

Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Fall 2022 • Volume 60 • Number 3

What we did this summer

Lennie Steinmetz photo

August Camp • 30 years of AT Ridge Runners
Volunteers needed: DV takes over new AT section
Delaware Valley Chapter turns 60: dinner celebration
Why leaves change colors in the fall

Chapter Annual Meeting and Dinner

Celebrating DV Chapter's 60th Anniversary

Saturday, November 5 from 5:00 to 9:00 PM

Central Bucks Senior Activity Center,
700 N. Shady Retreat Road, Doylestown, PA

Featured presentation: Delaware Canal history, Susan Taylor

Susan Taylor, now retired, served for 30 years as Executive Director at the Friends of the Delaware Canal

5 PM happy hour, BYOB

6 PM dinner, all inclusive buffet

7 PM election of new officers for 2023

plus service and 25-50 year membership recognition

7:30 regional updates by Mark Zakutansky

7:45 Presentation on Delaware Canal history and views, Susan Taylor;

Cost is still just \$25

payable by credit card or check at amcdv.org/dinnerpay.html

2023 Executive Committee Nominations

Chair	Karla Geissler
ViceChair	George Cagle
Secretary	Susan Weida
Treasurer	Marty Mersky
Backpacking	Steve Campanelli
Bicycling	Terry Berntsen
Communication	Eric Pavlak
Conservation	Adrian Noble
DEI	Marcia Telthorster
Family Activities	Annette Sheldon
Hiking	Joe Nanfara
Leadership	Ron Phelps
Membership	Lisa Chou
Paddling	Eric Pavlak
Social	Annette Sheldon
Trails	Greg Bernet
20s&30s	Open

AT Ridge Runner program completes its 30th year

Our ridge runner this year was Maggie Gardner and she did a great job! Maggie and her husband Alex thru-hiked the trail in 2019. He was on track to being a ridge runner in 2020, but the pandemic interrupted those plans. He is currently employed as a botanist so could not now pursue ridge running, but Maggie, a nurse by profession, decided to take a break and to become a ridge runner for a season to give back and to reconnect with the trail experience that had been so important to both of them.

She seems to have succeeded in those goals while again rediscovering some of the solitude and the wilderness experience so intrinsic to the trail, while connecting with a variety of trail users. She also said that she learned through her involvement and work with volunteers from several maintaining clubs about the work that goes into preserving and protecting that experience for current and future users of the trail. She has now returned to South Carolina to be with her husband. She will be missed.

A ridge runner is a seasonal paid five day a week position to help educate users of the Appalachian Trail about Leave No Trace while helping to care for and protect the trail in partnership with the local maintaining clubs including our chapter.

Ridge runners have been deployed along many sections of the AT from Maine to Georgia in areas of higher impact and usage. A 42-mile section of trail above the Lehigh Valley included in this program may have increased usage due to its proximity to the population centers in Lehigh Valley, easy access from the New York and New Jersey areas, along with many road access points including the Delaware Water Gap.

This program has continued since 1992 with continuing grants from the Pennsylvania Bureau of Forestry, plus our chapter and trails volunteers working in partnership with the Appalachian Trail Conservancy and the trails staff of AMC.

The DV Chapter has been proud to continue supporting this program along with other trail clubs with volunteer time, work and with financial support. — Bill Steinmetz



Maggie Gardner selfie on the AT

Pitch in and help!

DV Chapter takes over maintenance on additional 7 miles of AT ***Chapter trail work also includes building new trails at Nockamixon and Ringing Rocks parks***

AMC's Delaware Valley Chapter has taken over maintenance responsibilities for a seven mile section of the Appalachian Trail from Fox Gap (PA route 191) to the western end of the I-80 bridge across the Delaware River. This section was formerly maintained by the Wilmington Trail Club, that could no longer get sufficient volunteers to do the work.

The Appalachian Trail Conservancy (ATC), that oversees maintenance of the trail, may try to get another club to take on this section, but for the foreseeable future this is our chapter's responsibility.

Trails Chair Greg Bernet noted that some of this section goes through the village of Delaware Water Gap, PA, and some is on a dirt road, so that actual trail maintenance is less than six miles.

He also noted that the Kirkridge Shelter and privy are located on this section and will be our responsibility to maintain. The shelter is in good condition, but the privy needs repair or replacement.

The DV Chapter's Appalachian Trail Crew, headed by Dan Schwartz, has long done regular maintenance on our adopted 15-mile section of the famed hiking trail from Wind Gap south to Little Gap on the Northampton-Monroe county line. We also maintain and watch the Leroy Smith Shelter and privy on that section.

DV chapter is also involved in building a new trail at Nockamixon State Park, and in the spring will begin work on a new trail section at Ringing Rocks County Park, both in Bucks County, Pennsylvania. We also do regular trail work at French Creek State Park.

Trail Volunteers: many kinds, many skill levels. What is right for you?

- Trail work involves manual labor from easy to strenuous, from pruning bushes and painting blazes to moving rocks and building steps. Tools and training are provided.
- AT corridor monitors hike the edge of the AT's designated land and report any intrusions such as illegal structures or tree cutting. They blaze the boundary and locate surveyor monuments.
- Shelter watchers hike a few miles and periodically visit the shelters and privies to check on them. Several watchers take turns on a schedule.

Don't just hike the trails! Help!

Volunteer for a day or for more

Contact trails@amcdv.org or check the activities calendar.

North Cascades

August Camp 2022



Bruce Parker photo



Beth Zimmer photo



Lennie Steinmetz photo

AMC's August Camp took place this year in the North Cascades National Park, with multiple daily hikes and other activities happening from a base camp located near Concrete, WA. The four one-week sessions scheduled between July 16 and August 13 were sold out during the general application window in early January, and many DV Chapter members were among those who enjoyed spectacular hikes, good food, and great camaraderie at August Camp. Here are some photos of the group in action, and some of the amazing scenery that greeted them on their adventures.

August Camp 2023 will take place near Mt. Hood in Oregon from July 15 to August 12. The general application window will be in early January, and additional information on plans for AC 2023 will be available on the August Camp website, augustcamp.org, by mid-November.



Jeanine Audet photo

North Cascades August Camp 2022



Lennie Steinmetz photo



Vicki Buchholz photo



Virginia Campbell,
Gina Carmody photo



Lisa English photo



Bruce Parker photo

North Cascades August Camp 2022

Lennie Steinmetz photo



Gigi L photo

Lisa English photo

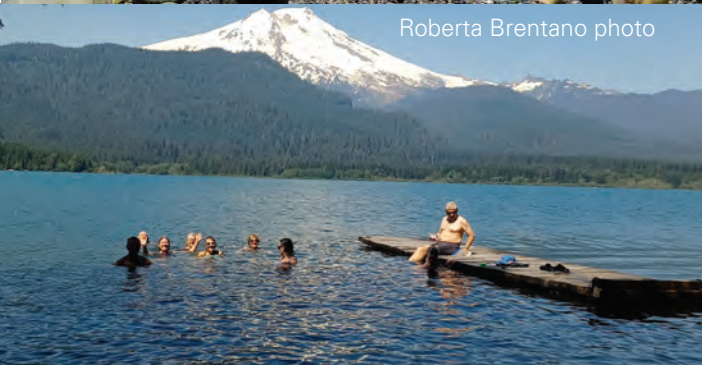


Roberta Brentano

Bruce Parker photo



Roberta Brentano photo



August Camp 2023 will be at Mt. Hood, Oregon
For more information, go to augustcamp.org



Catfish Pond at the Mohican Outdoor Center, Eric Pavlak photo.

Why leaves change color

By Eric Pavlak

Each fall this happens: the days grow shorter. Leaves that all summer long used green chlorophyll to make sugar from water and carbon dioxide and sunlight begin to change color. Not just leaves on trees, but leaves on shrubs and vines and grasses change color. The plants are preparing for winter.

Chlorophyll is an amazing substance that manufactures the food for all living things. All creatures either are plants, or eat plants, or eat animals that eat plants, or eat the remains of things that once ate plants.

It operates in leaf cells called chloroplasts, and through the spring and summer, the chloroplasts and the chlorophyll break down and are continually replenished and replaced. Chlorophyll works by absorbing energy from blue and orange wavelengths of light. It reflects green light, and hence looks green.

As the amount of sunlight diminishes during autumn, due to both shorter days and the lower angle of the sun, the plant senses that winter is coming.

Water supplies are limited during winter, and the plant

must conserve, since water is not as readily available. During summer, a hardwood tree may transpire (evaporate) 50 to 100 gallons of water a day through its leaves, with additional water consumed by its metabolic processes. During winter, these processes slow down and shut down.

Annual plants mostly stay green until frost, then die. Perennial plants, including deciduous trees, stop making chlorophyll and start growing new cells at the base of the leaf stem that will sever the leaf and seal the branch. All summer long, they have been making sugar and using some of it to grow, and storing the rest for winter and the following spring.

As the amount of green chlorophyll diminishes, other substances already in the leaves become visible. These include carotenoids, which produce yellow, orange, and brown colors in such things as corn, carrots, and rutabagas and buttercups. There are also anthocyanins, which give color to things like cranberries, red apples, grapes, blueberries, cherries, strawberries and plums. Some anthocyanins are always present in the leaf, but anthocyanin production increases in late summer and early fall.

Continued on the next page

Why leaves change

The amount of sunlight, not the change in temperature, triggers the change of color. However, the complicated interplay of temperature and available moisture do play a role in determining the intensity of fall color. Warm, sunny days and cool, but not freezing, nights plus adequate moisture seem to favor the most brilliant color.

Evergreens, which evolved long before deciduous trees, keep their leaves all year. Their long, slender needles, their leaves, have a waxy coating to prevent moisture loss, and their sap has a built-in antifreeze.

When looking at fall colors, don't ignore the understory plants. One of the most spectacularly colorful plants is the staghorn sumac, shown at right (not at all related to poison sumac), with brilliant reds, oranges and yellows to complement its large clusters of deep red fruit.

Even poison ivy puts on quite a colorful show. Just don't pick any!



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news from the
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