



THE HAPPY HIKER

The Official Newsletter of the Allentown Hiking Club

MEMBER OF THE APPALACHIAN TRAIL CONSERVANCY AND THE KEYSTONE TRAILS ASSOCIATION

PRESIDENT'S MESSAGE

Nature's Gifts

“A man should hear a little music, read a little poetry, and see a fine picture every day of his life, in order that worldly cares may not obliterate the sense of the beautiful which God has implanted in the human soul.” (Johann Wolfgang von Goethe 1749-1832)

I recently came across this quote, and I could not help finding it appropriate after seeing the sublime nature photography presented at our last meeting. But a picture needn't be painted on canvas or projected onto a screen to be a work of art; in fact, those most ethereal and fleeting are often the most priceless. What about the vistas, the wildlife, the sunrises and sunsets, and all the other scenic wonders we encounter along the trails? Aren't these also examples of “the sense of the beautiful” implanted in our souls? The natural world is literally teeming with beauty, and our forays into the wild areas connect us in a unique way with the wonders of nature.

But it doesn't have to end with vision! Our eyes only tell us part of the story. Listen attentively on your walk through the forest and there'll be no end to the music you hear – birds, water (yep, the rain on your head counts here, although I was thinking more along the lines of babbling brooks, waterfalls, springs, and so on), breezes rustling the leaves, all kinds of critters (turkeys, ruffed grouse, even rattlesnakes – eek!); you get the idea. And when no sounds at all can be heard, listen to the silence! It can be powerfully inspirational.

Although on group hikes we share these experiences with our fellow hikers, everything we see, hear, taste, touch or smell actually registers with each one of us in a personal and specific way. The way you see that sunset, or that leaf or flower or tree is not the same as the way I see it, for any number of reasons. For one thing, our vantage points are always different. Or maybe you saw a grazing deer, while I caught only a glimpse of the tail as it bound off to its hiding place in the woods. We may have observed the same event, but we each have a truly unique perspective on it.

The sky, the earth, the canopy, the forest floor – they all hold treasures that touch our senses in a completely subjective way, and cannot be seen or sensed by anyone else in exactly the same way as they are by you. So, the next time you see a stunning vista, hear a bird's comforting song, feel a delightful breeze, or even happen upon a crystal clear spring just when your water has run out, stop for a minute and reflect – and realize and truly believe- that this moment was created only for you!

Lucy Cantwell
AHC President

Allentown Hiking Club

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Sponsored by City of Allentown Department of Parks and Recreation

www.allentownhikingclub.org

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Deadlines for the Fall 2013 Newsletter & Schedule

Happy Hiker Newsletter

Wednesday August 28, 2013

Activity Schedule

Wednesday September 4, 2013

Please forward all club related articles, thoughts, and items to the Newsletter Editor by mail or, preferably, by email. Send all hiking schedule activities to the Hiking Schedule Coordinator.

Upcoming Programs at the AHC Meetings

In addition to the normal business meeting there is also generally a program which is related in some way to the club's activities. The following is a preview of the upcoming programs:

July 10th Monthly meeting and Potluck Picnic at Franco Park. Directions in this month's Hiking Schedule and Upcoming Events.

August 7th Michael Nonnemaker will give a presentation on the Lehigh Canal.

September 4th Business meeting and scheduling night for October, November & December activities for the Winter Happy Hiker.

Welcome to Our New Members! - Summer 2013

Dave Levandusky-Weissport, PA

Jean MacFarlane-Narberth, PA

Sue Meyer-Allentown, PA

Martha and Nell Schumacher-
Bethlehem, PA

Chris Stevenson-Easton, PA



6/6/13 MAL

Nature's Notes

The multitudinous singing of the males was almost alien, giving one the feeling of an H.G. Wells novel with an unwavering sound coming at you from all directions. While walking a path at Columcille Megalithic Park near Bangor, I spotted the culprits on a tree. Once emerged from their 17 year entombment, the periodical cicada, *Magicicada septendecim*, climb tree trunks, rocks or fenceposts where they go through an unworldly transformation, molting from crawling nymphs into glorious winged, red-eyed adults. Soon thereafter, females mate depositing eggs into the bark of trees. The eggs hatch into ant-like nymphs that drop back to the ground where they dig to the roots of plants and remain once more for the next 17 years completing yet another circle of life.

By Marty Larson



6/6/13 MAL



The Adventures of Mary Ann and Janet on the MidState Trail*

(*Continuation of story from Spring 2013 Happy Hiker)

By Janet Goloub

Early in 2012 Mary Ann Nissley (MA) asked me if I was going to hike with her for the last 90 miles of the MidState Trail. You may remember that MA had had a serious injury during her section in 2011, 14 stitches on her head resulting from a bad fall - which had ended that year's hiking. So it wasn't surprising that she wanted someone to hike with - not that I was such a wonderful choice. If you've read the first installments of this saga, you may understand why I didn't really mind if I never saw the MidState Trail again. However, as weird as our experiences had been in 2010, the October weekend had had some really pleasant parts. My knee problem seemed to be letting me hike, and I was kind of antsy to get on a trail, and I finally agreed to meet her at Little Pine State Park, where she had ended in 2011.

We agreed that we would meet there on Friday, 9/14/12, and hike up to the NYState border just north of Cowanesque Lake in Tioga County. We'd backpack up to Blackwell and day hike after that. I'd had a busy summer, and as the date approached, I was getting very nervous about being able to get away that soon. I finally contacted MA to say that I really needed a couple extra days at home, and we agreed to meet in Blackwell, PA, at the parking lot for the Pine Creek boat ramp Sunday 3:00-4:00, 9/16. MA would hike from Little Pine to there alone, around 30 miles, and we'd finish the remaining 60 miles together.

Sunday, 9/16, was a fine day and my drive fairly uneventful. I got to Blackwell at 3:30 and found the parking lot without difficulty; MA wasn't there yet. I wandered around a bit, took a walk on the trail, easy to see right there. Then I thought I ought to hike backward on the trail and meet her, so I checked the guidebook to see if I was going the right direction or should I turn around. I hadn't had a guidebook for the first year we were doing this trail, and made sure I had one this time, photocopying MA's pages for our section, as well as the several updates she'd downloaded from the website.

I turned around, wound through the village and up a hill. No blazes, but the directions seemed clear and the road I was on did all the things the book said. I walked for about 2 miles - no MA, as well as no blazes. But I was off the road and it was a pleasant enough trail. I had a cell phone but couldn't get it to work in the rush, and walked back to the Blackwell Hotel to try calling from there. I left a message that I'd try calling again later. I was really up in the air, wondering all kinds of possibilities for her absence. The main possibility was that she hadn't got as far as she'd hoped and had set up her tent. On the trail she tries to stop in the afternoon, and surely she'd have stopped by early evening, not wanting to be hiking in the dark. I didn't worry a whole lot, because she is a very experienced hiker, much more than I.

I set up my car for sleeping in it that night, the plan being that we'd do that. MA is used to "car camping" and had suggested that we simplify camping by not bothering with tents. My car is OK for that but it does require setting up and taking down each night and morning. MA just stretches across the back seat of her car; I'm a little too tall to do that in mine for 4 or 5 nights.

At the hotel again, I called MA again, left a message that I'd try her in the morning. I called home to see if there was a message there; no call or e-mail. It was dark when I went to the car, hoping it wasn't completely illegal to be there overnight. The parking lot was dark, and in the middle of the night I looked out my sloping back window and saw stars right above me: the Northern Cross, Milky Way! A fine place to sleep.

The next morning I got up too late to call MA before she'd be on the trail and not paying attention to her phone. At 10:30 I decided to go back up the trail, but first I stopped in at the Miller's General Store in town to ask whom to call if worried about a hiker: DCNR Ranger, office in Wellsboro, a short drive away. MA's an early riser, so I knew I'd meet her soon on the trail. I went farther than I had the day before. No MA. If she wasn't to where I was by then it meant that she hadn't got even within a few miles of our meeting place yesterday, and then I was really wondering what could have happened.

I got back to the parking lot at 12:45 and was on my way to the Millers' to try phoning MA and home again. A DCNR truck was parked in the rail trail that's right there. I asked the fellow there, Nick, just wanting to know what to do when I got really worried. We went straight to the parking lot where there was a phone to his office, and all of a sudden I was in the middle of a search and rescue operation - again. O boy. DCNR's Bureau of Forestry was in charge, 5 different jurisdictions, I think, up and down the MST, Little Pine State Park to Blackwell. Nick also told me that I hadn't been on the trail when I went looking for MA. What?!
(To be continued...)



NPS Honors 25- and 50- Year AT Volunteers

At each Appalachian Trail Conservancy biennial meeting since 2001 the National Park Service has honored volunteers who have worked for 25 or 50 years to protect, preserve, and promote the A.T. This year five AHC members - **Edna Himmler, Nicholas Rosato, Gene Scharle, Holly Vogler, and Michael Wuerstle** - will be recognized for 25 years of service to the trail.

Congratulations and thanks to these stalwart and stellar volunteers!

They join past AHC Silver Service (25 Years) awardees Richard Snyder, Barbara Wiemann, Virginia Musser, Edward Ritter, and Maryann Wagner and Gold Service (50 Years) honoree Harold Croxton (AHC and Mount Rogers Appalachian Trail Club).



Gene Sharle, Mike "Sparky" Wuerstle, Edna Himmler, Holly Vogler, Nick Rosato gather to celebrate 25 years of service to the Appalachian Trail.

"Yoga on the Rocks"

By Tracy Henzel, MSW, CDVC, CVA

Saturday 9/14/13 10:00-11:30 AM **Cedar Creek Park along Honochick Drive** AHC MEMBERS ONLY Free

Ever think about getting in better shape for hikes? Having taught yoga for several years, I'd like to show you the benefits of yoga for all your outdoor activities by combining a variety of yoga styles including: Ashtanga (strength), Vinyasa (flow) & Power Fusion, and I teach to all skill levels – beginner, intermediate & advanced. Each class is 90 minutes: 75 minutes of asanas (postures) & 15 minutes of savasana (relaxation). All you have to lose is: excess weight, your body's toxins through sweat, and..... stress, YAY!

Yoga helps you to decrease tension (through breathing/stretching/relaxation) & supports your physical, mental, emotional & spiritual well-being/health. It also complements ALL your other activities, including hiking, via decreasing stiffness by keeping joints lubricated, strengthening muscles & building stamina for our longer hikes! This is a great venue for outdoor yoga: relatively flat & unsloped ground to assist in your balance, large trees to provide shade during warmer weather, ample free parking, etc. NOTE: As we know, September's weather is often fickle so temps must be 70 or above to yoga outdoors because otherwise it'll be too cool & you could risk injury by stretching cold muscles. PLEASE PARK IN FRONT OF THE PAVILIONS. Rain cancels. Any questions call Tracy, cell phone at 610-462-0767.

Those interested in participating in yoga will need:

1. **YOUR DOCTOR'S *PRIOR VERBAL PERMISSION (*because, as with the majority of exercise methods, there are a very few contraindications)**
2. Yoga mat (let me know in advance if you need to borrow one of my 2 extra mats)
3. Water
4. Comfortable clothing
5. Sweatshirt or layer for during Savasana (gentle relaxation at the end of each class), while your body naturally cools down
6. Optional: helping tools such as yoga blocks, straps, etc. However, they're never required because I will ALWAYS show you the appropriate and safe modifications with or without them.



History Expo at the Lehigh Valley Heritage Museum



Members of the Allentown Hiking Club display information as part of the History Expo at the Lehigh Valley Heritage Museum on Saturday April 6th. Standing, Holly Vogler (Librarian); Edna Himmler (Hiking Schedule Coordinator); George Fennell (member); Gene Sharle (Publicity) and seated Paula Uhrin (Membership); Lucy Cantwell (President) also participated in the event.



Butch Patrick, the actor who played Eddie Munster on The Munsters television show, also spoke about his career and collecting memorabilia. Here members Lucy Cantwell, Edna Himmler and Paula Uhrin pose with Mr. Patrick. Lucy won a copy of Mr. Patrick's book which he signed for her.

MEMBERSHIP APPLICATION



INDIVIDUAL MEMBERSHIP DUES ARE \$10.00 PER CALENDAR YEAR FROM JANUARY TO DECEMBER, AND RENEWALS MUST BE MADE BEFORE JANUARY 31ST TO STAY ON THE CLUB'S MEMBERSHIP ROLLS. DUES CAN BE PAID AT THE MONTHLY MEETING OR MAILED TO THE CLUB MEMBERSHIP SECRETARY. HOUSEHOLD DUES (MORE THAN ONE MEMBER PER ADDRESS) ARE \$15.00.

MEMBERSHIP SECRETARY: Paula Uhrin: 283 Ridgeview Drive, Alburtis Pa. 18011

NAME(S):

ADDRESS:

CITY:

STATE:

ZIP: -

PHONE:

RENEWAL

NEW

EMAIL:

_____ Dues @\$10.00 / \$15.00 Household

SML MED LRG XLG

SML MED LRG

XLG

_____ Club T-shirt @ \$6.00 + \$3.50 shipping ea.

_____ Club golf shirt @ \$12.00 + \$3.50 shipping ea.

_____ Club Embroidered patch @ \$1.50 + \$.75 shipping ea.

_____ Club window decal @ \$2.50 + \$.75 shipping ea

_____ Club window cling decal @ \$2.50 + \$.75 shipping ea

Checks payable to "Allentown hiking Club"

Total enclosed _____

Yes - Please sign me up for the Allentown Hiking Club's email list --- the AHC Forum

