the elements. An hour-and-a-half out in the blizzard was enough, and we happily returned to our warm lodge to eat a hot meal.

By morning, the world was remade by new snow, a bright sun in an endless sky and no commitment beyond a full day's skiing. Conditions were perfect. We had a foot of new snow, and our leader decided to ski on the idle railroad tracks. We were fortunate to follow a snowmobile groomer, who made a perfect manicured glide way for us. With full backpacks we skied 10 miles to our next overnight lodging in Beaver River.

The tiny hamlet on the shores of Stillwater Reservoir has no plowed roads and is serviced by snowmobiles in the winter and boats in the summer. Our lodge had hot, yummy meals, roaring fires, and was occupied by winter enthusiasts.

This just described one of the many X-C skiing trips I attended last winter hosted by AMC. Other trips were at cross-country ski centers with groomed trails, ski lessons, and youth races. There's nothing like the energy from teenagers on skis gliding by in the snowy woods.

This winter, our executive committee has formed a new X-C skiing committee. One thing that is most important is finding our X-C ski friends. We need to talk to each other, find the snow, learn new skills, talk about equipment, discuss whether to wax or not to wax, and gather together for that wonderful calorie burning rush. We have three different styles of X-C skiing: classic (sometimes

called traditional), skate, and backcountry. Classic is done on groomed X-C ski center trails that have two parallel grooves, or on trails broken by your group or by other skiiers. Skate skiing is a newer method of cross-country skiing and uses lateral movements that are

familiar to inline, roller and ice skaters. It is done on wide, packed trails. Backcountry is on ungroomed trails with metal edged shorter wider skis.

There's a ski style for everyone; from beginner to advanced. This winter our leaders have posted trips to Vermont, Tug Hill, and the Adirondacks. These are at groomed centers and are perfect for all levels of skiers. Rental equipment is usually available along with the important ski lesson. Check out the AMC database and sign up, for these trips fill quickly. As we get into winter and snows come to our region or up north, it's important to be informed of our last minute trips that will be posted on the new AMC-DV-SKI Yahoo Group.

Be ready; have a bag packed at all times, for that X-C ski adventure up north. Or maybe we'll get lucky and have a nice snow storm locally, and we can play in the white stuff closer to home.

To be informed and get to know your new ski buddies, e-mail bickford-martins@hotmail.com and we'll have Yahoo Groups send you an invitation to join our merry group of X-C skiers. As of this writing, we have more than 25 ski friends in the group. Join now, and let's go skiing!



tion to join our merry group of X-C skiers. As of Cross-country skiers form the Delaware Valley and from the New York-North this writing, we have more than 25 ski friends in Jersey AMC chapters pause on the trail from Big Moose to Beaver River in the Adirondacks. — Photo by Irina Kulikovslaya

Click here and send an e-mail to join our chapter's XC ski group, and get the latest information on snow and cross-country ski trips

Work advances on routes, planning, for Pennsylvania Highlands Trail Network

The Appalachian Mountain Club and the Pennsylvania Highlands Trail Network Steering Committee continue to make strides in planning the PA Highlands Trail, which when completed will extend over 300 miles across the Pennsylvania Highlands region from the Delaware River to the Maryland border.

The recent completion of the *Feasibility Study for the Pennsylvania Highlands Trail Network in the Quakertown Region* marks a major milestone in our efforts to close the significant trail gaps between Nockamixon State Park and the Perkiomen Trail. See: outdoors.org/pdf/upload/Qtown-Region-Master-Trail-Plan-2013.pdf

The Study, which includes several municipalities in northern Bucks County, recommends using a combination of new and existing trails to connect Nockamixon State Park with Quakertown Borough and Perkasie-Sellersville. A top priority is a 3.5 mile extension of the Saucon Rail Trail from Coopersburg (Lehigh County) into Richland Township (Bucks County) near its border with Quakertown Borough. The rail trail extension also happens to be a top priority of the newly adopted Bucks County Bicycle Plan (January 2013).

In addition to identifying alternative routes for the PA Highlands Trail, the Feasibility Study articulates a vision for more walkable and bicycle friendly communities with connectivity between schools, parks and downtown areas. The next step is to build awareness and community support so that the trail vision becomes an active network of recreational trails. AMC will continue to convene key partners from across municipal and county boundaries and promote development of the PA Highlands Trail Network.

The next feasibility study will focus on identifying trail route alternatives in the Unami Hills from the Bucks-Montgomery border to the Perkiomen Trail near Green Lane. Also on the work plan for the coming year is to dedicate and open a section of the PA Highlands Trail between Riegelsville and Ringing Rocks.

AMC members who are interested in helping with this project or would like more information on the PA Highlands Trail Network are encouraged to contact John Brunner of AMC's Bethlehem office: jbrunner@outdoors.org, 610-868-6906. Follow our progress on Facebook at https://www.facebook.com/PaHighlandsTrailNetwork and Hike the Highlands Blog http://hikethehighlands.outdoors.org/ — John Brunner, AMC Mid-Atlantic Recreational Planner





Above: Bob Thomas and John Brunner surveying a unnamed trail in the Manderville Preserve proposed for inclusion in the Pennsylvania Highlands Trail Network.

Below: The Unami Creek Trail in Milford Township, Bucks County

- John Brunner photos

AMC Teams up with FracTracker; hikers, others can report impacts

The Marcellus Shale area contains some remarkable places for outdoor recreation, like Pine Creek Gorge and Loyalsock State Forest. It also contains an estimated 84 trillion cubic feet of natural gas.

To raise awareness of the potential adverse impacts of natural gas development on these treasured public lands, last year, AMC launched the Marcellus Shale's Greatest Treasures project, an interactive map-based website where visitors can contribute stories about their experiences with drilling on or near public lands. The site includes stories from hikers, rock-climbers, hunters and paddlers from all across Pennsylvania.

We are now partnering with FracTracker, a non-profit organization that provides oil and gas-related data, analyses, and mapping, to help more outdoor recreationists document impacts to our trails and waterways through the FracTracker Logbook.

FracTracker Logbook is an online tool that lets hikers and outdoor enthusiasts report trail impacts from gas drilling and related activities. The staff at FracTracker compiles those accounts, including photos and GPS coordinates, on their website.

They are now in the process of developing a free app for iPhones and Android devices modeled on the Logbook site, which will allow hikers to upload photos and reports in seconds, directly from the trail or as soon as they get back to an area with cell service.

That data will then be fed into AMC's Marcellus Shale's Greatest Treasures website, creating a clearinghouse of first-hand information related to drilling activities. We're excited to be working with this organization, and encourage you to check out both pages and then submit your own stories.

Marcellus Shale's Greatest Treasures: outdoors.org/shale FracTracker Logbook: fractracker.org/projects/logbook/

To learn more about the project, please contact Cathy Reuscher at creuscher@outdoors.org, or 610-868-6903.



In Lycoming County, we are seeing in our Tiadaghton State Forest the beautiful Pine Creek valley turned into an industrial park on the top of the ridges on either side of the creek around Waterville, in the Bull Run area, up above Ramsey and on Huntley Mountain between Pine Creek and Little Pine.

In the Loyalsock State Forest, we know the Allegheny Ridge, where the southern end of the Loyalsock Trail begins, has a gas industry bulls eye on it, and development has begun on top across the Loyalsock creek on Jacoby Mountain, and is well along east of Route 14 around Frozen Run and Bodine Mountain. — Jeff Marshall photo.

Mohican Celebrates 20th Anniversary

It was a reunion weekend of celebration and fond memories when many of the volunteers and staff who have helped guide the Mohican Outdoor Center through its first twenty years of existence came together on the weekend of November 22-24 in the Delaware Water Gap. The sixty invited guests in attendance included nine members of the original Mohican Committee, which ran the center as a volunteer operation for its first three years. These are Jill Arbuckle, Pat Frasier, Kent Johnson, Rich Kajander, Peg Nation, Margo Pantalone, Ted Rodman and Bill and Lennie Steinmetz.

The original concept for the facility, as outlined in a 1993 letter



from Executive Director Andy Falender to the volunteers, that there was to be a three-year trial period, during which time operations were to be managed by the volunteers. If this proved to be successful, then AMC would take on a more active role in managing the center, providing funding for an on-site manager, and additional investment in upgrading the facilities. Starting in the fall of 1993, an ambitious schedule of events was developed by the volunteers, a financial plan was put in place, and a host of talented volunteers went to work repairing and rebuilding the former Boy Scout camp that had become AMC's new southern facility. The extraordinary success of this group was recognized by AMC when the Distinguished Service Award for 1995 was presented for the first time not to an individual, but to the entire Mohican Committee.

AMC President Sam Pryor, who presented the award at the AMC's Annual Dinner in February of 1996, commented, "Due in large part to the dedication of a core of volunteers, AMC has a new center of activity on public lands... This is a success story written by our members."

That "success story written by our members" has continued ever since. Volunteers have shared their talents as members of the Mohican Volunteer Trail Crew, which works to improve the trails in the Delaware Water Gap on the second weekend of every month from April to November.

Others have worked with the Mohican Youth Opportunities Program, which brings groups of urban youth to the facility, providing them with the equipment and training needed to make the outdoors accessible and meaningful. Still others have served as the organizers of a wide variety of weekend and midweek events that allow AMC members to come together to learn new skills (Map & Compass, Irish Dancing, Yoga, etc.) or to enjoy hiking, paddling, swimming, and relaxing in this beautiful location.

In the process, as many of the volunteers commented during the weekend, the volunteers have come to feel like part of the Mohican family, and to share a pride in the success story that they have helped to create.

Continued on next page

In addition to the many volunteers on hand for the celebration, the guest list also included past managers Kent Johnson and Dave Simpson, several AMC staff members who had been particularly involved at Mohican over the years, and several NPS colleagues who had taken an active role in the collaborative relationship between the Park Service and Mohican that has developed over the years.



The Original Mohican Committee Front: Peg Nation, Jill Arbuckle, Lennie Steinmetz. Back: Bill Steinmetz, Margo Pantalone, Rich Kajander, Kent Johnson, Ted Rodman, Pat Frasier.

The events scheduled for the weekend included several hikes during the day on Saturday followed by a tour of the camp and its many newly renovated facilities. Saturday evening, the guests gathered for a social hour at Blueberry Lodge before heading to the main lodge for a wonderful dinner prepared by Mohican Committee member Jim Catozzi. An evening program entitled "Mohican's First 20 Years: A Look Back in Words and Pictures", which surveyed the many facets of the Mohican experience over

the years, was followed by a performance by the Mohican House Band, a group of local musicians who have performed at the center on a fairly regular basis for the past 14 years.

The participants seemed to agree that it was a fun and worth-while weekend for all. As one guest commented afterward "It was a joyful occasion for sharing memories and looking to a bright future, and I saw a lot of smiling faces throughout the weekend". Indeed, many old friendships were renewed, and new ideas were developed for future activities at the center. We hope that the next twenty years at Mohican will continue to see the kind of productive volunteer-staff-NPS partnerships that have created the success story that is Mohican as it celebrates its 20th anniversary!

For a list of all Mohican Getaway programs in 2014, click here.

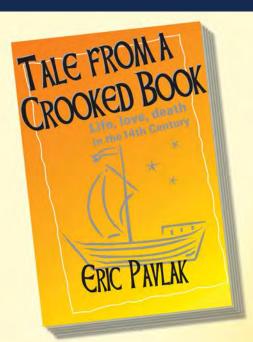


Mohican Weekend leaders Front: Gina Carmody, Paul Wulfing, Annette Sheldon, Joan Aichele, Noel Cotter, Gail Ward Kajander. Middle: Jonathan Pincus, Lennie Steinmetz, Bob Crowley, Priscilla Estes. Back: Bill Steinmetz, Kent Johnson, Stan De Riel, Jill Arbuckle, Mark Kern, Henry Schreiber.

Love your book!!

The characters and their adventures will stay with me for a very long time. -c

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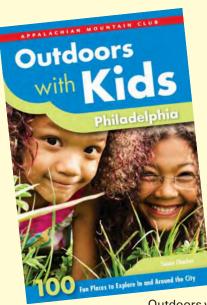
Cliff, Nancy Hence earn Golden Appie Award

Cliff and Nancy Hence were presented with the 2013 Golden Appie of the Year Award in recognition of their leadership of popular hikes with a particular emphasis on holiday hikes in the Wissahickon, past service as newsletter editors and as members of the Chapter Executive Committee.

The award was presented at the Delaware Valley Chapter Annual Dinner on November 9 by Chapter Chair Allen Male.

The Hence's are recognized as consistently being among the Chapter leaders in hiking miles and leading activities. The citation also noted their leadership of birding activities and community service to area birders. The Hences are 27-year members of the Appalachian Mountain Club.

The Golden Appie of the Year is awarded annually to a member of the Chapter who has provided extraordinary service to the chapter.



Available Now!

Outdoors with Kids Philadelphia is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.

AMC Books are available wherever books are sold, or order directly from AMC at outdoors.org/amcstore or by calling 800-262-4455.

The Clean Air Act (CAA) has improved air quality in the Eastern US for more than 40 years, and remains an important tool for addressing the threat of man-made climate disruptions from the continued use of fossil fuels. The EPA recently wrapped up nationwide listening sessions regarding one aspect of addressing climate change through the CAA: curbing pollution from existing US power plants. A proposed rule is now expected in June 2014.

AMC spoke at the Boston listening session, which was dominated by speakers in favor of the rule, and highlighted the need to reduce greenhouse gas emissions, to which existing power plants are one of the largest contributors. We also spoke about the impact

Terry Berntsen named 2013 Appie of the Year

Terry Berntsen was honored with the 2013 Appie of the Year Award in recognition of her popular and active leadership of hikes,



backpacks, cycling, and winter activities with an emphasis on multi-day activities. Terry has also achieved the distinction of becoming an AT 2,000-miler by having hiked the length of the Appalachian Trail. Terry is a 12-year member of the Appalachian Mountain Club.

The award was presented at the Delaware Valley Chapter Annual Dinner on November 9

by Chapter Chair Allen Male. The Appie of the Year is awarded annually to a newer member of the Chapter who has provided extraordinary service to the chapter.



Ken and Phyllis Niewoehner birding in the Tetons last year.

Ken and Phyllis Niewoehner honored for work as Leroy Smith Shelter Volunteers

Ken and Phyllis Niewoehner were honored for more than 21 years of service as shelter watch volunteers at the Leroy Smith Shelter on the Appalachian Trail at the Delaware Valley Annual Dinner on November 9 by Leadership Chair Lennie Steinmetz,

Shelter watch volunteers visit the shelter regularly to keep the shelter in excellent condition and carry out trash. In recognition of their service, the Niewoehners were presented with a certificate noting their lifetime service to the Appalachian Mountain Club, the Delaware Valley Chapter, and the Appalachian Trail.

carbon emissions are having on the outdoor recreation economy of the Northeast and Mid-Atlantic, which generates over \$45 billion in annual wages and state revenue. For example, seasonal snowfall at Pinkham Notch, NH has declined over a 78 year period, and snowpack is melting off 16 days earlier on average. This has a huge impact on the winter recreation industry, which relies on good and long-lasting winter conditions. Finally, we expressed our continued support for the Regional Greenhouse Gas Initiative (RGGI) as a great model through which RGGI states, and others, can meet the pending EPA carbon pollution standards.

2014 Outdoor Leadership Training Workshop set for April 4-6 at Nockamixon State Park

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of April 4-6, 2014.

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, including 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 are all 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 for the course is \$35 for AMC members, \$50 for non-members, \$20 for AMC members who complete one co-lead by April 1, 2014. 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. To register, contact DV Leadership Chair Lennie Steinmetz, leadership@amcdv.org or by phone at 610-694-8677, or for additional information.



Corn pickers: Participants on the Wednesday, November 20, hike from Lambertville to the Howell Living History Farm and back via the Rockhopper Trail stopped at the farm to eat lunch. Mercer County parkd director Peter Watson asked them to help pick field corn, three bushels in 10 minutes. The AMC group picked 23 bushels in about a half hour. —John Rogers photo.



Mt. Rainier National Park is site of AMC's August Camp in 2014

In 2014 August Camp experiences the incredible beauty of Mount Rainier National Park.

Marvel at spectacular scenery while walking among towering hemlocks, relive the drama of Mt. St. Helens, and hike on the shoulder of the fifth highest peak in the lower 48 states. Camp will be set up in the small former lumbering town of Packwood adjacent to the park.

August Camp is an adult hiking and outdoor activities camp that changes location from year to year. It is a club tradition that dates back to 1887.

After a day of the activity of your choice, relax around the nightly campfire. This will be the time to listen to ranger talks, hear reports from the day's hikes, learn about the next day's activities, and enjoy singing and conversation.

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

The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

The application and camper information forms, as well as detailed camp information can found on the August Camp website at http://www.augustcamp.org/. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions.

Applications will be accepted after January 1, 2014.

Week 1: July 19 - July 26

Week 2: July 26 - Aug 2

Week 3: Aug 2- Aug. 9

Week 4: Aug. 9 - Aug. 16

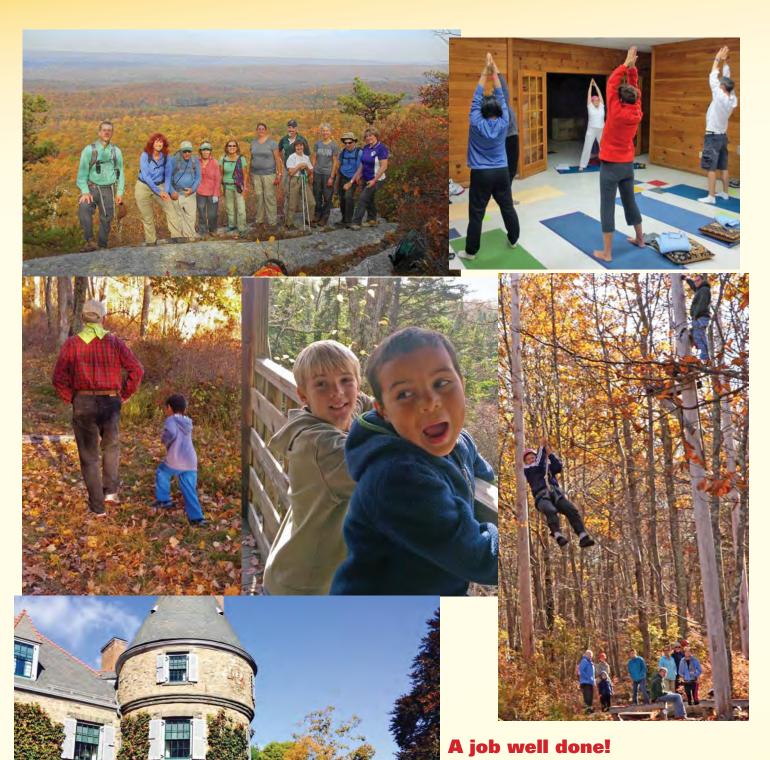
Questions about August Camp? Contact DV Chapter member and August Camp leader Lennie Steinmetz at steinmetz.lennie@gmail.com or by phone at 610-694-8677.

Participate in AMC's

Conservation Action Network

Click here for more information.





Fall Gathering Committee: Joan Aichele, Chair Denice Bohl, Geri Chmiel, Cindy Crosser, Garrido, Rich Einstein, Allison Hudson, Rick Hu

Denice Bohl, Geri Chmiel, Cindy Crosser, Don Garrido, Rich Einstein, Allison Hudson, Rick Hudson, Allen Male, Eric Pavlak and Lennie Steinmetz, many of whom also led activities.

Activity leaders: Judy Arrison, Susan Bickford-Martin, Tammy Brandon, Susan Charkes, Stan deRiel, Priscilla Estes, Carl Ganong, John Garner, George Gorman, Cliff Hence, Nancy Hence, Mark Kern, Ed McGroarty, Jane McNally, Patricia Merkel, Donna Morgan, Phil Mulligan, Chris Rapacki, John Rogers, Ed Sawin, Jude Shabrach, Annette Sheldon, Tom Sherwood, Bill Steinmetz, Michele Valerio, Stephanie Wall and Paul Wulfing.

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