



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club

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Appie Awards





Appalachian Footnotes

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They all work!

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

Chapter Leaders' Hotline: stay in touch

Communication with our Chapter leaders is very important. The main source for communicating with our leaders is our DV Leaders Hotline through Yahoo Groups.

If you are a DV Chapter leader and feel you are not currently receiving e-mails sent out over our Leaders Hotline it is possible we do not have a current e-mail address for you. If you have changed your e-mail address within the past few years and have never notified us about it, we need your current e-mail address.

Please contact our Communications Chair, Rich Wells, at communication@amcdv.org with your current e-mail address and he will send you an "invite" to join our DV Leaders Yahoo Group. You must accept this invite to begin receiving e-mails through our Leaders Hotline. We cannot simply edit your e-mail address due to spam considerations. Please help us to keep the lines of communication working by staying current with your contact information.

Membership Information

Moving? Please remember to change your address and desired chapter affiliation by going to the AMC web site, www.outdoors.org and signing in (bottom right of page) or calling AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors. 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, Allen Male at ombudsman@amcdv.org.



Cover: Barbara Beatrice is shown on Mount Washington in this photo by Jeff Fritzinger. Their article on winter hiking begins on page three.

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Winter hiking is both challenging and fun!

By Barbara Beatrice and Jeff Fritzinger

We often dream about hiking in winter as we're slogging up to a summit in the blazing heat of July.

Winter hiking offers the ability to stay in shape year-round, in addition to the fun challenges of snow and ice. It requires being well-equipped and prepared, as it can be harsh and unforgiving of practices taken for granted in the other seasons.



The first consideration before setting out is to consider what the conditions will be. This includes temperature, precipitation, terrain, and footing. It's a good bet to expect to find ice or snow at higher elevations, even when temperatures at home are above freezing. Traversing a bald ridgeline or boulder field becomes exponentially more challenging in wet or icy conditions.

When we hike in the Catskills, we carry traction devices from November until May as a general rule. A great resource to check weather conditions for any summit in the world is www.mountain-forecast.com. You can search by mountain and find a six-day forecast for the base and summit.

Equipment needs for winter hiking vary, depending on conditions and terrain. Sturdy, waterproof, insulated hiking boots are a must. Make sure your boot size is large enough to accommodate heavier winter socks. If your boots are too tight, poor circulation will make your feet very cold!

Hiking poles are always useful to maintain stability, balance, and footing, especially ascending and descending steep trails. Regarding traction devices, when there is just a bit of thin ice or a few inches of snow cover, a pair of microspikes fit the bill nicely. For deeper snow, invest in a pair of snowshoes. When the ice is thick, crampons are in order; and in extreme cases, an ice axe!

Practice putting on and taking off this equipment before you are out in the elements, as you don't want to be delayed fumbling with your gloves off in the bitter cold. Waterproof or water repellent leg gaiters provide another layer of protection against cold and wet snow, and are a must when wearing crampons to protect pants from tearing. Additional critical winter gear includes a headlamp, eye protection, sunscreen, fire starter, seasonal first aid kit and a sleeping bag or emergency blanket.

When we emerge from our warm car into frigid winter temperatures at the trailhead, we invariably ask ourselves, "Why are we doing this?" But those thoughts quickly melt away once we set off at a brisk pace along the trail. Nothing generates body heat better than charging up elevation in snowshoes. A good rule of thumb, and Jeff's mantra: "Don't be silly, start chilly!" It's better to begin your hike feeling more on the cold side than at a comfortable temperature. Just before you start, take off that extra outer layer.

All clothing materials should be quick-drying synthetic layers. Cotton kills, as it does not dry once wet, and conducts heat away from your body, putting you at risk for hypothermia.

Suggested layers for winter hiking include base layers (top and bottom), a mid-weight fleece top layer, alpine or snow pants, rain and wind layers (top and bottom), plus a heavy, hooded parka for breaks and summits.

A hat is another essential item. Your head acts as a stovepipe for your body heat. Putting on a hat will hold heat in, taking it off will release it when you get too warm. Always carry an extra hat in your pack. A buff, neck gaiter or balaclava provides additional warmth for head, neck and ears. Finally, be sure to bring several pairs of gloves or mittens, including liners, mid-weight and heavier weight. Again, this enables you to adjust for body heat and conditions, as well as having a backup when they get wet.

Another way to effectively regulate body temperature is by adjusting movement and energy. After a steep climb, you will cool off quickly when the elevation moderates. Either put on another layer or pick up your pace to stay warm. When you feel yourself beginning to perspire or get too warm, either slow down your movement, or take off a layer.

Fuel and hydration are the final considerations when planning your winter hike. Bring along lots of high energy foods that won't freeze (peanut butter M&Ms do not freeze!). Test your snack items by putting them in your freezer. It's no fun to break a tooth on a



Barbara Beatrice photo.

Bill Steinmetz on Sugarloaf Mountain in the Catskills.

frozen granola bar! Carrying food and water close to your body will help delay freezing; and you can access your munchies more easily from a pocket than your pack. You won't want to stop for a long lunch when it's cold, so smaller more frequent snacks are a wise choice.

Do not use a hydration system in winter, as the tube and nozzle will freeze quickly. Use a water bottle inside an insulated contain-

Continued on the next page

Winter Hiking, continued from the previous page
er, or even a warm sock. In extreme temperatures, start out with hot water, and store your water bottle upside down, as it will freeze from the top down. Your favorite hot drink (non-alcoholic!) in a thermos provides much needed warmth and energy. Jello mixed with hot water delivers an excellent energy boost.

While all of this seems like a lot to consider in your planning, it will quickly become part of your normal winter hiking routine. The physical challenge of pushing through difficult terrain and conditions, as well as the mental challenge of navigating icy rocks or deep snow create satisfying memories to reflect upon as you warm up by your fireplace with a cup of hot cocoa.

Once you give winter hiking a try, you will likely find it to be a very different and fun adventure compared to hiking in the other three seasons. More information and practical application will be covered at the “Intro to Winter Hiking” weekend at the Mohican Outdoor Center January 20-22, 2017.



Lennie Steinmetz photos.



Find some of the best places to ski in past issues of Footnotes by [clicking here](#). And remember to check the activities calendar on the chapter web site for ski trips!

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

Valley Forge National Park, when it has snow, often has lots of decent broken trails. Often skiable on four inches of snow, suitable for beginners. Closed park roads are also skiable.

Jacobsville State Park, near Wind Gap, PA, a 1,167 acre park just off Rt. 33, seven miles north of the Lehigh Valley and Rt. 22. Good trails for novice and intermediate skiers.

Nescopeck State Park, near White Haven, PA. Woods trails, holds snow well, intermediate.

Brady's Lake in the Poconos, state game lands. Holds snow very well, very large. Varied terrain, but you are on your own to find or break trail. It is not as good as it once was, but still decent.

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

Promised Land State Park, PA. Stay in the areas and on the trails where snowmobiles are not allowed. Easy terrain, holds snow better than most regional state parks.

Hickory Run State Park, PA. You need a lot of snow on the ground to ski here, but it holds snow well. A thousand foot climb awaits the energetic skier. Unless you are really good, it is safer to do it as a climb!

Blue Mountain Lake, Delaware Water Gap National Recreation Area, NJ. A pretty lake and the now-abandoned roads of a never built housing development make this a good place to ski.

High Point State Park, in Sussex, NJ, with groomed trails, fantastic views, a heated lodge, snack bar and ski lessons.

Stokes State Forest, Branchville, NJ, dedicates miles of its unplowed roads in its southern section to X-C skiing.

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

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

Find your park by searching on the web, but call ahead before driving any distance. It will save you time and frustration. The state parks often post snow conditions on their web pages, but be sure to check the date these were posted.

Also, many of our region's bicycle trails are good for a few hours or even a day of very local skiing, particularly the Perkiomen and Schuylkill trails.



In seed time learn, in harvest teach, in winter enjoy. ...
 A fool sees not the same tree that a wise man sees. ...
 Eternity is in love with the productions of time.
The Marriage of Heaven and Hell, William Blake



Enjoying Winter

Photo credits, clockwise from above: Annette Sheldon, Blue Mt, PA; Eric Pavlak, Gatineau Park, Quebec; Lennie Steinmetz, Osceola Ski Center, Tug Hill, NY; Lennie Steinmetz, Near Mt. Lafayette, White Mountains, NH; Eric Pavlak, Schuylkill River at Phoenixville, from Route 113 bridge.

Get outside this winter, there's plenty to do

If you think that winter is a time to huddle inside and long for spring, you're missing out on some wonderful opportunities! AMC offers a variety of hiking and cross-country skiing options throughout the winter months led by people who think that winter is one of the best times of the year to enjoy the outdoors.

If you're a three-season hiker who is afraid to venture out in the winter months, the "Intro to Winter Hiking" weekend at the Mohican Outdoor Center in Delaware Water Gap on January 20-22 can provide the basic skills and information you need to get started. Leaders Barbara Beatrice and Jeff Fritzinger will teach you how to stay warm, comfortable and safe while hiking in the winter. Snowshoes and traction devices will be available for those who need them, and guided hikes of differing levels of difficulty will be led each day to allow participants to try out their skills and equipment. Barbara and Jeff also lead a variety of winter hikes for the Delaware Valley chapter.

For those who have already tried winter hiking and would like to expand their skills, the Catskill Winter Weekends led by Lennie and Bill Steinmetz have been enjoyed by countless AMC-DV members for the past twenty years. This year's trips will take place on January 6-8 and February 3-5, and will offer at least four hikes of different lengths and levels of difficulty each day. The group stays in motel accommodations in the town of Phoenicia (west of Kingston), gathers for social hours in the evening, and goes out on the town for breakfast and dinner. Many participants get "hooked"

and wind up returning year after year as they work on climbing the "Catskill 35-ers" – the 35 peaks in the Catskills that have an elevation of at least 3,500 feet.

Several weekend trips are already on the schedule, including a "Winter Fun Weekend" at Tug Hill (north of Syracuse) on January 26-29, and a "Cross-Country Ski & Snowshoe Weekend" at Lapland Lake in the Adirondacks on February 12-15, both led by Terry Berntsen.

If it's cross-country skiing that interests you, AMC-DV's Cross-Country Skiing Chair, Sue Bickford-Martin, is lining up a variety of trips, both local day trips and weekend adventures, throughout the northeast. These tend to be more weather dependent, so often are posted on short notice when conditions are good – check the DV [activities calendar](#) for the latest options.

For downhill ski fans, Rich Pace leads weekday downhill ski trips at Blue Mountain and Camelback from January through mid-March. Specific dates will be determined no more than a week in advance of the ski day, based on conditions and weather. For details and to get on the e-mail list, [click here](#).

For winter activities listed by other AMC Chapters or at AMC facilities throughout the northeast, go to <http://activities.outdoors.org/> and search for "winter hiking," "snowshoeing," or "cross-country skiing" to see the large number of offerings to help you make the most of the coming winter.

Here's hoping for some great snow this winter making for fun outdoor activities! — *Lennie Steinmetz*

In Memoriam: Dave Simpson, Mohican Manager

Many AMC members recall Dave Simpson as the friendly person who welcomed them to the Mohican Outdoor Center, or the man with the guitar who shared his gift for music there on Saturday evenings. Dave served as Mohican Manager from 1998-2011, and will be missed by many who had the pleasure of spending time with him there. As his friend and fellow band member Glen Zeeck commented: "one of the things that stand out about Dave was that anytime I had a conversation with him, I left more enriched, more aware, and more loved than before the conversation."

Dave passed away, after a battle with cancer, on October 24, AMC member Jeanne McCarthy, who served as a volunteer and Mohican Committee member during his tenure at Mohican, contributed the following remembrance:

Dave Simpson's Legacy

By Jeanne McCarthy, friend, AMC volunteer, former Mohican Committee member

Toward the end of the 1990s and into early 2000, Dave encouraged a group of Mohican Outdoor Center board members to combine their talents to review changes for this new Appalachian Mountain Club site. Over the years, many remarkable AMC volunteer teams were able to complement his amazing vision. These AMC-MOC "followers" helped create Dave's legacy of change and improvement for the MOC camp and its programs. Dave's inspired goals all envisioned momentum - a constant force, planning around everyone's dedication to AMC growth. Plans turned into reality – ever-apparent at MOC – a well-maintained main lodge, repaired original cabins, an updated boathouse and a restored dining hall.

Dave's dedication to the environment also meant a retained site footprint for MOC camp areas. Under his creative direction, volunteers went "down a trail, over a new bridge, by the pond" to transform an old Boy Scout building into a learning center for outdoor conservation education for families and the local community. Even an old cabin site became a place for groups to use – where Dave, Mal and the staff laid out an original chimney area with benches for campfire gatherings and nighttime storytelling for weekends and family summer camp. With Delaware Water Gap National Recreation Area joint support, Dave and his staff also maintained MOC's scenic mountain road, cabin and pond areas (including an area that protects a natural wildlife den).

Another unique memory is part of his legacy - amazing musical programs grew, because of Dave's own talent. Endless campers and visitors got to hear his folksy sounds – his love of singing played out with his guitar and faithful musician friends. Over many years, virtually every Saturday night people gathered to sing or listen in the warmth of friendship. Because of Dave, what echoes through MOC are the countless song nights, musical/dance events and artistic activities.

AMC business for Dave could mean a good deal of office time. However, MOC also enjoyed his good cooking, offers of map reading for hikers, mountain history lessons, and hosting places for meditation, peace and rejuvenation. His lead meant that those who visited got to "follow the seasons" - with year-round joy, learning, pleasure and happy memories. Most of all, Dave created reminders that an active, natural life is like no other experience that outdoor lovers can have.

Dave's family has requested that memorial donations be made either to Mohican or to a charity of your choice in his name.



Outdoor leadership training, scholarship programs set for 2017

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of March 31-April 2, 2017.

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, PA.

Everyone is welcome to attend: leader wannabes, new leaders, new members, experienced leaders, members who just want to learn what leadership is all about. Topics to be covered are the elements of outdoor leadership common to all AMC outdoor activities:

Activity planning

Leading safe and enjoyable activities

Leadership styles

Group dynamics

Liability issues

Decision making model

Accident scene management

Conservation and minimum impact issues

AMC leadership requirements and guidelines

How to become a DV Chapter activity leader

Map and compass skills

Instructors: 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, 2017.

If you'd like to stay overnight at Weisel Hostel (four miles from Nockamixon), the cost is \$15 for one night or \$24 for two nights. The Saturday night dinner cost is \$15.

To register, or for additional information, contact Leadership Chair Lennie Steinmetz, leadership@amcdv.org or 610-694-8677.

DV members help with Public Lands Day, 100th anniversary of National Park Service

Our chapter participated in the National Public Lands Day event at Valley Forge National Park and helped celebrate the 100-year anniversary of the National Park System.

We ran an information table, and a lot of outdoor and conservation-oriented people stopped by, including some new to the area. Our trails chair, Phil Mulligan, and trails leader Bill Lotz each led a trail work project as part of the event. Our group mainly consisted of the Sierra Club Volunteer Vacation participants and the volunteers through REI. We carefully closed an unused trail to let it return to its natural state.

Our chapter has multiple trail projects at various regions, including the Appalachian Trail, where we maintain a 15-mile section and a shelter and the new Pennsylvania Highlands Trail. If you are interested in helping, please check the chapter calendar or contact Phil at trails@amcdv.org. — *Midori Wakabayashi*

Young leaders 18-29 can get fully paid training and free AMC membership

Young outdoor enthusiasts aged 18 to 29 who are interested in becoming activity leaders for the Delaware Valley Chapter will be provided with a full scholarship to the next Outdoor Leadership Training course this fall if they agree to lead at least two activities for the chapter within a year.

In addition, a one-year AMC membership will be provided free of charge by the chapter for these new young leaders.

AMC Delaware Valley Chapter offers a wide variety of outdoor activities including hiking, backpacking, paddling, cycling, and skiing.

The Outdoor Leadership Training course covers such things as activity planning, leadership styles, group dynamics, liability issues, map and compass skills, accident scene management, conservation and minimum impact issues, and AMC leadership requirements and guidelines.

New leaders will be paired with an experienced leader who will provide support and mentoring and assist them with their required two co-leads following the course.

If you know someone between the ages of 18-29 who enjoy the outdoors and might like to share their enthusiasm with others, please let them know about this special program being offered for this year only. For additional information, they should contact leadership@amcdv.org.

In your 20s or 30s?

Are you an AMC young member in your 20s or 30s? If so, I'd love to hear from you about what being a member of the AMC means to you and what kind of activities you might be willing to help organize, lead, or promote for other young members in the Delaware Valley Chapter.

Kate Prisby, ym@amcdv.org

Full reimbursement for Wilderness First Aid now available to DV Chapter leaders

The DV Chapter is pleased to continue its program for reimbursing chapter activity leaders who take the Wilderness First Aid course.

In the past year, 16 leaders have taken advantage of the program resulting in more than \$4,000 in reimbursements. The program will be funded for 2017 up to \$3,700, slightly less since we are past the initial surge of applicants.

Any leader who leads trips within the 18-month period starting six months before, and up to one year following, the successful completion of the WFA course will be reimbursed: 50 percent of course fees for leading two trips, 75 percent for leading four, and 100 percent for leading six. Maximum reimbursement is \$300. Two day or longer trips will count as two trips.

Course fees refers to registration and relevant lodging costs (for example, a two-day WFA training course by SOLO at Mohican Outdoor Center), and excludes travel and meal expenses unless such expenses are included in the registration fee. Reimbursement allowances apply for all original, renewal and recertification classes.

Rajat Tandon's hike with a four-course lunch raised \$800 for Haiti relief



Those who joined Rajat Tandon for his hike at French Creek State Park on Saturday, November 19 were able not only to enjoy a fun hike on a beautiful day, but also to raise money for a good cause.

This is the second year that Rajat has led a similar event, and this year's hike was in support of Haiti Disaster victims. As described in the pre-trip notice, a lunch including soup, salad, main course and dessert was provided by the leader in the middle of the hike.

There was no charge to attend the hike, as all food is donated by the leader. Optional donations to Haiti Disaster Relief were "appreciated but **not required**."

The group hiked from Hopewell Lake to Scotts Run Lake (about 5.5 miles), where Rajat had left his car loaded with cook stoves, folding table, and a huge variety of delicious organic, vegetarian food that he had obviously spent much time prepar-

ing in advance.

Those who had been on previous adventures with Rajat knew that they would be in store for a fabulous meal, those who came for this first time were pleasantly surprised, as were the other park visitors who passed by and wanted to know what this group was and how they could join. The two mile hike back to the cars was then completed by a very well-fed and happy group.

The trip participants were delighted to find out after the hike that a total of \$800 was being donated to Haiti Disaster Relief as a result of this hike! They were also glad to hear that Rajat is planning to host an even bigger event at Valley Forge next spring that will include not only the signature lunch, but also yoga classes as part of the day's activities.

If you missed out on the fall trip, watch the DV hike schedule in the spring to find out when you can get a chance to experience a fun "Hike for a Cause" for yourself.

Register for AMC's 2017 Annual Summit, January 28

Annual Summit is AMC's thanks to the people who make our mission a reality everyday: our members and dedicated volunteers.

Whether you're a lifelong member or a newcomer interested in discovering all that AMC has to offer, we hope you will join us!

Our workshop schedule offers something for everyone: Need CPR certification? Want to walk through Blue Hills Reservation while learning about forest ecology? Interested in new navigation apps, or pro tips for backcountry photography? Check out the offerings here!

The event features:

- Your choice of more than 20 workshops and presentations
- A delicious buffet lunch
- An early evening reception, with a drink and hors d'oeuvres
- AMC's annual volunteer service awards
- Committee meetings, open to all
- The 141st Annual Business Meeting

At the Four Points Sheraton, Norwood, MA. For those traveling a distance, who would like to stay Friday and/or Saturday night, we have secured a great group rate. You'll find the lodging details on the registration page: www.outdoors.org/AnnualSummit

\$30, if you register by December 31;

\$40 if you register in January

Get more involved in your club Give back to your community

Do a bit more than go on trips or lead trips. We can use a little help in many different ways. Do as much or as little as your time, talents and interests allow.

You can assist with a social activity, work on a trail, help plan a hiking series, teach a class, make a presentation, write an article, set up an exhibit, write letters and make phone calls for conservation causes, learn a new skill and share it and so much more.

Contact our committee chairs to learn how to help, to see what needs doing. In particular need are:

Hiking, Malcolm Preece	hiking@amcdv.org
Social, Mary Jane Martin	social@amcdv.org
Membership, Denis McCartan	membership@amcdv.org
Trails, Phil Mulligan	trails@amcdv.org
Newsletter & web, Eric Pavlak	nl@amcdv.org
Young members, Kate Prisby	ym@amcdv.org

Greg Bernet named Appie of the Year

The 2016 Appie of the Year is Greg Bernet, who has been a DV Chapter member since 2004. He is an active hike leader for our chapter, leading many hikes both during the week, and on weekends.

Looking to give back even more, he has been a regular volunteer with our chapter AT maintenance crew, helping to keep the 15 miles of the AT that our chapter maintains blazed and free of debris and blow downs. He also personally maintains a section of the AT in New Jersey working with the NY/NJ Trail Conference.

He recently agreed to take the lead on the Chapter's newly formed Highlands Stewardship Committee, and has been busy this year organizing chapter volunteer work crews in Bucks County's Ringing Rocks Park, working to blaze and maintain trails there.

As if that wasn't enough to keep him busy, he also took the lead on organizing our chapter AT Corridor Monitoring program, increasing the number of volunteers from a handful to close to twenty.

Trail maintenance is an important part of AMC's mission, and due to our Appie of the Year's hard work, more of our chapter members are getting involved in the process and having fun doing it.



Rand Salani photo

Pat and Ken Sacks named Golden Appies of the Year

To the DVAMC Leroy Smith Shelter Watchers

Swiftness and slowness — themselves —
Come and move with us.

I anchor my knees and place my boots on the Shelter's steps
Checking the nine empty bunks.
Turning left to the privy
Then opening the log book to record my findings.

As I place the trash bag in my backpack
and step on the Southern branch of the Katellen trail,
I am caught up on a hillside of fellow Shelter Watchers
Like bright green blades crossing the rock-tumbled ground
moving with me.
Knowing we will be returning.

*Pat Sacks (Ken too) Chairmen
Leroy Smith Shelter 1990s to date*

Pat and Ken Sacks have been involved with the chapter's Leroy Smith Shelter since it was built in 1974.

Ken was part of the original construction crew and became Shelter Chair in 1987. He continued in this role for many years, until he was replaced in 1996 by his wife Pat.

She has remained in this role for 20 years now, coordinating the Shelter Watch program that involves some 30 chapter volunteers who monitor conditions at the shelter and help keep it in excellent condition.

Pat also has compiled an occasional article for Footnotes from the entries in the shelter log book called Leroy's Log, which provides an interesting view of the many people who use and enjoy the shelter each year.

For their many years of devoted service to AMC-DV and the Leroy Smith Shelter, the Chapter is honored to recognize them as our 2016 Golden Appie of the Year winners. In lieu of a photo, Pat requested we print the verse at left.

Volunteer Trail Programs: Scenic Locations

Use your next vacation to go to a scenic location with AMC and give back to trails! These week long crews are for any level of experience and we will teach you the skills. There are also opportunities for recreation and exploration of the area.

Go to www.outdoors.org/volunteer to register. Questions? Contact Alison Violette: aviolette@outdoors.org, (603)466-8156.

Sign up for the Adventure Travel Newsletter

Want to learn about NEW Adventure Travel trips? Get the most up to date listings right to your inbox! To sign up for the quarterly Adventure Travel newsletter go to:

www.outdoors.org/ATnewsletter-signup

Citizen science.
Environmental science you can do.
Real conservation science! Fun, too!

For ongoing projects, go to amcdv.org/conserv2.html

For short-term projects, go to amcdv.org/conservation.html

New Information Volunteers needed for Mohican Outdoor Center and Harriman Outdoor Center

Information Volunteers greet guests in a friendly manner, orient them to the facility, and offer advice about hiking trails and other outdoor activities.

They also provide information about conservation and natural history, assist with retail sales, help guests at the waterfront with boats and equipment, and promote AMC membership.

Essential qualifications include familiarity with nearby hiking trails as well as the facility's lodging accommodations and outdoor activities; an outgoing, friendly personality; and knowledge about outdoor gear and backcountry safety.

Information Volunteers serve at Mohican and Harriman on weekends in summer and fall. Volunteers commit to providing at least 32 hours of service per year.

Training will be provided for new Mohican and Harriman "Info Vols" during a spring training weekend, April 21-23, 2017. Volunteers must be at least 18 years old and pass an annual criminal background check.

For more information, and to request an application for the program, please contact Kyra Salancy, AMC's Outdoor Program Centers Volunteer Coordinator, by January 15, at amcvolservices@outdoors.org.

Columbia River Gorge

AMC's August Camp 2017

The mighty Columbia River cuts a panoramic gorge in the shadows of Mount Rainier, Mount Saint Helens, Mount Adams and Mount Hood.

Camp near the Bridge of the Gods, where the Pacific Crest Trail crosses the Columbia River.

Hike, raft, bike and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty and delicious meals prepared by our staff, local transportation and a free shuttle from Portland International Airport.

July 15 through August 12. Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. Camp filled by mid-February last year, so don't miss out! Registration opens January 2, 2017.

July 15 — August 12 Sign up early for the week(s) you want!

Week 1: July 15 — July 22

Week 2: July 22 — July 29

Week 3: July 29 — Aug. 5

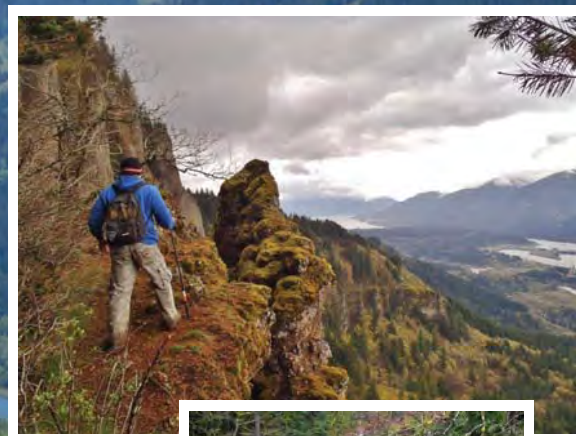
Week 4: Aug. 5 — Aug. 12

One Week: \$925 for members \$975 for non-members

Two Weeks: \$1,800 for members \$1,900 for non-members

Applications are accepted beginning January 2, 2017 in the order in which they are received. Get sign-up documents and more information after December 1 at our web site, augustcamp.org.

Questions? Ask Trish Niece at AugCampReg1887@gmail.com

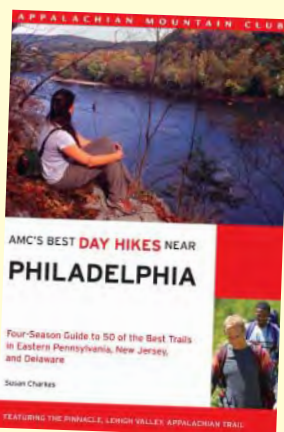


augustcamp.org





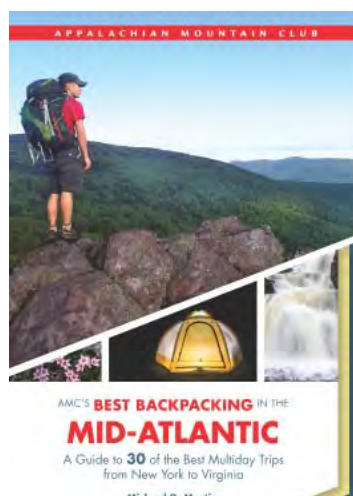
Outdoors with Kids Philadelphia is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.
Member Price: \$15.16



AMC's Best Day Hikes Near Philadelphia
Four-season Guide to 50 of the Best Trails in Eastern Pennsylvania, New Jersey, and Delaware
Member Price: \$15.16

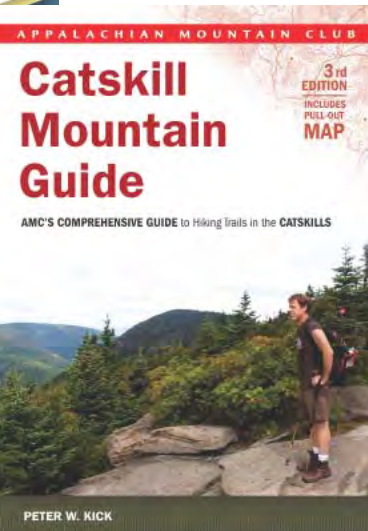
Both by Susan Charkes
Our chapter's past
Conservation Chair

Now available from AMC Books



AMC's Best Backpacking in the Mid-Atlantic: A Guide to 30 of the Best Multiday Trips from New York to Virginia
By Michael R. Martin
Paperback
Member Price: \$15.96

Catskill Mountain Guide: AMC's Comprehensive Guide to Hiking Trails in the Catskills, 3rd edition
By Peter W. Kick
Paperback
Member Price: \$19.16

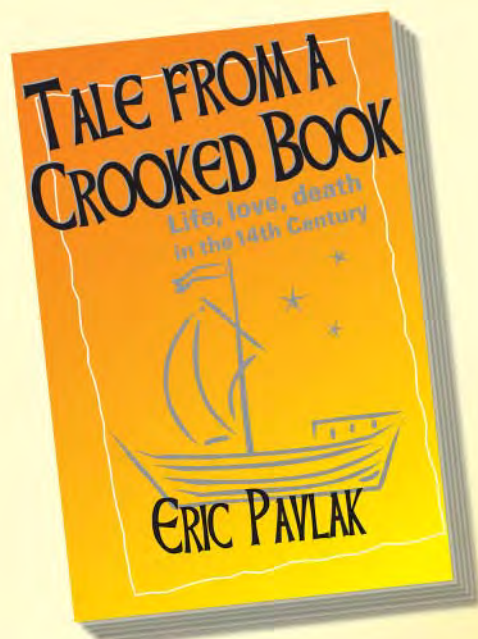


AMC Books are available wherever books are sold, or order directly from AMC at outdoors.org/amcstore or by calling 800-262-4455.

advertisement

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www.acrookedbook.com

Electronic trip reporting: you no longer need to mail forms!

With our new on-line trip report system, AMC-DV leaders can file trip reports electronically, instead of mailing them to the appropriate activity chair. You will need to:

1. **Get a User ID and password for the chapter trip reporting system.** This is not the same thing as having a user ID and password for entering trips into AMC's on line activity system. However, you can keep things simple by using the same user ID and password for both.

(Explanation why: AMC's on line activity system is located on a secure server controlled by the staff at AMC headquarters in Boston. The trip reporting system is located on the secure server that hosts this web site, our DV Chapter site. This site and the trip reporting system was created by two local volunteers. We are actually a step or two ahead of what the folks in Boston are doing. For security and technical reasons, we have no access to your log in credentials on the trip listing server.)

If you have not yet been sent a link to set up your User ID and password, or if you have forgotten your ID, please contact login-help@amcdv.org. This help mailbox is monitored by a volunteer, so it may take a day or more to get a response, particularly on weekends. Please be patient!

2. **Scan or photograph your trip sign in sheets.** We just need the side with the signatures. The file format should be either PDF or JPEG. [Click here for some very useful help](#) with scanning or photographing your sign in release sheets. After you are done scanning, look at the file, and make sure that you could read it.
3. **Fill out the trip report** on line at <http://amcdv.org/TripReport.php>

When you report on line, here is what happens:



Sign-in sheet,
plus on-line trip report.

This goes to the activity chair. You can get a copy e-mailed back to you if you check the appropriate box.



A copy automatically goes to our volunteer activity logger, who enters the trip and participant information. This is how we track miles hiked, rivers paddled, trails worked on, etc. This will be used for our new annual awards.



A copy automatically goes to AMC headquarters in Boston, where it is used for statistical purposes, and kept as a legal record.

Click Here to go to the log in page
<http://amcdv.org/TripReport.php>