



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club

Spring 2025 • Volume 63 • Number 2

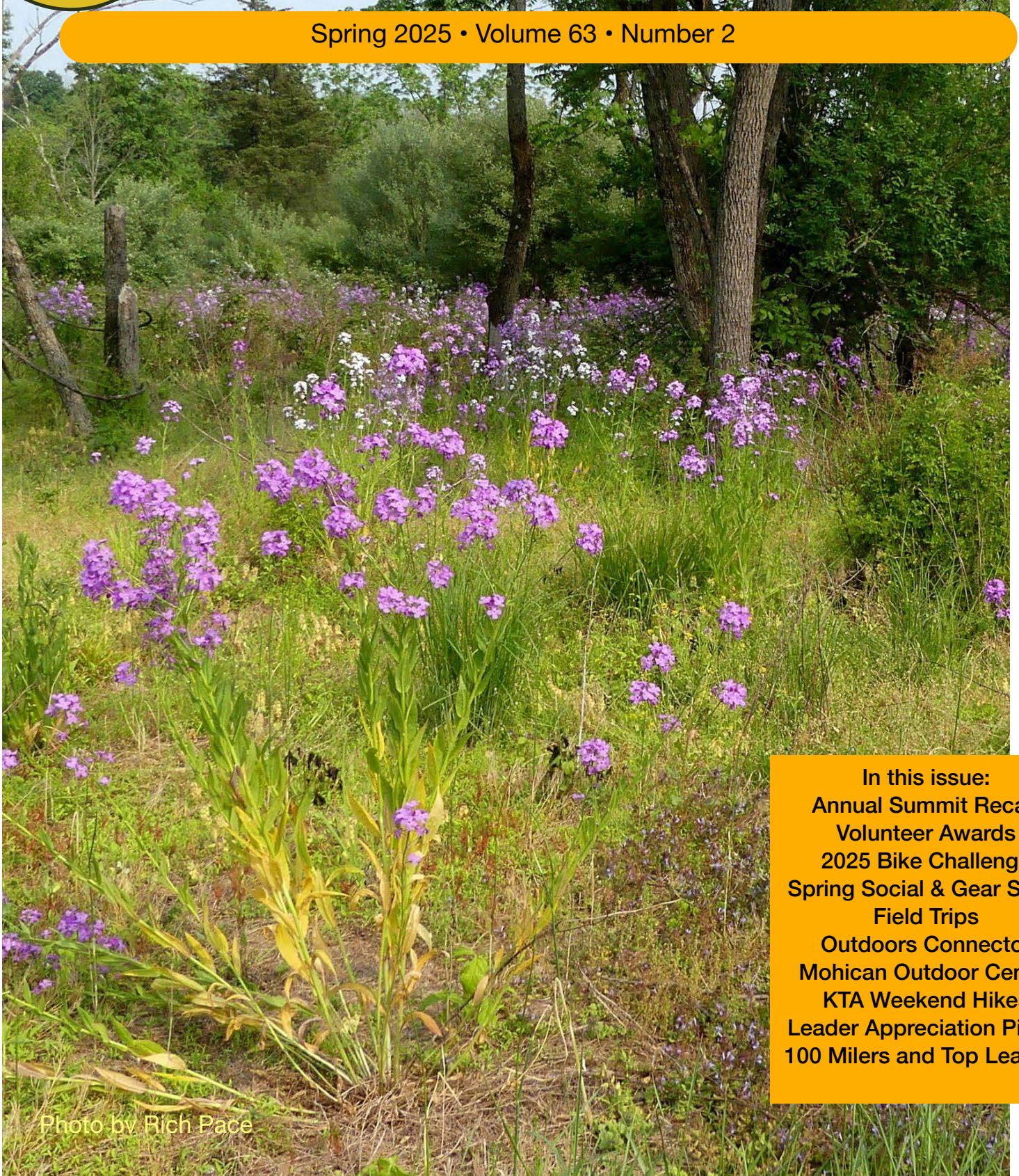
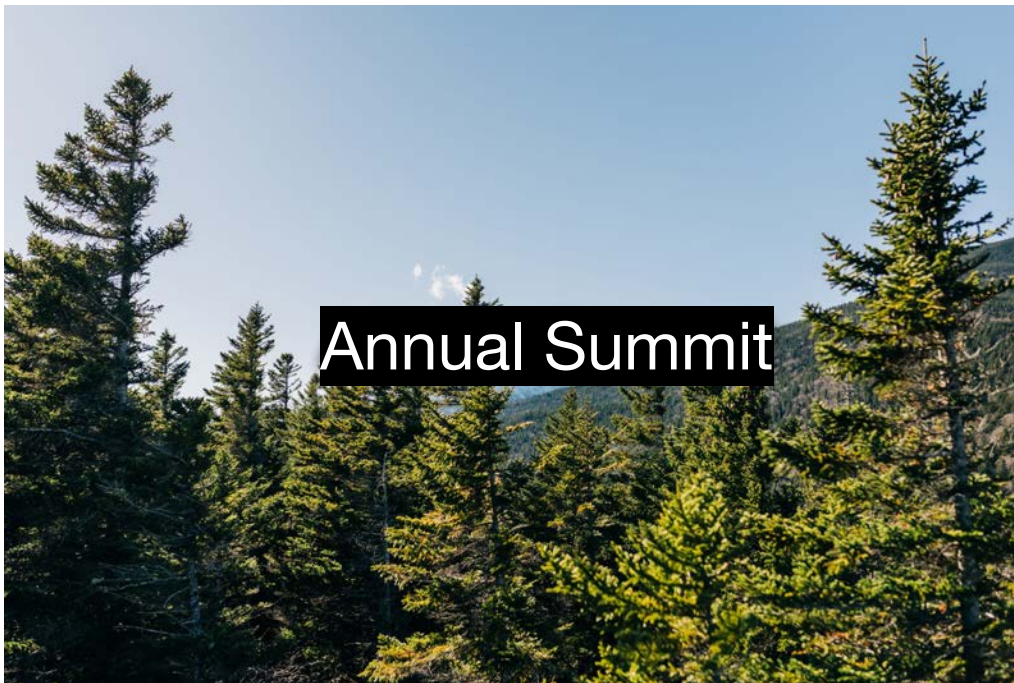


Photo by Rich Pace

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AMC Annual Summit Focuses on Leadership Connections, Strategic Planning and Volunteer Recognition

Members of the DV Executive Committee attended the AMC Summit meeting January 25 in Norwood, MA. Their presence at AMC Summit allowed them to represent Del Val in meetings with AMC staff and other chapters. Some of the topics covered included AMC's strategy and initiatives 2025-2030, techniques to attract and retain members, leader recognition, the AMC technology roadmap and planning for AMC's 150th anniversary. AMC DV members in attendance contributed to the discussions on these topics while also getting ideas from other chapters that we can consider for Del Val. We heard many comments from people about the innovative ideas being done in Del Val and wanting information on how they could do the same in their chapter. The day was packed with learning and making connections.

The next day, the Del Val Chair and Vice Chair participated in the Chapter Chairs meeting. In this meeting, the chairs of the chapters and AMC staff discuss the challenges facing the chapters and how to work with AMC staff in addressing them. The chapters, though geographically diverse, face many of the same challenges. We also plan the future of the chapters as we all work to deliver on the AMC strategy for 2025 to 2030. During this meeting, the comments and concerns voiced by the Del Val membership guides the planning input and decisions from the Del Val chair and vice chair. Here the chapter chairs make working relationships that are employed in actions throughout the year.

The AMC Annual Summit provides a great opportunity to experience the energy of all the volunteers and staff that are committed to delivering on the AMC slogan, "From Maine to Virginia, we connect people with nature and with each other."

-George Cagle, AMC-DV Chair

Delaware Valley Chapter Volunteers Receive Prestigious Awards

An exciting precedent was set at this year's AMC Summit in Norwood, Massachusetts on January 25: for the first time ever in our chapter's history, **four** dedicated trail workers received Stewardship Awards from AMC! The newest recipients were all trail volunteers at Valley Forge National Historic Park. They received the **Marian Pychowska Award**, which is named after a 19th Century AMC female volunteer who stood out for her diverse activities. In the 1880s Pychowska helped build trails, created a trail map of the Northern Presidential Range, discovered the Pinnacle in Huntington Ravine, and may have been the first AMC-affiliated person to look at the impact of recreation. To earn this award, one must have volunteered a minimum of 96 hours of trail work during the year. One recipient was **Pat Grannan**. He was the only trail crew member to receive an award. He recorded 96 hours of service in 2024. The other recipients of the Pychowska Award were two Trail Leaders at Valley Forge: **Doug Wilson**, who recorded 151 hours and **Brian Sisko**, who recorded 169 hours. It is the first time these three recipients have qualified, and we are very proud of them!



Award recipients Pat Grannan, Brian Sisko, Doug Wilson and Greg Bernet

Our Delaware Valley Trails Chair, **Greg Bernet**, was once again given the **Warren Hart Award** which bears the name of a volunteer who was AMC's Councillor of Improvements (Trails) from 1908 -1910. Hart was a stellar example of the spirit of trail volunteerism. He spent 28 days in 1908 creating trails in the Great Gulf Wilderness and inspired other members to join in the effort by his personal example. By 1910, Hart led "working sections" of 40 people in summer trail building expeditions. This award goes to volunteers who record over 224 hours. After receiving the Pychowska Award for a few years, this marks the fourth year in a row that Greg has qualified for the Hart Award. He recorded 313 hours of service in 2024 as trail crew leader of the Pennsylvania Highlands Trail Stewards and the New Jersey Highlands Trail Crew, as well as being a member of the Appalachian Trail Crew and a certified Sawyer.

Thank you to these dedicated trail workers and to all the other trail volunteers in our chapter who put in many hours. We hope that even more volunteers can qualify for these awards in 2025.

Delaware Valley Chapter Celebrates Two Magnificent Members

Pat Grannan, Hiking Leadership and Trail Maintenance

Pat Grannan sets the bar for hiking leadership. He is a low key, welcoming leader who has established a loyal following for his Valley Forge hikes. Pat is conscientious about every detail, and his car trunk offers every possible hiker need: extra water, tick spray, bug spray, spare toilet paper rolls (in case park bathrooms run empty), and more.

On the trail, Pat closely monitors safety and takes detours when there are safer trail alternatives. If a hiker leaves early, Pat asks for a text message confirming their safe arrival. He is aware of the individual needs of his group members at all times.

As his hikes evolved over time, Pat noticed that some hikers wanted a faster pace. To meet those needs, Pat established a second “fast paced workout hike” on Saturday mornings. This hike has become extremely popular.

Not surprisingly, Pat is conscientious about his administrative work, submitting in-depth trip reports shortly after the hike is completed. His reports routinely include write-ups about trail situations or challenges.



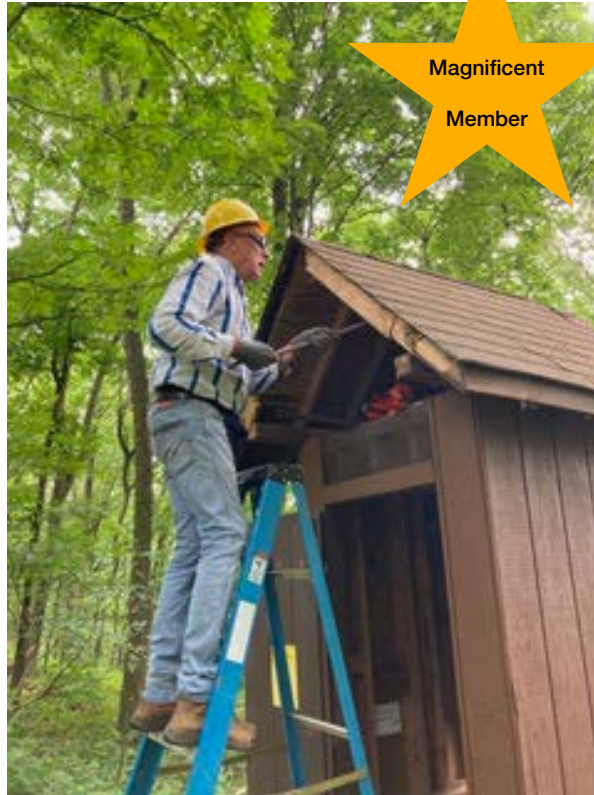
As if that isn't enough, Pat has educated himself about Valley Forge and some of its sights, and also does trail maintenance. In fact, Pat recently received the 2024 Marian Pychowska Stewardship Award at AMC's Annual Summit, an honor bestowed on members who have logged over 96 hours of trail work in a year.

Pat's consistently conscientious leadership style, his dedication to the hiking community and his commitment to trail maintenance qualify him for the Magnificent Member of the Quarter award. (Nominated by Lisa Lombardo)

Paul Benson, Trail Maintenance

Paul was instrumental in the construction of the new privy on the Appalachian Trail at Kirkridge. Although he did not design the privy, his knowledge as an engineer was invaluable since there is always a gap between design and implementation.

Even more valuable was Paul's craftsmanship during construction. He was clearly the most knowledgeable of all the volunteers and helped the designer execute the design specs through his precise measuring and cutting, and occasionally, by improvising a solution to a problem. Paul always brought his own tools and was willing to work in any capacity, including carrying lumber and equipment to the work site.



Although this project spanned extremely cold and extremely hot weather conditions, Paul remained undaunted and often did tasks others declined, most notably climbing up to work on the roof!

In addition to his work on privy construction, Paul also volunteered to help demolish the old privy. Once again, he was the sole volunteer to climb to the roof.

Throughout the project, Paul's construction skills, great attitude and fabulous sense of humor made him a great addition to the privy team. Working with him was an absolute pleasure. (Nominated by Greg Bernet)



To Submit a Magnificent Member Nomination, please include: Name of nominator (you must be an active, current AMC member), name of nominee (must be an active, current AMC DV Chapter member), nominee email address and/or phone number, the name of the event/events where you observed the exceptional behavior, and at least three sentences describing the behaviors that make this person worthy of recognition. Submit nomination by these quarterly deadlines: March 1, June 1, September 1, December 1. Send nominations to the Chapter Vice Chair and Secretary at vicechair@amcdv.org secretary@amcdv.org.

AMC-DV Rolls Out New 2025 Bicycle Challenge



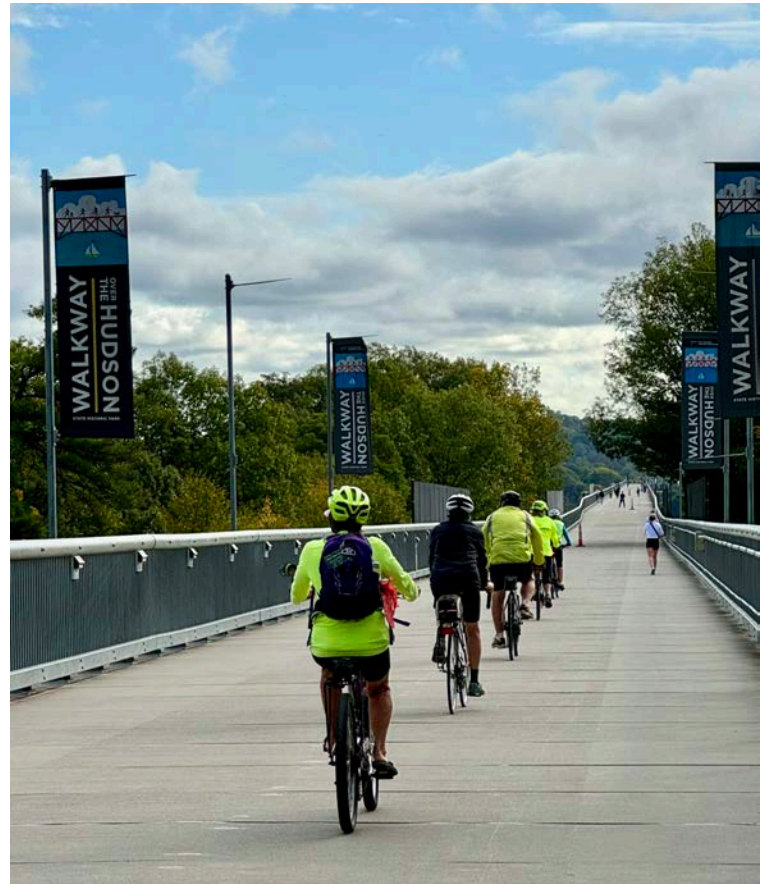
The rules and tally sheet can be found on DelVal's website under the Activities News section - <https://amcdv.org/activities/take-the-2025-delval-bike-challenge/> Challenge starts March 1 and continues through to December 31. Hope to catch-up and share some pedaling time with you soon!

-Theresa Berntsen, AMC-DV Bicycling Chair

Are you ready for a challenge? It's time to get your bike "off the hooks" and ready for a new cycling season. Join your AMC Delaware Valley outdoor enthusiasts for some bike riding exploring local trails and beyond. The challenge is super easy and an incentive to try something new with like-minded bikers.

You must be an AMC member and the qualifying rides must be led by an AMC Delaware Valley bike leader. You only need to bike a total of six rides over ten months – a piece of cake! One ride must be in PA, one in NJ and one brand new ride you've never biked before. The remaining three rides can be anywhere.

The new 2025 Bike Challenge sticker should be available soon. Make sure to get one and display it on your bike, water bottle, helmet or bike pack.



Crossing the Walkway over the Hudson on Fall 2024 AMC-DV trip "New Paltz: Exploring the Shawangunk Mountains." Bike ride led by Sue Bickford-Martin; Photo by Peni MacMeekin

AMC Field Trips: A New Way to Build Community and Learn Outdoor Skills



Field Trips are structured, educational experiences led by knowledgeable instructors, designed to help participants master specific outdoor skills, providing confidence to make the outdoors more accessible and enjoyable for all. Best of all, these trips are free for AMC members, with a low-cost fee for non-members—making outdoor education available to everyone.

As a brand-new offering, AMC Field Trips introduce an immersive, skill-building approach, to break down barriers to outdoor learning. Some of the specialized topics already offered include: Bike Repair and Maintenance, Wilderness First Aid and Safety, Backpacking and Camping Essentials, Wildlife and Plant Identification, Leave No Trace Principles, Climate Change, and Trail Maintenance Work.

The Field Trips bring people together in a shared learning environment, connecting outdoor enthusiasts of all backgrounds to find new ways to engage with AMC. For new members, they provide a welcoming entry point into the AMC community, to spark a deeper interest in outdoor recreation, leading to more involvement in club activities, volunteering, and leadership opportunities.

For those newer to outdoor recreation, Field Trips provide a supportive, structured environment to learn new skills without feeling intimidated. And for our long-time members, Field Trips present an opportunity to refine existing skills, mentor new participants, and deepen their outdoor knowledge—all while fostering a stronger connection with AMC's community.

AMC Field Trips are versatile—there's something for every skill level and age group. This supports AMC's mission to continue to support inclusivity and get everyone outdoors. For families, the program offers engaging forest school play sessions that introduce children to the outdoors in a fun, structured way.

The Field Trips program represents an exciting expansion of our chapter's mission. In today's fast-paced world, people are looking for meaningful experiences that help them disconnect from screens and reconnect with nature. AMC Field Trips provide that opportunity—helping members gain practical skills, personal confidence, and a sense of belonging.

If you're looking for a new way to learn, explore, and connect, we invite you to join us on an upcoming Field Trip by searching the keywords "FIELD TRIP" in Outdoors Connector. Whether you're a first-time participant or a seasoned AMC member, this program is your chance to embrace outdoor learning in an exciting and immersive way - see you there!

AMC OUTDOORS CONNECTOR HAS LAUNCHED!

Outdoors Connector replaces the AMC Activities Database which was developed more than 30 years ago and had become difficult to maintain and update.



Log in

Having difficulty navigating Outdoors Connector or posting activities that you would like to lead? Help is available from our Chapter's tech-savvy volunteer Super Users! Just send your questions or concerns to dvochelp@googlegroups.com

HOW TO SEARCH FOR AMC ACTIVITIES IN OUTDOORS CONNECTOR:

Delaware Valley Chapter Activities: Finding our activity listings is very simple and quick.

-Go to our Chapter website www.amcdv.org then go to Activities and click on Activities Calendar. *(That calendar is temporarily unavailable- see notes below).*

-A few sentences below the calendar click on the link "Click here to get a complete current list, not in calendar format." Then scroll down a bit to "Browse Activities" and you will see our Chapter's upcoming events!

New DV Chapter activity calendar: While the usual DV calendar is unavailable, a new format for a DV activities calendar is currently in place! You will find a link on our Chapter website. The calendar will display our Chapter activities in an easy-to-view calendar format with a link to each activity. The calendar is manually updated by our volunteers, so there will be a lag time between when an activity appears in Outdoors Connector and when it appears on this new calendar. Volunteers will try to update the calendar by 5 PM each Tuesday. *To access it, follow the instructions above and click the link just below the inactive calendar: "Please click here for a temporary calendar."*

All AMC Activities: Go to the AMC website www.outdoors.org and there is a new banner across the home page making it easy to search for activities in all chapters. Just click on the button "Search for Activities and Adventures." Many adventures await!



AMC-DV hikers along D&R canal spillway south of Bulls Island. Photo by Rich Pace

AMC Delaware Valley Chapter Annual Spring Social and Gear Swap

When: Sunday April 6, afternoon/evening, schedule as below

Where: Central Bucks Senior Activity Center, 700 N Shady Retreat Rd, Doylestown PA 18901

Cost: \$15 for the dinner, please reserve in advance on Outdoors Connector

Share the outdoors excitement! Meet-and-greet your rising AMC leaders of today and tomorrow! And enjoy a delicious catered dinner from Altomonte's in Doylestown.

Be recognized for your outdoors activities mileage (hiking, biking, paddling, trail work, and other things we do), and hear DV leader Welles Lobb present on his new book, [Too Young to Die](#).

Door prize drawing, and gear swap/sale preceding the main event. You may give, sell, exchange or buy any sort of equipment for outdoor activities, and you may attend the gear swap independently of the dinner.

Please consider bringing dessert to share, and let event coordinators know in advance what you will be bringing.

Event coordinators: Annette Sheldon 609.731.9022

social@amcdv.org;

Stan de Riel 609.731.3882

Schedule:

2:30 – 3:30 PM Executive Committee in-person board meeting (inside), open to all members!

3:30 – 5 PM Gear Swap (pavilion outside)

4:30 – 5 PM Outdoors Connector demonstration/help (indoors - bring your PC or mobile phone)

5 – 6 PM Social Hour

6 – 7 PM Dinner and Dessert. Coffee/Tea/HW provided, BYOB.

7 – 8 PM drawings, recognitions, talks, news updates. We will reset tables and exit by 8 PM.



AMC guests enjoying the Fall 2024 Annual Dinner

AMC-DV LEADER APPRECIATION PICNIC

SUNDAY MAY 4, 2025 Noon to 3 PM

Along the Green Ribbon Trail, Montgomery County, PA.



-A fun and free event for leaders only! Current AMC-DV leaders are invited, but you are also invited if you are an inactive leader who would like to start leading again! We can help you get re-started with leading!

-Registration is required. Details of the location will be sent to all registrants. Registration is now open!!
Registration will close May 1, but registrations received by April 23 are very appreciated to help us plan. Register on

Outdoors Connector or by emailing Registrar Mary Toomey, AMC-DV Leadership Chair, at leadership@amcdv.org or bf2me@aol.com

-The picnic will be held under a large shady pavilion so it is a rain-or-shine event. The date of the pavilion rental cannot be changed due to park rules. In the case of severe weather prediction, all registrants will be contacted via email early morning May 4 with the back-up plan.

-Picnic will include: *Delicious lunch *Time for Q&A, discussion, and announcements with the Chapter Chair and Leadership Chair.

*Small gifts *Social time *Outdoors Connector demo & updates

-A pre-picnic hike will be held at the same park; details will be provided to registrants and will be posted separately in Outdoors Connector.

-Please note: Alcohol is prohibited in the park.
No pets at this event.

We hope to see you there!



Green Ribbon Trail

Mohican Volunteer Opportunity

AMC's Mohican Outdoor Center needs a couple of new Information Volunteers. This role primarily involves welcoming visitors to Mohican, orienting them to the facility, giving trail advice about nearby hiking options, and promoting AMC's work and mission. Volunteers should be active hikers who already know and love Mohican and the nearby trails. Volunteers commit to two weekends a year (can choose Fri/Sat or Fri/Sat/Sun) during the late-May through mid-October season. Training will include a few online sessions as well as a day volunteering alongside an experienced Mohican Information Volunteer. Enjoy free meals and lodging while volunteering, a discount in the Mohican store, and the option to bring a guest with you at a very discounted rate. During your ample break time, you can hike, swim, paddle, or just relax. (New Information Volunteers are also needed for AMC's Corman Harriman Outdoor Center and Reeves Meadow Visitor Center, as well as other AMC locations in New Hampshire). For more information, please contact Kyra Salancy, Volunteer Programs Manager, at amcvolservices@outdoors.org

Work & Play Weekend Getaway at Mohican Outdoor Center May 9-11, 2025

Share your talents and love of Mohican Outdoor Center to help us make a few improvements around camp as we get ready for the upcoming Spring season. We'll spend our time attending to special projects such as beautifying, building projects, camp maintenance and other seasonal tasks. Then we'll hike, paddle, socialize, or relax around the fire.

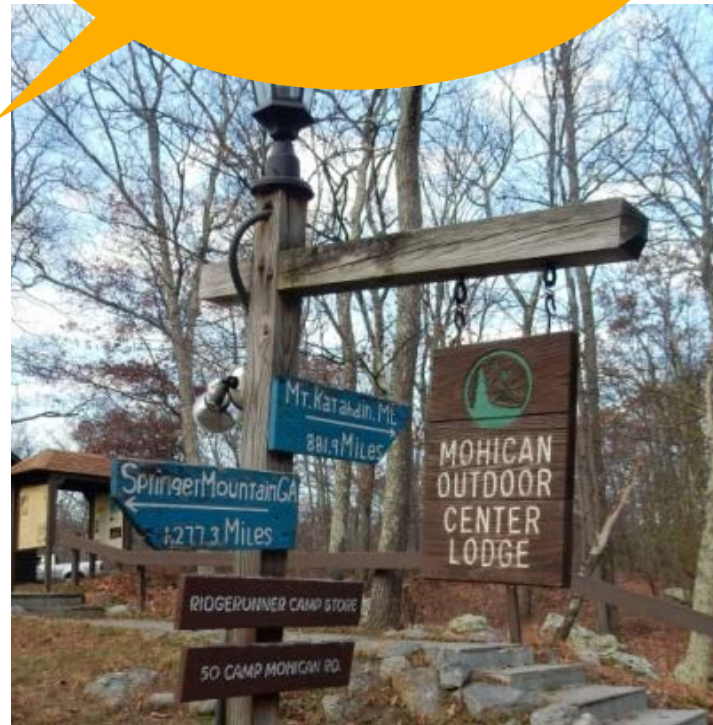
Cost \$125 includes Friday and Saturday night lodging at Trails End lodge and all meals (Friday dinner through Sunday breakfast). AMC's Mohican Outdoor Center is located in Blirstown, NJ near the Appalachian Trail.

Questions about the program, please contact volunteer leader, Annette Sheldon at annettegabriele@verizon.net or 609-731-9022.

To reserve, register by April 25, 2025 on Outdoors Connector. You will receive additional event information as the event approaches.

-Annette Sheldon

*"Being an Information Volunteer at Mohican Outdoor Center is something I look forward to every summer where I assist everyone from hard bodied Appalachian Trail thru hikers to first time camping families."
- Susan Weida, AMC-DV chapter member and Mohican Information Volunteer*



AMC-DV Hike Leaders Tapped for Keystone Trails Spring Hiking Weekend



From KTA website: “Join us April 25-27, 2025 at Lake Raystown Resort and get outdoors. The weekend will showcase regional hikes, environmental stewardship activities, an outdoor-themed book discussion, bike rides, guest speakers, dog-friendly activities, and more.” Registration is required and space is limited. Find out more at <https://www.kta-hike.org/springweekend.html>

Spring Hiking WEEKEND

FRIDAY

- Stewardship on Old Loggers Trail** - KTA
- Trough Creek State Park Hike** - Burgess Smith, Standing Stone & Mid State Trail Clubs
- The Thousand Steps Hike of the Standing Stone Trail** - George Conrad, Standing Stone Trail Club
- Dog Lovers Hike on Terrace Mountain Trail** - KTA, @gotlost.onpurpose & @trek.withfrek
- Railroads & Coal Mines Hike** - Friends of the East Broad Top
- Mountain Biking for Beginners, The Allegrippis Trail** - Rothrock Outfitters
- Pack Mules Primer**- Jay Zeigler, Pennsylvania Equine Council
- Cliffs Trail Hike** - Welles Lobb, AMC Delaware Valley

4/25-4/27 • RAYSTOWN LAKE, PA

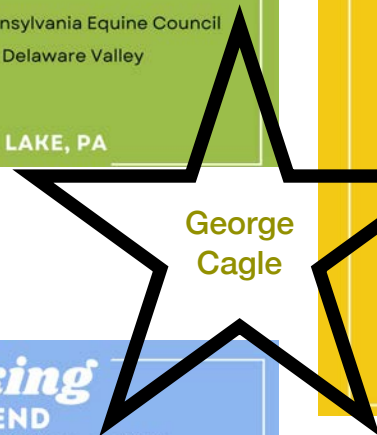


Spring Hiking WEEKEND

SATURDAY

- Flag Pole Hill Hike** - Welles Lobb, AMC Delaware Valley
- Maple Run Section of Mid State Trail Hike** - Kristin Joivell & Kevin Busko, Mid State Trail Association
- The Thousand Steps Hike** - Central Pennsylvania Conservancy
- Trough Creek State Park Hike** - George Conrad, Standing Stone Trail Club
- Tatman Run Gorge / Terrace Mountain Trail Hike** - Ben Cramer, KTA Member
- Lincoln Caverns Exploration & Bat Program**- Lincoln Caverns
- Trough Creek Terrace Mountain Trail Hike**- Joe Nanfara, AMC Delaware Valley
- Kayaking Cove Exploration** - Rothrock Outfitters
- Intro to Archery** - Trough Creek State Park
- Keystone Trails Association Council Meeting**

4/25-4/27 • RAYSTOWN LAKE, PA

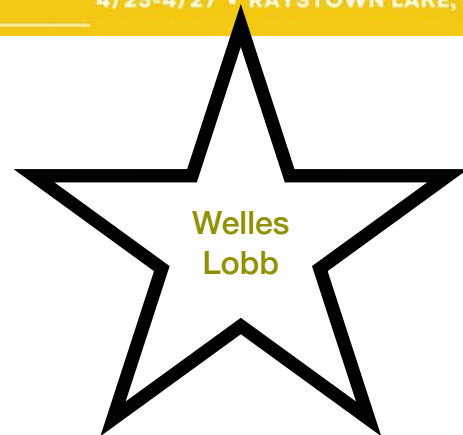


Spring Hiking WEEKEND

SUNDAY

- Old Loggers Trail Hike** - Joe Nanfara, AMC Delaware Valley
- Penn-Roosevelt State Park Hike** - Welles Lobb, AMC Delaware Valley
- Shale Barren Hike** - Raystown Field Station
- Standing Stone Trail Run from Rocky Ridge Natural Area** - George Conrad, Standing Stone Trail Club
- Birding Walk at Shaver's Creek** - Doug Wentzel, Shaver's Creek Naturalist
- Drab Corner to Lake View: Mid State Trail Hike**- Pete Fleszar, Mid State Trail Association
- Live Staking & Lower Trail Exploration**- Juniata College & PA Interfaith Power and Light
- Rothrock Trail Project Sneak Peek Hike** - Jay Zeigler, Rothrock Trail Alliance
- Shorb's Summit Hike**- George Cagle, AMC Delaware Valley

4/25-4/27 • RAYSTOWN LAKE, PA



2024 Most Active Participants

Ranked by mile equivalents:

Hiking 1 mile = 1 mi

Backpacking 1 mile = 1 mi

Snowshoeing 1 mile = 1 mi

Biking 1 day bike ride = 10 mi

Paddling 1 day paddling = 10 mi

XC skiing 1 day trip = 10 mi

Alpine skiing 1 day trip = 10 mi

Trail work 1/2 day = 15 mi

Conservation 1/2 day = 15 mi

Shelter watch 1 visit = 10 mi

Volunteering 1 outing = 10 mi

Jane Richter	1672.95
Patrick Grannan	1009.05
Jay Gross	757.5
Gregory Bernet	638.65
Sue Auyeung	620.6
Joseph Nanfara	619.95
Doug Wilson	555
Jerry Taylor	529.45
Hannah Tyburski	525
Dave Hoke	520.95
Adrian Noble	489.1
Susan Weida	483.8
Theresa Oravec	455.55
Richard Hudson	441.4
Lisa Kleiman	437.85
Brian Sisko	420
Larry Priori	412.8
Lois Rothenberger	403.25
George Rockett	385.05
Marty Keck	377.2
Peggy Hoffman	374.38
Debbie Walsh	361.45
Marianne Carbine	340.1
Richard Einstein	332.85
Martin Mersky	328.3
Dave Schofield	325.45
Welles Lobb	323.95
John Rowen	313.25
Robert Hileman	303.6
Annette Sheldon	302.5

Rich Pace	300.35
Stan deRiel	292.5
R. Phelps	286.7
Judith Shabrach	285.1
Lisa Lombardo	282.85
Walter Auyeung	281.6
Jennifer Hubbard	279.25
Paul Schulke	278.4
Allison Hudson	273.35
Jose Ibarra	270
Jerald Srodes	269.1
Angie Holler	268.15
Robert J Coia	265.8
Ann Coyne	260
Peni MacMeekin	257.2
Robert Willenbacher	244.18
John Hope	243.9
Suzanne Loprete	230.8
Lennie Steinmetz	229.2
Patricia Merkel	228.03
Tammy Brown	225.6
Janet Nielsen	220.9
David Kenosian	219.65
Theresa Berntsen	213.1
Min Zhang	209.6
Linda McAdams	204.4
Beth Stearns	200.85
Carol Broadbent	200.25
Susan Bickford-Martin	198.9
Peter Jarrett	196.3
Susan Mosley	195.5
Kathy Ciliberti	188.6
Mary Morley	185.15
Joan Detyna	182.3
Nancy Marciniak	181.5
Thomas DeAngelo	179
Geri Weatherholtz	172.5
Jerzy Sliwinski	169.6
Julia Watson	160
Patrice Luongo	159.9

John Loyer	157.5
Jeffrey Lippincott	156.05
Jean Plough	151.6
Denis McCartan	148.1
Michael Ahern	147
Kathleen Czupich	146.3
Rosa Mirafior	146.15
Terri Foley	144.3
John Rogers	143.8
Dan Loughner	143.75
John Fasciocco	143.6
Tim Zaengle	142.7
Susan Cox	141.75
Roger Brown	139.9
James Bloom	138
Lynn Fraser	138
Karen Dash	137.6
Michelle Thompson	134.45
Mary Lou Dahms	134.15
Michael Chen	134
Cathy Carlis	132.5
Joanne McDonald	131.55
Sally Hodge	128.8
Deane Bartlett	127.15
David Rabold	124.5
Margaret McDonald	124.2
Trudi Mitana	121.55
Mark Kern	118.6
Linda Ahern	117
Cameron Smith	116.05
Shelley Harvey	114.5
Richard Kowal	114.35
Eric Carter	109.5
John Garner	109
Carolyn Seith	105.8
Deborah Faust	104.75
Mike Manes	103.3
Holly Adams	103.25
Christine Han	102.05
Kathy Hughes	101.65
Ann Charles	101.4

2024 Top Leaders (4+ leads)



Save the date!
Chapter Picnic • Sat, June 8
at Peace Valley Park



Patrick Grannan
Jay Gross
Larry Priori
Lisa Kleiman
Dave Hoke
Gregory Bernet
Hannah Tyburski
Annette Sheldon
David Kenosian
Stan deRiel
Brian Sisko
Doug Wilson
Jerry Taylor
Rich Pace
Theresa Berntsen
George Rockett
Welles Lobb
Linda McAdams
Denis McCartan
Susan Weida
Robert J Coia
Lisa Lombardo
Jose Ibarra
Susan Bickford-Martin
Jean Plough
Tammy Brown
Adrian Noble
Richard Einstein
Joseph Nanfara
Richard Hudson
Eric Carter
R. Phelps
Lois Rothenberger
Julie Watson
Roger Brown
Shelley Harvey
Peni MacMeekin
Mark Kern
Peter Jarrett
Greg Fogarty

Rand Salani
Lisa Chou
John Rowen
Marty Keck
Lennie Steinmetz
Jeff Fritzingler
Barbara Fritzingler
Mike Manes
John Rogers
Michael Ahern
Marcia Telthorster
Stephen Leibrock
Deborah Faust
Gale Maleskey
Barbara Wiemann
Jacob Sitkin



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for an interesting story topic
you would like to see in the
newsletter? Please send your
suggestions to Joanie
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newsletter@amcdv.org

Appalachian Footnotes

quarterly e-news from the
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