



The Potomac Appalachian

The Newsletter of the Potomac Appalachian Trail Club
118 Park Street, S.E., Vienna, VA 22180-4609
<http://www.patc.net>

Volume 32, Number 1
January 2003

75 Years of Service

The "New" Annapolis (Truly) Rocks

Towering above Cumberland Valley west of Hagerstown, Md., Annapolis Rock offers a fine view of the valley and Greenbrier State Park's lake. The cliff attracts day hikers, rock climbers, photographers, picnickers, bird watchers and seekers of solitude, as well as overnight backpackers. All this use, however, has had a noticeable, harmful effect.

The constant erection of legions of tents has left every flat area near the rocks totally void of vegetation, and soil compaction continues to discourage or destroy any new growth. Dead and downed trees have long been cut up for firewood, making small live saplings fair game for those looking for wood to burn. Remnants of past fires have also rendered the soil sterile in many spots. Trash litters the cliffs, the woods, and old fire pits. Toilet paper "flowers" can be found behind almost every tree and bush.

See Annapolis Rock, page 5



Photo by Tammy McCorkle

Campers using the newly completed natural site at Annapolis Rock, Md.

Summer Trail Crew Schedule

The 2003 PATC Summer Crews are on the calendar! This year we've scheduled three weeks of Shenandoah Crews in May, in addition to the crews scheduled in the late summer. The PATC Massarock Crews will also be split between spring and late summer. Last season's crews filled early, so check your schedule and reserve a bunk as soon as possible.

2003 Crew Schedule

Shenandoah Crews

- May 4-9: South District (Schairer Trail Center)
- May 11-16: Central District (Pinnacles Research Center)
- May 18-23: North District (Pinnacles Research Center)
- August 17-22: South District (Schairer Trail Center)
- August 24-29: Central District (Pinnacles Research Center)
- September 1-5: North District (Pinnacles Research Center)

Massarock Crews (Trout Pond, W.Va.)

- June 15-20
- June 22-27
- September 7-12
- September 14-19

Application forms for the crews are posted on the PATC web page. Interested volunteers can also contact Heidi Forrest at PATC headquarters. □

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Council Members, Chairs and PA Staff

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VP Operations: Fred "Hop" Long
Treasurer: Gerhard Salinger
Secretary: Georgeann Smale
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Supervisor of Membership: Susan Nelson
Supervisor of Land Management: Chris Mangold
Supervisor of Facilities: Larry Marcoux
Supervisor of Education, Information, and Activities: Mal Fordham

General Counsel: Charles Sloan

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SMRG: Peter Pennington
Ski Touring Section: Steve Brickel
North Chapter: Pete Brown
N. Shenandoah Valley Chapter: Gerry Boyd
S. Shenandoah Valley Chapter: John Held
Charlottesville Chapter: John Shannon
West Virginia Chapter: Judy Smoot

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Budget: David White
Cabins Operations: Mel Merritt
Cabin Construction: Charlie Graf
Conservation: Mary Margaret Sloan
Grants & Donations: Susan Nelson
Endowment: Don Price
Finance: Gerhard Salinger
Hikes: Karen Brown & Lee Sheaffer
Internet Services: Stephen Raia
Land Management: Tom Johnson, johnts3@juno.com
Legal: Charles Sloan
Maps: Dave Pierce
Maryland Appalachian Trail Management Committee: Charlie Graf
Potomac Appalachian: Linda Shannon-Beaver
Public Affairs: Larry Rockwell
Publications: Aaron Watkins
Sales: Paul Dery
Shelters: Frank Turk
Trail Lands Acquisition: Phil Paschall
Trail Patrol: Kumait Jawdat
Tuscarora Trail Land Management: Lloyd MacAskill

Special Committees/Ongoing Activities

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Cabin Reservations: Shakuntala Ghare
Communications Team: Mike Sutherland
Deputy Finance Committee Chair: John Ferguson
Deputy Supervisor of Trails: Vacant
Headquarters Facility: Orron Kee
Information/Sales Desks: Annetta DePompa
Medical: Vacant
Shelters, Cabins, & Cabins Land Fund: Larry Marcoux
SNP Boundary Trailheads Study Group: Mark Holland
Tuscarora Trail Shenandoah Valley Project: Phoebe Kilby & Larry Bradford

Potomac Appalachian

Chief Editor: Linda Shannon-Beaver
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Annual Award Recipients

Special Recognition:
Charles Irvin

Honorary Life Members:

Jon W. Rindt **John F. McCrea**
Peter Gatje **Walter M. Smith**

50-Year Members:

Elsie S. Kinsey **Robert K. Kinsey**
John R. Williams **Mary E. Williams**

2002 PATC Volunteer of the Year
Mike Sutherland

HONORED GUESTS

Gary Fenton,
Exec. Dir., Northern Virginia Regional Park Authority
Pam Underhill,
Park Mgr., Appalachian Trail Park Office
Karen Lutz,
Mid-Atlantic Reg. Rep., Appalachian Trail Conference
Steve Bair,
Backcountry/Wilderness/Trails Manager, Shen. Nat. Park
Shawn Green,
Trails Coordinator, Shenandoah National Park

HEADQUARTERS

HOW TO CONTACT US FOR CABIN RESERVATIONS,
MEMBERSHIP INFORMATION, AND SALES

Address: 118 Park Street, S.E., Vienna, VA 22180
Hours: Monday through Thursday, 7 p.m. to 9 p.m.
and Thursday and Friday 12 noon to 2 p.m.
Phone #: 703/242-0315 24-hr. Activities Tape #: 703/242-0965
To receive an information packet: Extension 10
To leave a message for the Club President, Tom Johnson: Extension 40
Club e-mail: info@patc.net Facsimile #: 703/242-0968
World Wide Web URL: <http://www.patc.net>

STAFF

DURING REGULAR BUSINESS HOURS

Director of Administration: Wilson Riley (Ext. 11) e-mail: Wiley@patc.net
Trails Management Coordinator: Heidi Forrest (Ext. 12) e-mail: hforrest@patc.net
Business Manager: Monica Clark (Ext. 15) e-mail: mclark@patc.net
Membership/Cabin Coordinator: Pat Fankhauser (Ext. 17) e-mail: pfankhauser@patc.net
Sales Coordinator: Maureen Estes (Ext. 19) e-mail: mestes@patc.net

Bus/Metro Directions to Headquarters: When taking Metro Orange line, get off at Dunn Loring station (not Vienna, the last stop). Outside the station, find the stop for Metrobus 2T westbound in the direction of Tyson's Corner. When the bus starts down Maple Avenue in Vienna, exit at the library just past Center St. Walk half a block in the same direction the bus travels, and turn right at Park St. PATC will be on the left only a few yards down from the corner. The fare is \$1.10, but you can ride for \$.25 if you remember to get a transfer ticket at your originating station.

Presidential Words of Wisdom

I begin the new presidency in the same manner as Walt Smith began his term of office four years ago – by publishing my speech from the annual dinner in November. Would that it could inaugurate a presidency nearly as successful as Walt's.
— Tom Johnson

This was not a very good time for being in Japan, but that's where I am. If this were CNN, Walt would put me on a TV hookup, and I would join you tonight. This isn't CNN, so I have asked Rick Canter to read this short note composed for the occasion as a substitute for the real thing. Please accept my apologies for an absence that was inopportune to say the least.

I actually did volunteer for this job, and there are those in the audience who wonder who would be crazy enough to take on this job so willingly. My only defense is that it is important. PATC is one of the most respected trail organizations in the nation, because it is and always has been a national leader in trail building and trail advocacy. Like they used to say about E.F. Hutton, when PATC talks, people listen.

That being said, the job of president is an awesome task. I don't know how many people have thought about this, but our first president, Myron Avery, became perhaps the greatest trail builder in American history. Every other Club president has had an obligation to live up to the Avery tradition. I would advise: don't try to be Myron Avery, just recognize the seriousness of the job that you have agreed to take on. Since Avery founded our Club 75 years ago, we have struggled to uphold the highest traditions of trail work. We are here for the long pull, and I would hope that 75 years from now PATC will still be a national leader. We are not a transitory organization, but one with long-standing serious purpose.

There is one person here tonight whose leadership in the Avery tradition should be recognized. Walt Smith, our president for the past four years, has done American hiking and trail work a great service. It is humbling to try to succeed Walt, knowing how much work he put into the Club. It would not have been so bad had he been a less tireless worker. It is always harder to succeed success. You can't say, "It wasn't my fault – my predecessor botched everything, and I am just trying to straighten it out."

I would also like to recognize the accomplishments of the outgoing officers. The executive committee under Walt established a great record of achievement. They worked well together, and each one who is not returning should be lauded for his success.

Walt's great goal was to improve the Tuscarora Trail. Much has happened to bring that closer to reality, I hope to continue that. One of my objectives will be to move that project along.

There are other things that we can work on over the next two years. The Club's computer operations must be improved to bring them into

line with our obligations as a major player in the world of trails. I have seen the work that Mike Sutherland has been doing, and I hope to move that forward. We need more volunteers to work on that task, but ultimately we will probably have to pay for some of the work.

The cabins reservation system is one that should get this Club's attention. Ours is an antiquated system that does not represent the Club well. Only computerization can solve some of our problems in that area. We will give that some attention.

Our paid staff is one of our most important assets. It is a staff that sticks together, and there has been very little turnover in recent years. I am sure some of that is due to Wilson Riley. In any case, we have an extremely competent and experienced staff, and I hope they will continue to stay with us. That being said, we can do more to clarify the staff-volunteer relationship, and support the staff so that they can serve us better.

The Club is working on new trails outside of Shenandoah National Park that are being built by very enthusiastic volunteers. Some of those will eventually connect with Park trails. Those of you who have been here awhile know that new trails into the park have been slow in coming. I think we have a chance over the next several years to expand those hiking opportunities.

I wish I could look out into the audience tonight and see who is there. I know we have some old timers, and I wish to recognize two who have been mentors to me (though they may not have known it). Paula Strain and Phil Barringer – I hope you are out there. You should both take a bow for having spent so much time nurturing Club leaders over the years. I may not be exactly what you had hoped for in a Club leader, but now you are stuck with me for two years. I also want to recognize a few other people who have taught me a great deal in the relatively short time that I have been actively involved with the Club. Charlie Graf and Warren Sharp are two who represent much of the institutional knowledge of the Club. I should not forget Bob Humphrey and Phil Paschall, too.

In closing, I would like to note the volunteer tradition of PATC. My perspective on this comes from serving on the board of directors of American Hiking Society. I look around the country, and I see few other trail organizations that have the strength of our own volunteer ethic. Ours is so strong that it is almost "fierce." I hope that we never lose that determination. When you lose that, you start relying on others to fix things. That is a road we don't want to go down.

When a speaker drones on, people start fidgeting. At that point, the polite thing to do is to get off the stage. Thanks for listening to this. I hope to see you all on the trail. □

—Tom

Blackburn Trail Center Needs You

Owned and operated by PATC, the Blackburn Trail Center is located on the AT, 12 miles south of Harpers Ferry. Blackburn is a premier stop for AT through-hikers and day hikers alike. Many PATC conferences and training workshops are held there. The caretakers' duties include maintaining the Trail Center,

Hiker's Hostel, and campground. Anyone applying should have experience in offering comfort and company to weary AT hikers. Flexibility and ability to get along with wide variety of people a must! Prefer couple with knowledge of the AT and hikers' needs. Very modest stipend offered along with a fabulous summer experience. Dates

run from mid-March through Oct. If interested send a letter of application, résumé, and professional/personal references to Chris Brunton, 9000 Piney Grove Drive, Fairfax, VA 22031 or e-mail to trailboss-btc@msn.com. If you have questions call Chris at 703/560-8070. □

—Chris Brunton

Bob Pickett's Appalachian Nature: The Lowly Opossum

Woe be the lowly opossum; the Rodney Dangerfield of the mammal community. It's not that they don't deserve it. In the ranking of the complexity of mammalian social systems, on a scale from 2 to 20, opossum earns a 2. The 'jack' joins the 'jill' only for copulation, and the 'joey's' are on their own after a short three-month childhood. Even while with the mother, the joey's show little play or interaction, and are, in general, extremely lethargic.

This social delinquency is related to its cranial capacity. Comparing the ratio of brain size to body mass with other mammals, the size of the opossum brain is a third to half the size of other mammals (Man comes in at a whopping 7.5 times larger). For example, they just don't learn how to avoid being trapped, retrapped, and then trapped again. And its well known propensity of feigning death, defecating, and emitting a foul-smelling greenish ooze from its anal glands are its best method of avoiding predation. Effective perhaps, but very limited in repertoire.

Opossum are the only marsupial in North America, migrating north from South America when the land bridge between the two continents was formed some 3

million years ago. They are, in fact, a more primitive mammal than placentals. Opossums, like the more primitive monotremes (echidna and duck-billed platypus) and some shrew, have only a single opening, or cloaca, out of all which all of the fecal, urinal and genital products are discharged. This characteristic is shared with reptiles and birds.

They also have a less efficient reproductive process than the placental mammals. Records exist of jills with as few as 9 or as many as 17 teats, often with some not functional. Jacks have a forked penis, which matches the paired lateral vaginae of the female. In other more advanced mammals, the female reproductive tube fuses in the middle to form a single canal. In fact, the opossums produce paired sperm. As a pair, the sperm swim in a straight line, but if separated, they swim in circles. Copulation involves the jack grabbing the jill by the nape of the neck and both falling over to the right side. On occasion when they may fall to the left, or remain upright, copulation is likely to be unsuccessful. I don't make this stuff up!

At the time of European arrival in North America, opossum were limited to south of the Potomac River and on a line northwest

through most of Ohio, Indiana, and Illinois. With the removal of natural predators, they have moved north since that time and now reach Canada. It's not hard to find opossum in northern regions suffering from frostbitten ears or toes.

One might say their omnivorous diet is somewhat primitive as well. Carrion, with maggots, is a year-round treat. In fact, in baited traps in the Smokies, more opossum were caught with decomposed bait, rather than fresh bait. Strangely enough, they can also eat rattlesnakes, copperheads and water moccasins due to their apparent immunity to pit viper venom. They have even been known to eat toxic American toads. And, in the category of more than you wanted to know, if you come across a partially eaten deer carcass in the woods, the entrance via the anal area would be the work of an opossum.

Opossum seem to be the most common road kill. One reason for this is that they are terribly near-sighted. Additionally, when frightened, they freeze; not a great defense against cars. Finally, they are often found along roads looking for food in the form of road kills, especially other less fortunate, maggot-filled opossum. □

—Robert Pickett

Get Your PATC Cabins Calendar

Everyone who registered for the 75th Annual Meeting/Dinner received many gifts commemorating our 75 years of service, including the first ever PATC Cabin calendar. If you were not able to attend you can still get one of these beautiful calendars, available for a limited time. This full-color wall calendar features photos of some of the best cabins in our rental system dressed out in their seasonal attire. Exclusive Sale – only through our Headquarters store – supplies are limited! \$10.00 for the calendar plus \$2.00 postage/handling. Virginia residents add 45 cents tax. Please consider coming by and picking it up at Headquarters, along with other gifts from our store. Contact Maureen Estes at 703/242-0693, Ext. 19 to order.



Walt Smith accepts a check in the amount of \$2,000 from REI's (and PATC's) Mark Nelson, donated for our land management program.

Annapolis Rock, from page 1

In short, we are loving this beautiful area to death.

A group of AT professionals and volunteers, the Maryland Appalachian Trail Management Committee (MATMC), has become very concerned about the negative impacts to this backcountry area. With recommendations from U.S. Geological Survey Recreational Impact Studies expert Dr. Jeff Marion, the MATMC has prepared a management plan to help correct the damage at Annapolis Rock, while still allowing visitors to enjoy a backcountry experience. According to Dr. Marion's studies, Annapolis Rock is probably the most severely impacted backcountry area in the Eastern United States.

In October 2002, ATC's Mid-Atlantic trail crew, with the help of volunteers from PATC, constructed natural-looking campsites away from the rock cliff, in an area still thickly vegetated. The vegetation will provide privacy from other campers and from day users. Two privies will be constructed to lessen the impact of waste on the soil and water.

In spring 2003, the impacted areas surrounding the rocks will be closed off and re-vegetated. A caretaker will camp here throughout the busiest months, and will be responsible for educating visitors in Leave No Trace ethics and regulations for the campground. To lessen the impact on vegetation and soil, campfires will either be prohibited or restricted to group areas. Alcoholic beverages will be prohibited. Visitors beyond the 75-person capacity of the new campsites will be directed to other places along the trail.

These management practices should allow impacted areas to return to a more natural state within a few years, ensuring a backcountry experience for generations to come. □

—Ranger Tammy McCorkle
South Mountain Recreation Area

Users can help protect the trail and its inhabitants by following Leave No Trace practices: Leave nothing but footprints, and take nothing but memories. Annapolis Rock is an heirloom that we need to protect.



The Sperrys looking at the view west from Annapolis Rock, including Greenbriar Lake.



John Wright at the newly completed natural site.

Photos by Tammy



Above, a look at the severely compacted site campers are currently using. This area will take years to return to a naturally vegetated state.



PATC and ATC crew members hard at work building the new camping site.

A Photo Essay from the Annual Meeting:



Photos by John Luck

Thanks from John McRea

At the recent annual dinner for the PATC I was the recipient of an Honorary Lifetime Membership. Words can't truly express the honor that I felt that night but I will attempt to do so here. If there is one thing that has really struck me it's that you can't ever take the good things that life gives you for granted. As I stood before many friends receiving this honor, I could only feel grateful to have my health and to have been granted the time and the opportunity to be able to give back to something that I care so much about, because you never know what the future holds - you just never know.

All recognition aside, I do this for one reason - because I love it! I honestly feel that there is

nothing that I have given over the years that hasn't been more than given back to me. I've had the opportunity to experience both the beauty and fury of nature through all four seasons in more ways than I can count. I have met and worked with some truly remarkable people. I've made many lifelong friends. I've learned a great deal about so many things, and I've grown in ways I never thought possible. I have some great memories of great times that I will always carry with me.

So Thank You PATC and the trail community for all that you have given me. I will cherish this honor and look forward to the many good times that the future holds for all of us. □

—John McRea



In Case You Missed the Annual Meeting:

Service Award Recipients

Terry Allen
 Mark Anderson
 Esther Aulthouse
 Jim Austin
 Dave Bailey
 Larry Baldwin
 Stephanie Bill
 Carl Bock
 Steve Brickel
 Karen Brown
 Pete Brown (2)
 Chris Brunton
 John Buchheit
 Frank Burke
 Ron Burge
 Pete Busher
 Susan Cahill
 Rick Canter
 Barry Carpenter
 Mason Child
 John Coffey
 Karen Crawford
 Liles Creighton
 Keith Denson
 Kate Dixon
 Michael Dixon
 Janet Dove
 S. V. Dove
 Eric Duet
 Dan Dueweke
 Dick Dugan
 Marilyn Dugan
 Dave Erdman
 Aksel Falk
 Melanie Falk
 Dave Fellers
 Ben Fernandez
 Sherri Fickel
 Vic Fickes
 George Finney (2)
 Jim Finucane
 Beth Firme
 Chris Firme
 Mike Fleming

Mal Fordham
 Heidi Forrest
 Ric Francke
 Dave Garman
 Pete Gatje
 Bruce Glendening
 Dave Goodlin
 Richard Gorell
 Allen Gowen
 Kim Grutzik
 Frank Haas
 Art Hailer
 Hal Hallett (2)
 James Hamlin
 John Hampton
 Maureen Harris
 Jim Harvey
 Karen Harvey
 John Hebbe
 Tex Herbel
 Mark Hingston
 Charles Hillon
 Larry Hodapp
 Mark Holland
 Bob Hollm
 David Holton
 Henry Horn
 Dave House
 Greg Howell
 Charlie Irvin
 George Ivey (2)
 Kumait Jawdat
 Mary Jewel
 Bill Jones
 Carol Jones
 Christopher Jones
 Tom Jorgensen (2)
 Mike Karpie (2)
 Fran Keenan
 Phoebe Kilby
 Joseph Kolb
 Kevin Kraditor
 Michael Kulik
 Lauren Lang
 Judith Langenhorst
 Wayne Limburg

Larry Linebrink
 Barbara Logan
 Chris Logan
 Fred "Hop" Long
 John Luck
 Lloyd MacAskill
 Melaney Mackin
 Jack Magarrell
 Larry Marcoux
 Ben Mayock
 John McCrea
 Ed McKnew
 Anniell Miller
 Mack Muir
 Mark Nelson
 Robert Nelson
 Carol Niedzialik
 Cliff Noyes
 Bob Oliver
 Rhett Orndorff
 Lloyd Parriott
 Steve Paull
 Steve Pebley
 Peter Pennington
 Dave Pierce
 Catherine Pipan
 Kent Query
 Dan Radke
 Bob Rainey
 Lisa Rainey
 Rick Rhoades
 Jon Rindt (2)
 Katherine Rindt (2)
 John Ruppe
 Tom Ryan
 Carol Saah
 David Saah
 Alex Sanders
 Bill Schmidt
 Marguerite -
 Schneeberger
 John Shannon
 Linda Shannon-Beaver
 Tom Shively
 Georgeann Smale
 Mary Smith

Walt Smith
 Tyler Somerville (2)
 L. William (Bill) Spach
 Jim Stacy
 Bernie Stalman
 Patrick Stark
 Jim Stauch (2)
 Richard Stickley
 Bob Stransky
 Richard Stromberg (2)
 Sybill Stromberg (2)
 Mike Sutherland
 Tom Tamburo
 Trudy Thompson
 Carol Tolbert
 Cathy Trone
 Dave Trone (2)
 Jim Troy
 Stan Turk
 George Walters (2)
 James Wasel
 Aaron Watkins
 Holly Wheeler
 Laurel Whitaker
 Donald H. White
 Cliff Willey
 Patrick Wilson
 Cheryl Zebrowski
 Blackburn Committee
 - and Support Group

Special Commendation
 Elizabeth "Hope" Wilson

In Memorium
 Christopher "Topher" Bill
 Leonard Bolz
 Grace Brownlie
 Pete Busher
 Sylvia Gasch
 John Smith
 Morton Smith
 Mary Jo Williams

The Word "Appalachian"

Reprinted, with permission, from the pages of the Tidewater Appalachian Trail Club's newsletter.

Where did that word come from anyway? And how do you pronounce it? The authors of the book, *Appalachia: A Regional Geography*¹, indicate that the Appalachian Mountains were first named by Spanish explorers in the 16th Century. Some believe that it may have been Hernando DeSoto himself, among the first to explore the southern Appalachians, who took the name of the Indian village or tribe of Apalachee in northern Florida and applied it to what we now know as the Appalachian Mountains. According to the Tennessee Chronicles page, it was because of the Mobilian Trade Language used by the native guides that De Soto mistakenly assumed the Apalachee tribe in Florida was the native culture of the Southeast and named the Appalachian Mountains after the tribe.

There is a bit of disagreement about how the name is pronounced. Laurie Potteiger of the ATC sums it up thusly: "In general

Southerners tend to say it like, 'I'll throw an apple AT ya,' whereas Northerners say it the other way, with a long 'a.' The dividing line is thought to be the Mason-Dixon line, although you won't find many people in the Washington, D.C. area using the Southern pronunciation." Earl Shaffer, in *Walking With Spring*, discusses the pronunciation in the following anecdote:

"A young couple was sitting in a car (at Humpback Mountain Overlook,) giving the impression they were honeymooners. The man said, 'Howdy,' so I stopped to talk. Mention of the Trail brought on a discussion as to the proper pronunciation of Appalachian. The lady, who spoke with a Deep South accent, used the pronunciation derived from the Apalachee Indian Tribe, the original source. The man, definitely a northerner, said she would think so, coming from the South where, 'They always mess up the language.' I agreed with her but didn't say so." The Random House unabridged dictionary lists both pronunciations. There's a cute sign that someone put up in the bathroom at ATC's headquarters which reads, "In about 40 miles, the

Appalatchin Trail becomes the Appalayshun Trail. If you still love it as much, thank a volunteer maintainer."

The spelling of the word also presents a problem. The funniest spelling I remember ever seeing was "Isolation" on a piece of mail that came to the ATC from the IRS!! The spelling problem is not new. On a 1719 map by John Senex the mountains are labeled, "The Apalitean Mountains." A 1735 Henry Popple map spells it "Apalachian."

Thanks to Janice Charlton for inquiring about the pronunciation and origin of "Appalachian" and to Laurie Potteiger for coming up with the quote by Earl Shaffer. □

¹Raitz, Karl and Ulack, Richard, *Appalachia: A Regional Geography*, Westview Press, 1984.

Crawford, James M., *The Mobilian Trade Language used by Indians of the Mississippi Valley*, Knoxville: University of Tennessee Press, 1978.

Have You Moved? Are You Moving?!!

Did you know that the Post Office now charges PATC 70 cents every time they let us know a member has moved? You can help us save money and get information to you faster just by telling us yourself.

Please fill out this form and mail it to 118 Park Street, S.E., Vienna VA 22180-4609. Or, you can call Pat Fankhauser at 703/242-0693, ext. 17, or e-mail pfankhauser@patc.net to let us know where we should be sending your issue. Thanks for your help.

Name: _____

Old Address: _____

New Address: _____

New Phone Number: _____

Effective date of new address: _____

Combined Federal Campaign 2002

PATC Agency Number
7956

Make Your Contribution Count!

Once again, PATC will participate in the Combined Federal Campaign (CFC) for the National Capital Area. In last year's fund drive, 68 individuals, including 16 Club members, pledged over \$17,000 to help finance land acquisition and other Club activities. If you are a federal employee, or have friends and neighbors who are, please consider, or ask them to consider, a payroll deduction. Feds, keep up the good work.

It's for a good cause!

Five and a Half Miles at Little Bennett Regional Park

It's quality, not quantity that makes a hike special! And four quality hikers and three special dogs showed up Saturday morning at 8 a.m. in the rain when it was 42 degrees and had a WONDERFUL time hiking together at Little Bennett!

At the beginning of the week, this hike was full and we had half a dozen folks on the wait list. By the dreary morning of the hike, all but six people had canceled and two of those were no-shows. So, after signing in we filled our pockets with Reese's Peanut Butter cups and Blue Dog biscuits. Then we bundled up and added big handfuls of Midnight Milky Way candies (courtesy of Alice and Diva.) Thus provisioned we set off into the forest. We enjoyed unfettered access to the trails and complete peace and quiet. There were no other hikers to distract us as we got in touch with our inner NATURE LOVERS! What a treat to find secluded trails, well maintained and available to us at no charge and without reservations! YES!

In addition to long-time regulars Alice and Diva, who were "easy hikers" a couple of years ago and have now clearly become "hardy hikers," our group included "Honorary Auntie" Gwen, usually dogless but this time accompanied by her brother's boxer pup, Brindle, who although still a bit jet-lagged after a nine-hour flight from Germany a couple of days before managed to fully participate with gusto. Pat brought Rory, whose hiking prowess was undiminished by the rain slickened leaves, mud, and rocks. Jeff came alone because Katy is still nursing a bum shoulder but making good progress and planning to join the 2nd Annual Holiday Hike next month.

We hiked the advertised "first loop" down Hyattstown Mill Rd. and across Bennett Creek on Beaver Valley trail, and uphill past huge anthills made by Allegheny Mound Builders. We topped out at Bennett Ridge and enjoyed the last of the fall foliage as we wound our way down Woodcock Hollow and along Whitetail trail, where we actually saw a herd of whitetail deer. We took the long way around the nature trail and over to the amphitheatre where we enjoyed access to sheltered picnic tables for lunch. With lots of laughs and lots of calories to fuel ourselves and prevent hypothermia, we took the Big Oak trail around to Antler Ridge and back to Beaver Valley and returned to the parking area.

Then, by unanimous consent, we ditched the second loop. Instead we trudged down to Kingsley schoolhouse to play in the rain! Everyone enjoyed the swirling waters of Bennett Creek, and running back and forth across the swinging bridge. Hard to tell who had the most fun. The dogs loved it of course, but it was the people who dropped all inhibitions and became eight-year-olds before our very eyes! We had a ball while those rain drops just kept a-fallin' on our heads. And it was with reluctance that we finally returned to our cars. For those who participated, the memories will last forever (especially with help from Jeff's great photos.) For those who missed it: you'll have another chance! Little Bennett is a favorite place and we'll do it again.

For more pictures of the hike, please visit http://www.k9trailblazers.org/little_bennett/lb_hike_111602_report.htm □

—Pat Fuhrer



Photos by Jeff Biolognese

Hikers tackle the swinging bridge.



Hikers seek a little shelter from the rain.

Volunteers

Many will be shocked to find
When the day of judgment nears,
That there's a special place in Heaven
Set aside for Volunteers.

Furnished with big recliners,
Satin couches and footstools.
Where there's no
Committee chair person
No group leaders or carpools,
No bazaar and bake sales,
Not one thing to fold or mail,
Telephone lists will be outlawed,
But a finger snap will bring
Cool drinks, gourmet dinners,
And treats fit for a king.

You ask, "who'll serve these
Privileged few
And work for all they're worth?"
Why, those who reaped the benefits
And not once Volunteered on Earth.

'Anonymous'

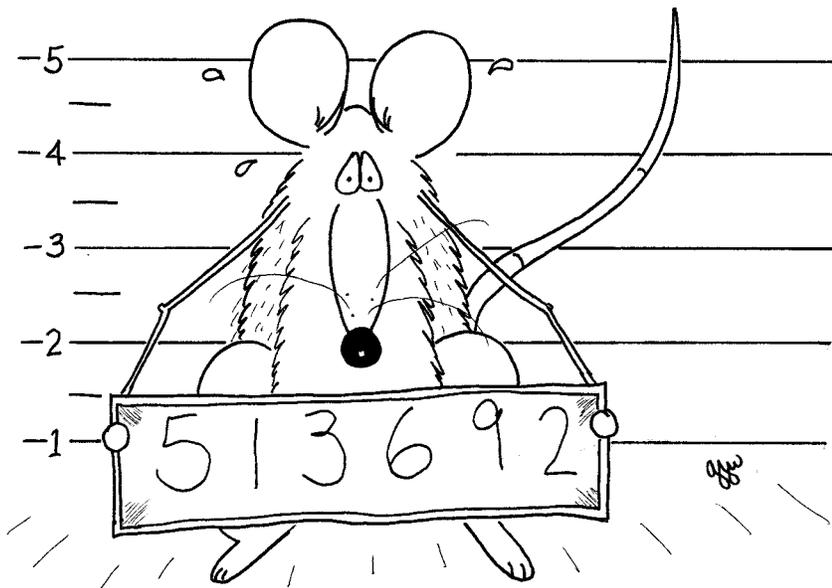
Found on a
Commemorative Air Force website,
submitted by Donald H. White.



Here's the winner of the photo contest at the Annual Meeting. Thanks to all who brought in photos for our meeting. Above, Dan Dueweke checking out a blowdown on the AT, south of Panorama.



Tails from the Woods by George Walters



LOUIE GETS FINGERED

From the Augusta County Chamber: Plant Survey Begun

The National Park Service has begun an intensive survey of vascular plant and ecological communities (forest types) along the Blue Ridge Parkway. Contracting with Natureserve, formerly a research branch of the Nature Conservancy, Parkway rangers believe researchers will find upwards of 2,000 plants, about 600 more than are currently known to park biologists. With three teams of ecologists working simultaneously, the project will take at least two years to complete. □

—Thomas C. Jorgensen

Get ready for the AT Conference, July 25-August 1

Planning is underway for the 34th Biennial Meeting of the Appalachian Trail Conference, scheduled for July 25-August 1, 2003, in Waterville Valley in the White Mountains of New Hampshire. Check out the Web site at www.atc2003.org for more information on this opportunity. □

FORECAST

Chapters

Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday, summer, winter and in between. Hikes are usually 8 to 10 miles. We usually maintain trails on the last Saturday of the month. Meet at Sprint parking lot, 2307 Hydraulic Road at 9 a.m. with food and water for the day. The majority of hikes are in the southern and central districts of Shenandoah National Park, with some in the north district and in George Washington National Forest. Our Chapter hikes are posted at www.patc.net/chapters/char/hikes.html. INFO: Jere Bidwell 434/295-2143 or John Shannon 434/293-2953.

North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the Appalachian Trail (AT) and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays - contact Mark Mitchell (mdtrail@yahoo.com) 301/461-7048 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday - contact Charlie Irvin 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Spring cabin. Dinner, breakfast, and camaraderie available. For information on upcoming hikes, contact Chris Firme (bncfirme@innet.net) 717/765-4833. For general chapter information, contact chapter president Pete Brown or visit the North Chapter home page (www.patc.net/chapters/north/).

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Gerry Boyd (gerryb@compuserve.com) 703/281-7216.

Southern Shenandoah Valley Chapter

See Forecast (or our link from PATC website) for work trips and hiking events sponsored by the Southern Shenandoah Valley Chapter. Hikers from the DC area should allow about 3 hours to get to our region. INFO: in Harrisonburg, call Alvin 540/434-6244 or Lynn 540/234-6273; in Waynesboro, call Michael 540/943-8695; in Staunton, call Doris 540/885-4526.

West Virginia Chapter

Chapter meetings at Highacre are on the second Wednesday of Feb., Apr., Jun., Aug., Oct., and Dec. See Forecast for upcoming activities. For information about the chapter or to receive the newsletter, contact Judy Smoot 540/667-2036 or e-mail wvpatc@hotmail.com.

Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: Steve Brickel 301/946-2520 or sbrickel@erols.com.

Mountaineering Section

We're a diverse group of local Washington, DC area climbers. Young and old, male and female, crag rat, sport climber, and alpinist, active and armchair types - we all enjoy climbing in its many varieties. We also share common interest in promoting safe climbing, conserving the outdoors, developing new climbers' skills, representing the Washington area climbing community, and having fun! We provide instruction for those wanting to learn the basics - we're not a school, but we can get you started. We go climbing, either locally or further afield, nearly every weekend. In the winter we organize trips to the Ice Festivals in the Adirondacks and the White Mountains for beginning and advanced ice climbers. For further information contact Mack Muir 703/960-1697 (MackMuir@edisaurus.com).

PATC Midweek Hikes

PATC's Vigorous Group hikes 8-10 miles at a fast pace; and the Easy Hikers hike 5-8 miles on trails with little elevation change. See below for scheduled trips; check the weekly tape (703/242-0965) on Thursday or Friday for any changes or additions.

Other Clubs' Hikes

Capital and Wanderbirds hike on Sundays, traveling by bus and leaving from downtown, with suburban stops as well. Center Club, Northern Virginia Hiking Club and Sierra Clubs hike on both Saturdays and Sundays using carpools, which often leave from a suburban Metro stop. Schedules are available at PATC Headquarters and are published in area newspapers on Fridays. The schedule of West Virginia Highland Conservancy outings in the Monongahela National Forest and surrounding areas is on their web site at www.wvhighlands.org.

KEY to Forecast Activities

All events are marked for easy identification. Late changes or cancellations are listed on the weekly information tape (703/242-0965), which is updated on Sunday evening for the following seven days. The Forecast can also be found on PATC's web site at www.patc.net.

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin/Shelter Work Trips
-  Special Events
-  Meetings
-  Skiing
-  Classes

Note to all hike leaders: Please ask non-members on your hike if they would like to join PATC, then get names and addresses so a Club volunteer can send them information packets. Thanks!

Meetings

Meetings

Meetings are held at PATC HQ, 118 Park Street, S.E., Vienna, VA unless otherwise noted.

New Members (PATC) - First Wednesday

7:30 p.m. Curious about the Club? Want to learn more? The best way is to attend a New Members meeting (but you don't have to be new to qualify). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt. 23 into Vienna, Va. and turn east on Park St. (Rt.675) to 118 Park St. on your left. INFO: Jane Thompson 301/565-6704 x208.

Mountaineering Section - Second Wednesday

8:00 p.m. Second Wednesday of every month. INFO: Mack Muir at 703/960-1697 or (MackMuir@edisaurus.com) or PATC's Web site: (www.patc.net/chapters/mtn_sect).

Shenandoah Mountain Rescue Group

(Business meeting) - Last Tuesday, 7:30 p.m. INFO: Zeb Whitaker (zw@tdcarchitects.com) 703/255-5034, then press #5.

PATC Council - Second Tuesday

7:00 p.m. sharp. The PATC Council meets the second Tuesday of every month to conduct business of the Club. All members are welcome. INFO: Wilson Riley (wriley@patc.net) 703/242-0693 x11.

Trail Patrol - First Tuesday

7:30 p.m. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, educating the public on good hiking practices, minimum impact hiking and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications and personal equipment. All patrol volunteers are also expected to become certified in a recognized basic first aid course. Some equipment and uniform items are provided upon completion of training. INFO: Kumait Jawdat 202/328-8137 or see PATC's Web site: (www.patc.net/volunteer/trailpatrol).

January

1 (Wednesday)

DEADLINE - February **Potomac Appalachian** Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the newsletter must be submitted electronically, if possible, to headquarters, or by e-mail to PA@patc.net. Allow one week for postal service delivery. Please e-mail Forecast events to PA-Forecast@patc.net.

1 (Wednesday)

MEETING - New Members (PATC), CANCELLED

2 - 5 (Thursday - Sunday)

XC SKI TRIP - Canaan Valley (STS)

Canaan Valley, Harmon, WV

Weekend No. 1. Start 2003 off right at the Mountain Retreat Main Lodge (dormitory style) with estimated costs of \$60 per person, for three-night stay. Non-STS members add \$10. Ski trails in nearby Canaan State Park, Whitegrass STC, Blackwater Fall State Park, and Dolly Sods area. INFO: Elliot Brumberger (elliottb@comcast.net) 301/977-9706.

3 - 5 (Friday - Sunday)

XC SKI TRIP - Laurel Highlands (STS)

Laurel Highlands, PA

Weekend No. 1. Ski the Laurel Mountain Highlands area near Jennerstown, PA, one of the more reliable snow sites in the Mid-Atlantic hills. Also near Hidden Valley and Laurel Ridge STCs. We stay at Laurel Manor Motel. Cost \$65 per person for two-night stay. Non-STS members add \$10. There is also close-by telemarking and downhill skiing at reopened Laurel Mountain downhill area. INFO: Clay Birkett (cbirkett@origene.com) 240/221-0454.

4 (Saturday)

TRAIL WORK TRIP - Yankee Clippers Trail Crew Appalachian Trail, PA

Meet at the parking lot at the intersection of US 30 and PA 233 at Caledonia State Park. Departure at 9:00 a.m. sharp. If you would like to share supper with us afterwards, be sure to call a week ahead of time. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

6 (Monday)

HIKE - Family Hike, Riverbend Park Great Falls, VA

Bring in the New Year with a winter hike in beautiful Riverbend Park. We'll hike up past the nature center and take the Paw-Paw trail past a pond down to the Potomac. Then we'll follow the Potomac Heritage Trail back to our starting point, the Visitor Center. After our hike, we'll warm up in the Visitor Center. They have turtles, snakes, frogs, puzzles, books, and bones to explore. The hike is jogging-stroller friendly, about 2.5 miles long. Designed for the under-five crowd, all ages welcome. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278.

7 (Tuesday)

HIKE - Vigorous Hikers

North District, SNP, VA

Ascend Little Devil's Stairs, perhaps viewing ice on cliffs, up the Keyser Run Road to AT south over Hogback for views, then descend Piney Ridge Trail to return on Hull School Trail. About 13 miles and 4100 feet elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931, before 9:30 p.m.

7 (Tuesday)

MEETING - Trail Patrol, 7:30 p.m.

8 (Wednesday)

HIKE - Easy Hikers

Manassas Battlefield, VA

The Easy Hikers will hike approx. 5.2 miles. Meet at 10:00 a.m. at the Visitor's Center. Bring water and snacks. We'll have lunch at a nearby restaurant after the hike. Directions: From the Beltway (I-495) take I-66 west to exit 47B (RT 234 north). Proceed approximately 0.5 miles to park entrance on right. \$3 fee per person or park pass. In case of inclement weather the hike will be canceled if schools in Fairfax County or Prince William County are closed. INFO: Ellen Glynn (jeg314@aol.com) 703/698-8740.

8 (Wednesday)

MEETING - Mountaineering Section, 8:00 p.m.

10 (Friday)

ANNUAL MEETING - NSVC

Front Royal, VA

6:30 p.m. dinner meeting at Dean's Steak House. This is the Annual Meeting of the Northern Shenandoah Valley Chapter. We'll elect officers for the year and Lee Shaffer will show slides from his trip to Dominica. Call for reservations by January 6 please. INFO: Gerry Boyd (gerryb@compuserve.com) 703/281-7216.

10 - 12 (Friday - Sunday)

XC SKI TRIP - Blackwater Falls (STS)

Blackwater Falls State Park, WV

Weekend No. 1. Stay at Blackwater Falls State Park Lodge adjacent to Blackwater river and gorge, complete with its own dining room, indoor pool, and exercise room. Ski trails in the park, or nearby at Whitegrass, Blackwater Falls State Park, and Dolly Sods. Cost \$90 per person. Non-STS-members add \$10. INFO: Doug Lesar (dlesar@comcast.net) 301/587-8041.

10 - 12 (Friday - Sunday)

XC SKI TRIP - Laurel Highlands (STS)

Laurel Highlands, PA

Weekend No. 2. Cross country ski the three Laurel Highlands, one of the more reliable snow sites in the Mid-Atlantic hills. We stay in downtown Somerset at the Super 8 Motel. Cost \$65 per person for two-night stay. Non-STS members add \$10. Location is central to favorite ski sites Hidden Valley, Laurel Mountain, and Laurel Ridge STCs. INFO: Bert Finklestein 703/715-8534.

11 (Saturday)

TRAIL WORK TRIP - Massanutten Crew

Massanutten Mountain, VA

Shed the holiday blues by working on a mountain trail. Meet at 9:00 a.m. on the Massanutten. INFO: Wil Kohlbrenner (wmaxk@shentel.net) 540/477-2971.

11 - 12 (Saturday - Sunday)

CABIN WORK TRIP - Cadillac Crew

Blackburn Trail Center, Round Hill, VA

On the first work trip of 2003 the Crew will be clearing brush along the access road to Blackburn. Other projects are dependent on the weather but there is always plenty to do. Great place to get away from town in January. Community dinner on Saturday night. Overnight at Blackburn Trail Center. INFO: Fran Keenan (outdoorsnow@cox.net) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

13 (Monday)

HIKE - Family Hike

Springfield, VA

Pohick Stream, Hidden Pond Nature Center. Bundle up and come on out for a hike along the Pohick Stream. Meet on the playground next to the parking lot. We'll hike about 3 miles on this jogging-stroller passable out-and-back hike. After the hike we'll check out the animals and displays inside the Visitor Center. Then we'll have lunch at the nearby Chesapeake Bagel Bakery. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278

14 (Tuesday)

HIKE - Vigorous Hikers

Georgetown, Washington, DC

Twenty mile towpath hike along the C&O Canal from Carderock Park to and from Georgetown. We will have lunch in Georgetown so it should not be necessary to carry more than a couple of candy bars and a small bottle of water. We will try for a Sierra Club "100K" pace (about 4 MPH) most of the day. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

14 (Tuesday)

MEETING - PATC Council, 7:00 p.m.

15 (Wednesday)

HIKE - Easy Hikers

Gold Mine and Great Falls, MD

Five-mile hike from Old Angler's Inn to Great Falls, Md., via the Gold Mine Tract Trail and return via the C & O Canal Towpath and Berma Road Trail. We'll plan on lunch at a restaurant in nearby Potomac after the hike. Meet at 10:15 a.m. in the parking lot across from Old Anger's Inn on MacArthur Blvd. From I-495 Beltway, go west on Clara Barton Parkway to its end at MacArthur Blvd. Go west one mile and turn left into the parking area across from Old Anger's Inn. Hike will be canceled if Montgomery County schools are closed due to inclement weather. INFO: Mitch Helbrecht (helbrecht@msn.com) 703/535-3236.

17 - 20 (Friday - Monday)

SKI TRIP - Blackwater Falls (STS)

Blackwater Falls State Park, WV

Weekend No. 2. Stay at Blackwater Falls State Park Lodge adjacent to Blackwater river and gorge, complete with its own dining, indoor pool, and exercise room. Ski trails in the park, or nearby at Whitegrass, Blackwater Falls State Park, and Dolly Sods. Cost \$135 per person for three-night stay. Non-STS members add \$10. INFO: Mark or Clare Anderson (mhacca@starpower.net) 202/462-7718.

17 - 20 (Friday - Monday)

XC SKI TRIP - New Germany (STS)

New Germany State Park, MD

Weekend No. 1. Back by popular demand. Stay at the quaint, Mennonite-run Casselman Inn in Grantsville Md., a few miles from well-maintained ski trails in New Germany State Park. Also close to other skiing areas in western MD, PA, and WV. Estimated cost \$100 per person for a three-night stay. Non-STS members add \$10. INFO: Jack Wise 410/256-3963.

17 - 20 (Friday - Monday)

XC SKI TRIP - NATO Downhill Clinic (STS)

Canaan Valley, Harmon, WV

Two days of training in downhill Nordic skiing methods offered by professional ski instructors both local and from North American Telemark Organization. Training covers basic downhill skiing to high-end hybrid freeheel techniques including jump Tele's and freeheel parallel. Training is tai-

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lored to your skill level and interest. Round out your training skiing moguls, steep and packed surfaces, powder, tree and trail skiing, skiing with a pack, and other backcountry skiing secrets. Clinic uses natural or man-made snow, if needed. Cost of two-day instruction is \$165 per person, but may drop if signups exceed 10 persons. Cost for lodging \$190 per person for three nights at the swank Canaan Valley Lodge near Whitegrass STC. Non-STS members add \$10. Meals, rental equipment, and area use fees extra. Initial down payment fee of \$178 to cover 50 percent of expected lodging and instruction fees only. INFO: Ted Fryberger (tkfryberger@comcast.net) 410/312-2982.

17 - 20 (Friday - Monday)

✳️ XC SKI TRIP - Tug Hill Region (STS)
Pulaski, NY

Ski Mini Week No. 2. Join a dozen Cross Country skiers enjoy the likely heavy lake-effect snowfall endemic to this area, as we stay at the 1880 Lodge in Pulaski (close to Lake Ontario). Options include joining a local ski race or just touring trails at Winona State Forest, Salmon Hills, and Osceola STCs. Estimated cost \$165 per person. Non-STS members add \$10. INFO: Robert Swennes (robertswennes@hotmail.com) 703/532-6101.

18 (Saturday)

👣 HIKE - Massanutten Mountain Series
Massanutten Mountain, VA

The twelfth hike of the Massanutten Series will be a 17-mile circuit hike from Edinburg Gap to Woodstock Gap on the Massanutten, Wagon Road, Peters Mill Run, and Green Mountain trails. Total elevation gain will be 3200 feet. PATC Map G. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. Contact leaders for requirements and details. INFO: Jack Thorsen (thorsen4@juno.com) 703/339-6716 or William Needham (Needham82@AOL.com) 410/884-9127.

18 (Saturday)

👣 TRAIL WORK TRIP - Stonewall Brigade
Shenandoah County, VA

Great North Mountain on the VA/WV state line. Join the Stonewall Brigade at Wolf Gap Recreation Area at 9:00 a.m. to get tools then work on a trail in the nearby area. Please RSVP by Wednesday evening if you plan to attend. Bring lunch, work gloves, water, seasonal clothing, and hiking shoes. INFO: Hop Long (mgrgnmd@hotmail.com) 301/942-6177.

18 (Saturday)

👣 TRAIL WORK TRIP - Yankee Clippers Trail Crew
Tuscarora Trail, PA

Help clear the remaining ice storm damage from last October 30 - 31. Meet at the Foot of the Mountain Restaurant in Cove Gap, PA, ready to leave at 8:00 a.m. sharp. Be sure to call by Wednesday before the trip in case plans change. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

20 (Monday)

👣 HIKE - Family Hike
Manassas, VA

Manassas Battlefield Unfinished Railroad Loop. Come explore the unique Manassas Battlefield. This trail has lots of variation. There are some open meadows, trails through the woods, and some places where the trail is like a tunnel. This 3.6 mile hike is jogging-stroller passable. There are some bog bridges, roots, rocks, and two staircases to navigate. Bring snacks and plenty of water. We can warm up with some hot chocolate and a bagel at the nearby bagel bakery after the hike. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278.

21 (Tuesday)

👣 HIKE - Vigorous Hikers
North District, SNP, VA

Ascend Jordan River to Mt. Marshall Trail to Jenkins Gap then AT south to Bluff Trail with side trip down Big Devil's Stairs overlook, returning on Jordan River Trail. About 17 miles and 3000 feet elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931, before 9:30 p.m.

22 (Wednesday)

👣 CLASS - Through-Hiking the AT
REI, Bailey's Crossroads, VA

7:30 p.m. The Long Journey: Through-Hiking the AT. Along the Appalachian crest for 2100 miles stretches one of the finest journeys on Earth: the Appalachian Trail. From Springer Mountain to Katahdin there are more great views, extreme weather, and chances for personal reflection than most of us see in a decade. Brian Chenoweth (trail name Shutter Bug) thru-hiked in 2002, south-to-north, making great use of his photography degree. Join us for a great evening on the AT, discussing the do's and don'ts of the trail, planning, gear and photography tips, and all the trail magic in between. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

22 (Wednesday)

👣 HIKE - Easy Hikers
Mason Neck, VA

Meet at 10:15 a.m. at Woodmarsh Trail. Hike about 4 easy miles in Mason Neck Wildlife Refuge and Mason Neck State Park. From Beltway take RT 611, Telegraph Road south. At 9.6 miles, stay in middle lane, marked by straight ahead arrow, to cross RT 1 and continue on RT 611, now called Colchester Road. After 1.8 miles, turn left on Gunston Road. Go 3.7 miles to right turn at sign for Mason Neck State Park. Go 0.6 mile to parking for Woodmarsh Trail on left. Bring lunch. Bring binoculars if you wish, we may see eagles. Call leaders if weather is doubtful. INFO: John and Suzanne Kominski 703/751-3026.

24 - 26 (Friday - Sunday)

✳️ XC SKI TRIP - Canaan Valley (STS)
Canaan Valley, Harmon, WV

Weekend No. 2. Stay at the swank Canaan Valley Lodge in Canaan Valley State Park complete with its own dining, indoor pool, and exercise rooms. Ski trails in the park, or nearby at Whitegrass, Blackwater Falls State Park, and Dolly Sods. Cost \$130 per person for two-night stay. Non-STS members add \$10. INFO: Erma Cameron 703/273-4578.

24 - 26 (Friday - Sunday)

✳️ XC SKI TRIP - Learn-To-XC Ski (STS)
Laurel Highlands, PA

Weekend No. 1. Catch XC ski fever with 20 other students and help of expert volunteer instructors. Stay in Jennerstown, Pa., at a quiet, motel-like facility at foothill of Laurel Mountain. Cost of \$80 per person covers room, breakfasts, and instruction. Non-STS members add \$10. INFO: Dave Holton (dbdcholton@mymailstation.com) 202/364-7055.

25 (Saturday)

👣 CLASS - Managing Outdoor Overuse Injuries
REI, Bailey's Crossroads, VA

10:30 a.m. to 5:00 p.m. Managing Outdoor Overuse Injuries in the Legs and Feet. This five hour class and interactive lab defines "overuse injuries" and identifies those at risk, suggests how these injuries may be prevented, and explains assessment, treatment, and management. The class includes a lab session during which participants

learn and practice injury assessment and management techniques. The class is taught by Cathie Cummins, a licensed physical therapist and Wilderness First Aid Instructor with the Wilderness Safety Council. The class fee of \$65 includes class materials and lab. Registration is limited. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

25 (Saturday)

👣 HIKE - Natural History Hike
Central District, SNP, VA

Here's an opportunity to get in a good 8 to 9 mile hike and explore some of the old home sites along the way. Bob Pickett takes us up Corbin Hollow trail and returns by Corbin Mountain trail. With some limited bushwhacking and a crossing of the Hughes River at the end of the trip, this promises to be a moderately difficult hike (if water levels are up, we will change the itinerary). With a copy of a historic USGS map, surveyed from 1927 through 1929, we'll look for a few of the homes that existed prior to the establishment of the Park. Reservations requested. INFO: Bob Pickett 301/681-1511.

25 - 26 (Saturday - Sunday)

👣 CABIN WORK TRIP - Cadillac Crew
Cliff's House, Shenandoah, VA

Get out and enjoy winter as the crew continues clearing brush and undesirable trees from around Cliff's House and the Weaver Cabin. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Cliff's House. INFO: Fran Keenan (outdoorsnow@cox.net) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

27 (Monday)

👣 HIKE - Family Hike
Great Falls, VA

Matildaville Trail, Great Falls National Park. Avoid the usual crowds, and come enjoy this beautiful park in winter. We'll hike along the Matildaville Trail to the river at Sandy Landing. We'll return along the Carriage Road. The hike is less than 3 miles long. We will meet inside the Visitor Center, where the kids can visit with Shadow and Checkers, the resident snakes. INFO: Lauren Lang (LEvansAT94@aol.com) 703/631-9278.

28 (Tuesday)

👣 HIKE - Vigorous Hikers
North District, SNP, VA

This favorite covers Jeremy's Run, Neighbor Mountain, AT to Elkwallow, and Knob Mountain Trail. Total is 16 miles, with 4100 feet elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931, before 9:30 p.m.

28 (Tuesday)

👣 MEETING - Shenandoah Mountain Rescue
Group (Business meeting), 7:30 p.m.

29 (Wednesday)

👣 CLASS - Snowshoeing
REI, Bailey's Crossroads, VA

7:30 p.m. It's not here yet, but Nelson's Farmer's Almanac is calling for a long, cold, snowy, invigorating winter! And the best way to enjoy snow is on snowshoes. REI's Al Campos will discuss and demonstrate snowshoe design, binding adjustment, footwear, stance, gait, turning, ascending and descending, and the use of poles. Participants will get the chance to try out our special "snowshoeing simulator." We'll also explore some great snowshoe destinations. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

29 (Wednesday)

HIKE - Easy Hikers

Wheaton Regional Park, MD

About 4 to 5 miles on fairly level terrain. Meet near the miniature train station parking lot at 10:15 a.m. From the I-495 Beltway, take Georgia Avenue north about 3 miles to Shonefield Drive (traffic light). Take a right on Shonefield and proceed to park entrance. Take a right down to the train station. Will eat at a nearby restaurant. INFO: John Giblin 301/585-5172.

31 - 2 (Friday - Sunday)

XC SKI TRIP - Blackwater Falls (STS)

Blackwater Falls State Park, WV

Weekend No. 3. Follow the groundhogs as we stay at Blackwater Falls State Park Lodge adjacent to Blackwater river and gorge, complete with its own dining room, indoor pool, and exercise room. Ski trails in the park, or nearby at Whitegrass, Blackwater Falls State Park, and Dolly Sods. Cost \$90 per person. Non-STS members add \$10. INFO: Randy Kerr (lerkerr@aol.com) 703/860-0755.

31 - 2 (Friday - Sunday)

XC SKI TRIP - Laurel Highlands (STS)

Laurel Highlands, PA

Weekend No. 3. Ski the Laurel Mountain Highlands area near Jennerstown, PA, one of the more reliable snow sites in the Mid-Atlantic hills. Also near Hidden Valley and Laurel Ridge STCs. We stay at Laurel Manor Motel. Cost \$65 per person for two-night stay. Non-STS members add \$10. There is also close-by telemarking and downhill skiing at reopened Laurel Mountain downhill area. INFO: Steve Brickel or Peggy Alpert (sbrickel@erols.com) 301/946-2520.

February

1 (Saturday)

DEADLINE - March *Potomac Appalachian*

Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the newsletter must be submitted electronically, if possible, to headquarters, or by e-mail to PA@patc.net. Allow one week for postal service delivery. Please e-mail Forecast events to PA-Forecast@patc.net.

1 (Saturday)

TRAIL WORK TRIP - Yankee Clippers Trail Crew Appalachian Trail, PA

Meet at the parking lot at the intersection of US 30 and PA 233 at Caledonia State Park. Departure at 9:00 a.m. sharp. If you would like to share supper with us afterwards, be sure to call a week ahead of time. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

1 - 2 (Saturday - Sunday)

CLASS - Wilderness First Aid Alexandria, VA

A program of the Wilderness Safety Council, this eighteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$140. Registration is limited to 25 people. More information and registration at: <http://wfa.net>. INFO: Christopher Tate 703/836-8905.

1 - 5 (Saturday - Wednesday)

XC SKI TRIP - Craftsbury (STS) Albany, VT

Northeast Kingdom Mini-Week. Join us as we explore 85 km of groomed trails over rolling terrain. We stay at the Craftsbury Outdoor Center in Northeast, Vt., in semi-private rooms. Estimated trip cost of over \$450 includes: round-trip airfare, share of van rental expenses, lodging, and meals. Initial



down payment of \$150 covers lodging and meals. Non-STS members add \$10. INFO: Howard or Debbie Cohn 410/381-2436.

4 (Tuesday)

HIKE - Vigorous Hikers Massanutten Mountain, VA

From VA 613 climb Massanutten Ridge on East Sherman Gap Trail, descend to Elizabeth Furnace for lunch then climb over Shawl Gap returning to east side. About 12 miles and 2500 feet elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931, before 9:30 p.m.

4 (Tuesday)

MEETING - Trail Patrol, 7:30 p.m.

5 (Wednesday)

CLASS - Crossing Latitudes in Norway REI, Bailey's Crossroads, VA

7:30 Join Tomas and Mya Dundzila as they share great paddling and hiking adventures and photography from the Lands of the Midnight Sun - Scandinavia. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

5 (Wednesday)

HIKE - Easy Hikers Vienna, VA

About 4 miles along W&OD Trail and Tamarack Park. Meet at the Clarks Crossing Park parking lot at 10:15 a.m. From Beltway, exit to RT 123 south. In 2.4 miles, turn right onto Beulah Road. After 1.6 miles, bear left onto Clarks Crossing Road. In 0.9 miles, park in the lot at the end of the road or on nearby streets. Lunch after the walk will be at a restaurant. Hike will be canceled if the Fairfax County Public Schools are closed due to inclement weather. INFO: Sue King 703/356-6659.

5 (Wednesday)

MEETING - New Members (PATC), 7:30 p.m.

7 - 9 (Friday - Sunday)

XC SKI TRIP - Blackwater Falls (STS)

Blackwater Falls State Park, WV

Weekend No. 4. Stay at Blackwater Falls State Park Lodge adjacent to Blackwater river and gorge, complete with dining room, indoor pool, and exercise room. Ski trails in the park, or nearby at Whitegrass, Blackwater Falls State Park, and Dolly Sods. Estimated cost \$90 per person. Non-STS members add \$10. INFO: Larry Doff (ldoff@juno.com) 703/615-3195.

7 - 9 (Friday - Sunday)

XC SKI TRIP - Learn-To-XC Ski (STS)

Laurel Highlands, PA

Weekend No. 2. Catch XC ski fever with 12 other students and the help of volunteer instructors. We stay at a motel in downtown Somerset in-between three favorite skiing areas. Estimated cost of \$65 per person covers lodging and instruction. Non-STS members add \$10. INFO: Greg Westernik (westernik@starpower.net) 703/866-4098.

8 - 9 (Saturday - Sunday)

CLASS - Land Navigation Class

REI, Bailey's Crossroads, VA

Saturday 10:30 a.m. to 5:30 p.m. - Sunday 8:30 a.m. to 4:00 p.m. This comprehensive two-day course teaches all skills necessary to use map and compass in an integrated land navigation system. The first day is spent in intensive classroom exercises concentrating on map reading and interpretation, position plotting, compass fundamentals, declination, and azimuth. The second day is spent in Prince William Forest Park, primarily off-trail, engaging in practical navigation exercises of increasing complexity. The course fee is \$85 and includes workbook text, course materials, compass, map, grid reader, and lunch on Saturday. Registration required. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

8 - 9 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew

Meadows Cabin, Madison, VA

The crew continues to remove brush and open views around the recently refurbished cabin. Local trails need attention as well. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Meadows Cabin. INFO: Fran Keenan (outdoorsnow@cox.net) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

11 (Tuesday)

HIKE - Vigorous Hikers Appalachian Trail, MD

14-mile hike at a brisk pace along the AT in Maryland following the route of the JFK from Turner Gap (RT 40A) to Weverton. Expect a short detour to enjoy the expansive views in the area of Harpers Ferry from Weverton Cliffs. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

11 (Tuesday)

MEETING - PATC Council, 7:00 p.m.

12 (Wednesday)

CLASS - Bull Run Mountain Natural Area

REI, Bailey's Crossroads, VA

7:30 p.m. Speeding west on Interstate 66 we pass Bull Run Mountain without a glance. Yet this eastern outpost of the Blue Ridge is an intact area of amazing natural diversity, remarkable history, and geology. It is one of the most intensively studied natural areas in Virginia, and has been named a state natural area preserve. Michael Kieffer, Executive Director of the Friends of Bull Run, will introduce us to the unique botanical communities, the underlying geology, and the history of this intact natural area, including the Civil War Battle of Thoroughfare Gap. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

12 (Wednesday)

MEETING - Mountaineering Section, 8:00 p.m.

FORECAST

14 - 17 (Friday - Monday)

✿ XC SKI TRIP - Blackwater Falls (STS)
Blackwater Falls State Park, WV

Weekend No. 5. Stay at Blackwater Falls State Park Lodge adjacent to Blackwater river and gorge, complete with its own dining room, indoor pool, and exercise room. Ski in the park, or nearby at Whitegrass, Blackwater Falls State Park, and Dolly Sods. Estimated cost is \$135 per person. Non-STS members add \$10. INFO: Greg or Anna Westernnik (westernik@starpower.net) 703/866-4098.

14 - 17 (Friday - Monday)

✿ XC SKI & DANCE TRIP - Laurel Highlands
Laurel Highlands, PA

18th annual SKI-DANCE WEEKEND continues by popular demand at a new lodging location Camp Harmony. Participants cross-country ski during the day and contra dance during the evening. Estimated trip cost is \$150 for adult members of Sierra Club, FSGW, and PATC/STS section, or \$165 for all others except children. Cost includes meals, lodging, ski instruction and live music. Visit <http://bestfouryears.com/Ski%20Dance.htm>. INFO: Jim Finucane (Jim.Finucane@eia.doe.gov) 301/365-3485.

14 - 17 (Friday - Monday)

✿ XC SKI TRIP - Ski Mini-Week No.3. (STS)
Tug Hill, NY

Join our group of intermediate-skilled or better XC skiers as we enjoy the expected heavy lake-effect snowfall endemic to this area. We stay at the 1880 Lodge in Pulaski (close to Lake Ontario) in semi-private rooms with continental breakfasts. Options include joining a local ski race, and trails at Winona State Forest, Salmon Hills, and Osceola STCs. Suppers may be arranged at the Lodge for an additional fee, or we can eat out at local restaurants. Estimated cost \$130 per person for a 3 nights stay. Non-STS members add \$10. INFO: Erma Cameron 703/273-4578.

15 (Saturday)

✿ HIKE - Bull Run Mountain Natural Area (REI)
Bull Run Mountain Natural Area, VA

10:00 a.m. Join Michael Kieffer, Executive Director of the Friends of Bull Run, for a hike through the natural history, geology, and Civil War history of the Bull Run Mountain Natural Area. Registration is limited to those attending the February 12 program at REI Bailey's Crossroads. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

15 (Saturday)

✿ HIKE - Massanutten Mountain Series
Massanutten Mountain, VA

The 13th hike of the Massanutten Series will be a 17-mile circuit hike from Woodstock Gap to Strasburg Reservoir on the Massanutten and Tuscarora Trails. Total elevation gain will be 1600 feet. PATC Map G. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. Contact leaders for requirements and details. INFO: Jack Thorsen (thorsen4@juno.com) 703/339-6716 or William Needham (Needham82@AOL.com) 410/884-9127.

15 (Saturday)

✿ TRAIL WORK TRIP - Stonewall Brigade
Shenandoah County, VA

Great North Mountain on the VA/WV state line. Join the Stonewall Brigade on Waites Run Road at 9:00 a.m. to get tools then work on the Capon Trail. This trail is near the road and several houses and not likely to be subject to hunting. RSVP by Wednesday evening if you plan to attend. Bring lunch, work gloves, water, seasonal clothing, and hiking shoes. INFO: Hop Long (mrgnmd@hotmail.com) 301/942-6177.

15 (Saturday)

✿ TRAIL WORK TRIP - Yankee Clippers Trail Crew
Tuscarora Trail, PA

Enjoy the brisk mountain air and help clear winter storm damage. Meet at the Path Valley Family Restaurant in Spring Run, PA, ready to leave at 8:00 a.m. sharp. Be sure to call by Wednesday before the trip in case plans change. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

15 - 16 (Saturday - Sunday)

✿ CLASS - Backpacking Class
REI, Bailey's Crossroads, VA

Our comprehensive two-day class teaches essential and advanced skills, proper gear use, selection and maintenance, and outdoor ethics. Instructor, Ted Fryberger, brings more than 30 years experience, backpacking all over North America. The class includes 80-page text, course materials, and two days of lecture, discussion, and demonstration. Class fee \$85. Call for times. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

18 (Tuesday)

✿ HIKE - Vigorous Hikers
Central District, SNP VA

Train for Dogwood or your favorite long hike. Up Rose River Fire Road, to unmarked trail connecting to Rose River Loop Trail. Climb to AT, to the Lewis Fall Trail. Return via Rapidan Fire Road and Dark Hollow Falls Trail. 18 miles and 4300 feet elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931, before 9:30 p.m.

19 (Wednesday)

✿ HIKE - Easy Hikers
Fort Hunt Park, VA,

Fort Hunt Park to Mount Vernon. A February tribute to our country's first leader, George Washington, on President's Day holiday week. A 6-mile hike along the Potomac River. Meet at 10:15 a.m. in parking lot of Fort Hunt Park. Take George Washington Parkway south to Fort Hunt Park entrance. Turn right into park. Lunch will be in the fast food court at the Mount Vernon Inn. Group will return to starting point after lunch. No pets. INFO: Jim Flanigan (jflanigan@aol.com) 202/554-3775.

20 - 23 (Thursday - Sunday)

✿ XC SKI TRIP - White Mountains (STS)
White Mountains, NH

New Hampshire Mini-Week. Join our group as we explore favorite ski venues like the Jackson Ski Touring Center, Bretton Woods Ski Center and the lovely trails adjacent to The Balsams resort. We stay in a rented townhouse with fireplace near Conway, NH. A relaxing late season getaway.



Travel is via airline to and from Manchester, N.H., and by shared vans. Estimated trip cost of approximately \$400 includes: round-trip airfare, share of van expenses, lodging, and meals. Non-STS members add \$10. INFO: Robert Swennes (robertswennes@hotmail.com) 703/532-6101.

21 - 23 (Friday - Sunday)

✿ XC SKI TRIP - Blackwater Falls (STS)
Blackwater Falls State Park, WV

Weekend No. 6. Stay at Blackwater Falls State Park Lodge adjacent to Blackwater river and gorge, complete with dining room, indoor pool, and exercise room. Ski trails in the park, or nearby at Whitegrass, Blackwater Falls State Park, and Dolly Sods. Estimated cost \$90 per person. Non-STS members add \$10. INFO: Larry Doff (ldoff@juno.com) 703/615-3195.

22 - 23 (Saturday - Sunday)

✿ TRAIL WORK TRIP - Cadillac Crew
Gainesboro, VA

Shockeys Knob, west of Winchester. Feeling like a bit of fresh air? Join the Cadillac Crew as we take a chance on the weather and locate the Brill Tract boundary. Opening a new trail from High Rocks in Sleepy Creek is high on the agenda. Community dinner on Saturday night. Overnight at Brill Cabin. INFO: Fran Keenan (outdoorsnow@cox.net) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

25 (Tuesday)

✿ HIKE - Vigorous Hikers
Central District, SNP, VA

Train for the Dogwood or other long hike. Start on the Staunton River Trail, climb to Bear Church Rock, and Cat Knob, down Laurel Prong then up to views at Fork Mountain, returning for a total of 16 miles and 3800 feet elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931, before 9:30 p.m.

25 (Tuesday)

■ MEETING - Shenandoah Mountain Rescue Group (Business meeting), 7:30 p.m.

26 (Wednesday)

✿ CLASS - Increasing Backcountry Enjoyment
REI, Bailey's Crossroads, VA

7:30 p.m. Going Light: Increasing Backcountry Enjoyment. AT through-hiker, Brian Chenoweth believes in "going light." The first thing he does when planning a hike is ask, "What can I live/hike without?" Join Brian for an evening's exploration of "What do I really need to hike with?" Brian will cover gear to start with: stoves, hiking poles, boots, backpack, clothing, and sleeping bags. Brian will also cover water and food preparation, first aid, trail hygiene, and where and how to camp and re-supply. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

27 (Thursday)

✿ HIKE - In-Between Hikers
Glen Echo, MD

Glen Echo, Cabin John Creek, and C&O Canal Towpath. Joint hike with Sierra Club, MWRP. A moderate to fast 9 miles over variable terrain. Bring water and lunch. Starts at 10:00 a.m. No pets. Rain or shine, but not if roads are icy. From the beltway (I-495) take exit 41. Follow Clara Barton Parkway east where it will merge into Cabin John Parkway, proceed to the Cabin John exit, left over the bridge, right onto MacArthur Blvd. and go about 1.5 miles to park entrance. INFO: Henri Comeau (henricomeau@aol.com) 703/451-7965. □

NOTICES

NEW NOTICES

LOOKING FOR A SLIGHTLY USED, CHILD'S BACKPACK: Need a pack (not a daypack) which will fit a child between 70 and 100 pounds, with capacity for a week of backpacking. Please contact Linda at PA@patc.net.

LOST AND FOUND

LOST - GLASSES, SAT. NOV. 9, bronze colored flexon frames with oval lenses having a rather strong prescription. Lost on the AT between Rt. 66 and 522 about 100 yards South of the gravel road passing High Knob. Lost at a recently fallen dead tree. Contact Kurt at kurtn@cybcon.com or 703/709-9306 ext 248.

DONATIONS WANTED

LAPTOP AND COMPUTER PROJECTOR NEEDED: The PATC Officers, Staff and Committee Chairpersons need a laptop computer and computer projector which can be used to make presentations at conferences, meetings, and community presentations. Projection at 1024 X 768 desired. If you work for a corporation which might make such a donation, contact Mike Sutherland at msutherland@cox.rr.com or 703/591-8330.

FOR SALE

SKIS AND TENT FOR SALE: Bonne 190 cm wood skis (made in Norway). Excellent bases (for purists who love wood skis) but also beautiful enough to use as indoor decor. Includes waxes & 3 pair med. size, over-the-knee wool Nordic socks. \$75. 2-person REI backpacking tent (yellow) with tan rain fly & 3 external, telescoping poles. From the 80's but hardly used; in excellent condition. \$35. Call Andrea at 703/573-2069 between 8:30 & 5, or 703/573-8032 between 5 & 9 p.m. Or e-mail at hhntylr@prodigy.net

FOR SALE: 5 ACRES, approximately 5 miles north of Waynesboro, Rt. 340 north. Crystal Springs subdivision. Joins SNP at base of Turk Mountain. Near Turk Mountain and Appalachian Trail. \$54,000. For information call Elton L. Fauber 757/566-4041.

WANT TO RENT. If anyone has a primitive cabin (four walls and a roof, some type of heat source, and water access) please contact me. I

VOLUNTEER OPPORTUNITIES

PA HELP WANTED: Volunteers needed for proofreading. Join the team who makes the PA great! A couple of hours – around the middle of each month. Need internet connection and a good eye for detail. Also needed: a volunteer who is interested in attending monthly Council meetings and serving as a substitute voice of the PA on Council. Please contact Linda at PA@patc.net.

EVENING DESK VOLUNTEERS NEEDED to work the Sales or Information desks once or twice a month 7 p.m. to 9 p.m. We will train you. Call Sales and Info Coordinator Annetta DePompa at 410/535-5171.

DAYTIME SALES DESK VOLUNTEERS BADLY NEEDED every Thursday and/or Friday at the PATC Headquarters between Noon and 2 p.m. We will train you. Once or twice per month. If interested call Pat Fankhauser at 703/242-0693, Ext. 17, or e-mail at pfankhauser@patc.net or Maureen Estes at Ext. 19, or at mestes@patc.net.

ALSO NEEDED:

COOKS/WORK CREWS, WEAVER CABIN - Contact Thomas Jorgensen at Hairtheart@aol.com or 540/248-7009 (w) 540/456-4760 (h) .

PROJECT LEADERS / CONSTRUCTION FOREMEN, for info call Charlie Graf at: 410/757-6053 or e-mail cagraf@aol.com.

MEDICAL CHAIR VACANCY: If interested please contact Mickey McDermott at patcvolunteer@patc.net.

NOT INTERESTED IN WORKING IN THE GREAT OUTDOORS?

It takes a lot more than trail workers to keep the Club going! INFO: Wilson Riley, Wriley@patc.net or 703/242-0693, ext.11.

THE SALES OFFICE is looking for volunteers please contact the Sales Coordinator, Maureen Estes, by either calling headquarters at 703/242-0693, ext. 19, or by e-mail at mestes@patc.net.

NEEDED: PEOPLE TO HELP PLAN and conduct our Club events. If you are willing, please contact Susan Nelson, Supervisor of Membership 703/243-7867, warnelson@erols.com or Pat Fankhauser at Club headquarters - 703/242-0693, Ext. 17, pfankhauser@patc.net.

am interested in renting such a cabin for weekend use one or two times a year. Close proximity to the AT or other hiking/recreational areas would be ideal. Melody Blaney, 540/384-7023, info@wildsideadventures.com.

CONSERVATION OPPORTUNITIES

DO YOU WANT TO BE A LANDOWNER along the AT? And have a home in the woods! Are you in a position to become a Conservation Buyer through the Appalachian Trail Conference Land Trust? Our program matches conservation buyers – people like you – with people who are selling land along the AT. You locate your home or cabin out of sight from the Trail. All we ask is that you donate a conservation easement on the rest of the property. A conservation easement “runs with the land;” that is, no present or future owner can develop it! AND, because an easement is an irrevocable gift of a property right, you get a nice income tax deduction equal to the value of the easement. Contact Bob Williams, Director of Land Trust Programs, at bwilliams@appalachiantrail.org, or at 304/535-6331, or write to P.O. Box 807, Harpers Ferry, WV 25425.

TRAIL OVERSEER OPPORTUNITIES

PATC OVERSEERS get discounts from the following merchants who support our volunteer programs: Blue Ridge Mountain Sports (Charlottesville, Tidewater) – 20%, Hudson Trail Outfitters (Metro DC) – 15%, The Trailhouse (Frederick, Md.) – 15%, Casual Adventures (Arlington, Va.) – 10%, Campmor (mail order via PATC HQ) – 10%, and Weasel Creek Outfitters in Front Royal - 10%. Check the back page of the PA for the latest trail, cabin, and shelter Overseer opportunities. All PATC members receive a 10% discount from Blue Ridge Mountain Sports. Be sure to have your membership ID or Overseer ID ready when you shop.

Notices are published free of charge for PATC members only. PATC cannot vouch for any of the advertised items. No commercial advertisements or personal notices unrelated to hiking will be accepted. Deadline for inclusion is the first day of the month preceding issuance of the newsletter. Notices will be run for 3 months, at the discretion of the editor, unless we are otherwise advised. □

Trailhead

Fall rain has softened the ground and considering the number of blowdowns already showing up on trails, some are predicting many more to come this winter. So if you need an excuse to get out this January, check for blowdowns.

As for this past Christmas, I hope all you trail workers got in your requests to Santa for tools of the trade. New pruners, loppers, work gloves, handsaws, and saw chains should have been on the list. That old day-pack is looking kind of worn out and needs replacing as well. And some of those PATC hats look like they have been through a war.

PHT - Trail Damage

In early November, overseer Bob Laughlin, one of the original builders of the Potomac Heritage Trail in the early 1980s, discovered about seven man-made waterbars had been removed from his section of trail near Fort Marcy and Pimmit Run. Being an area of unpermitted bike use, the list of suspects is large. But the more curious damage was to 11 natural waterbars and checkdams where the perpetrator had to use a chainsaw to remove them. They varied in thickness from 8 to 15 inches. The mystery has not been solved, but the National Park Service was good enough to re-install the man-made bars. In April 2003, we plan to help Bob construct some more new waterbars as part of a maintenance workshop training session.

Wilderness First Aid

With the catch phrases (1) Never create a second victim and (2) Treat what will kill them first, so began the Wilderness First Aid Course for a number of PATC crew leaders and district managers. It was a cold, wet weekend at the US Coast Guard Station in Alexandria but spirits were high as Chris Tate, assisted by PATC's Cathie Cummins, proceeded to explain the nuances of treating accidents in a wilderness environment. Unlike "normal" first aid, wilderness first aid is characterized by delayed transit (more than a mile or hour from a treatment facility), limited resources, and difficult environment.

To add realism, several scenarios were conducted in a nearby woody area that had become a swamp due to the continuous rain. In addition, several notable victims (Liles "broken femur" Creighton, Rick "brain dead" Rhodes, and Mickey "babbling idiot" McDermott) carried out their acting roles in the finest tradition. But under the capable leadership of



Photo by Dan Dueweke

Liles Creighton applies In-Line-Traction to Nathan Reigner as Cathie Cummins looks on during a Wilderness First Aid course.

Nathan Reigner, our youngest student, each received treatment and was evacuated to safety.

The course provided some valuable lessons on how to deal with accidents in the typical environment where we do most of our trail work. Hopefully we will be smart or lucky enough to avoid having to put the lessons to use.

E-mail to a Trail Worker's Wife

Dear Judy,

I know you'll be disappointed to learn that you missed a chance to do trail work with Ron and me last weekend. Especially, since we worked on the Amberson Ridge section of the Tuscarora Trail. You may remember coming down this section to the shelter above Fowler's Hollow about two years ago. If you had been walking uphill you'd have remembered that this is the section where the trail is steep enough that you don't need to lean over to pick up fallen tree limbs. They're all right there in front of you. Actually, Ron suggested that we work going uphill rather than down. He seemed to think that with the snow on the ground, there would be less of a slipping and falling hazard. I kind of thought that with all of the debris from the preceding ice storm, a per-

son couldn't slip-and-slide very far down-slope anyway. After all, there were piles of branches, and even trees, every few paces. I figured that if we were clearing trail as we worked uphill, there would be nothing behind us to stop us when we did slip in the snow. I acquiesced though. As we trudged up the mountain lugging chainsaw and loppers, we were occasionally able to identify the treadway beneath the piles of debris. Not knowing what else to do, we sort of aimed between blazes in our clearing efforts. Of course, it was a little more difficult where the blazed trees were on the ground. I guess that sidehill slippage isn't the only way the position of a trail can shift. You'll be pleased to know that after working all day we had cleared almost a mile of trail. Well, maybe a generous half mile. We ate supper at the Red Rock Inn. I hope Ron remembered to bring you a pie from Blain.

Pete Brown

Nimbyism

Prolific D.C. trails Overseer Trip Reid became the latest victim of Washington, D.C.'s notorious Nimbyism (that's Not In My Backyard-ism) this past November. After dutifully trimming overhanging and dead limbs on the Battery-Kemble trail in upper Northwest Washington, Trip received a visit at his home from the U.S. Park Police. Acting on an anonymous tip,

they wanted to know if he was cutting on the park's trees and why. Trip says he explained his role as an official volunteer trail Overseer and that the explanation seemed to satisfy the police. Trip adds, though, that he may follow up with the police just to make sure there's no warrant out on him for misdemeanor tree butchering.

AT Tread Rehab

On November 9, Overseer Patrick Stark, DM John McCrea, Dick Dugan, Kevin Kraditor, Sherri Fickel, and John Amberg got together to do some log cribbing and tread rehab on the AT south of Jeremy's Run Overlook. More than 20 logs were installed and some good work was done. The crew retired to Range View Cabin for a feast of Lamb and Kid Stew, Moroccan Cous-Cous, and stir-fry Vegetables. Good time, good food, good weather-great weekend.

Ice Storm Response

SNP North District AT District Manager John McCrea wants to thank the North District AT Overseers for their quick response to a freak ice storm in late October. Within three to four weeks all but a couple sections had Overseer visits and the damage was cleaned up with John, Jose Rojas, and Bernie Stalman mopping up on Thanksgiving weekend. There was a good bit of damage between the Marshalls and Compton Gap, on Hogback, and on Pass mountains. Thanks again.

In The Park

The SNP leaf people were out in force on a fine Fall day in early November. But the Cadillac Crew managed to find the requisite parking and close out the regular crew season by rebuilding a section of tread on the side trail to Gravel Springs Hut and adding



Photo by Amiee Kratts

New PATC member Andrea Long joins Cadillac Crew to find out about volunteer trail work.

checkdams and waterbars to an eroded section of the AT.

New PATC members of a couple of weeks, Caron Gibson and Andrea Long, joined the Crew to find out about this volunteer thing. Yes, they found out it involves hard work and dirt. The evening was spent at Jon and Katherine Rindt's house near Front Royal where Fran Keenan's growlers (as in beer) and Bill Ford's rice and shrimp were consumed in short order. Sunday, the Park was in the clouds but the Crew was back at work cleaning and repairing those cursed lateral drains on the AT north of Little Hogback. The clouds lifted as we were leaving to provide some magnificent views for the arriving hoards.



John McCrea, A.T. District Manager (far left) and George Walters, Hoodlums Trail Crew Leader (far right) lead a group of students from Georgetown University's Outdoor Education Program, performing trailwork on the A.T. in the North District of SNP in early October.

Student Help

John McCrea and George Walters worked with eight students from The Georgetown University's Outdoor Education Program in early November, installing waterbars and checkdams on the AT below Range View Cabin in SNP. "It is always a pleasure to work with these hard-working volunteers," Walters reported. The group spent several days backpacking in the park and contributed a good day's work on the AT along the way.

Thanks From Kerry Snow

It's been a real honor for me to serve as Supervisor of Trails over the past two years. I was lucky enough to inherit a strong trails program from my predecessor, Pete Gatje, and hope that I've left it in reasonable shape for the next Supervisor, Liles Creighton. All of the credit for our outstanding reputation as premier trail builders and maintainers goes to our small army of volunteer Overseers, Crew members, and District Managers. PATC and area hikers are extremely fortunate to have the services of these enthusiastic and hardworking men and women, and I'm particularly thankful for the opportunity to share in the pride that their good work inspires. Thanks to all of you for your hard work, for your help in tackling the myriad jobs associated with our trail management program, and for your encouragement when the job got rough. See you on the trail.

Please send any interesting tale, technical advice, individual or group accomplishments, and trail maintenance questions to Trailhead, c/o Jon Rindt, 621 Skyline Forest Drive, Front Royal, VA 22630 or to jkrintd@erols.com. □

POTOMAC APPALACHIAN

(UPS-440-280) ©2003,
Potomac Appalachian Trail Club, Inc.

Published monthly by the
Potomac Appalachian Trail Club,
118 Park Street, S.E., Vienna, VA 22180.

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Subscription: (Free with PATC membership)
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TRAIL, SHELTER and CORRIDOR OVERSEERS/MONITORS WANTED

CORRIDOR MONITOR – SAND SPRING – VA/WV
 CONTACT TOM LUPP, 301/271-7340
 E-mail: tlupp@erols.com

SHELTER OVERSEERS
 CONTACT FRANK TURK, 301/249-8243
 E-mail: frankturk@aol.com
CO-OVERSEER FOR WAGON WHEEL SHELTER – PENNSYLVANIA TUSCARORA TRAIL

Trail Overseer Openings. Contact the District Manager for the section that interests you.

PENNSYLVANIA – MAP 2-3, 4, J, K
 CONTACT PETE BROWN, 410/343-1140
 E-mail: peter.brown4@worldnet.att.net
Appalachian Trail (Co-Overseer)
 Gas Pipeline to Rattlesnake Run Road (3 miles)

ASHBY GAP/ LINDEN AT & BB – MAP 8 (RTE. 50 TO RTE. 638)
 CONTACT ED MCKNEW, 540/622-6004
 E-mail: emcknew@aol.com
Dicks Dome Shelter Trail
 AT to shelter (0.20 miles)

SNP NORTH DISTRICT APPALACHIAN TRAIL – MAP 9
 CONTACT JOHN MCCREA, 610/352-9287
 E-mail: mccreajf@aol.com
CO-OVERSEERS NEEDED ON AT SECTIONS

SNP CENTRAL BLUE-BLAZED – NORTH END – MAP 10
 CONTACT DAN DUEWEKE, 703/266-3248
 E-mail: danjan@fcc.net
WILDERNESS OVERSEERS NEEDED FOR REMOTE TRAILS.

HARD WORK, LOW PAY, ADVENTURE GUARANTEED.
Catlett Mountain Trail
 Hannah Run Trail to Hazel Mountain Trail
 (1.2 miles)

SNP SOUTH BLUE-BLAZED MAP 11
 CONTACT PETE GATJE, 434/361-1309
 E-mail: pjgatje@aol.com
Rockytop Trail [upper] – (Co-Overseer)
 Big Run Loop Trail to Lewis Peak Trail (2.2 miles)

TUSCARORA SOUTH – MAP F, G, 9
 CONTACT RICK RHOADES, 540/477-3247
 E-mail: Rrhoades@shentel.net
Tuscarora Trail
 Rock marker to Massanutten Trail (1.5 miles)

MASSANUTTEN NORTH – MAP G
 CONTACT MIKE SUTHERLAND, 703/591-8330
 E-mail: msutherland@cox.net
Massanutten Trail
 Rte. 758 to 7-Bar-None Trail (3.3 miles)
Massanutten Trail
 7-Bar-None Trail to Bear Trap Trail (2.7 miles)

Massanutten Trail
 Bear Trap Trail to Peters Mill Run Trail
 (1.6 miles)

Massanutten Trail
 Jawbone Gap Trail Crisman Hollow Rd.
 (4.8 miles)

MASSANUTTEN SOUTH – MAP H
 CONTACT DON WHITE, 804/795-2914
 E-mail: whitedh@attbi.com

Massanutten Mt. South Trail
 TV Tower to Pitt Spring (3.4 miles)

Massanutten Mt. South Trail
 Pitt Spring to Morgan Run Trail (3.3 miles)

Morgan Run Trail
 Cub Run Rd. to Massanutten Mt. South Trail
 (2.6 miles)

GREAT NORTH MOUNTAIN – MAP F
 CONTACT HOP LONG, 301/942-6177

E-mail: mgrgnmd@hotmail.com
Gerhard Shelter Trail
 Tuscarora Trail to Vances Cove (1.5 miles)

SUBURBAN MARYLAND – MAP D
 CONTACT LILES CREIGHTON, 410/573-0067
 E-mail: lcrei@aol.com

Cabin John Trail
 Tuckerman Lane to Goya Drive (1.5 miles)

Volunteers Appointed - November

Trail Overseers

Jim Tomlin Mill Mountain Trail - Tuscarora Trail to Big Schloss Cutoff Trail
 Todd Morris Wildcat Ridge Trail
 Eric Heaps Tuscarora Trail - Sleepy Creek WL Area #14 to White's Gap
 Michael Seth Second Mountain Trail



The Potomac Appalachian

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