

# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Fall 2024 • Volume 62 • Number 4

**Woman at the Top**

# RUBY HORWOOD

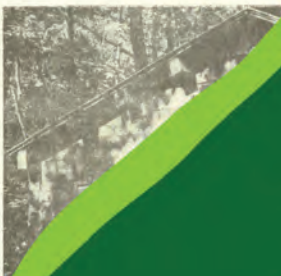


APPALACHIAN  
FOOTNOTES

MARCH '73 "A Supplemental Delaware Valley Chapter Publication"

**V.A.M.C.  
Shelter  
Completed**

November 1972 the LeRoy  
Shelter on the Appa-  
lachean Trail was formally  
dedicated with representatives  
from several hiking groups and  
the Pennsylvania Game Commission  
present. We have a continuing  
responsibility to maintain this  
shelter and an appreciation for  
the section of the trail. The  
members are happy to see



**50th  
anniversary  
1st woman  
AMC president**

**In this issue:**

**DV Chapter's own Ruby Horwood**

**Mussel survey • Local coyotes**

**Women on High: book review**

**He Was Too Young to Die: book review**

**August Camp 2024 story and photos**





# Annual Dinner & Meeting, Sunday November 3, Doylestown

5 PM to 9 PM at the Central Bucks Senior Center, 700 N Shady Retreat Road, Doylestown, PA

**Celebrating the 50<sup>th</sup> Anniversary of Ruby Horwood as AMC president!**

***New caterer, much better food!***

Dinner is \$25 per person, and will be catered by Altomonte's Catering. Then it will be followed by election of chapter officers for the upcoming year and recognitions for service.

If you are new to AMC, come meet other members and learn about all the outdoor fun we're having. Bring your own wine or beer for cocktail and dinner hour.

**Featured speaker is Becky Fullerton, AMC's amazing archivist, presenting:**

***Ruby Horwood, Trailblazer, and the Legacy of Women's Leadership in the AMC.***

***It will highlight Ruby, who was the first woman president of AMC and many other notable women from the club's history.***

Advanced registration is required. Register and pay by major credit card or check at:

<https://amcdv.org/dinnerpay.html>

## Fall Fest returns to the Mohican Outdoor Center

***Bring the whole family! Saturday, September 28***

We will have activities all day. Sign up starts at 9 AM. At 9:30 there will be a 4.5 mile hike leaving from the visitors center. Canoeing, kayaking and paddle boarding are available. There will be half mile nature center hikes, times announced that day.

East Branch Revival Band will play from Noon to 3 PM. Buffet style lunch from Noon to 2 PM featuring chicken or veggie shish-kabobs, burgers and hot dogs accompanied by home-made salads. Do not forget to try Ian's onions!

Pick a pumpkin at our pumpkin patch for the kids to decorate.

Various games and vendors. AT+Firetower loop hike 4.5 miles at 1:30 PM

Fire pit and telescope at Chimney Park to end the night at 6:30. Fun for everyone, S'mores included!

Dedication of the Jim Catozzi memorial bench will be at the boathouse at 10:30 AM.

A \$20 donation is requested. Registration not required. For more information, contact Mohican Manager Christine Molinski at [cmolinski@outdoors.org](mailto:cmolinski@outdoors.org) or 908-362-5670.

**Margaret McDonald**, active DV Chapter member, hiking and backpacking leader, and past Executive Committee Member died recently following an illness. She loved the outdoors, especially exploring the far north of her Canadian heritage. She had recently started kayaking and is pictured here on an AMC kayak trip in May, 2024. Jim Bloom. photo.



**Our cover** art by Eric Pavlak has a background of AMC activities and a copy of Footnotes from when Ruby was chapter chair. Lower right, that's Mac White with the backpack

## Appalachian Footnotes

news from the

**Delaware Valley Chapter  
Appalachian Mountain Club**

published using recycled electrons.

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## Before Ruby, AMC membership was open only to those nominated by existing members

# RUBY HORWOOD

In 1969 and 1970, Ruby Horwood served as the DV Chapter Chair. In 1974 and 1975, she was the first female president of the entire AMC.

During her tenure, she played a key role in the Tocks Island Dam battle, which ultimately led to the formation of the Delaware Water Gap National Recreation Area. Additionally, she was involved in efforts to protect Franconia Notch in the White Mountains from the proposed widening of I-93 into a four-lane superhighway.

On her 100th birthday in the spring of 2017, she was honored at a special celebration at Foulkeways, where she was presented with a Certificate of Honor signed by AMC President and CEO John Judge, alongside other women DV Chapter Chairs who had followed in her footsteps.

In tribute to her pioneering leadership, our hike leaders are sharing information about her called “Ruby Moments” with hikers at the start of Ruby Horwood hikes throughout this fall.

Ruby Horwood, began her love for AMC and for protection of the outdoors by doing what you do regularly: participating in an AMC outdoor activities. Ruby led hikes locally and throughout the Northeast. She hiked with other AMC friends in places like the Grand Canyon and Mt. Rainier, attended AMC August Camp and went on AMC Adventure Travel trips in many countries. She noted her favorite hiking location was Switzerland, where she traveled to hike 12 times.

As head of AMC, Ruby oversaw a change that made AMC an organization open to all, Ruby presided over the transition of AMC from a sponsorship organization to a membership organization. As a sponsorship organization, AMC had a requirement that anyone seeking to be part of the activities be recommended by two people who were already members of AMC. We became a membership organization open to anyone wanting to join. Many of us might not have found AMC if it remained a sponsorship group.

Today we have moved far past Ruby’s vision, opening our activities on public forums such as Meetup and trying to improve diversity outdoors by actively reaching out to a wide range of groups and communities. Ruby set the direction for AMC to grow stronger with all kinds of outdoor people.

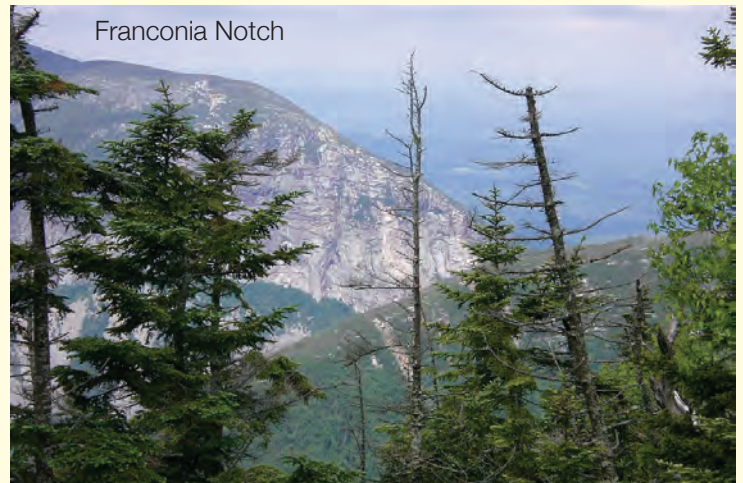
The Delaware River National Recreation Area is a treasure in our area for hiking, paddling, and camping. It surrounds a large section of the Appalachian Trail as it enters New Jersey and AMC’s Mohican Outdoor Center.

When the US government was ready to dam the free-flowing Delaware River creating a 40-mile long and mile-wide reservoir, Ruby worked successfully with many other conservationists to stop the construction of the Tocks Island Dam.

This eventually resulted in the creation of the Delaware Water Gap National Recreation Area, now enjoyed by more than four million visitors annually.

## The defeat of the Tocks Island Dam project and blocking the I-93 widening through Franconia Notch are part of Ruby’s conservation legacy.

During her time as AMC President, she was active in AMC’s work in protecting Franconia Notch in the White Mountains from the proposed widening of I-93 to a four-lane superhighway. It remains two lanes wide. Many who enjoy hiking in the White Mountains can appreciate the beauty of Franconia Notch State Park and can thank Ruby and the AMC for helping to preserve and protect it.



Franconia Notch

It is no surprise that a woman as accomplished as Ruby Horwood also had a significant impact on other organizations in the community as a professional, volunteer and philanthropist.

Ruby came to Souderton, Pennsylvania, from Rhode Island in 1955 to help her psychiatrist friend Dr. Norman Loux establish a practice in the area.

She helped Loux and others who became the founding board members as they launched the Penn Foundation for Mental Health. In 1966 Ruby, became the Foundation’s Demonstrations Project Officer, coordinating and giving tours of Penn Foundation, and also became the Board Secretary.

Ruby bequeathed half of her estate to the Penn Foundation. Today the Penn Foundation is a key component of St. Luke’s University Health Network, and in 2019 opened the L Ruby Horwood alcohol-specific treatment program in her honor.



Delaware River at the Water Gap



# RUBY HORWOOD

In addition to the Ruby Moments at many hikes, there will be a skills training course for women at French Creek State Park on October 5. AMC archivist Becky Fullerton, will be the featured speaker at our annual dinner on November 3, with a presentation titled “Ruby Horwood, Trailblazer, and the Legacy of Women’s Leadership in the AMC.”

## From Joan Aichele 2013 interview with Ruby Horwood

Joan met with Ruby along with two other long-time dedicated DV Chapter volunteers, Jane Shepard and Lennie Steinmetz, who both knew Ruby very well. We were all able to get together in Ruby’s apartment and spent a wonderful afternoon reminiscing about AMC and Ruby’s various hiking experiences. I must admit I was in awe of the company I found myself in. Between Ruby, Jane and Lennie there is a combined 144 years of dedication and commitment to AMC!

Ruby was delightful to talk with. She had a sparkle in her eyes, a quick wit and a willingness to share her memories. Her answers were short but to the point.

When asked how she got started hiking, she replied, “I just did.”

She commented that she had a sister who would not even walk one mile. When asked where she had hiked, she pulled out a list of the many countries and regions she had visited: England, New Zealand, the Dolomites in Italy, Iceland, Scandinavia and Switzerland — her favorite place to hike, she had been there 12 times. Closer to home, she hiked in Colorado, at Mt. Rainer and the Grand Canyon just to name a few. Then she showed us a sash that a friend had made for her door with many patches she had acquired from the areas she had hiked.

Ruby and Jane had traveled together on some of these hikes. They shared laughs about some of their experiences such as sharing a tent at August Camp, and going on a backpacking trip to Phantom Ranch in the Grand Canyon. They were to hike up to the North Rim but there was too much snow, so they had to turn around and hike out the way they came in.

As we read aloud Ruby’s list of the countries she had visited, she commented “I got around and spent a lot of money.”

She went on numerous AMC Major Excursions. She showed us a picture of herself in Iceland crossing a stream with her pant legs rolled up and her hiking boots hanging from her neck. No taking the easy route for this strong hiker!

Talking about the Highland Center led to a discussion about the AMC huts. When I asked her if she had hiked up to the huts, her reply was. “I’ve done the huts, I’ve done the huts,” and laughed. “I’ve done them quite often. They are some lovely spots.”

Madison was one of her favorites.

When asked how she became the first female president of the AMC board in 1975, she replied, “Three or four people asked me if I would do it, so I went off for a couple of hours, came back and agreed to do it.”

And do it she did. She was involved with the acquisition

of the two additional townhouses at Joy St. shortly after she became president. “They really needed the space. There wasn’t much room,”

She said she tried to visit all the chapters over the course of a year, and then had to start all over again.

And some things never change. She commented that “all the groups have a lot of meetings.”

There were a couple of big projects on the agenda during her tenure. The first was protecting Franconia Notch in the White Mountains from the proposed widening of I-93 to a four lane superhighway.

The second was a major issue closer to home, fighting the proposed Tocks Island Dam in the Delaware Water Gap. Many

of us who now recreate in this beautiful landscape are extremely thankful to Ruby and the others who fought to protect this area so that we and future generations have a place to hike, paddle and explore. The area is now known as the Delaware Water Gap National Recreation Area, a place known for its history, natural beauty and abundant wildlife. A place where one can go to renew their spirit.

During Ruby’s time as president she was living in Rhode Island, but then moved to Pennsylvania. She said she would catch the 7 PM flight to Boston every Friday evening, work all weekend and then fly home on Sunday evening. She truly was a dedicated AMC volunteer.

She proudly showed us the wooden gavel that was presented to her for her two years of service as president. It

had a brass plate engraved with her name and the years she served: 1974-1975.

Ruby also served on the DV Chapter Executive Committee. It was a time when the DV Chapter was still relatively new and they were working hard to get the chapter going. She had no idea how big it would become. She was not sure, but thought she had probably served in every chair position on the DV Executive Committee at one time or another.

Ruby commented that she still is very interested in what is going on in AMC and enjoys keeping up with it. She was aware of AMC’s efforts in Maine as well as in trying to get more programs going for children.

To me, Ruby is AMC. She represents what AMC is all about. She had and still has a strong conviction, dedication and willingness to volunteer. And she loved to enjoy the great outdoors and traveling.

AMC was founded in 1876 and is still going strong 137 years later because of dedicated volunteers like Ruby stepping up whenever and wherever needed. She truly is an inspiration to those who follow in her footsteps. Thank you Ruby!



Ruby with badges in 2013



# Pearly Mussel survey on the Paulins Kill: AMC provided some of the volunteers and funding to study this at-risk indicator animal



The pearly mussels are a group of freshwater bivalves (clams) that are among the most imperiled groups on the planet. Their unique life history places them at risk from many threats to our aquatic ecosystems, including pollution and habitat destruction, invasive species, and stormwater impacts. But the Delaware River itself and some of its cleanest tributaries still maintain high densities of these amazing animals.

The Paulins Kill River, a tributary to the Delaware River near the Mohican Outdoor Center, harbors an astounding diversity of these freshwater mussels. Efforts to restore the Paulins Kill may lead to further benefits to these mussel species. The removal of the Columbia Lake dam near the confluence with the Delaware River in 2018, in particular, opened up the Paulins Kill for migratory fish such as American Eels and American Shad for the first time in more than a century. These migratory fish play a key role in the biology of freshwater mussels and their complex life history.

The Delaware Riverkeeper Network (DRN), through AMC and other sources, engaged interested community science volunteers in an underwater exploration of the Paulins Kill river in northern New Jersey.

During this DRN scientist Dr. Erik Silldorff instructed volunteers on mussel survey techniques and the biology of freshwater mussels. Then they snorkeled together down the Paulins Kill in search of these amazing underwater denizens.

Volunteer community scientists typically signed up for a single survey date of the five scheduled. The training, survey and clean-up typically take about four hours of time.

All gear was provided by DRN, including wet suits, masks and snorkels. Participants were required to bring their own water shoes.

Funding for this project was by the Appalachian Mountain Club's Waters and Rivers Protection Fund, managed by the Interchapter Paddling Committee and the Mohawk Canoe Club. The Delaware Valley Chapter has been a supporter of the DRN for more than 30 years.





# Women On High – Pioneers of Mountaineering

**Rebecca A. Brown** Appalachian Mountain Club Books, 2002, 272 pages. Hardcover \$22.95.

Book review by Kathy Kelly-Borowski

Imagine hiking wearing 21 pounds of wool and felt. Plus having a corset on which would reduce lung capacity on an average of 9%, and can cause an increase in shortness of breath during moderate exercise. Then visualize climbing over 4,000 meters. Are we privileged to live in an era of technology that allows us lightweight and protective clothing at a fraction of weight of Victorian times? Not only was the clothing heavy, but it impeded travel.

Some of the women wore bloomers under their skirts and when the climbing became more difficult, they removed their skirts and stashed them under rocks to retrieve on the way back down to look presentable walking into town. One climber's skirt blew away and she had to have her climbing partner head into town before her to retrieve proper attire for her to wear when returning to town. He returned with an evening gown.

Along with the clothing issues, women were considered to be the weaker sex and were often accused of traveling with unsuitable companions. "Hard work, ambition, diligence, and perseverance were considered unfeminine and so were women who displayed them."

The women climbed with other women or men who were not related to them. Meta Brevoort even climbed with her nephew Will's dog Tschingel (named after a mountain in Bernese Alps). Tschingel lead the way, became adept in avoiding crevasses and sniffing out strong snow bridges.

Being first to summit a mountain became very competitive. Many women climbers started climbing in the winter to achieve their goals. Adding additional weight to their already heavy gear and decreased daylight made it necessary to bivouac high on the mountain.

Some of the mountains in the Swiss Alps that were climbed by women: Rothstock (12,136 feet), Silberhorn (12,152 feet), Piz Palü (12,792 feet), Bietschorn (12,907 feet), Eiger (13,015 feet), Jungfrau (13,642 feet), Dent Blanche (14,295 feet), Matterhorn (14,692 feet), Weisshorn (14,780 feet), Monte Rosa (15,203 feet), and Mont Blanc (15,766 feet). Some of the famous climbers and firsts as women: Marie Paradis (aided summit of Mont Blanc), Henriette d'Angeville (first unaided summit of Mont Blanc), Lucy Walker (first to summit the Matterhorn), Meta Brevoort (first to summit Jungfrau in Winter), Katy Richardson (first to summit Piz Palü), and Elizabeth Le Blond (first to summit Piz Palü in Winter).

American women of the nineteenth century took to the mountains on a much different scale (4000 footers). Few of the mountains in the Whites had trails to the summits, therefore the mountains needed to be explored and mapped, and trails built. Women played a major role opening the White Mountains for recreation. Women's role in the White Mountains was one of exploration. The Appalachian Mountain Club was founded in Boston in 1876. The AMC accepted female members and enlisted their participation in a spirit of camaraderie. Women eagerly participated in exploration and improvements. New trails were cut and blazed, shelters built and maps created to help more people access the pleasures of the mountains. Women even joined search parties to locate lost walkers.

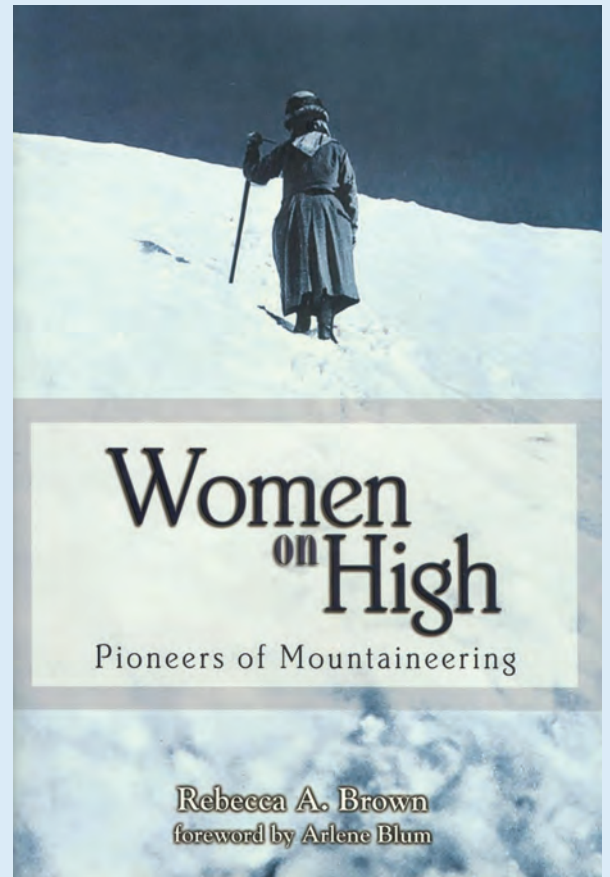
## Some highlights of American Women Mountaineers:

Annie Smith Peck wanted to climb mountains unclimbed by women. She found them in Mexico. In 1887, she climbed Mount Orizaba (18,660 feet) and Mount Popocatepetl (17,883 feet).

Fanny Bullock Workman climbed in the Himalayas higher than 19,000 feet. Later Workman highest climb became to the summit of Pinnacle Peak (22,735 feet).

Dor Keen's travels covered the North American continent from Alaska to Panama, both coasts of South America and the interior of the southern portion, eastern, western, and southern Asia and northern Africa. Keen became the first woman climb Mount Blackburn (16,140 feet) and later became the first woman to cross Skolai Pass (now in St. Elias Mountains) in Alaska.

Miriam O'Brien Underhill completed the first ascent on Torre Grande in the Dolomites by a route named in her honor known as the Via Miriam. Underhill also completed the first ascent of the Aiguille de Roc on August 6, 1927. Miriam was an active member of the Appalachian Mountain Club her entire adult life.



# He Was Too Young To Die: A Love Letter to My Friend

Welles Bruce Lobb, Onion River Press, Burlington, Vermont, 2024.

Book review by Susan Weida

*Robert James Brugmann (1956-1973) was a dreamer and achiever. Had he lived, he might have changed the world.*

Part of the dedication of this book written by DV Chapter active member and leader Welles Lobb prepares you for the emotional journey he will be taking you on as he records the intersection of his life with his friend Bob who died at age 17 during an ill-fated stream crossing on the AT in Clarendon Gorge, near Rutland, Vermont.

Bob was an experienced hiker on a thru-hike of the AT southbound from Maine. He had already done some of the most difficult territory of the AT in Maine and New Hampshire. At the time Bob approached the AT crossing of the Clarendon Gorge, severe storms had washed out the bridge and the Mill River was raging. I will leave the rest of the story for those of you who will choose to read the book to learn the details of Bob's fate.

There have been many books written about hiking the AT and also many that document the hazards that hikers can face or the fates of those who have perished. But the real strength of this book is the personal portrait Welles paints of Bob: their lives growing up together in a rural New Jersey community, the challenges of adolescence in the early 1960s, the call of long distance hiking for this small and young band of brothers and the deep bonds that were created.

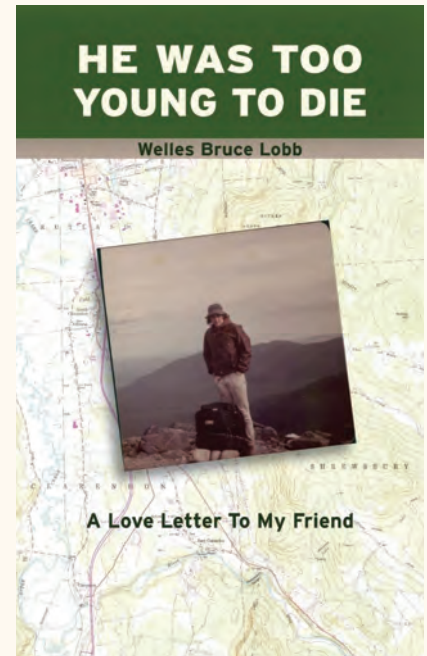
As I was a child during approximately the same period in a rural Pennsylvania community, I was moved by the honesty Welles used in talking about this time. The look back is nostalgic, but also doesn't look away from the normal difficult parts of life for a teenager-social acceptance, love relationships, status, etc.

However, there was also a growing awareness among a certain group of young people that the adults in charge were rapidly destroying the environment and that inequality due to race or economic status was harming many people.

Into this world, Welles introduces us to Bob, a good student and mature beyond his years who was also a level headed and committed activist. He was well liked by peers and adults. Bob was especially skilled and careful while planning and completing independent, long distance hikes with the small group that he made up with his brother and Welles. You understand how Bob may have changed the world.

One of the most affecting parts of the book for me was the writing about the impact of Bob's death on his family, peers, and of course Welles. Welles researched and connected with those who knew Bob to have them take a look back on Bob's legacy. The grief, but also inspiration, that Bob's life held for these folks was very moving, especially the stories shared by his mother, brothers, and the niece and nephew who never got to meet Bob.

Welles nicely supports Bob's story with some solid information about AT hiking but this is not a technical manual. It is an engaging and very readable story about an exceptional young man who was too young to die.





# Howl

By Richard Puglisi

I sat by the glow of my warm campfire on that chilly November night I could hear him off in the distance. His sound was so sharp and distinct that I immediately knew what it was no matter how far away.

Coyotes have been described as the most vocal of all wild North American mammals and their vocabulary consists of a wide variety of yips, barks, and howls that they use to communicate with each other.

They are extremely adaptable creatures. It is believed that around 1900, the Eastern Coyote crossed the Canadian border and moved south through New York State. Their first recorded sighting in New Jersey was in Hunterdon County in 1939 and by 1994, they had migrated down to the Pine Barrens.

New Jersey's coyote population has increased steadily for the past 80 years and shows no signs of slowing down. The NJ Division of Fish and Wildlife estimates there are at least 3,000 coyotes in the state. They can be found in all 21 counties, with populations highest in forested regions like the Pine Barrens and the northwest portion of the state.

Genetic research has shown that Eastern Coyotes are a mixture of western coyote, grey and eastern wolf and domestic dog. They are smaller than their close relative, the wolf and can weight anywhere from 20 to 55 pounds. Their fur color can be greyish brown, red, or blonde and their tail, usually held in a drooping position, is bushy with a black tip and measures half the animal's body length.

Coyotes live with a mate and occasionally their offspring. Their lifespan is anywhere from six to fourteen years. They are primarily carnivores, feeding mainly on deer, rabbits, rodents, birds, reptiles, amphibians, fish, and invertebrates, and on occasion, fruits and vegetables.

As the clock reached ten, I crawled into my tent and settled into my warm sleeping bag and fell off to sleep. I was awakened by his howl at 2:15 am. This time he was directly across the river from my campsite. He howled loudly for a minute or two and then there was total silence again.

Now completely awake, I was lying there thinking about my wildlife encounter. I remember reading that Coyotes are nocturnal by preference and are secretive. They avoid people completely, so it is extremely rare to encounter an aggressive coyote.

What was he howling about? Maybe he was trying to tell me to go away, that this was his territory. After all humans are their greatest threat. In 1980, they were given furbearer status in New Jersey and in 1997, game animal status allowing them to be trapped and hunted.

By far, the most common cause of death for coyotes has been collisions with motor vehicles, which amounts to 40 to 70 percent of deaths each year. Other causes of death have included malnutrition and disease primarily due to mange.

Many indigenous peoples consider coyotes to be a good omen. They are often seen as helpful spirit animals that can guide you on your journey through life. It is said to trust your instincts and intuition during this time, as they'll likely lead you in the right direction. With that thought in mind I fell back to sleep.





**August Camp 2024**

# **Oregon's Central Cascade Mountains**



John Rogers

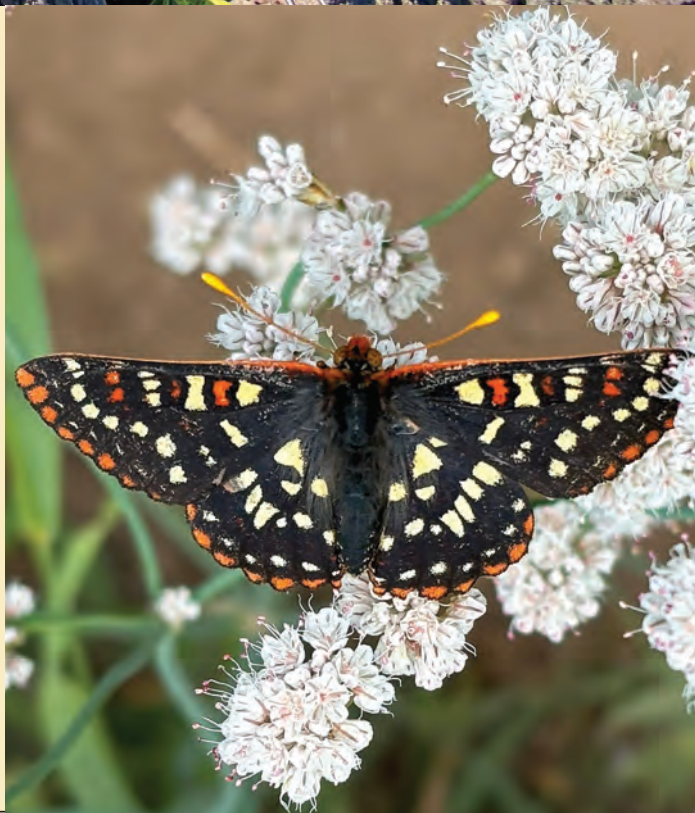
By Lennie Steinmetz

This year, AMC's August Camp (an adult hiking camp that moves to a different location each year) took place in the Central Cascades near Sisters, Oregon. The camp, a full-service tent village that accommodates up to 64 campers each week for four one-week sessions in July and August, was set up next to the Hoodoo Ski Area near the Pacific Crest Trail.

As usual, the ten-person Croo of mostly college students prepared delicious home-cooked meals (breakfast, bag lunch, and full dinner). They also did all the set-up work so that when campers arrived, their two-person 8 x 10 tents with cots provided were ready and waiting for them, as were the large dining tent, the kitchen tent, the large tent for social gatherings, the shower stalls and the porta-johns. Vans rented by August Camp provided transportation to camp from the airport, and to the variety of hikes and other activities offered each day by the August Camp hike leaders.

As you can see from the accompanying photos, the campers went to many lovely locations on their various hikes, enjoying striking mountain vistas, scenic lakes, beautiful waterfalls and a variety of lovely wildflowers. Many DV Chapter members were there to enjoy the adventures and camaraderie, including the 16 Week 1 campers and 16 Week 2 campers seen in the photos here.

Unfortunately, there were a number of wildfires burning in Oregon this summer. While there were not any fires close to the camp itself or impacting



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# August Camp 2024



Terri Tipping

## continued from the previous page

most of the trails that we planned to hike, the smoke from fires did result in a haze that caused visibility problems in some areas at different times of the day. It also resulted in AQI (Air Quality Index) numbers of around 100 on some days, a level that is less than optimal for many individuals. Since the forecast for weeks three and four of camp called for temperatures in the 90s and an increased danger of fires spreading, the decision was made to cancel weeks three and four of camp and to provide full refunds to the campers involved.

Fortunately, August Camp 2025 is scheduled to take place on the Olympic Peninsula in Washington. This area does not have the same problems with forest fires as Oregon, plus is a location that campers have been eagerly waiting to visit since our plans to be there in 2020 had to be cancelled due to COVID.

We are very much looking forward to being at this location, which features a rich variety of unique resources including Olympic National Park, the Hoh Rain Forest, and striking coastal beaches. For information on August Camp 2025, check out the August Camp website at <https://augustcamp.org/>. Details on plans for August Camp 2025 will be available there by mid-October.





# August Camp 2024



Lennie Steinmetz



Lennie Steinmetz



Lennie Steinmetz



Greg Bernet