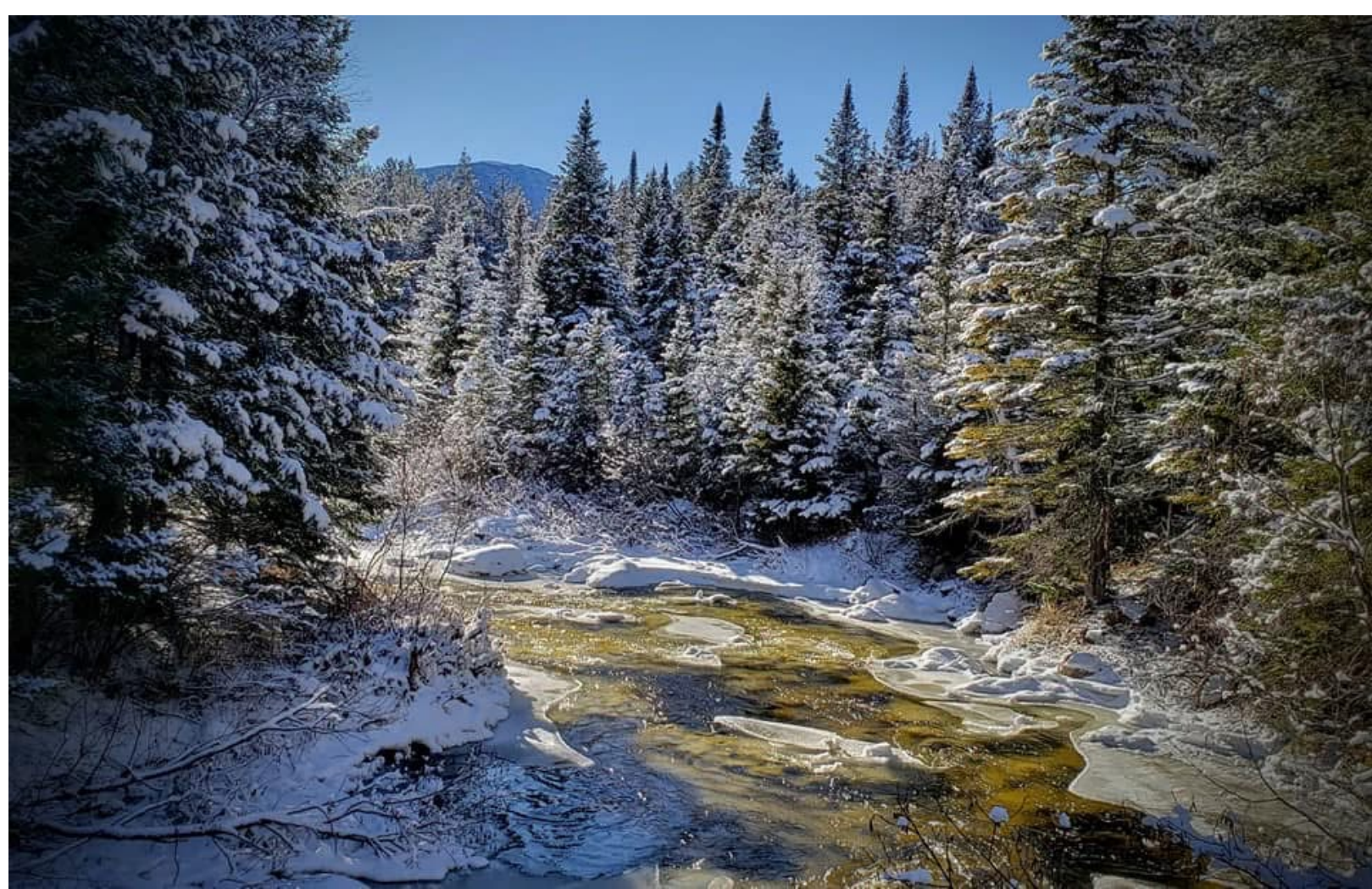




# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club

Winter 2025 • Volume 64 • Number 1



AMC-DV member Bill Steinmetz's photo captures the beauty of winter in NYS Adirondack Park. Used with permission.

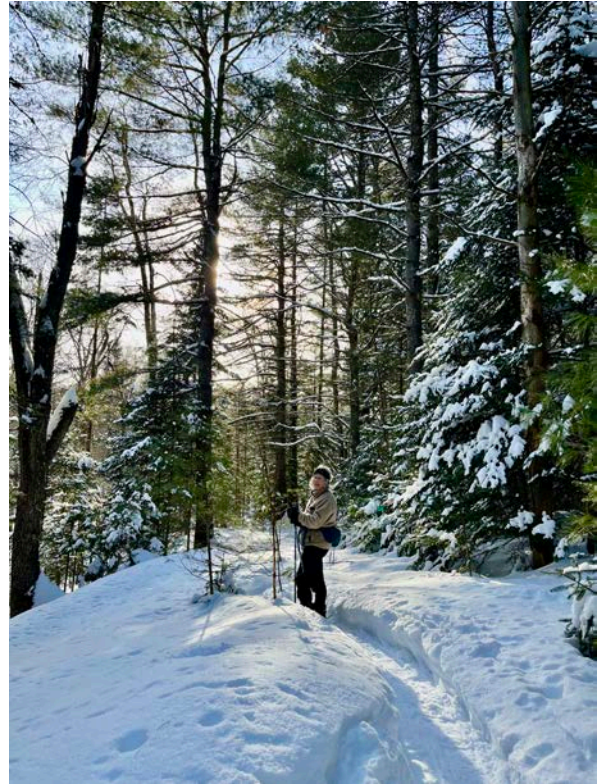
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## ***FUN IN THE SNOW***

Remember when you were a child, you eagerly awaited a 'no-school' snow day to build forts, have snowball fights, make a snowman, go sledding or create the perfect snow angel? Well, now that you are all grown-up, you can still frolic in the snow. DelVal's annual ski and snowshoe trips are for all skill levels – you can be a first-time novice or an experienced skier. Both venues



The Adirondack Rock & River lodges [Keene Valley] are ideally situated close to several local x-country ski centers. Additionally, the lodges are

offer x-country ski rentals and lessons. I so enjoy the mere delight of x-country skiing – simply step out of the groomed tracks, breathe in the fresh, crisp country air, snap a photo or just gaze at the woods cloaked in snow. Several participants would rather snowshoe; there are heavily wooded enchanting trails providing a good workout and a peaceful experience. Go at your desired pace; there is no need to hurry. The serenity and pure beauty are so welcome and comforting.





located right at the Jack Rabbit backcountry trailhead, making it easy for you to step outside and enjoy snowshoeing or cross-country skiing. One great benefit at Lapland Lake Ski Center is the ability to ski right from your door—no need to drive anywhere. Lapland has an extensive snowshoe trail plus night skiing. If you're looking to unwind after a busy day of physical activity, you can also enjoy the Finnish sauna to help soothe your muscles. It's



worth mentioning that our DelVal group has a yearly tradition: we make a running start at a little tube hill, jump on a tube, and ride down it for a few rounds each year. Fun in the snow!!

After a full day outdoors, we gather for our potluck dinners. I guarantee you

will not leave hungry – they are hearty and scrumptious!



After dinner, we discuss the next day's agenda, mingle, while some enjoy playing board games. A good time is had by all.

If you're interested in organizing a cross-country ski or snowshoe trip, I'm happy to provide any information that could add more 'fun in the snow' activities to DelVal's scheduled outings.

Terry Berntsen

# Winter Hiking for Safety and Fun

*by Barbara Fritzing*

"I don't hike in winter. I hate cold weather!" I often hear that comment when I talk about winter hiking. And there was a time I felt that way, too, until about 10 years ago, when we tried snowshoeing for the first time. And then we were hooked!

Winter hiking offers a refreshing change from the heat, humidity, bugs and snakes we can find on summer hikes. It offers the ability to stay in shape year-round, in addition to the fun challenges of snow and ice. With proper preparation and gear, hiking in cold weather conditions is safe and fun.

The first thing before setting out is to consider what the conditions will be. This includes temperature, precipitation, terrain and footing. Conditions will determine what gear is needed.



Sturdy, waterproof, insulated hiking boots are a must. Make sure your boot size is large enough to accommodate heavier winter socks. If your boots are too tight, poor circulation will make your feet very cold.

Hiking poles are always useful to maintain stability, balance and footing, especially ascending and descending steep trails. When there is a bit of thin ice or a few inches of snow cover, you'll need a pair of MICROspikes to safely navigate the trail. Snowshoes will carry you easily over deeper snow of more than about eight inches. Carry crampons in your pack on mountainous trails with the potential for thick ice. Practice putting on and



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

Don't be silly, start chilly! When leaving a warm car into frigid winter temperatures at the trailhead, we invariably ask ourselves, "Why are we doing this?" But those thoughts quickly melt away once we set off at a brisk pace along the trail. We've learned it's best to begin a winter hike feeling more on the cold



side than at a comfortable temperature. Just before you start, take off that extra outer layer.

Clothing materials should be quick-drying synthetic layers. Cotton doesn't dry when wet, and conducts heat away from your body, putting you at risk for hypothermia. Suggested layers for winter hiking include base layers (top and bottom), a mid-weight fleece top layer, alpine or snow pants, rain/wind layers (top and bottom), and a heavy, hooded parka for breaks and summits. A hat is another essential item. Putting on a hat will hold heat in, taking it off will release it when you get too warm. Carry an extra hat in your pack. A buff, neck gaiter or balaclava provides additional warmth for head, neck and ears. And be sure to bring extra gloves and/or mittens, including liners, mid-weight and heavier weight. Having options enables you to adjust for body heat and conditions, as well as having a backup when gear gets wet.



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

to perspire or get too warm, either slow down your movement, or take off a layer.

Fuel and hydration are the final considerations when planning your winter hike. Bring along lots of high energy foods that won't freeze (peanut butter M&Ms do not freeze!). Test your snack items by putting them in your freezer. Carrying food and water close to your body will help delay freezing; and you can access your munchies more easily from a pocket than your pack. You won't want to stop for a long lunch when it's cold, so smaller more frequent snacks are a wise choice. Do not use a hydration system in winter, as the tube and nozzle will freeze quickly. Use a water bottle inside an insulated container, or even a warm sock. In extreme temperatures, start out with hot water, and store your water bottle upside down, as it will freeze from the top down. Hot tea or soup broth in a thermos provides much needed warmth and energy. Or try Jello mixed with hot water for a quick energy boost.

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



## Looking for Winter Fun? Try the Catskills!

by Lennie Steinmetz

Have you heard of the Catskill 3500 Club?

<https://www.catskill3500club.org/> Did you know that there are 33 peaks in the Catskills over 3500 feet in elevation that are waiting to be climbed? <https://www.catskill3500club.org/peaks> And did you know that there is an elite group of people who have climbed them all in winter and earned the Winter Patch, and that a number of them are your fellow DV Chapter members?



For many years, starting back in 1992, Bill & Lennie Steinmetz led at least two winter weekends per year for the DV Chapter. At first, the groups were small (10 people), but as the word spread about how fun it was to get out and enjoy winter in this beautiful location, the groups continued to grow to include as many as 50 people. The group stayed at two connected motels (and a couple of Airbnb's) in Phoenicia, NY, and there would be 5-6 scheduled hikes each day of varying lengths and levels of difficulty.



Bill Steinmetz, who loved keeping track of stats on these trips in his database, says that there were 409 hikers who participated in these trips between 1992 and 2022. Of those, there were 30 people who completed their Catskill Winter 35 over the years, and another 96 who climbed at least 10 winter peaks with the group. In all, there were a total of 410 hikes that were led to 3500 footers!!



Why was this such a popular activity for so many years? Because it allowed people to get out and enjoy the beauty of winter in a lovely location that was less than three hours from home for most people. More importantly, it



allowed them to enjoy doing the hikes with experienced leaders, to rent winter gear like snowshoes and crampons from the chapter if needed, to learn new skills, and to discover that winter did not have to be a time for hiding indoors under a blanket, but could be a time to go out and have fun!



There are still Catskill winter trips on the 2026 DV Chapter schedule, one a Catskill Mtns. Winter Hiking Midweek, February 3– 5, being led by Lennie Steinmetz, Mark Kern, John Rogers, Greg Bernet , & Rich Pace (which is already full with 40 participants), and another is a weekend trip to be led by Jeff & Barbara Fritzinger at a date still TBD.

If you are a DV hike leader who would possibly be interested in leading a trip like this and would like more info on how to put something

like this together, feel free to contact Lennie & Bill Steinmetz at [lennie.bill@gmail.com](mailto:lennie.bill@gmail.com) or Jeff & Barbara Fritzinger at [equelaya@gmail.com](mailto:equelaya@gmail.com) .



If you are a hiker who would like to find more trips than just those offered by the DV Chapter, check out the Catskill 3500 Club hike listings at <https://www.catskill3500club.org/hike-schedule> . They usually offer several day hikes each weekend on a wide variety of Catskill peaks.

The important thing is to get out there and enjoy the winter season – you'll be glad that you did!

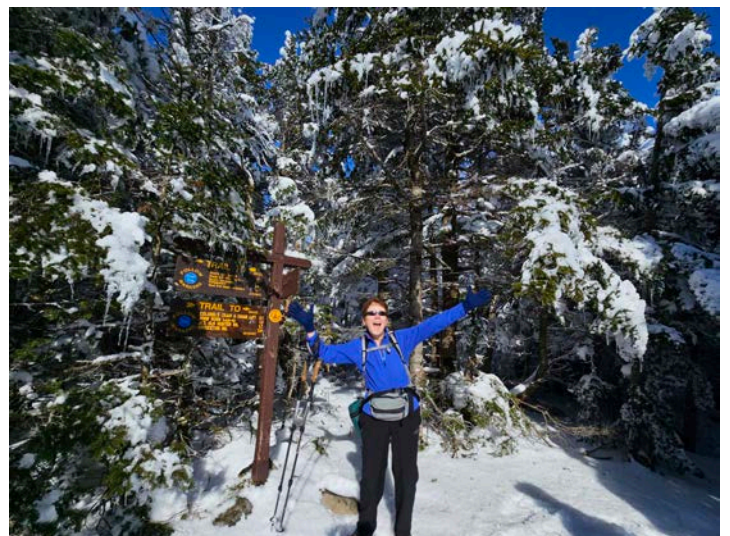






Photo: Rich Pace

## AMC-DV Annual Dinner and Meeting November 2, 2025



Photo: Lennie Steinmetz



Photo: Lennie Steinmetz

The AMC-DV Annual Dinner and Meeting was a time to enjoy a dynamic guest speaker, appreciate the past and welcome the future. It was an opportunity to say thanks to current Executive Board members and elect the 2026 slate of nominees. Social Chair Annette Sheldon and her team of volunteers cheerfully served up appetizers, dinner and dessert to feed more than 100 guests. Special awards were presented to very deserving DV chapter members.

**The 2025 GOLDEN APPIE award went to John Chalikian.** John has been an AMC-DV paddling leader for more than 20 years! Additionally, he has helped with Outdoor Leader Training, mentored others to become paddling leaders, and now serves on the Chapter Executive Committee as a paddling co-chair. Former Paddling Chair Eric Pavlak states, "John is an excellent choice! He has worked and put in a lot of effort for AMC and our Chapter. For about two decades, he was my assistant and co-leader for Swiftwater Training. He taught tandem and solo canoeing for about the same length of time. Working with the Churchville Nature Center, he brought a trailer full of boats and a large van to many training sessions and on many trips. He was a solid whitewater paddler and leader for many years." There have been times that John was one of the most active leaders in our Chapter! He is so unassuming that he would never think to toot his own horn, so we are happy to celebrate his many years of extensive service to the AMC-DV with this award.



Photo by Rich Pace

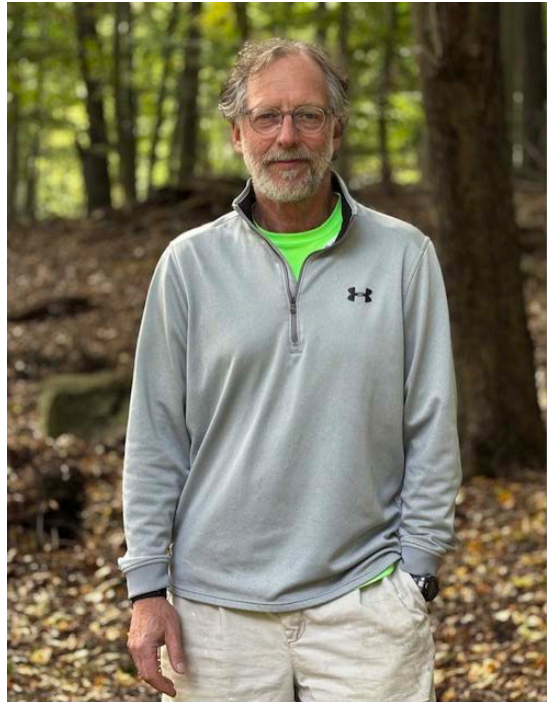




**The 2025 APPIE award went to Lisa Chou.** Lisa has led a wide variety of innovative hikes, many of them focused on welcoming new members. She is also a backpacking leader and was featured as such in a very complimentary Wall Street Journal article after the writer attended one of her backpack trips! She steps up as a leader of record and mentor to leaders in training. For several years, she served as Membership Chair on the Chapter Executive Committee, where she was tireless in coming up with new ideas to promote membership. Her visionary “Field Trips” was an amazing idea that led to many new educational opportunities for the Chapter as well as new members! She used her expertise in mental health to lead a variety of in-person and online activities to promote mental health in the outdoors. She has attended many tabling events to promote

the Chapter and she helps with Outdoor Leader Training, too! She also recently started to take on the leadership of first aid, CPR, and Wilderness First Aid trainings for the Chapter. Her fun and down-to-earth personality is enjoyed by all who know her.

**Doug Wilson was named Trail Worker of the Year.** Doug attended our Outdoor Leadership Training in 2023, then attended our special Trail Leader training and First Aid training (5 days total) at Valley Forge that spring and became a new Trail Leader. For the last two years, he has been extremely active as a trail volunteer, regularly leading trail work trips on the trails at Valley Forge National Historical Park. When he is not leading the trail work trips, Doug becomes a crew member, which really shows his dedication. Doug was the recipient of the **Marian Pychowska Stewardship Award** at the AMC Summit for his hours working on the trail in 2023 and 2024. From January 1 to September 30, 2025, Doug has led or co-led 18 work trips and has participated in a total of 30! Only the government shutdown starting October 1 would keep him from working any more.



Doug was one of the co-leaders of a trail maintenance class for college students from Thomas Jefferson University in Philadelphia. He is passionate about trail work and attended our weekend trail skills classes at French Creek in April, led by the professional trail staff from AMC, in order to increase his knowledge and experience with trail building as well as recertifying his first aid and CPR this past May, as is required of all trail leaders. He is certainly deserving of being 2025 Trailworker of the Year.



## Embrace the Chill: Your Gateway to Winter Adventures

by Steven Campanelli

Ready to take your backpacking skills beyond the three-season comfort zone? Our Winter Backpacking Skills Workshop is the first of its kind for our Delaware Valley Chapter—a unique opportunity to master the art of cold-weather adventuring. From January 30 to February 1, 2026, we'll gather at Fort Washington State Park, PA for an immersive weekend designed to build confidence, resilience, and practical know-how for winter conditions. This workshop will teach you how to stay warm when temperatures drop, manage moisture in snow and rain, avoid cold-related injuries, and navigate frozen landscapes safely. You'll also learn the mental strategies that keep adventurers moving forward when the environment gets tough.



Our basecamp will be close to vehicles and restrooms for accessibility, but the experience will be authentic. Short instructional hikes will be woven throughout the weekend so you can apply your new skills in real time. Designed for backpackers with three-season experience, this workshop is about building strength, self-reliance, and a sense of adventure in a welcoming community. By the end of the weekend, you'll be ready to extend your backpacking season into winter with confidence.

Join us for a weekend of learning, challenge, and camaraderie—and discover what you're truly capable of in the winter wilderness.

Registration is open (and free!) in Outdoor Connector:

[Winter Backpacking Skills Workshop | AMC](#)



### Calling all Delaware Valley Chapter Leaders:



Keystone Trails Association (KTA) is holding its annual Spring Hiking Weekend from May 1-3, in the Laurel Highlands region of southwest Pennsylvania. The aim of the event is to showcase a full range of Laurel Highlands trails, ecology, and outdoor recreation. The program will be staged from the historic Summit Inn, close to the Laurel Highlands Hiking Trail, Ohiopyle State Park, Fort Necessity, Mount Davis, the Great Allegheny Passage rail trail, and Fallingwater. KTA hopes to attract around 140 participants from Friday to Sunday.

KTA is also seeking knowledgeable volunteers to lead activities of interest, primarily hiking. Should you be interested in leading a nearby hike or other appropriate outdoor or cultural activity, please contact Kate Prisby at KTA ([prisby@kta-hike.org](mailto:prisby@kta-hike.org)) for more information and KTA's leader guidelines.

Established in 1956, KTA builds and maintains hiking trails on public lands throughout the state, including an 11-mile section of the Appalachian Trail to the south of Little Gap. In 2024, KTA named our Chapter its Trail Club of the Year. In the past year, our DV Chapter leaders have led seven hikes for KTA weekend events in both the Raystown Lake and PA Wilds regions of Pennsylvania.



# AMC-DV Celebrates Magnificent Members



**Allison Hudson**, for Generous Hospitality and Kindness to Activity Participants:

Allison is a wonderful greeter and a listener who takes the time to talk and listen to all. She makes newer hikers feel welcome and glad they made the choice to hike with us. She is present and gives people a chance to be interesting and to be heard. When Allison is on a hike, no one is left out or left to walk alone. She remembers the stories hikers tell her and encourages them to continue to hike again and again with our Chapter. This well-traveled outdoor enthusiast is so much more than a friendly AMC hiker -- she embodies the best traits of our organization. - nominated by Patricia Merkel



**John Fasciocco**, for Aiding a Distressed Hiker:

In Aug. 2025, John was part of a Wednesday hike that started in Lambertville, NJ, that followed the Rock Hopper Trail and then on to the Dry Run Creek Trail. On the return to Lambertville one of the hikers fell and suffered a gash that required medical attention. The hiker was stabilized and able to walk to the nearest road crossing. The group still had three miles to return to the start, but the hiker was unable to navigate the rocky terrain on foot and was advised to stay at the trail parking lot by the road crossing. John volunteered to stay with the hiker while the leader headed back with the rest of the group, and then returned to pick up John and the injured hiker. - nominated by Terry Oravec

**Larry Priori**, for WFA/CPR Education, Activity Leadership, and Length of AMC Service:

Larry has been an advocate for AMC on many levels for many years. He has run Wilderness First Aid and CPR programs tirelessly and with limited assistance, and often fields leader questions about first aid on an ad hoc basis. Outside the classroom, Larry regularly enhances his hikes with first aid scenarios and demonstrations. As a hike leader, Larry is welcoming and laid back. In addition to the numerous hikes he leads yearly (mostly at Valley Forge), he organizes camping trips at Ricketts Glen, Hickory Run, and elsewhere. Recently, Larry enthusiastically agreed to lead a campout in support of our 20s/30s affinity group. - nominated by Lisa Lombardo



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](mailto:vicechair@amcdv.org) [secretary@amcdv.org](mailto:secretary@amcdv.org).





## News from Highlands Trail Network in PA



Photos: Madison DeGerolamo

During November, a group of Highlands Trail Stewards from **AMC Delaware Valley Chapter** installed 88 feet of puncheon, or bog bridges, at Nockamixon State Park. In just one afternoon, these trail maintainers helped create a dry walking path along the Pennsylvania Highlands Trail. Along with the puncheon installed, sections of trail were also improved by the removal of hazardous stumps and the expansion of the trail tread. **Thank you for your hard work!**



### **Township of Haddon & Appalachian Mountain Club Pass Resolutions Supporting the New Jersey Green Amendment:**

***If passed, the NJ Bill of Rights Amendment would recognize and protect environmental rights as a fundamental freedom***

The Board of Commissioners of the Township of Haddon unanimously passed [Resolution #2025-136](#) on Oct. 28, 2025. In the resolution text, the Township highlights its concern for the health and welfare of the people of New Jersey and firmly states its support for “securing a constitutional right to pure water and soil, clean air, a stable climate, and healthy environments for all people, including future generations.” Just earlier this year, Camden County also passed a resolution in support of the Green Amendment.

“A Green Amendment would provide for safe air and water and a healthy environment for current and future generations. If adopted, this will be of benefit not only to the residents of Haddon Township but for all New Jersey residents,” **said Township of Haddon Mayor Randy Teague.**

Building on that momentum, the national Appalachian Mountain Club (AMC) also passed a resolution of support on Nov. 4, 2025, encouraging the New Jersey legislature to pass the Amendment and allow the people of the state to vote on the measure. [In its resolution](#), the Club cited how similar amendments in the states of Pennsylvania, Montana, and New York have been instrumental in recognizing and protecting people’s rights to clean, safe, and healthy environments. Founded in 1876 and with 90,000 current members, AMC is the nation’s longest-serving conservation and recreation organization.

“I am working on passage of the Green Amendment so my grandchildren and their children can have the same or a better environment than I have enjoyed,” **said Jeff Arnold, the conservation co-chair of the AMC Delaware Valley Chapter and the advocate who spearheaded these two resolution efforts.**

To learn more about the NJ Green Amendment Movement and how you can get involved, visit [www.NJGreenAmendment.org](http://www.NJGreenAmendment.org).



# Celebrating the Delaware Valley 20s/30s Community in 2026

Delaware Valley understands that the chapter's long-term viability depends on adding new, younger faces to the membership base. With that in mind, AMC-DV will celebrate 2026 by offering the 20s/30s community a rich program of outdoor activities.



Photos by Lisa Lombardo

Beginning in January, the 20s/30s team will schedule an activity every weekend of every month, with Q1 activities already on the calendar. The chapter is targeting activities for DV's three main geographic areas: Eastern PA, Philadelphia and North Central New Jersey. With trips led by knowledgeable leaders, expect to see plenty of 20s/30s hiking, outdoor weekend

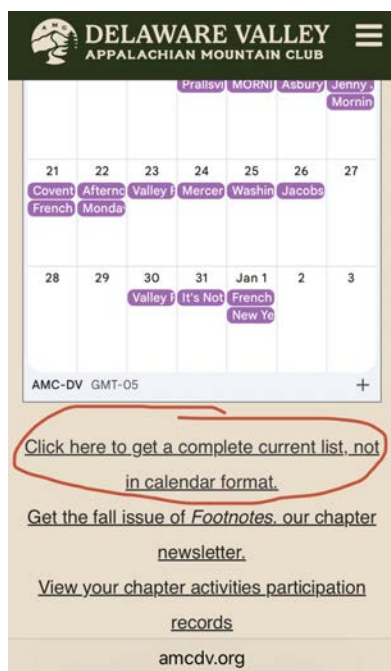
and social activities. Leaders who organize 20s/30s events - regardless of their age - always have a great time. So be sure to raise your hand if you would like to lead an activity for this dynamic, young group.

DV is also communicating with other chapter's 20s/30s teams to learn lessons from their programs and to cross-promote chapter activities. The team looks forward to collaborating with their NY/NJ peers by offering joint trips - as scheduling allows - to places like AMCs Mohican and Harriman sites.

Please note that our former 20s/30s chair, Liz Danovich, rotated out of her position in November. Liz was a tremendous help with the DV program re-launch, and she left a great footprint with her infectious enthusiasm and game attitude. In Liz's absence, Lisa Lombardo will lead the program for the foreseeable future. If you have a question or want to lead a 20s/30s activity, please contact Lisa at [llombardo16@gmail.com](mailto:llombardo16@gmail.com).







The AMC-DV Chapter now offers more activities than ever! Searching and signing up for activities is simple and quick. Go to our Chapter website [www.amcdv.org](http://www.amcdv.org), open the menu, click on *Activities* and then on *Activities Calendar*. You will see all our upcoming activities in a calendar format, and you can click on any that interest you for more information.

Or, just below the calendar, click on “Click here to get a complete current list not in calendar format,” which takes you directly to our Chapter’s activities on the AMC website. Scroll down to “Browse Activities”, click the activity title and “Register Now.”

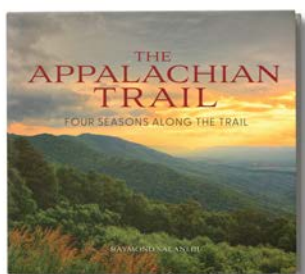
To receive the Weekly Bulletin, a digest of news and activities in your email inbox each Wednesday, visit <https://amcdv.org/mail.html>

## AMC-DV Member Announces Book Publication



SCHIFFER PUBLISHING

### The Appalachian Trail: Four Seasons Along the Trail Raymond Salani III



978-0-7643-7036-6  
9 1/8" x 8 1/8" Hardcover  
118 color images  
128 pages  
\$24.99

On Sale: November 28, 2025

Order now at [Schifferbooks.com](http://Schifferbooks.com) or at your favorite bookseller

#### ABOUT THE BOOK

*The Appalachian Trail: Four Seasons Along the Trail* by Raymond Salani III is a stunning visual journey along one of America's most iconic wilderness routes. Capturing the raw beauty of the Appalachian Trail from rocky peaks to serene valleys, Salani's photography transports readers to a variety of breathtaking landscapes.

From the vibrant hues of fall to the quiet stillness of winter, each image invites an intimate connection with nature. Through his lens, the trail comes alive, showcasing both the challenge and serenity found on this historic path. This exquisite collection reflects Salani's personal experience, offering a deep appreciation for the trail's rugged beauty and timeless appeal.

A must-have for outdoor lovers, this book celebrates the Appalachian Trail's grandeur and timeless allure.

#### ABOUT THE AUTHOR

Raymond Salani III is an award-winning photographer who often hikes over 20 miles to capture breathtaking nature scenes. Published in National Geographic and iX.com, he's working on books about the Appalachian Trail hikes and Teton landscapes. His art reflects a passion inspired by Ansel Adams. He lives in Tinton Falls, New Jersey.

SCHIFFER PUBLISHING

## Appalachian Footnotes

quarterly e-news from the

Delaware Valley Chapter

Appalachian Mountain Club

2025 Editor: Joanie Schultz

With support from: Eric Pavlak, Lennie Steinmetz, Susan Weida

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## Ending Soon! Join AMC for 50% Off

AMC is offering 50% off all new memberships, including gift memberships, until Dec. 31, 2025. (Sorry, not applicable for renewals.) When you join you also automatically get membership in the Delaware Valley Chapter! This is the perfect time to join and support the club that offers you hundreds of activities and other benefits throughout the year. Or give an outdoor-loving friend or family member the gift of the outdoors. Be sure to use [this special link just for our chapter](#) to get the discount.