

Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Winter 2021-2022



Ice
Appies of the year
No review
Crossing paths
August Camp 2022
Changing times



Appalachian Footnotes

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

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Weekly Activities Bulletin: amcdv.org/mail.html

AMC main 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.



Our cover: Lennie Steinmetz took this photo on a trip she led at Indian Head and Twin in the Catskills, February 3, 2018

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Ice

This is not the Arctic coast.
It was a chapter trip, and we wanted to launch our boats



Eric Pavlak photo

Story by Eric Pavlak

On January 1, 2011, I was leading a chapter sea kayak trip on the Chesapeake Bay at Elk Neck, Maryland. Our group of five experienced winter paddlers were well equipped for the cold, but we couldn't reach the water.

The brackish waters of the bay had frozen into lots of ice, and a steady wind had piled it into the eastern shore. We eventually found a spot on the other side of the peninsula with a path to open water, but it would have only taken a small shift of wind or current to block our return. We decided to hike, rather than risk paddling.

Ice is amazing stuff. Water is the only common substance that expands when it freezes, which means it floats. If it didn't, our oceans, bays and lakes would have a permanent layer of ice on the bottom, and marine life, if any, would be very different. All animal life, and likely all life, originated in the sea, so we wouldn't be here if ice did not float.

Water is amazing stuff. Water, including ice, can hold lots of heat, more than almost anything else. It can hold 10 times as much heat as iron. This is fortunate for us and other living things, since we retain heat well in cold environments and are hard to overheat in warm ones.

Water, including ice, can hold lots of heat, more than almost any other substance.

It takes a lot of heat loss for ice to form, particularly on a large body of water. When water is in a thin film on a cold surface, such as a road or your parked car's windshield, it can freeze almost instantly.

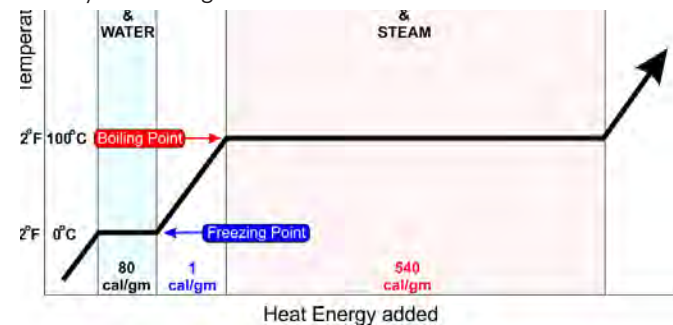
A quick science lesson

Most of us know that water freezes at 32 degrees Fahrenheit, 0 degrees Celsius. Seawater freezes at about 28 degrees F, -2 C, brackish water somewhere in between.

A glass of crushed ice or small ice cubes will gradually melt until the ice is submerged in water. The ice-water mixture will be at 0 degrees C, 32 degrees F, and will remain at this exact temperature for quite a long time.

When a substance such as water goes from liquid to solid, it must give up heat. Not just a little heat, but a lot.

This is called the latent heat of fusion, and it works both ways. To melt ice, you must add a lot of heat. It takes more than 500 watts for 10 minutes to melt a quart of ice that is already at 32 degrees F.



Thus, wet ice is in a very stable, and very slippery condition. This is important to a hiker or climber. Ice, warmed by the sun, develops a thin film of water on its surface that make it very slick. And it can stay slick long after shadows creep over the ice.

Continued on next page



Eric Pavlak photo

Ice and moving water

Moving water does not freeze because it is moving, it remains liquid because its temperature is above the freezing point.

In the photo at left, snow, a form of ice, melts in the warmth of the sun. The water drips down into cold air that is below the freezing point, and drop by drop refreezes forming icicles,

Splash from the stream on the colder rocks coats them with ice.

Continued from previous page

Of course, ice can be much, much colder than its freezing point. And besides sea salt, it can hold many minerals and other impurities that can lower the freezing point. We use this effect when we put salt or calcium chloride on sidewalks and roads to melt ice.

In order for road salt to work, there must be a thin film of water on the surface of the ice. This is usually the case, particularly during the daytime or when vehicle or pedestrian traffic is active. Salt becomes less effective as the temperature drops, and is useless when the ice surface temperature falls below 15 degrees F. Calcium chloride works at lower temperature, but is much more expensive. Both have serious environmental consequences. The meltwater pollutes streams and rivers and damages and kills adjacent plants.

Let it snow

The basic shape of ice crystals is six sided; the familiar form of snowflakes. It can also be dendritic, producing the branching patterns often seen in frost on a window. There

Media commons photo



Photo of a snowflake just after it landed on a dark fabric.

are also other, less common forms of ice, some of which only exist in the laboratory. Ice normally begins to form around a seed object: an ice crystal or a speck of dust.

Snow is water vapor that forms ice crystals high in the atmosphere without ever being liquid water. **Sleet** is rain that freezes or partly freezes as it falls through colder, lower air layers.

Freezing rain is rain that falls on cold surfaces and freezes there. Hail forms as balls of ice high in the updrafts of thunderstorms, and these ice balls can grow to considerable size. Hail an inch or more in diameter is common, and can do considerable damage to buildings and vehicles.

Next page: dealing with ice



Lennie Steinmetz photo

Hiker using crampons to gain traction on icy surfaces.

Eric Pavlak photo



Walking or skating on ice

Generally, ice that is four or more inches thick is safe for small groups to walk or skate on. Many parks that have lakes or ponds will post information about ice conditions.

River ice is much more hazardous and generally should be avoided, at least in our region. It is prone to have thin spots due to river currents and these are often not visible.

The photo at left is of the Schuylkill River above the Route 113 bridge in Phoenixville. What looks at first like open water is clear ice, and may actually be strong enough to walk on.

The more solid-looking ice is snow covered. The outside of a river bend is shallower with faster current, hence thinner ice that is hidden by the snow.

If you hear or see the ice cracking, lay belly down on the ice to spread your weight, and crawl back the way you came.

Falling through the ice and getting out

If you fall through the ice, getting out of the water and onto the ice is easier than you think. You don't need to pull yourself up and onto the ice. When you break a hole through ice on a lake, water will immediately fill the hole right up to the surface of the ice.

This means that in order to get out of the water and onto the ice, all you need to do is kick your legs so you are horizontal with the top of the water, and pull yourself forward onto the ice. Try to pull yourself in the direction that you have just come from. If this ice was able to support you on the way in, it is likely the best way to get out.

Once you are out of the water and laying on your stomach, slowly roll away from the hole following the path you came from. Eventually you can switch to crawling. That is easier than rolling but will still spread your weight more than walking. Once you are confident that you are on ice that can support your weight, you can walk.

I have done this, and it works. Fortunately, I was wearing a dry suit and full winter whitewater paddling gear. Plus, I had friends with rescue ropes standing by.

As with any emergency situation, if you fall through the ice, it is very important not to panic!

Ice on rivers and bays can be very dangerous

Ice on moving water — river or tidal current — is particularly dangerous. If you are paddling, your boat can be pushed by the current up against the ice and forced to turn over. If you are walking on the ice you can break through.

Rivers that appear ice-free at the put in can have ice downstream, or ice that starts moving downstream after you begin your trip. If you were to capsize and wash under ice, you have a very good chance of drowning. Floating ice can accumulate at rocks and shallows, forming deadly ice strainers. Water will flow through the ice, but you won't. You will be pinned and likely drown.

Broken water pipes

Ice is not the culprit when water pipes freeze and break, at least not directly. Freezing water expands by nine percent. Water is virtually non-compressible, so the pressure generated by the expanding ice is transferred throughout your plumbing to the weakest point, which breaks. A frozen pipe can generate as much as 25,000 psi pressure!

For a demonstration, see <https://youtu.be/AuPO5hKdo8A>



Lennie Steinmetz photo

Crampons and microspikes

These devices attach to your boots and provide added grip on ice. Crampons (above) are the more aggressive of the two and are the preferred and necessary equipment of mountain climbers and ice climbers, and in demanding conditions. Microspikes offer less ice traction, but are less expensive and easier to carry in or on your pack when not needed.



Susan Weida, Golden Appie of 2021

The Golden Appie Award for 2021 wasn't just given to Susan Weida: she richly earned it.

An AMC-DV member since 2009, Susan has been actively involved in chapter activities since joining. She is a regular participant and leader in our recurring Wednesday hike series, in hikes and bike rides all over the area, and trips in far-flung places as well.

Susan became a hike and bike leader in 2016 and has consistently led trips since then. She became more involved with the chapter when she served as data recorder of activities and participants, for which she was named Volunteer of the Month.

She took on more responsibility when she served as chapter vice chair from 2016 to 2018, and then as chapter chair from 2018 to 2020. She proved a very able leader guiding the chapter, and in this role she also became a valuable member of the Chapters Committee for all AMC chapters.

Her views are widely respected by the AMC staff in Boston. She presents her views to them in a way that is not confrontational but still to the point and therefore, gets her concerns heard by the powers that be.

Since retiring from the chair position in 2020, she has still attended Executive Committee meetings this entire year in order to help the current chair and vice chair. She is currently serving as one of the three approvers who review and give final approval to all chapter trip and activities.

Upon the re-opening of activities after the COVID shutdown, Susan took it upon herself to organize and re-introduce our regular Wednesday hikes that are attended and valued by many.

Susan has helped our club in so many ways. She is a doer, not a talker. When something needs to be done, she doesn't just talk about it, but gets up and does it.

She is very welcoming and inclusive to all new participants as well as a positive presence to all, and a friend to many veteran participants. We thank you, Susan, for all you have done and continue to do!



Greg Bernet photo.



Lisa Kleiman, Appie Award for 2021

Lisa Kleiman burst onto the Delaware Valley Chapter scene in late 2020 as an active and engaged participant in the chapter's first all virtual leader training. She quickly became certified as a hike leader with an early spring 2021 trek through Tyler Park.

Since then, she has led more than a dozen interesting and creatively themed hikes in varied settings including urban, wildlife and nature preserves, and local parks. Lisa's innovative approach to trip planning helps to promote AMC's commitment to inclusion, making the outdoors accessible to everyone.

Lisa volunteered in 2021 to serve as the chapter's publicity chair, executing resourceful strategies to re-engage leaders and members as we emerged from pandemic restrictions for our activities.

AMC's Delaware Valley Chapter was pleased to present Lisa with the 2021 Appie of the Year Award in recognition of her energy and commitment to serving our members.

Why I'm not reviewing Gail Muller's *Unlost*

By Kathy Kelly-Borowski

I've decided not to review *Unlost* by Gail Muller. Gail suffered with chronic pain and decided to hike the Appalachian Trail. I believe almost everyone who hikes the length of the AT is dealing with something or has a decision to make.

I know I did. Experiencing a health scare, I came to the conclusion life is short and I needed to live life fully. People embark on a long-distance hike to determine what to do next with their lives, to deal with their divorce, cope with their parent's divorce, make a self-realization, to deal with a death of a loved one or to realize a dream.

Grandma Gatewood said she was hiking the Appalachian Trail "Just for the heck of it."

Veterans have escaped to the outdoors to deal with issues that have resulted from their combat experiences.

Gail had problems with pain and confidence. I have to give her lots of credit. She started in Maine going south covering some of the hardest parts of the trail first.

She hiked from Virginia to Georgia with what turned out to be multiple fractures in her foot. Her foot injury was originally diagnosed as tendonitis. She went home to the UK and rested for a month. She came back to continue her hike with a completely different group of south-bounders. Due to the cold and snow in the Smokies, she skipped them for safety reasons and to finish before her scheduled flight home.

Similar fears were present during my hike. The friend Gail started her hike with left early in the journey, but she actually made it 100 miles. My hiking partner left in less than 30 miles. The worst part of my hiking partner's leaving was that she took gear we were sharing. In the short period of time, I was on the trail I realized I was not self-sufficient. Gail was afraid to camp alone, as I was.

I guess that what I am saying is that Gail's experience is not uncommon. She discovered kindness in strangers, as most hikers do.

My concern is that she talked so much about alcohol and drugs on the trail. I am not saying that it does not happen. I guess I just fell in with a different crowd. The people I met on the trail were interested in hiking the trail, not spending time in towns and hostels drinking.

The farther north we hiked, the less time we spent in towns. Has the trail become one big party? This is not the impression I want the general public to have about long distance hiking. For that reason, I decided not to review the book. Gail Muller accomplished a great deal, and no one can take that from her. We are all changed when we return from extended time in the woods.

Personally, I enjoyed the Suttons' story more. Josh and Cassie Sutton walked the trail with their son starting in January 2021. Harvey was four years old when they started hiking and turned five on the trail.

Harvey actually walked the trail. He was not carried. The Suttons' story was about making the experience as positive as possible for their son. The family finished the trail in 209 days. Harvey was the one that pushed his parents to hike a 20-mile day to get to a "house hotel." You can find the Suttons' story on YouTube.

<https://www.youtube.com/watch?v=kzsTnHT4FYw>.

Crossing Paths: Earl Shaffer and the AT

By Richard Puglisi

There was a cool breeze blowing on a June morning in 2021 as I hiked south to Warwick, New York, on the Appalachian Trail. It was a picture-perfect day as I passed many happy, smiling, energetic young people on their way north to Mt. Katahdin.

As I was coming around Little Dam Lake, I was surprised when I crossed paths with another senior like myself. He was from the DC area and backpacking up to Bear Mountain for the weekend. We started talking about our experiences hiking the AT. He told me stories about his late dad who had thru-hiked the AT and how he was sprinkling some of his ashes along the way.



Earl Shaffer in 1948

Somehow we got to talking about Earl Shaffer and his book *Walking with Spring*, and how remarkable his thru-hike was in 1948. He went on to tell me about how he and his Dad once ran into Earl years ago on the AT. After what turned into a 20-minute rest stop, I wished him well and continued on my way.

As I hiked along that day, alone with my thoughts, I found myself thinking about Earl Shaffer and what an amazing life he had. He was born not far from the Appalachian Trail in York, Pennsylvania, and hiked it as a teen with dreams of hiking the entire trail some day. Unfortunately, World War II came along and put Earl's dream on hold. He, in turn, responded to his country's call to duty by enlisting in the Army and serving as a radioman in the South Pacific.

In 1948 Earl began his north-bound journey on the AT from Mt. Oglethorpe in Georgia using worn boots, his army rucksack, and no stove or tent. He reached Mt. Katahdin in 124 days, averaging 17 miles per day and becoming the first to hike the entire trail in one season. When asked why he did it, he said to "walk the war out of my system."

Not content with his earlier achievement, in 1965 Earl hiked the AT south bound from Maine to Georgia. And if that wasn't enough, on the 50th anniversary of his first thru-hike, he hiked it again at the age of 79 becoming the oldest person at the time to do so. People marvelled at what he did and his reason was simple: just don't quit. His brother Dan described him with one word: "stubborn."

Earl also led a very interesting life. He wrote more than 1,000 poems, maintained a correspondence with Benton MacKaye (the father of the AT) and was a lifetime member of the Appalachian Trail Conference (now the Appalachian Trail Conservancy). He past away in 2002 at the age of 83 and in 2011 was inducted into the Appalachian Trail Hall of Fame.

A couple of months later in August as I huffed and puffed my way up and down a mountain on the final leg of a section hike of the AT that I began several years earlier, it was the thought of Earl's 50th anniversary hike that inspired and spurred me on.

Oh, and finally, I learned from internet searches that running into Earl on the AT was not that uncommon, it seems that there were many who over the years had crossed paths with him.

Mountain Majesty

North Cascades • AMC's August Camp 2022



Explore magnificent North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Camp on the banks of the swift Skagit River in the shadow of 10,781 foot high glaciated Mt. Baker.

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, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 16 through August 13. Plan to attend for one week or two. Details and registration are on our website. Camp filled by early February last year, so don't miss out! Sign up early for the week(s) you want!

Week 1: July 16 — July 23

Week 2: July 23 — July 30

Week 3: July 30 — Aug. 6

Week 4: Aug. 6 — Aug. 13

Cost per person per week: AMC Member \$1275; Non-member \$1525

The general application window for August Camp 2022 is January 3-12, 2022. Acceptance will be made based on a random lottery system, but applications will continue to be accepted until Camp is full and a substantial waitlist is generated. Visit our website www.augustcamp.org for additional information.

Questions? Ask Lois Rothenberger at ACregistrar@comcast.net

Photos by Jim Borowski, August Camp 2013



augustcamp.org

Footnotes behind the scenes

In the old days, it was tough on everyone involved, especially the editor and the activity chairs

When I first became *Footnotes* editor in 1996, it was a paper publication mailed to all chapter members. Most of it was filled with the schedule for the next quarter's trips and activities.

Activity chairs would build a schedule months ahead of time, often having to phone leaders to seek trips to fill vacant weekends. This was a tough, time-consuming process. Often a volunteer would handle the hiking schedule for one quarter, and a different one handle the next quarter. Many leaders did not yet have email.

The production process for *Footnotes* was a decade behind the times, especially compared to what I did in my day job, which was then occupying at least 50 hours a week. I spent at least 40 hours per issue.

In the age before digital cameras were common, photographs were mailed to me or I had to take them myself. Color photos had to go to a film lab and be converted to black and white.

Footnotes was edited using the same professional software I used at work. Then I printed one page at a time on glossy paper which was pasted to a board with other pages.

Photographs and ads were manually scaled and reduced or enlarged as needed. I hadn't done this at work for years, but couldn't change, because that's what our printer wanted. He charged us a low price.

Another limitation was that lacking access (that is, no cost access) to an image setter, I could create and use only black line art with no gray tints or shading.

Footnotes was printed on 11 by 17 inch (when trimmed) sheets of paper which were collated with other sheets, folded in half and stapled in the center. Each sheet yielded four pages, so you had to add or reduce the number of pages in units of four.

The whole thing was folded in half and wafer sealed along one edge. Half of the back page was reserved for address printing, our non-profit mailing permit and return address. During my time as editor, *Footnotes* was always printed on recycled paper.

Once the newsletters were printed, I picked them up and took them to Jane Shepard's house, where a dozen or so volunteers pasted mailing labels on them and sorted them into trays.

I modernized this process. The printer delivered them to a mailing company that ink jetted addresses and barcodes directly on the newsletter, then sorted them and took them to the post office. The reduced postage due to better labeling and sorting netted the club a \$200 savings and saved much work.

By 2000, we no longer had to provide mechanical paste-ups to the printer. We delivered a single electronic file. This made production much easier for the three different editors who served from 2000 to mid 2008, Buck Meyer, Cliff Hence and Dawn Britton.

Printing and postage costs kept increasing until they were consuming half of the chapter's annual budget. In 2010, we printed and mailed only three issues, and we dropped the activities schedule from *Footnotes*. Activities listing were now available on the web and in the then monthly club-wide magazine *AMC Outdoors*.

We had already been offering an electronic version to those who wanted it, and it was in full color. For the next 11 years, up to this issue, it has been an electronic print replica that could be printed on a home printer as well as read on a screen.

In 2011, our newsletter became fully electronic. About 130 recipients, mostly long-time members, were still mailed newsletters. These were black and white, and only included the first eight pages. Gradually, the number of mailed copies declined to less than 30, and in 2019, all mailing ended.



Footnotes is due for a change

This will be the last quarterly issue, and the last in the form of a print replica. It is going to evolve into another form, one more suited to our times. I am not sure exactly what it will look like, but we will see.

Instead of quarterly electronic magazines, we will publish articles and photos as they become available. Articles on adventurous trips, new trails, book reviews, awards and photo albums.

We will use the website news feed, the weekly bulletin and occasionally send out a summary with links to all members on an email blast. I will continue to edit and seek new material.

A brief bit of history

Footnotes was first published in 1962, the year the Delaware Valley Chapter was founded. It mostly carried the activities schedule, along with a few articles.

I became editor in early 1996, and turned it into a small magazine, often 20 printed pages in size. In addition to the schedule, we carried a good bit of advertising in those days, which helped offset the printing and postage cost.

From 2000 to 2008 there were three different editors. I trained and assisted the first and last of these, Buck Meyer and Dawn Britton. (Cliff Hence was in the middle.)

I returned as editor for the 2008 winter issue, adding a full color electronic version with additional pages.

The last year we mailed newsletters to all our member was 2010. Increased printing and postage cost were consuming half the chapter's budget, and things had to change. We also dropped the activities schedule. Activities listing were now available on the web.

Beginning in 2011, we no longer mailed *Footnotes*. Instead, we emailed our member a download link.

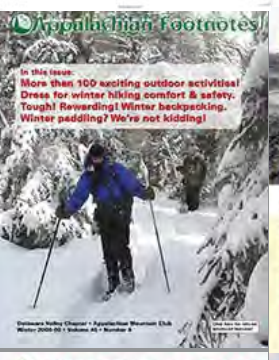
An archive of past issues from 2008 to date may be found at <https://amcdv.org/news/footnotes/>

The articles on the this and the next page were written by Eric Pavlak, *Footnotes* Editor.

The 67 images on this and the next page are *Footnotes* covers from my 17 years as editor. They represent not only my 2,000 plus hours, but the hard work of our volunteer proofreaders. Without them, none of this would be possible.

I always saw *Footnotes* as a small magazine, rather than just a club newsletter, I insisted on good and interesting articles and photographs. I wanted to appeal to readers who didn't know the people in the picture, who weren't on the trip. I wanted to encourage readers to volunteer, lead trips, work on trails, protect our environment.

In a small way, I think I succeeded. But now it is time for a change; for me and for *Footnotes*. I plan on leading it into its new iteration, with the help of our fine writers and photographers.



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Mike historic Glen Densko
Dorchester Valley Chapter
Appalachian Mountain Club
November 2019 • Volume 51 • Number 3

Appalachian Footnotes
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Fall 2019 • Volume 51 • Number 2

The New Jersey Pine Barrens:
not barrens, much more than pine

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Fall Gathering Issue

Being Trailwork in Winter
Fall Leadership Training
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2020 Update with Photo-Travel
Malheur June 20
Apple Awards and more!

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Aldo Leopold Road
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PA Highlands Trail progress
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Meet leaders
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Dorchester

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Kath Johnson Remarried

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Who knows change is coming
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Where do ski?
ABC offers moves to historic mill
New Highlands Trail over
Outdoor leadership programs
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