New activity rating system
Appie & Golden Appie awards
Winter hiking clothes and gear
2020 outdoor leadership programs
Former DV chair now AMC’s treasurer
Chapter weekend retrospect
August Camp 2020 goes Olympic
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**Weekly Activities Bulletin: Never miss a trip or event! Easy and convenient!**

Get a list of all Delaware Valley Chapter activities for the next two weeks sent to your inbox each Wednesday, plus advanced notice of major trips and events each month.

Members’ e-mail addresses will not be used for any purpose other than sending out this bulletin.

Go to [http://amcdv.org/mail.html](http://amcdv.org/mail.html) to sign up, change your e-mail address or cancel your subscription.

**Custom activities digests, too!**

Get a list of trips you are interested in sent to your inbox the day they are posted.

You pick the kinds of trips that interest you: hard, easy, hiking, biking, paddling, whatever.

You pick the locations: by region, by chapter; you pick.

You choose how often: daily, weekly, biweekly or monthly.

Go to [http://amcdv.org/mail.html](http://amcdv.org/mail.html)

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**Membership Information**

Moving? Please remember to change your address and desired chapter affiliation by going to the AMC web site, [www.outdoors.org](http://www.outdoors.org) and signing in (bottom right of page) or calling AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors. Address corrections cannot be made by the newsletter editor.

Kathy Kindness, Membership Chair  
215-478-1529, membership@amcdv.org

Lehigh Valley area: Phill Hunsberger,  
610-759-7067, lehigh-valley@amcdv.org

**AMC Information Sources:**

- Delaware Valley Chapter Web Site: amcdv.org
- DV Paddler’s Web Site: paddlenow.com
- Chapter e-mail: info@amcdv.org
- Weekly Activities Bulletin: amcdv.org/mail.html
- AMC General Web Site: outdoors.org

**Chapter Ombudsman**

Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Allen Male at ombudsman@amcdv.org.

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**Cover:** Gloria Reisman steps carefully on a snow covered trail at Merrill Creek Reservoir on March 9, 2019.  
Rich Pace photograph.
Activity ratings to be standardized across AMC chapters

Our DV Chapter activity ratings will begin a process of change effective January 2020 to align with a standard activity rating system that has been adopted by all AMC chapters.

While many DV chapter leaders and participants readily understand and feel comfortable with the existing codes, the codes are not consistent with other chapters within AMC.

When a member from another chapter or anyone new to AMC is interested in participating in a DV activity, there are frequently questions about how to interpret our codes.

Historically, AMC chapters have used different codes and different words to describe the same thing, and the same words to describe different things.

There are many ways to get to an activity listing: from our web site calendar, from the weekly bulletin, from a custom digest or from a search on outdoors.org. Once there, the user has no way to find out what the codes mean.

To ensure we are welcoming to people new to the outdoors, AMC recognizes the need to make it easier for participants to correctly identify opportunities for which they have both the skill and the physical readiness. Clear, consistent, activity ratings will help reduce screening errors, and improve our ability to promote events based on different levels of skill and experience.

Over the past several years, the Outdoor Leadership Development Committee (OLDC), a group of volunteers from across chapters and activity areas — has worked closely with staff to create a clear set of standards. Leveraging the good work of our Adventure Travel community, OLDC defined six words we will use to describe all trips. Each activity area has clarified what these words mean for activities such as paddling, biking or hiking.

The new ratings have been reviewed and approved by OLDC, AMC’s Risk Management Team, and the Chapters Committee, and are available for reference here: Standard Activity Ratings System Documentation.

Some of the changes that will need to be made to accommodate the new activity rating system for the DV Chapter are:

• All Activity leaders will transition to using new words (Accessible; Relaxed; Easy; Moderate; Vigorous; Strenuous) in the difficulty field of their trip postings on outdoors.org by January 25, 2020. During this transition, in addition to using the new standardized activity ratings system, the current DV chapter specific codes may be included in trip titles. A link to code information will continue to be provided on our website.

• A plan to incorporate information into activity descriptions that DV members rely on to identify the fit of an activity for their skill level such as terrain, pace, and distance will be developed by the activity chairs.

• A plan to provide the information about the changes in activity ratings in various formats to DV participants will occur over the next year.

We anticipate completing the transition to the new codes by January 2021, at which time the previous chapter-specific codes will no longer be used.

The OLDC volunteers have worked diligently to make this big change and to incorporate the experienced input of our leaders. If you have any questions, please send them to leadership@outdoors.org.

Barbara Beatrice
OLDC Chapter Representative

Susan Weida
DV Chapter Chair

Activities will need more complete descriptions.

Old way:
Frenchtown to Upper Black Eddy Hike (3B8)
Join us for a 10 AM start in Frenchtown, NJ for an eight-mile hike. We’ll meet at the parking lot next to the Frenchtown/Uhlerstown bridge. Our walk will begin by crossing the bridge ....

New way:
Frenchtown to Upper Black Eddy Hike
Join us for a 10 AM start in Frenchtown, NJ for an eight-mile hike on a mostly flat gravel path with an easy to moderate pace, about three mph. We’ll meet at the parking lot next to the Frenchtown/Uhlerstown bridge. Our walk will begin by crossing the bridge ....

The new ratings, Accessible–Relaxed–Easy–Moderate–Vigorous–Strenuous, will be selected from a menu. They will appear along side the activity description, and will be a user search parameter.

We have a full year to cross over to the new system. There will be more articles in future issues of Footnotes, and on the chapter web site.
Appie of the Year: Kathy Kindness

You will often find our Appie of the Year, Kathy Kindness, leading moderately paced activities designed to attract new people to the outdoors even though her personal preference is for high peaks and epic bike rides. But she is not just a one-sided outdoors woman. She has brought her love of books to the Chapter by starting an outdoor themed book club and has used her creative skills to design and staff AMC displays at local community events.

She served the chapter on the executive committee for the past five years, four as secretary and this year taking on a new role as membership chair. She has already put in place innovative ways of reaching out to potential members and her enthusiasm and positive attitude is perfect for this role.

Kathy is Assistant Director of Library Services and Information Literacy Coordinator for Holy Family University, Philadelphia. In addition to being a reference librarian, she teaches research skills, coordinates a book club, and does research for faculty.

Her hobbies include hiking, kayaking, cross-country skiing and cycling. She is a member of the Central Bucks Bicycle Club and has ridden cross-state rides in Massachusetts and New York. Kathy recently spent a cycling week in Italy, but her true love is hiking.

Although she has taken a break from other groups this year, she loves to volunteer in her community. Recent gigs include volunteer theater usher and a food bank helper.

Her work for AMC this year also includes behind the scenes work for most of the welcome hikes, helping with tabling events plus other service activities. “It truly was a team effort on the day of an activity or event. All the leaders I’ve asked for help always said yes — enthusiastically,” Kathy said.

“Working with a co-leader during hikes and activities gives me the opportunity to mingle and chat with others.”

Golden Appie of the Year: Mike Manes

Mike Manes, our Golden Appie of the Year has been an AMC member since 1993 and has been an active hike leader for most of that time and continues to regularly lead hikes. If you have a chance to hike with him you will soon appreciate all the knowledge that his years of observation and study of the outdoors brings to our chapter and the wider community.

A past trails chair and AT boundary monitor coordinator, Mike often monitored the entire length of our AT section with his wife Kieu as his fellow monitor. Our chapter now has 16 people doing the same work!

Conservation has always been a major focus for our Golden Appie and he is an expert on the American chestnut tree, the survival of which has been severely threatened by the Chestnut blight. If you don’t find him out planting Chestnut trees in the spring or gathering seeds in the fall, you will find him working on other community conservation projects such as invasive plant removal or tree planting in more urban areas.

Our Appie is often on the trail five or more days per week, usually traveling with his wife as his faithful conservation assistant.

Mike graduated college with a bachelor’s degree in mechanical engineering in January, 1968. He had a 35 year career in civil service with the US Navy in R&D with navigation, where he did some work with GPS early in its development.

“My interest in GPS and accuracy has never stopped. For several years I was extremely active in Geocaching, which uses GPS,” he said.

When he retired in 2003, after some long talks with Dan Schwartz, Mike became involved in trail maintenance. This led to becoming trails chair for AMC-DV and to handling the boundary maintenance for our chapter’s section of the AT.

In 2011 Mike and his wife Kieu responded to a request from the Appalachian Trail Conservancy to count American chestnut trees along the AT. This resulted in their very special interest in this joint project with partners ATC and The American Chestnut Foundation (TACF). GPS has been used throughout this survey. They are probably putting in an equal amount of time volunteering for AMC and TACF.

“I do not remember my first hike but I do remember my mother telling me about it. It was a small mountain called ‘The Pinnacle’ located just north of the town of New Preston, Connecticut,” Mike said, “in the summer of 1946 when I was not quite three years of age. I loved it from the beginning.”

Mike worked in Japan for seven years for the Navy, and noted, “The most famous mountain I have climbed was Mount Fuji in Japan in 1984. Japan has some great hiking locations.”

Keiu and Mike Manes, with chestnut trees.
Winter hiking clothing & equipment: what to bring, what to wear

Clothing to wear

Dress in non-cotton layers: When climbing, you are going to become a lot warmer than you might imagine, but you might also become chilled at that nice, but windy overlook. Be ready to take off and put back on as needed. Cotton is dangerous in winter, so leave the jeans at home!

Socks: An insulated sock with liner sock works well. Merino wool medium or heavy weight are good. Your toes should not feel constricted in your boots.

Boots: Insulated and waterproof winter boots, of which there are many new lightweight models on the market. Be sure to size big enough for good circulation. Take socks you’ll wear along when fitting. Uninsulated fabric hiking boots can result in cold wet feet if the trail is snowy, muddy or soggy wet.

Long synthetic underwear, light or medium weight. Wear tops in moderate weather, tops and bottoms in colder weather, or windy conditions.

Light or medium weight fleece or other synthetic over shirt

Synthetic mountaineering or hiking pants

Gaiters for additional warmth, to protect pants from crampons, and to keep snow out when snowshoeing or skiing on deep snow or unbroken trail.

Hat: Synthetic or wool hat. Your outer shell jacket should have a hood for wind protection.

Shell jacket for cold and wind protection, such as soft shell or other synthetic outer wind layer.

Wool or polar fleece mittens: It is wise to have a variety of mittens, gloves and head gear for different conditions. Consider the addition of lightweight glove liners.

Carry in your pack: More insulating clothing, such as synthetic or down sweater, vest or jacket. Rain gear, both a parka and pants that can be put on over boots. Your extra mittens, gloves and hat collections.

Food & Beverage

Bring a minimum of one to two liters of liquid per person per day in water bottles insulated with socks or parka. Hydration systems can freeze, and are not recommended.

Lightweight thermos (recommended but not necessary) for hot Jello, hot chocolate or other beverage.

Food items high in carbohydrates that can be eaten while moving such as trail mix, energy gels, granola bars, small candy bars.

Equipment

Pack of sufficient size to carry all your gear. Consider a pack cover or liner for wet conditions, or a trash bag inside your pack.

If snowshoes may be needed, shorter models work for most non-overnight trips. Bottom claws are absolutely necessary for steep ascents and descents.

Microspikes or similar product for moderately icy conditions, crampons for steep ice.

Hiking poles for additional stability and points of contact.

Head lamp or flashlight, a personal first aid kit, lighter or matches, medications, sunglasses, sunscreen, etc.

For cold emergencies, consider a light bivy sack, light sleeping bag, thin foam pad and parka as part of your group gear.

A hike on a path on a dry day and a trek through deep snow in the mountains are completely different. Select your clothing and gear accordingly.
2020 Outdoor Leadership Training Courses

The next opportunity will be April 4-5 in Nockamixon State Park, PA. Contact DV Leadership Chair Jeff Fritzinger, leadership@amcdv.org for additional information.

To make this event easily accessible for DV Chapter members, this session will take place at Nockamixon State Park near Quakertown, PA.

Everyone is welcome to attend: leader wannabes, new leaders, new members, experienced leaders, members who just want to learn what leadership is all about. Topics to be covered are the elements of outdoor leadership common to all AMC outdoor activities:

- Activity planning
- Leading safe and enjoyable activities
- Leadership styles
- Group dynamics
- Liability issues
- Decision making model
- Accident scene management
- Conservation and minimum impact issues
- AMC leadership requirements and guidelines
- How to become a DV Chapter activity leader
- Map and compass skills
- Instructors: Experienced AMC volunteers and staff

The cost for the course is $35 for AMC members, $50 for non-members, $20 for AMC members who complete one co-lead by April 1, 2020. If you’d like to stay overnight at the cabins at Nockamixon State Park, the cost is $15 for one night or $24 for two nights. The Saturday night dinner cost is $15.

The DV Chapter offers a wide variety of outdoor activities including hiking, backpacking, paddling, cycling, and skiing.

New leaders will be paired with an experienced leader who will provide support and mentorship and assist them with their required two co-leads following the course.

Other OLT courses include:
- Potomac Chapter: March 28, at Northern Virginia Community College Woodbridge Campus
- NY/NoJ Chapter: May 15-17, at Harriman Center, NY

Prospective leaders age 18 to 29: fully paid training and free membership

If you are age 18-29 and interested in becoming activity leaders for the AMC-DV Chapter, we will be provided a full scholarship for Outdoor Leadership Training courses if you agree to lead at least two activities for the DV Chapter in the year of your training. In addition, a one year AMC membership will be provided free of charge by the chapter for these new 20s & 30s leaders, if they are not currently AMC members.

Advanced leadership training opportunities

- Wilderness first aid and first responder courses
- Mountain leadership school
- Adventure travel leadership: US and world wide trips
- Swiftwater safety for paddling leaders

Check the leader page on our web site, amcdv.org. Some of these courses have yet to be scheduled for 2020.

Train the Trainer grads gearing up for next spring’s leader training

AMC’s Train the Trainer (T3) course was held November 15-17, with more than 40 participants, at Prindle Pond Conference Center in Charlton, Mass.

The Delaware Valley Chapter is proud to recognize DV trainees/leaders Karla Geissler, Denis McCartan, Larry Priori, Midori Wakabayashi, and Amy Williams for graduating and joining the ranks of AMC’s elite faculty of leadership trainers.

Our chapter was also was represented by Leadership Chair, Jeff Fritzinger, along with Barbara Beatrice, both graduates of the inaugural T3 Class of 2017, and now faculty-instructors for the program.

T3 is an interactive weekend of learning new and effective methods to teach outdoor leadership skills. The program emphasizes experiential, participant-driven strategies to bolster content, retention... and fun!

There are many opportunities for students to practice and build confidence in their facilitation skills.

As Larry commented, “To be involved with so many like minded individuals renewed my focus on the outdoors and the need to promote awareness among our younger generation of the amazing gift of nature that is there for the taking”.

Most rewarding is the networking and collaboration with experienced leaders from other chapters, as well as becoming part of AMC’s distinguished leadership faculty. The inter-chapter camaraderie, friendships and collaborative resources remain with participants for many years to come.

Amy and Karla both commented that they enjoyed getting to meet AMCCers from outside the chapter.

Even for those not planning to train leaders, the program skills are easily transferrable to facilitating outdoor workshops or to situations outside of AMC, drawing on presentation, teaching or mentoring skills.

“The confidence I have gained in facilitation has helped me make more impactful presentations in my job,” said Jeff, a third year T3 faculty member.

If you are teaching outdoor leadership or skills, or think you may do so in the future, this is an opportunity you do not want to miss.

Denis remarked, “I consider myself a decent teacher but T3 made me realize how much more upside potential I have. I can’t wait for April and the DV OLT weekend to put into practice what I’ve learned at T3!”

The next T3 session is already scheduled for November 13-15, 2020, to be held at the Prindle Pond Conference Center in Charlton, MA. Registration will begin in early summer of 2020 and likely will fill up quickly. For more details, contact Jeff Fritzinger at leadership@amcdv.org.

Trail workers needed, Washington Crossing SP in NJ

Volunteers are needed for help with trail maintenance at Washington Crossing State Park. The numerous hiking trails on the New Jersey side of the park are in need of continual maintenance that is not fully provided by the park employees, but requires the service of volunteers.

Since many members of our club regularly hike the trails at Washington Crossing, it would be nice for you to give back by donating some of your time and effort to maintain the trails. This can be done on an ad hoc basis, rather than committing to be part of a regular crew.

If you are interested, please contact Wayne Henderek, the coordinator at the park at wayne.henderek@dep.nj.gov 609-737-0623.
You can help with AMC’s Fall Gathering 2020

Our chapter is hosting AMC’s club-wide Fall Gathering 2020, October 16-18

No matter what you skills or availability, you can volunteer to help and be part of the event taking place at the Pocono Environmental Education Center (PEEC) located within the 77,000 acre Delaware Water Gap National Recreation Area.

You could lead a hike or bike ride, direct guests when they arrive; or scout trails or attractions well in advance of the event; or a hundred other things.

To pitch in and help, contact Bill De Stefano at vicechair@amcdv.org.

Come
As you are (said Death)
Come green, come gray, come white.
Bring nothing at all
Unless it’s perfectly wilted.
A petal or two of cyclamen
The viburnums purple stem..
Come day. Come night.
In the thundering clouds
The Moon disappears.
The Sun never rises.

Come
As you are (said Life).
Come green, come pink, come white.
With your hiking boots on
Bring lunch in the sack
For the squirrels in the oaks
And the fawns in their pack.
Come night. Come day
Above tumbling rocks
The Moon glows. The Sun rises.
Returning ..... Beginning.

Sign up for the Adventure Travel Newsletter

If you want to learn about new Adventure Travel trips, get the most up to date listings right to your in box! To sign up for the quarterly Adventure Travel newsletter go to:

www.outdoors.org/ATnewsletter-signup

Former DV chair Lois Rothenberger named as AMC’s clubwide treasurer

Lois Rothenberger, former DV chair and current southern regional director, has been nominated to be the treasurer of the entire AMC for 2020, and will almost certainly be voted in at the club’s annual meeting in Norwood, Mass.

It is a special honor for someone who has come up through the ranks of the chapters to be nominated for such a high level position, and demonstrates the many years of commitment to AMC and the wealth of volunteer and professional experience that Lois brings to the job.

Lois has been a member of the DV Chapter since 1996. She served as DV chapter treasurer from 2001-2004, chapter vice chair (2015-2016), chapter chair (2017-18) and regional director (2019-present). Lois’s professional experience has been in local government and nonprofit retirement communities, where she has primarily served as chief financial officer.

DV Chapter Chair Susan Weida said, “The DV Chapter has always known that Lois is one of the hardest working AMC Volunteers, but we were so happy to learn of her nomination as treasurer for the AMC board of directors. We are confident she will bring the same vision and clarity of thinking to the AMC Board that she has brought to her role in our Chapter as a leader, mentor, executive committee member and as regional director.”

Jody Inglis, AMC’s Southern Regional Director from 2013-2018, commented, “It is my understanding that this is the first time a regional director has been nominated to be an officer of AMC’s board of directors. It is an exciting time for the club as it completes its Vision 2020 goals and looks towards its 150th anniversary in 2026.

“I cannot think of a better person than Lois for the role as treasurer. Her perspective as a former Delaware Valley Chapter Chair, as well as her expertise and knowledge of chapter and financial operations, will be an asset to the club and all of its members. I am thrilled for Lois to have the opportunity serve in such a prominent position!”

Chris Rapacki, who was AMC Southern Regional Director from 2007-2012 and DV chapter chair from 2003 to 2004 noted, “Lois possesses practical, hands-on finance and accounting knowledge, and shares it with colleagues with a feather touch and a smile!

“She has a quiet confidence coupled with a deep conviction toward using financial management and oversight for the maximum benefit of volunteers, members, chapters and the overall AMC organization. She has always been respectful and thoughtful, such a pleasure to work alongside!”

AMC President and CEO John Judge commented: “AMC is grateful to Lois Rothenberger for accepting the nomination to be AMC’s next board treasurer. Lois brings deep experience in managing non-profit finances, while also having served in a number of AMC chapter roles and responsibilities.

“We are lucky to have Lois joining the AMC executive committee and taking an active role in the launch of our next strategic vision: AMC 150.

Voting will take place at AMC’s 144th annual meeting on January 25. Many of Lois’s DV colleagues will be on hand to cast their vote and cheer her on that weekend!

You can help with AMC’s Fall Gathering 2020

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Returning ..... Beginning.

Pat Sacks  11/2/2019

A poem she read at the Annual Dinner
Back by popular demand, the AMC Delaware Valley Chapter Weekend, came SOAR'ing back with fun, laughs, and outdoor adventures from September 13 to 15, 2019; coupled with the first annual SOAR event, **Sharing Outdoor Adventures that Resonate**, where fun and laughs were shared around relatable outdoor fails!

The weekend was shared with 19 AMC members who gathered at Mohican Outdoor Center for a fun-filled weekend. Mohican provided superb food and lodging, and participants provided the events!

Hikes offered included a Friday night hike to the ridge and back, a Saturday loop hike on the AT through Catfish fire tower, returning by lower Rattlesnake Swamp Trail, a Saturday loop hike to Raccoon Ridge with return via Kaiser and Coppermine Trails, a Saturday out-and-back to Sunfish Pond on the AT, and a Sunday out-and-back to the Delaware River on the Coppermine Trail. Additional activities included: a bike trip, bread-making, boating and swimming.

On Saturday night, we gathered after dinner for the first annual SOAR event, an opportunity for those willing to stand up and proudly share their outdoor fails in a fun and shared-learning atmosphere. The event was inspired by the international Fail Fest (failfest.org), which emboldens the concept that to fail is not only human, but it is where the learning begins.

Whether we’ve been long time outdoor leaders, or just joining AMC activities for the first time, we all have our challenges, fears, and fail stories. It is the sharing of these stories that builds connections across our human experiences, and provides us a foundation for learning from each other.

The SOAR event was kicked-off by Ed and Christine Loch who led a sing-along to their self-scripted song, *Prednizone*, sung to the tune of the 1980s hit *Danger Zone*: a cautionary tale put to music of the danger of heading out in unfamiliar terrain, while starting on new medication.

Other learnings included: the shortcomings of finding yourself out on the trail, only to realize your map lacked the detail to find a clear way back; and you start the hike with enough water for yourself, but forget to compensate for the pooch you decided to take along on the last minute.

The AMC-DV SOAR event, was sponsored by the AMC-DV DEI Committee, and was used as an example of group inclusion during the national Diversity, Equity, and Inclusion Volunteer Resource Team quarterly meeting this November. The AMC-DV DEI looks forward to making this a regular event at our annual Chapter Weekends.

In 2020 the Delaware Valley Chapter will be busy hosting the AMC Fall Gathering, so we will not schedule a chapter fall weekend. The next one will be in 2021.

Look for the advance announcement. Mohican tends to book up at 100 percent occupancy well in advance of events, three seasons a year, plus lodges reserved by events are opened up by AMC Reservations to the public about two weeks prior to the event.
Enjoy both mountains and ocean at magnificent Olympic National Park. Hike, bike, paddle and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers.

This million-acre park protects a vast wilderness, thousands of years of human history and several distinctly different ecosystems. These include glacier-capped mountains, old-growth temperate rain forests and more than 70 miles of wild coastline.

Camp just outside the park in Quilcene, WA. Arrive and enjoy the activities and camaraderie. Everything’s provided: tents, hearty, delicious meals prepared by our staff; plus local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 18 through August 15. Apply to attend for one of the four weeks. Detailed information, pricing and registration are available at augustcamp.org. August Camp filled by mid-January last year, so don’t miss out!

Online registration opens January 6, 2020 at 9 AM. All applications received between then and midnight on January 15 will be treated equally by random selection.

- Week 1: July 18 — July 25
- Week 2: July 25 — Aug. 1
- Week 3: Aug. 1 — Aug. 8
- Week 4: Aug. 8 — Aug. 15

Each week: $975 for members, $1175 for non-members

Questions: Please visit augustcamp.org.