



Summer 2009

The Happy Hiker

The Official Newsletter of the Allentown Hiking Club

PRESIDENT'S MESSAGE

"Time"

Ed Vatza

The following essay was adapted from a post I recently made on my blog. Now that my wife, Barb, and I have both hit 60 years of age, we are finding ourselves obsessing more and more about time. Obviously the number of years behind us far outnumber the number of years ahead of us. We feel compelled to view each moment as precious. And maybe, just maybe, that has made us selfish when it comes our time. There is so much that we still want to do and it feels like time is just slipping away.

Right now I am feeling overwhelmed by demands on my time that I seem to have little control over. Always present are the demands from my job in health care marketing. Add to that the demands from an elderly parent which were there before she broke her hip a couple of weeks ago and are only multiplied now. During this same period we have been dealing with a very sick cat, one precious cat of five that own us. Memorial Day morning we had to have her put to sleep and we mourn for her. There are still tears in my eyes as I write. Then there are my own problems – back and hip pain that keep me awake at night and make doing the things I love (outdoor photography, hiking, birding) so difficult. I have still been doing them but at times the pain is so sharp that getting down on the ground to take a photograph and back up is very difficult. And every step of even the shortest of hikes is with pain. I was just to the doctor and learned that it all stems from degenerative arthritis in my sacral/lumbar region. And so it goes.

And with all that going on, we are racing toward our long planned and much needed vacation. We have vacationed in Maine over the past 10 years. This year we are booked for two weeks in Bar Harbor/Acadia National Park and it is coming up soon. Too soon for someone with a mother in rehab, in mourning over the loss of a beloved pet and with back and hip pain of my own. We have had arrangements made for months. We will take a trip to Machias Seal Island to photograph Puffins, Razorbills and Murres. We will participate in the Acadia Birding Festival. I will be photographing wildflowers, birds, land- and seascapes with sunrises and sunsets. And we plan to hike the trails of Acadia. As I said, it is a much needed vacation. But rather than looking forward to it, I can't seem to look past the immediate future and decisions on what needs to be done at work, with my mother, and with my pain. As the days tick down, I am looking for answers and they are slow in coming.

At times like this I reflect back on a series of conversations with my mother over a period of many years. So many times I told her that I wanted to do this or do that and she would say to me, "What's the hurry? You have your whole life ahead of you." Then one day I said that I was wanting to do something and the answer changed to, "Well you better do it now. You don't know what the future holds." And that's where I am. I have so many things that I want to do and I feel that I have lost control of that precious commodity – time.

If you've read this far, you are probably asking what this has to do with the hiking club. Nothing and everything. I am six months into my presidency with six more months to go. I promised to do my best for the club and I will continue to try to live up to that promise. But I am announcing now that I will not run for re-election at the end of my term. That's six months - six months for you to think about whether you want to take the plunge and run for office. This is a great club made up of great people. I see you at meetings. I see you on hikes. Get involved. To be honest, this club doesn't need a 60 year old president. It needs some younger blood. Maybe what it needs is the person you see in the mirror every morning. Someone who has as much or more time looking forward as back.

Check the club web site www.allentownhikingclub.org for changes in the hiking schedule and current news.



Allentown Hiking Club



P.O.Box 1542 — Allentown, Pa 18105-1542

Sponsored by City of Allentown Department of Parks and Recreation

www.allentownhikingclub.org

The Happy Hiker is published quarterly by the Allentown Hiking Club, Inc. The opinions expressed in signed articles are not necessarily those of the AHC, but of the authors.

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Deadlines for the Fall 2009 Newsletter & Schedule

Happy Hiker Newsletter
Activity Schedule

Wednesday, Aug 26, 2009
Wednesday, Sept 2, 2009

Please forward all Club related articles, thoughts, and items to the editor by mail or, preferably, by email or disk using MS Word. Send all hiking schedule activities to the schedule coordinator. You do not have to use the hike schedule form found on the club web site and in this newsletter, but if you choose not to, please include all the listed fields in your description of the activity.

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 clubs activities. The following is a preview of the upcoming programs for 2009:

July - Annual picnic meeting night.

August - Scott Everett will give a slide presentation on the Delaware and Lehigh National Heritage Corridor and update us on their progress.

September - Scheduling night for fall hikes.

October - Betsy Lyman will give a presentation on invasive species.

November - To be determined

UPCOMING ATC BIENNIAL CONFERENCE

Join the Green Mountain Club in scenic Vermont for Appalachian Trail Festival 2009, the 37th biennial meeting of the Appalachian Trail Conservancy, July 17-24, 2009 at Castleton State College, Castleton, VT. This is a week of celebrating and learning about the 2,175 mile Appalachian Trail. Castleton State College is a small liberal arts college located off U.S. Route 4 west of Rutland. June 30, 2009 is the last day to mail paper registration and receive a written confirmation. July 17, 2009 on-site reservations begin at 2:00 PM. www.vermont2009.org



WELCOME TO OUR NEW MEMBERS – Winter and Spring 2009

Bacak, Richard & Kathleen	Orefield	Levy, Flora & Warren	Spinnerstown
Berry, Christopher	East Stroudsburg	Lord, Craig	Bethlehem
Blue, Bob	Bethlehem	Moran, Ed & Julie	Schnecksville
Bolesta, Kevin, Karen & Audrey	Allentown	Nonemacher, Barbara	Jim Thorpe
Cassidy, Chris	Bethlehem	Parajuli, Ashish & Tripti	Whitehall
Cleary, Brian & Stacy	Easton	Pritchett, Christine	Quakertown
Dreisbach-Ferrol, Linda A.	Allentown	Sautter, Dan & Maureen	Allentown
Ferrey, Michelle	Northampton	Scarff, Phyllis	Allentown
Fillman, Barbara	Kempton	Schmoyer, Mark & Wendy	Kutztown
Galla, Ed & Karen	Macungie	Scrizzi, Joseph	Allentown
Gebec, Claude	Bethlehem	Seifert, Nancy	Bethlehem
Goslowski, Stefan	Allentown	Swavely, Peter	Allentown
Horwath, Gregory	Bethlehem	Walsh, Thomas	Allentown
Jaskuta, Leon & Eileen	Gilbertsville	Weirback, Sally	Bethlehem
Kozden Sharon	Allentown	Whalen, Tom & Elaine	Allentown
Kunkle, Richard	Northampton	Williams, Cindy	Drums
Lambert, Hilda	Souderton	Williams, Sue L.	Allentown
Landis, Walter	Quakertown	Wolfinger, June	E. Greenville
Leewright, Linda	Hellertown	Wolk, Joanne	Emmaus

AHC Adopts Lock 2 in the Delaware & Lehigh National Heritage Corridor



Before -- from the southern or bottom end



After -- from the northern or top end

As many Allentown Hiking Club members are aware, the AHC has committed to the Delaware & Lehigh National Heritage Corridor that it would assume the task of maintaining Lock 2. On April 25th, AHC held its first clean up day at Lock 2. This will be an ongoing project and it is anticipated that there will be two work days each year. For this year, the first was this past April and the second will be toward the end of summer or early fall.

In this initial endeavor, 9 volunteers worked for about 4 hours. They cleared the trail from the trestle bridge north of the lock down to the lock, removed vegetation on top of the lock and on the stonework on the river side, as well as some of the vegetation on the ground between the lock and the river to open up the view of the lock for boaters on the river. They also pulled out the brush inside the lock. To pull out the roots, chains and a come-along, weed wreckers, pulaskis, and/or just hand pulling were all used. The theory is that pulling out the brush and weeds by the roots will reduce the re-sprouting of the plants. The two accompanying pictures show two different views of the inside of the Lock. These are before and after photos of the lock interior. As can be seen, the before photo, however, was taken quite a while before the work date.



Why shouldn't we move or import Fire Wood?



The Emerald Ash Borer (EAB), *Agrilus planipennis* Fairmaire, a beetle native to Asia, was first identified in North America in southeastern Michigan in 2002. The adult beetles are metallic green, about ½ inch long, and attack only ash trees. Larvae of the beetle feed in the tissues under the bark of ash trees (*Fraxinus* spp.) causing the girdling and death of branches and entire trees. Adults of the species are active from mid-May until September. Since its discovery in Michigan, the beetle has been detected in Ohio, Pennsylvania, Maryland, Virginia, Indiana, Illinois and neighboring areas in Canada. Over 20 million ash trees have been lost to this pest, which usually kills ash trees within three years of infestation. Symptoms of ash decline, which may be caused by emerald ash borer or other stressors, include upper crown dieback, yellow foliage or small branches that come directly out of the trunk. Signs of emerald ash borer include adult beetles or larvae, “D” shaped emergence hole, “S” shaped galleries under bark, woodpecker damage, and flat-headed beetle caterpillars or adults. In addition to spreading by natural means, EAB can be transported to new areas in infested firewood, timber, and nursery stock.

To report possible infested trees in Pennsylvania, contact:

The Pennsylvania Department of Agriculture 1-866-253-7189 and for more information on emerald ash borer, visit: www.emeraldashborer.info or www.dcnr.state.pa.us/forestry/fpm_invasives_EAB.aspx

Where and What Is the Horse-Shoe Trail?



Photo by Barb Wiemann

The Horse-Shoe Trail is presently about 140 miles long and extends from Valley Forge National Historical Park to the Appalachian Trail on the crest of Stony Mountain north east of Harrisburg. The mileage changes slightly however from year to year because of required changes and relocations. The map above outlines the basic trail. The trail is a public trail and intended to be used by hikers and horseback riders. The trail was created and is still maintained by the Horse-Shoe Trail Club which was initiated in 1935.

There is within the AHC currently a quest to once again hike the entire Horse-Shoe Trail. The photo to the left shows the initial group which started the trek out of Valley Forge National Park this past April. The current plan is to hike the entire trail in a series of 12 sections which are planned to take place one a month over the next year or so.



Mid-Atlantic Regional Partners Report

Anne Griffin

The spring MARP meeting was held 3/7/09 in Boiling Springs, Pa. Both Barb Wiemann and myself attended. We received an update on PA Act 24. The ATC has hired the firm of Wallas, Robert, & Todd to draft case statements geared to township supervisors and municipal officials. This will include our trail assessments and values and provide language to protect the trail. The next step is to hold 4 separate workshops at different locations throughout the state to educate the township personnel & municipal officials on the AT and the importance of protecting the trail.

ATC license plates for PA is on hold until the toll issue for I-80 is resolved.

Programs were put on by various staff members covering the following topics: A Trail to Every Classroom; AT Community Partners (trail towns); Local Management Planning; Capital Planning; and the ATC Volunteer Center Update. I will bring reference material to the meeting for anyone who is interested in looking through it.

We will need to provide the ATC with an administrator for the ATC Volunteer Center. There will be a club selection option on the main page of the ATC website, click on this and it brings up the states, click on a state and it brings up the clubs, click on a club and you get a brief description of what the club does which we, AHC, will provide. The administrator would have to type this in and list meetings and trail work. Anyone can then access this information. There will also be a link to our web site on this page. The site address will be www.atc-vol-training.org, and the site will contain a training manual and on-line tutorial. The site should go live early in June.

National Parks Service was excited to announce there is \$7.5 M in the stimulus list for the Palmertown Rock Slide Project. They hope to see something done within the next 18 months. Gypsy moths are a problem this year in PA and the parks service will be doing some spraying.

Regarding local club discussions, Alpine Rose seems to have died due to the economy; There is no new activity. Blue Mt. Ski area at Little Gap has an ongoing study to determine if a 90 ft. wind tower should be erected. Their current plans would be to run it only during the ski season, December through March, to have a limited impact on bird migration.

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: Edna Himmler > 1754 South Albert St., Allentown, Pa. 18103

NAME(S):

ADDRESS:

CITY:

STATE:

ZIP: —

PHONE:

RENEWAL

NEW

EMAIL:

Dues @\$10.00 / \$15.00 Household _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SHIRTS - T-SHIRTS @ \$6.00 + \$3.50 SHIPPING EA _____

SML MED LRG XLG

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SHIRTS - CLUB GOLF @ \$12.00 + \$3.50 SHIPPING EA _____

SML MED LRG XLG

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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CLUB PATCH @ \$1.50 + \$.75 SHIPPING EA _____

CHECKS PAYABLE TO "ALLENTOWN HIKING CLUB"

QTY

TOTAL ENCLOSED _____

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

