



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 33, Number 1
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76 Years of Service

PATC Leases 675-Acre Mutton Hollow Farm

PATC has leased the 675-acre Daniel Vining family farm located in Greene County, Va. The farm, previously owned by Daniel Vining's parents, Dr. and Mrs. Rutledge Vining, adjoins PATC's Vining Tract, which was obtained by purchase and grant from the Vinings in the early 1980s. It is a classic example of a 19th century Appalachian farm containing a log cabin, numerous barns and other out-buildings, and pastures surrounded by stone and rail fences. The farm is located at the end of Mattie's Run Road (State Rte. 635) in a valley at the bases of High Top and Daniels Mountains (PATC Map 11). Known as the Mutton Hollow Farm, it consists of extensive pasture land bisected by Mattie's Run and is surrounded by rapidly rising forested hillsides that ascend nearly 1,000 feet to where the property adjoins PATC's Vining Tract.

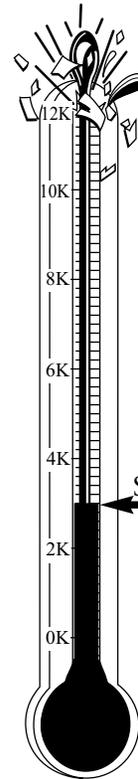
Cabin Will Enter System Soon

With the lease, PATC members gain access to the entire property for hiking and the cabin,

which will enter the rental system once minor repairs are completed. The cabin consists of the original chestnut log structure, estimated to be more than 100 years old, and a stone addition constructed by Dr. Vining. The first floor of the cabin contains two large sitting rooms, a kitchen, and a bathroom. A large bedroom is above the sitting room in the log portion of the house. Well water is pumped into the house to a toilet, shower, and bathroom and kitchen sinks. The cabin also has electricity for hot water, cooking, lights, and baseboard heat. Fireplaces in both sitting rooms provide additional heating. The cabin will sleep six people.

The farm contains many roads and trails that will provide opportunities for hiking and exploring the area. Several of the trails extend to existing trails on PATC's Vining Tract and to the Goose Pond/CCC Road that bisects the Vining Tract. Once the trails are reopened,

See Mutton Hollow, page 3



Land Acquisition Fund Off to a Great Start!

\$3,350 - Dec. 16

For more information on this drive, please see the article on page 3.



Mutton Hollow Cabin is the newest property to enter our rental system. This gem will be available in the spring of 2004.

Photo by Hugh Robinson

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Tuscarora Trail Land Management: Lloyd MacAskill

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Information/Sales Desks: Annetta DePompa

Medical: Vacant

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SNP Boundary Trailheads Study Group: Mark Holland

Tuscarora Trail Shenandoah Valley Project: Phoebe Kilby & Larry Bradford

Potomac Appalachian

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Supervisor Turns Professorial for AmeriCorps

On Nov. 18, PATC Supervisor of Trails Liles Creighton imparted his years of trail wisdom and enthusiasm to two AmeriCorps youth groups: the Eagle Corps of the Earth Conservations Corps and the NCCC Washington Parks and People at the Anacostia Museum in Washington, D.C.

Hosted by National Parks East Ranger Lavelle Merritt, the two AmeriCorps groups were treated to an illustrated lecture explaining trail building, relocation, and personal safety and preparation. Explaining that "water is a trail's enemy," Liles illustrated trail design to promote water sheeting and when to use such controls as waterbars and check dams. The AmeriCorps groups were also shown references such as PATC's "Trail Overseer Handbook" and ATC's new "AT Field Book: Maintenance & Rehabilitation Guidelines." At the end of the classroom work, Liles presented Ranger Merritt his personal copy of "Lightly On The Land."

Moving from the classroom, the next step was a hand tool talk in the parking lot before moving on to the Ft. Circle Trail system. Stressing safety, Liles introduced the students to some PATC-unique names like the "McLeod" and the "Pulaski," as well as a variety of saws, loppers, pruners, and fire rakes.

After passing out tools, Ranger Merritt, Liles, and PATC member Ken Williams accompanied the AmeriCorps groups to a trail relocation project on the Ft. Circle Trail system. Three hours later, preliminary relocation of a dangerously eroded trail was completed with the new section incorporating proper trail sloping, water-sheeting techniques, and waterbars to prevent further erosion.

After this special start from PATC's own supervisor of trails, Washington, D.C., can look forward to some great trail work from these AmeriCorps groups. □

—Ken Williams

In Memoriam John A. Bennett

PATC Member 1939 - Nov. 2, 2003

John Bennett will long be remembered by PATC members. John, along with Phil Stone, published some of PATC's most popular pocket guidebooks, *Hikes in the Washington Region*, Parts A, B, and C. John and Phil together did the field work, and John made the original maps as well as took the photographs used in the books. Club members will long appreciate John's important contributions. □

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: Wriley@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.

Tom's Trail Talk

Staff and Volunteers

PATC has five permanent, full-time staff members. Most of you never see them. They are generally not around when the club is open in the evening, but if you come in for a meeting or to rent a cabin, you could very well see Wilson Riley or Heidi Forrest or Pat Fankhauser attending meetings or just staying late to get the club's business done.

PATC is blessed with five of the most dedicated staff members in the nonprofit world. Every one is a club volunteer over and above their eight-hour-a-day job. They are out there cutting brush or building cabins or participating in rescue operations with SMRG. Their commitment is so total that it puts most of us to shame. It is impossible to tell where their paid work ends and their volunteer service begins. We pay them in line with other similar volunteer jobs in the Washington area, but we can't afford to pay them what they are really worth. Nearly half our annual budget goes to staff salaries and benefits, and it is money very well spent.

The staff do the jobs that we volunteers either don't want to do or are not qualified to do. Monica Clark keeps our books and does our payroll. Anybody want to spend eight unpaid hours a day doing payroll and paying vouchers? (I thought not.) Maureen Estes does our sales – we sell \$250,000 worth of maps and guidebooks every year, a volume far beyond the abilities of volunteers to manage. Pat Fankhauser minds our cabins system and our membership database. It would be hard to find anyone to sit in the club headquarters sending out 550 membership renewals every month. Heidi Forrest keeps our trail database, types work reports, and does annual reports to countless government partners. Last year she reported more than 27,000 hours to ATC alone. Wilson Riley is our staff chief and is responsible for everything else, including staff supervision and the care and feeding of the Council and the Executive Committee. That includes the care and feeding of me, and don't think I don't appreciate it!

The staff do not take any jobs away from volunteers. Far from it – they enable us to do our jobs by taking on the enormous paperwork tasks that keep the club running. The variety of jobs that PATC volunteers do would be impossible without our staff.

While the staff are the glue for the club, the volunteers provide the drive, the initiative, the imagination, and the work itself. Last year PATC volunteers reported more than 67,000 hours of unpaid service! When an outstanding leader steps into an activity, that activity takes off! With volunteers, it will always be this way. In other words, areas of activity expand and contract depending on who is in charge. But the staff are never in charge. They are in the background, running like a maintenance program on a computer, enabling everything we do.

So when I am asked, as I often am, how our staff fit into the overall picture, it takes a full column to give the answer. □

—Tom Johnson

Land Acquisition Fund Matching Funds Challenge

We're in the midst of a fund drive to replenish funds depleted by three large land expenditures. This will allow us to further PATC's objective of providing wilderness experiences to its members.

Several club members have pledged to match contributions to the campaign, dollar-for-dollar, up to a total of \$12,000. And, PATC will

reward donors with varying gifts of appreciation for donations of \$25 or more.

Please send your check and the Land Acquisition Contribution form (*below*) to President Tom Johnson, 118 Park Street, S.E., Vienna, VA 22180-4609, to help the club reach and exceed the \$12,000 challenge made by PATC members and replenish the Land Acquisition Fund. □

Mutton Hollow, from page 1

they will afford ambitious hikers access to the Snow Mountain Road and ultimately into Shenandoah National Park at the Smith Roach Gap back-country entrance.

Property Open to Members Now

Club members are welcome to visit the property at this time. Parking is available on the left side of Mattie's Run Road about 100 feet before the locked, red gate to the property. The gate can be easily scaled. Those driving to the property are advised to use caution in fording Mattie's Run where it crosses State Rte. 635. Under normal conditions, the stream can be easily crossed. In the event of recent heavy rain, however, proceed with caution. Hiking is presently limited to the roads on the property. Trails are overgrown and need to be reopened. No maps of the property are currently available.

As the farm is overseen by a farm manager, Roy Morris, it is possible that club members may encounter him during their visit. Mr. Morris, who was born and raised in the area and who has worked for the Vining family for many years, is a wealth of information about the property and the families who live in the area. □

—Hugh Robinson

LAND ACQUISITION CONTRIBUTION

(Name) _____ (Telephone) (____) _____

(Address) _____

(City) _____ (State) _____ (Zip) _____ (e-mail) _____

Yes, Tom, I support PATC's conservation efforts and want to help replenish the fund that finances the purchase of cabin and trail lands. Enclosed is my check to help meet the \$12,000 matching funds challenge.

() \$25.00 () \$100.00 — short-sleeve t-shirt size: ()

() \$50.00 () \$200.00 — long-sleeve t-shirt size: ()

I have contributed the following amount and would like to use the cabin designated on the date(s) I have indicated. Date(s) must be at least six weeks after the date contribution is received by PATC.

(An earlier date may be available but will require a call to the Cabin Reservation Desk.) NOTE: The Blackburn Trail Center is not included in this program.

() \$500.00 – Cabin: _____ Date: _____

() \$1,000 or more – Cabin: _____ Dates: _____
(Dates must be for two consecutive nights)

Make checks payable to: "PATC" and designate them for "Land Acquisition Fund"

Please indicate if you would like your name listed in the PA as having contributed to the Land Acquisition Fund Campaign: (yes) _____ (no) _____

Signature

Date

PATC HEADQUARTERS CLOSINGS FOR 2004

Jan. 1 New Year's Day
 Jan. 19* Martin Luther King Jr. Day
 Feb. 16 Presidents Day
 May 31 Memorial Day
 July 5 .. Independence Day (4th is on Sunday)
 Sept. 6 Labor Day
 Oct. 11* Columbus Day
 Oct. 27 Vienna Halloween Parade
 Nov. 11* Veterans Day
 Nov. 25-26 Thanksgiving Holiday
 Dec. 24-31* Christmas/Winter Break

*indicates paid staff on duty during the day

CAN YOU HELP THE SOUTH MOUNTAINEERS RELOCATE A TRAIL?

The South Mountaineers Trail Crew has worked on the Appalachian and Catocin Trails in Maryland since 1993.

The crew is in the midst of a three-mile-long AT relocation in the Smithsburg, Md., area. This is a great project in which you can get involved. The crew works from 9 a.m. until mid-afternoon on fair-weather winter dates and has a regular schedule beginning in March.

For more information on this project and the crew's work in general, contact Nancy Hammond (mdtrail@yahoo.com, preferably) or 301/739-0442. □

—Rick Cantor

Bob, from page 5

scarcity of food? And the answer is just as simple: whatever way is best for a given species in a given situation.

What is important to remember is that each species has defined its own set of rules that allow it to best adapt to its environment. There exists a continuum of adaptive measures that have been addressed through evolution and that vary, not just by species, but also within each species by environmental habitats.

So, what is hibernation? Perhaps we can say it is a long-term, winter form of torpor; a type of adaptive dormancy (hypothermia) in which heart rate, body temperature, and respiration are reduced. Such a simple concept with so many complex adaptations! □

—Bob Pickett

American Hiking Society Volunteers of the Year

For the ninth year, the American Hiking Society conducted a nationwide search to find the top volunteers in the United States. The search covered all 50 states and a Volunteer of the Year was chosen from each state. The award honors volunteers for their tireless efforts to preserve and maintain America's trails, and nominations were received for many qualified candidates.

Presented by Hi-Tec Outdoor Footwear, each winner receives a special framed certificate, a Volunteer of the Year T-shirt, a copy of "Get Outside!," a directory of volunteer opportunities across America, and a pair of Hi-Tec boots. Each nominator receives a pair of Thörlos socks. Awards are presented to the winners each year on National Trails Day.

This year's winners included Larry Knutson for Pennsylvania and Mal Fordham for Maryland. Larry and Mal are both PATC members and are very much involved in the PATC Trail Patrol.

In 2002, Larry completed more than 30 patrols and covered more than 200 miles in Pennsylvania. His patrol areas include the Pennsylvania Appalachian Trail between Pen

Mar, Md., and Pine Grove Furnace State Park and sections of the Tuscarora Trail in Pennsylvania. Larry works closely with the rangers and staff of the Michaux State Forest and Caledonia/Pine Grove Furnace State Parks. If you are a Pennsylvania trail or shelter overseer, it's very likely that you've received one of Larry's trail or shelter condition reports via e-mail.

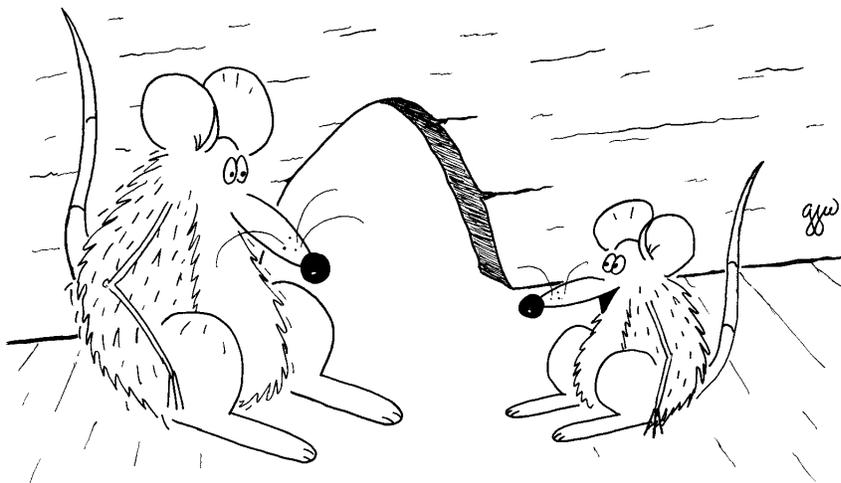
Mal is a senior member of the Trail Patrol and is the Trail Patrol's primary liaison with Maryland State Forest and Park Service authorities. Mal also runs the AT Ridgerunner program, which hires three or four people each summer to provide assistance and information along the AT in the three PATC states. In addition, Mal is a Leave No Trace master educator.

Congratulations to both Larry and Mal for well deserved awards! □

—Steve Koepfen



Tails from the Woods by George Walters



"GEE, UNCLE LOUIE... THE WHOLE FAMILY TALKS ABOUT YOU!... CAN YOU TELL ME YOUR LIFE STORY?"

NEXT MONTH: "THE HISTORY OF LOUIE, PART 1"

Bob Pickett's Appalachian Nature: The 'Simple' Facts of Hibernation

So, what is this thing called hibernation? First, hibernation is essentially a strategy for surviving a scarcity of food, not avoiding the cold. Food is the fuel that runs animal metabolism. Hibernation is a type of adaptive dormancy (hypothermia) in which heart rate, body temperature, and respiration are reduced. And, as body temperature decreases, so does the required amount of fuel. In fact, for every 18° F drop in body temperature, the rate of energy used is halved. So, hibernation is a critical practice that enables animals to extend their range into lands with seasonal food shortages.

Pure Hibernation vs. Torpor

Many animals, including reptiles, amphibians, insects, birds, and mammals, practice some form of hibernation. But let's keep things simple and restrict our discussion to mammals. To start with, everyone is in agreement that the woodchuck is the prototypical hibernator. During his three- to four-month dormancy, the heartbeat of a woodchuck drops from 100 to 15 beats per minute, body temperatures are reduced from 96° F to 47° F, and respiration rate drops to one breath per three or four minutes. All other species are compared to the woodchuck with respect to hibernating. Nine of our 12 species of bats and our two species of jumping mice are also accepted as mammalian hibernators. But, when I read about chipmunks and black bear, that's when the fur really begins to fly. The quick answer is commonly that they are not "true" hibernators, since chipmunks rely on winter food middens to supply them with energy throughout the winter (true hibernators store their winter fuel as brown fat). Nor do they spend prolonged periods in this dormant state (or so most publications say). They usually spend only a few days at a time in this "shallow" dormancy, or torpor. And the body temperatures of black bears drop only a few degrees from their summer norm, enabling them to return to an alert state in seconds, as many bear biologists well know.

A significant drop in body temperature is the hallmark of true hibernators. Yet, some say black bear can't drop their body temperatures very much since, due to their large size, if they dropped it very much, it would take too long (or take too much stored energy) to get the bear back to an active state. On the other hand, some say they are hibernators, since the pulse rate drops by nearly half. Also, a little blood from a hibernating bear injected into a woodchuck will instantly drop the little guy fast to sleep.

But, it gets worse. Even in the case of several of the true hibernators, such as the woodchuck and several of the bats, hibernation tends to be longer in more northerly latitudes and will not occur at all in some individuals occupying southerly latitudes. This is also true for some black bear in our own Shenandoah National Park and many male black bear to our south. (However, it has been found that females hibernate even in deep Southern states. The suggested reason for this winter hibernation in the South, where food is abundant year-round, is due to caring for newborns. It is believed that, due to the substantial body heat lost by the tiny cubs at birth, the body heat produced by the dormant lactating mother is vital in ensuring survival of her young over winter.) Food supplies also affect black bear hibernation. In seasons of plenty, black bears enter the hibernaculum weeks later than in seasons of scarcity. It's been reasoned that black bear will enter hibernation when the energy they expend foraging exceeds that which they can gain by continuing to forage.

The Case for Chipmunks, Raccoons

Whether chipmunks hibernate or not depends on your source and definition. They do not develop a layer of brown fat, as does a true hibernator. Instead, they go through periods of torpor of variable length (rarely more than several days at a time) and frequency, normally starting in October or early November. Not all animals in a population will become torpid. During these periods of torpor, studies reveal chipmunk respiration rates drop from 60 to less than 20 breaths per minute, and temperature drops from 100 to 42-45°. Chipmunks must wake frequently (sources range from almost daily to about every two weeks) to eat from their caches and defecate. And some studies have shown up to 30 percent of chipmunk populations may not enter winter torpor. In this case, it is apparently a function of food reserves. If food reserves are scarce, the chipmunk will extend its periods of dormancy, whereas large winter middens of stored foods will support much greater activity throughout the winter season. Additionally, like the species mentioned above, those of more Northern habitat tend to spend more time "hibernating" while those of the South enter a torpid state only during severe winter weather.

Raccoons are another species subject to interpretation. According to my resources, the raccoon does not hibernate, but will stay in a den for several weeks of severe cold, living on their brown fat layer (up to four months north of the mid-Atlantic area, only a few days at a time south of this area).

Hibernation allows the animal to skip over the cold, stressful seasons when food, that is, fuel for food and heat, is scarce and only expend itself fully in those months of abundant food and moderate climatic conditions. While most mammals don't migrate (bats, caribou, and marine mammals are the noted exceptions), some ecologists refer to hibernation as "time migration." Hibernation traditionally has meant winter inactivity. It has been applied to a prolonged period of time of sustaining a significantly lowered body temperature. When it was learned that some mammals undergo this lowered state of physiology for shorter periods of time such as weeks, days, or even hours, the concept of torpor was introduced. Hibernation became just a longer, or seasonal, period of torpor.

Summer 'Hibernation'

Subsequently, this adaptive torpor was observed in some animals that survive not only winter food scarcity, but also inhospitable conditions caused by seasonal (normally summer) drought. In this context, hibernation has come to be called "aestivation." The strict use of a significant drop in body temperature to define hibernation became a problem when it was applied to cold-blooded animals, which never regulate a high body temperature but engage in adaptive winter inactivity. Thus was introduced the term "brumatio," referring to the winter hibernation or torpor of reptiles and amphibians. Finally, it was found that some mammals and birds undergo nightly torpor to save energy, not only in winter but every summer night. And bats are known to exhibit torpor daily on a diurnal cycle. Thus, the whole concept of hibernation, at this point, breaks down totally.

We like to think in terms of pigeonholing through definitions, yet trying to fit nature into these categories just doesn't work. Not only are there exceptions to the rule, but, as is often the case, there are no clear rules at all. The issue is simple. How does an animal deal with a

See Bob, page 4

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 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 Nancy Hammond (mdtrail@yahoo.com) 301/739-0442 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday – contact Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday evening dinner at the Gypsy Spring cabin. For information on upcoming hikes, contact Chris Firme (bncfirme@innernet.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 Lee Sheaffer, (thumpers@visuallink.com) 540/955-0736.

Southern Shenandoah Valley Chapter

Please refer to our Web site at www.ssvc.org or the one linked to the PATC Web site for descriptions of hikes and work trips. We usually hike in the southern and central districts of the SNP and in the GWNF. Contact the listed hike leader for information about a specific event, or contact Michael Seth 540/438-1301 for more information.

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: Bert Finkelstein (bertf@erols.com) 703/715-8534.

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 interests 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 Andy Britton, (tallandyb@aol.com) 703/622-1920, or (MackMuir@edisaurus.com).

PATC Hikes

PATC offers organized hikes appealing to the diverse interests of our members. There are K-9 Hikes, which invite you to bring your favorite dog; Family Hikes tailored to kids; Natural History Hikes stalking the fascinating but often elusive flora and fauna of the region; hikes featuring varying levels of difficulty with the Easy Hikers, In-Between Hikers, and Vigorous Hikers; Birding Hikes with experts to help sight and identify our avian neighbors; Historical Hikes tracking little-known structures in Shenandoah National Park; Series Hikes tracing the entire length of the Tuscarora Trail or the trails of Pennsylvania section by section; Backpacking Hikes traversing the tracts of West Virginia and Southern Virginia; hikes scheduled for weekends; ones scheduled for weekdays; Geology Hikes led by experts from the Smithsonian focused on the unique stratigraphy of our area; Mushroom Hikes with mycologists; Waterfall Hikes to beat the summer heat; and Outreach Hikes to get together with the members of area groups like the Sierra Club or the Congressional Hikers. Just to name a few. Check out the Forecast calendar and hear updates on the weekly tape (703/242-0965).

Other Clubs' Hikes

Capital (www.capitalhikingclub.org) 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 Club 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/activities/forecast.html.

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin/Shelter Work Trips
-  Ski Trips
-  Special Events
-  Meetings
-  Classes
-  K9 Trail Blazers (dogs permitted)

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 infor-

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. 123 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. – We meet every month unless noted in the Forecast. INFO: Mack Muir (MackMuir@edisaurus.com) 703/960-1697 or PATC's Web site: www.patc.net/chapters/mtn_sect.

Shenandoah Mountain Rescue Group

Business meeting - Last Tuesday of each month, 7:30 p.m. INFO: Doug Sigman (join@smrg.org), 703/255-5034, or <http://www.smrg.org>.

PATC Council – Second Tuesday

7:00 p.m. sharp. The PATC Council meets every month to conduct business of the club and once a year for a Dinner meeting. All members are welcome. Come see how we make decisions about your club. 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 our section in PATC's Web site: www.patc.net/volunteer/trailpatrol.

JANUARY

1 (Thursday)

DEADLINE - February Potomac Appalachian Material due to editors

5:00 p.m. All items for the next issue of the newsletter due. Send *Forecast events* to PA-Forecast@patc.net and *all other articles* to PA@patc.net. NOTE: Do not send photos or articles to headquarters. E-mail for address.

3 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Caledonia State Park, PA

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

6 (Tuesday)

HIKE - Family Hike

Turkey Run Park, MD

Potomac Heritage Trail. Near 495 and George Washington Parkway, Maryland. Join us for a 3 mile out and back hike along this beautiful, rugged section of the Potomac Heritage Trail. The trail is right along the Potomac River, and not stroller friendly. We will hike to a waterfall from a feeder stream. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

6 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

14 mile loop with 4500 foot climb. Enjoy the scramble up Old Rag without crowds, then descend to the foot of Whiteoak for a second climb and falls viewing. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

6 (Tuesday)

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

7 (Wednesday)

HIKE - Easy Hikers

W&OD Trail, Vienna, VA

Five miles of mostly flat walking with a stop at the end for lunch at the PATC office on Park Street. Meet at the Vienna Community Center, 120 Cherry Street. Directions: From Beltway (I-495), west on I-66. Exit # 62, Nutley St. (VA 243) north toward Vienna. Continue to 4th traffic light intersection. Right on Maple Avenue (route 123). Right on Park Street, then about 2 blocks to the Community Center on right. No pets. Bring lunch and water. Starts at 10:15 a.m. INFO: Henri (henricomeau@aol.com) 703/451-7965.

7 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

The PATC Midweek Hikers carpool each Wednesday from the Washington DC area to trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current information, including meeting place, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

7 (Wednesday)

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

8 (Thursday)

CLASS - GPS (REI)

Fairfax, VA

7:00 p.m. Taking the Mystery out of GPS. New to using GPS units? Let REI's expert take the mystery out of GPS and zero in on the basics of using these high tech tools. You'll learn how they work, features of

your GPS units, basic navigation as well as enjoyable ways to use them. Bring your GPS's with you and join in the fun! INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

9 - 11 (Friday - Sunday)

CABIN WORK TRIP - Highacre House

Harpers Ferry, WV

Start the new year off right. Join us as we continue to spruce up this beautiful old Victorian house in Harpers Ferry. There's always a lot of work to be done and everyone's invited. INFO: Ben Mayock (Bmayock@yahoo.com) 410/461-1327 or Pat Fankhauser (PFankhauser@PATC.NET) 703/242-0693, Ext. 17.

9 - 11 (Friday - Sunday)

XC SKI TRIP - Blackwater Falls (STS)

Blackwater Falls State Park, WV

We stay on the rim of the Blackwater River and Gorge at the Blackwater Falls State Park Lodge, complete with restaurant, conference facilities, fitness center, indoor pool, and hot tub. Over 35 miles of groomed cross-country ski trails nestled among towering pines, from beginner to advanced. Enjoy hot chocolate on the trail or at the Warming Hut on Sled Hill, with its' tow rope for more winter fun. Other trails nearby at Canaan Valley State Park, Whitegrass, and Dolly Sods. Dine elegantly or casually in town; evening folk music and entertainment just a few miles away; with breakfasts at the Lodge. Cost is \$90.00 per person (does not include meals). INFO: Mary Vogel (maryvogel@yahoo.com) 202/547-7820.

10 (Saturday)

HIKE - Natural History Hike

North District, Shenandoah National Park, VA

Steve Bair, resource management specialist for the Park, joins Bob Pickett on another informative hike along the trails in the Park. Our actual route will be determined by weather conditions (and Skyline Drive openings), but we presumably will hike about seven miles. Various ascents and descents will inevitably be encountered making this winter hike a moderately difficult adventure. If snow is on the ground, we will certainly focus our attention on animal track identification. Otherwise, trees, geology, animal natural history and scat will be observed. INFO: Bob Pickett, 301/681-1511.

10 - 12 (Saturday - Monday)

XC SKI TRIP - Laurel Highlands (STS)

Laurel Highlands, PA

XC Ski Weekend #1. "Nothing fancy but the skiing." Stay at nearby Laurel Manor Motel a few miles from our favorite trails at Laurel Mountain, one of the more reliable snow sites in the Mid-Atlantic hills which recorded 212" of snow last winter! If there is sufficient interest, the trip dates can be moved back one day. For added pleasure on a day trip we will explore Roaring Run Natural Area. Estimated cost is \$55-60/person. INFO: Randy Kerr (lerkerr@aol.com) 703/937-3920.

13 (Tuesday)

HIKE - Family Hike, Claude Moore Park

Sterling, VA

We'll hike about 3 miles on these interconnected trails. The trails are joggingstroller passable. We will begin our hike on the red blazed Hickory Nut Trail which is a Native Tree Interpretive Trail (1/2 mile). Then we will follow the white blazed Little Stony Mountain Trail, and then the Blue blazed Scout Trail. After the hike, we'll warm up in the visitor center, where there are two turtles, some coloring pages, and puzzles. We may also be able to visit their farm museum. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

13 (Tuesday)

HIKE - Strong Hikers

Central and North Districts, SNP, VA

West of Sperryville. Joint hike with Sierra Club beginning with a scramble/bushwhack to the summit of Oventop where there are great views south into Hazel Country. Then down an abandoned trail to Pass Mountain for lunch at the shelter. In the afternoon we'll continue on to Mary's Rock for views to the north and return via Buck Hollow. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

13 (Tuesday)

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

14 (Wednesday)

HIKE - Easy Hikers

Arlington, VA

Come join us for 4-5 miles on the W&OD Trail. From Capital Beltway take Route 50 or Arlington Blvd. east towards Falls Church. Go right on George Mason Drive, then right on Columbia Pike. Go to #4714, look for Goodwill Store on left. Meet at 10:15 a.m. in the parking lot across from the store next to Four Mile Run Drive. After hike, we will have lunch at PILIN Thai Restaurant in Falls Church. INFO: Mary-Margaret McGrail, 703/715-8126.

14 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

The PATC Midweek Hikers carpool each Wednesday from the Washington, D.C., area to trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current information, including meeting place, leader's name, phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

14 (Wednesday)

HIKE - Old Rag

Central District, Shenandoah National Park, VA

Every year I spend my birthday summiting Old Rag; this year join me for the crystal clear views, cold air, and solitude of Old Rag in the winter. As always, this hike is weather permitting. Contact: Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

14 (Wednesday)

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

15 (Thursday)

CLASS - Clothing for Conditioning (REI)

Fairfax, VA

7:00 p.m. Cross Training: Versatile Clothing for Conditioning in Comfort. A new years' resolution to work out more frequently is far easier to keep if you are comfortable. Come on in for a demonstration and discussion of some of the latest fabrics and apparel that will keep you comfortable whether you are jogging down winter trails, frozen in a yoga pose, or running off to the gym. Be sure to make it a resolution to attend! INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

16 - 19 (Friday - Monday)

XC SKI TRIP - Canaan Valley (STS)

Canaan Valley, WV

Enjoy three days of cross country and backcountry skiing in Canaan Valley, WV. XC touring and backcountry skiing are available at both Canaan Valley and Blackwater Falls state parks or ski at the outstanding White Grass Ski Touring Center. Two alpine skiing resorts are also available for alpine or telemark skiing. Backcountry skiers should come prepared to do a day-long winter tour in the backcountry. (Hint

FORECAST

... you aren't prepared if you're only carrying a fanny pack). Lodging at the Village Inn Motel. Estimated cost is \$169 members and \$179 non-members based on two persons in a room. INFO: Ted Fryberger (tkfryberger@comcast.net) 410/312-2982.

16 - 19 (Friday - Monday)

✿ XC SKI TRIP - Laurel Highlands (STS) Laurel Highlands, PA

Martin Luther King Weekend. Rediscover the Laurel Highlands. Spend three delightful days exploring the new trails we discovered during our October trail maintenance trip. These scenic, wooded trails have gentle slopes with steeper side trails for more advanced skiers. We'll be staying at the Somerset Super 8 motel. Cost is \$80.00 members, \$90 non-members. Reservations/INFO: Bert Finkelstein (bertf@erols.com) 703/715-8534.

16 - 19 (Friday - Monday)

✿ XC SKI TRIP - New Germany (STS) New Germany State Park, MD

Martin Luther King Weekend. 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 St. Park. Also close to other skiing areas in Western MD, PA and WV. Estimated cost is \$100/person for a 3-night stay. Beginners welcome. INFO: Jack Wise, 410/256-3963.

16 - 19 (Friday - Monday)

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

Martin Luther King Weekend. Tug Hill, Upstate N.Y. Join a dozen XC skiers and enjoy the expected heavy lake-effect snowfall endemic to this area. We will stay at the 1880 Lodge in Pulaski (close to Lake Ontario). Options include joining a local ski race, trails at Winona St. Forest, Salmon Hills & Osceola STCs. Estimated cost \$140/person for 3-nights which includes semi-private lodging plus continental breakfasts. INFO: Rob Swennes (robertswennes@hotmail.com) 703/532-6101.

17 (Saturday)

🐾 HIKE - K9Trailblazers Great Falls, VA

We'll hike at a moderate pace for a ~5 mile loop hike through Great Falls National Park. The hike will take us along Mather Gorge for some spectacular winter views of the Potomac and then along wooded trails past other natural and historic sites. Trails are rocky at times, and the hike will include some moderate, short climbs (~200 ft elevation change). This is a joint hike with K9Trailblazers so well behaved dogs are welcome as long as you keep them on a leash and scoop up after them. Maps, chocolate, and dog biscuits provided at the trailhead. Bring snacks and water for you and your dog. Visit www.k9trailblazers.org for more details. INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 301/482-2468 or Jeff Bolognese (jabolognese@k9trailblazers.org) 410/247-4434.

17 (Saturday)

🐾 HIKE - Snowshoe Excursion Dolly Sods, WV

Given up hiking for the winter? Snow is no reason to put those hiking poles away. Get those winter boots and parkas out and see Dolly Sods from another perspective. This will be an 8 mile ramble on Cabin Mountain with warm-up hot chocolate afterwards at the Whitegrass X-Country ski center. If no snow is available, we will hike in Dolly Sods. Snowshoe rentals are available at Whitegrass at reasonable rates. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.)

17 (Saturday)

🐾 HIKE - Waterfall and Wild Flower Series Central District, Shenandoah National Park, VA

The eighth hike of the series will be a 8- to 10-mile circuit to include about 1 mile of bush whacking up the middle section of White Oak Run in White Oak Canyon rather than on the trail, getting a close-up view of the falls, cascades, and warm weather swimming holes. This being a winter hike we should see some nice ice displays. Other trails may be included depending on the time and weather. PATC Map 10. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen (thorsen4@Juno.com) 703/39-6716 or William Needham (Needham82@aol.com) 410/884-9127.

17 (Saturday)

🐾 TRAIL WORK TRIP - Yankee Clippers Tuscarora Trail, PA

INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

17 - 21 (Saturday - Wednesday)

✿ XC SKI TRIP - Northeast Vermont (STS) Craftsbury Outdoor Center, VT

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 is \$300 per person which includes lodging and meals. Initial down payment of \$150 is required. Transportation costs are not included in the pricing. INFO: Howard and Debbie Cohen, 410/381-2436.

18 (Sunday)

📖 CLASS - Behind the Scenes (REI) Bailey's Crossroads, VA

2:00 p.m. "Touching the Void". A Special Afternoon with Joe Simpson, author of "Touching the Void." Join us for a special afternoon with extreme mountaineer and author, Joe Simpson. Joe will show us behind-the-scenes footage of his upcoming film, "Touching the Void," a gripping documentary based on his experiences in the Peruvian Andes. Then join Joe for an exclusive informal Q&A session, as well as a book signing. Don't miss this great opportunity to meet this climbing legend! Also be sure to check out "Touching the Void" in theatres January 2004. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

18 (Sunday)

🐾 HIKE - Sugarloaf Mountain Montgomery County, MD

Come hike Sugarloaf Mountain, in Maryland, on the Frederick/Montgomery County line. This is an easy to moderate 8.5 mile loop, with a total elevation change of 1700 feet. We'll hike winding trails around and up the mountain, culminating in a spectacular view from the summit. INFO: Vince Ferrari (ferrari3@ix.netcom.com) 301/249-2210.

18 (Sunday)

🐾 TRAIL WORK TRIP - Stonewall Brigade Great North Mountain, VA/WV

Meet at the "Y" intersection in Vances Cove (PATC Map F coordinates G6) at 9:00 am. This trip is subject to prevailing or forecast weather. Check with Hop Long before going to the meeting site. Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

20 (Tuesday)

🐾 HIKE - Family Hike Vienna, VA

Accotink Stream Valley Trail, just south of Vienna. Come on out for a three- to five-mile out and back hike, depending on the desires of the group. There

is a playground about 1 1/2 miles in. Regular-stroller passable. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

20 (Tuesday)

🐾 HIKE - Vigorous Hikers North District, Shenandoah National Park, VA

A new hike takes the AT from Route 522 via Possums Rest then veers west to descend Lands Run Gap Trail for a 2-mile road walk and a climb to Jenkins Gap returning on the AT, 16 miles and 3000 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

21 (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 Route 611, Telegraph Road south. At 9.6 miles, stay in middle lane, marked by straight ahead arrow, to cross Route 1 and continue on Route 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 miles to parking for Woodmarsh Trail on left. Bring binoculars if you wish; we may see eagles. We will lunch after the hike at Polo Grill on Route 1. Call leaders if weather is doubtful. INFO: John and Suzanne Kominski, 703/751-3026.

21 (Wednesday)

🐾 HIKE - Midweek Hikers Location to be determined

The PATC Midweek Hikers carpool each Wednesday from the Washington, D.C., area to trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current information, including meeting place, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

22 (Thursday)

📖 CLASS - Women's Backpacking (REI) Bailey's Crossroads, VA

7:30 p.m. Getting Started. The outdoors can be enjoyed without men. It isn't necessary to cover 15 miles a day, live on Power Bars and water, or carry every electronic gadget known to ... man. Having fun is a matter of good planning, the essential gear (well fitted), a good grounding in essential skills, and a good attitude. REI's resident AT thru-hiker, Julie Crawford, will take you step by step through the necessary considerations to get you well on the way to planning and enjoying your own backpacking adventures. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

22 - 25 (Thursday - Sunday)

✿ XC SKI TRIP - Canaan Valley (STS) Canaan Valley, WV

Weekend #2. Join our group as we stay at a 4-bedroom cottage in Canaan Valley State Park. Ski trails are in this Park, nearby at Whitegrass STC, Blackwater Falls State Park, or Dolly Sods. Estimated cost \$90/person for 3 nights. INFO: Doug Lesar (dlesar@comcast.net) 301/587-8041.

23 - 25 (Friday - Sunday)

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

Weekend #2. Ski out the door on 20+ miles of trails nestled among towering pines, from beginner to advanced. See event on Jan. 9-11 for more information. Cost is \$90.00 per person. INFO: Greg or Anna Westernik (westernik@earthlink.net) 703/866-4098.

23 - 25 (Friday - Sunday)

✿ XC SKI TRIP - Learn to XC Ski (STS) Laurel Highlands, PA

Catch XC ski fever with 15 other students and help of experienced instructors. Stay near Jennerstown, Pa., at Camp Sequanota's quiet, motel-like facilities nestled in foothills where our skiing begins, then continue on Laurel Mountain's scenic trails. Cost of \$80/person covers room, breakfasts, and instruction. INFO: Dave Holton (dbdcholton@mymailstation.com) 202/364-7055.

24 (Saturday)

✿ HIKE - The Hidden Waterfalls

Central District, Shenandoah National Park, VA
Hike 3. Ever wanted to see frozen waterfalls? Well now is your chance. We'll be hiking up Big Creek and Peters Point to view these waterfalls in their nearly frozen state. This hike length is approximately 5 - 6 miles with 1000 foot elevation gain/loss. Optional overnight lodging is available at a PATC cabin. This series utilizes map 10. Experienced hikers only. Strenuous. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.)

24 (Saturday)

✿ HIKE - Seneca Greenway Hike (REI) Montgomery County, MD

9:00 a.m. Seneca Greenway Hike #1. Riley's Lock to Black Rock Mill. Join us for a winter hike through the nature and history of Seneca Creek along the Seneca Creek Greenway Trail. This 13-mile round trip hike will traverse lowland forest, upland meadow, and rocky, upland forest, with a great diversity of trees, shrubs and wildlife. Bring water and snacks and dress for the weather. Binoculars are a good idea, as we may see a variety of birds and mammals. Participation is limited to those 12 years of age and up. A parent or guardian must accompany those under 18. Registration is limited, and necessary for participation. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

24 (Saturday) Rain date: 31 Jan.

☑ MEETING - NPS/PATC SNP District Managers
PATC SNP District Managers Meeting at Headquarters in Vienna. Crew leaders and assistant district managers welcome. 10:00 a.m. start, lunch afterwards. INFO: Liles Creighton (lcrei@aol.com) 410/573-0067.

24 - 25 (Saturday - Sunday)

✿ TRAIL WORK TRIP - Cadillac Crew Round Hill, VA

Blackburn Trail Center. First work trip of 2004 the Crew will do some trail work and possibly tree work in the vicinity of the trail center. Specific 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: INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

27 (Tuesday)

✿ HIKE - Family Hike Centreville, VA

Manassas Battlefield at Stone Bridge Near Centreville. Bundle up your little one(s) and join us for a 2 1/2 mile circuit hike. The trail is jogging-stroller passable with some log stairs and roots to navigate. We will cross the stone bridge, then follow a long boardwalk, go up a hill to an open meadow, continue through the woods and back along a stream. INFO: Lauren Lang (at94L@netze-ro.net) 703/631-9278.

27 (Tuesday)

✿ HIKE - Vigorous Hikers North District, Shenandoah National Park, VA

Join us to redo an original Terwilliger vigorous hike. Beahm's Gap to the AT north, returning on Knob and Neighbor Mountains. About 17 miles with 4000 foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

27 (Tuesday)

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

28 (Wednesday)

✿ HIKE - Easy Hikers W&OD Trail & Tamarack Park, Vienna, VA

About 4 miles. 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 the 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.

28 (Wednesday)

✿ HIKE - Midweek Hikers Location to be determined

The PATC Midweek Hikers carpool each Wednesday from the Washington, D.C., area to trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current information, including meeting place, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

29 (Thursday)

☑ CLASS - Ski Safety & Conditioning (REI) Fairfax, VA

7:00 p.m. Safety and Conditioning for Skiing and Snowboarding. Heading off to the slopes this winter? Take a moment to stop by REI Fairfax for a special clinic and allow our experts to share their knowledge and expertise on the best gear for your comfort and safety on the slopes. Get the most out of your lift ticket, go prepared! INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

30 - 1 (Friday - Sunday)

✿ XC SKI TRIP - Canaan Valley (STS) Canaan Valley, WV

Weekend #3. A dozen or more lucky ski buddies will help the leader celebrate her birthday at Deerfield Village Resort in two three-bedroom villas (sleeping 6-8). The villas are fully furnished in a rustic contemporary design. Couples are encouraged to sign up for this trip to make the lodging arrangements work easier (at least two couples & preferably four.) Leader is also well-versed in natural history and loves to explore in the winter, so trip will go regardless of snow (but this groundhog is thinking SNOW!!!) Depending upon occupancy, price may range from \$81 - 102 per person based on double occupancy. Deerfield on the web at <http://www.deerfieldwv.com>. INFO: Mary Vogel (maryvogel@yahoo.com) 202/547-7820.

30 - 1 (Friday - Sunday)

✿ XC SKI TRIP - Laurel Highlands (STS) Laurel Highlands, PA

Weekend #3. Ski the Laurel Mountain/Highlands area near Somerset, PA, one of the more reliable snow sites in the Mid-Atlantic hills. Also near Hidden Valley and Laurel Ridge State Park STCs. We will stay at the Days Inn Motel at \$60/person for 2 nights. On Saturday evening we will have folk singing in one of

the rooms for anyone who is interested. We will cancel this trip on the Wednesday prior if there is "no snow." INFO: Carl Modig, 202/726-5414.

31 - 1 (Saturday - Sunday)

☑ CLASS - Wilderness First Aid (WSC) 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 \$160. Registration is limited to 25 people. Registration and INFO: Christopher Tate, 703/836-8905.

FEBRUARY

1 (Sunday)

DEADLINE - March Potomac Appalachian Material due to editors

5:00 p.m. All items for the next issue of the newsletter due. Send Forecast events to PA-Forecast@patc.net and all other articles to the editor at lindashannonb@mac.com. NOTE: Do not send photos or articles to headquarters. E-mail for address.

3 (Tuesday)

✿ HIKE - Vigorous Hikers, Elizabeth Furnace George Washington Nat'l Forest, VA

Climb to Signal Knob via the Bear Wallow Trail and Menenka Peak, return to the valley to loop around the east ridge via Sherman and Shawl Gaps - 18 miles 3000 foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

3 (Tuesday)

☑ MEETING - Trail Patrol, 7:30 p.m.

4 (Wednesday)

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

5 (Thursday)

☑ CLASS - Winter Adventures for Women (REI) Fairfax, VA

7:00 p.m. Winter Adventures for Women. Looking for local places to get outdoors this winter to hike, bike or simply get away for a day? REI's expert is ready to share her knowledge of great, safe, and enjoyable places to go and things to do. Come learn more about the comfortable gear that will help you enjoy all your outdoor adventures. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

5 (Thursday)

✿ HIKE - In-Between Hikers Arlington, VA

Washington, D.C., Winter Hike. 8-9 miles. Roosevelt Island, Haines Point and Monuments. Starts at 10:00 a.m. on the Roosevelt Island parking lot, immediately off the northbound George Washington Parkway just north of the Theodore Roosevelt Bridge (there is no access from the parkway southbound). Can walk from Metro. Bring lunch and water. INFO: Henric Comeau (henricomeau@aol.com) 703/451-7965.

6 - 8 (Friday - Sunday)

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

Weekend #3. See Jan. 9-11 event for more information. Cost is \$90.00 per person (does not include meals). INFO: Mark Anderson (mha.cca@verizon.net.net) 202/462-7718.

FORECAST

6 - 8 (Friday - Sunday)

✿ XC SKI TRIP - Learn to XC Ski (STS) Laurel Highlands, PA

Catch XC ski fever with 12 other students and help of volunteer instructors. We stay in downtown Somerset at the Knights Inn motel in-between three skiing areas. Estimated cost of \$65/person covers lodging and instruction. INFO: Greg Westernik (westernik@earthlink.net) 703/866-4098.

7 (Saturday)

✕ TRAIL WORK TRIP - Yankee Clippers Caledonia State Park, PA

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

7 - 8 (Saturday - Sunday)

♠ CLASS - Backpacking (REI) Bailey's Crossroads, VA

Saturday 10:30 a.m. - 6:30 p.m. Sunday 11:30 a.m. - 5:30 p.m. Our comprehensive two-day class teaches essential and advanced skills, proper gear use, selection and maintenance, and outdoor ethics. The instructor, Ted Fryberger, brings more than 30 years' experience, backpacking all over North America. The class includes an 80-page text, course materials, and two days of intensive lecture, discussion and demonstration. The class fee is \$75. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

7 - 8 (Saturday - Sunday)

♠ CLASS - Wilderness First Aid (WSC) Charlottesville, 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 \$160. Registration is limited to 25 people. Registration and INFO: (http://wfa.net) or Christopher Tate, 703/836-8905.

10 (Tuesday)

♠ HIKE - Strong Hikers Centreville, VA

Bull Run Trail southeast of Centreville. Fast paced hike of 19 miles along Bull Run from Fountainhead Park to Bull Run Park on a hilly trail. This is a joint hike with the Sierra Club. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

10 (Tuesday)

■ MEETING - PATC Council, 7:00 p.m.

11 (Wednesday)

♠ CLASS - Winter Ultralight Backpacking (REI) Bailey's Crossroads, VA

7:30 p.m. Think about ultralight backpacking? Go light in winter! It's true, more gear is essential to stay warm and sheltered, but good planning and gear selection can substantially reduce your load. And reducing your load can not only mean more fun, but an increase in safety and a decrease in fatigue as well. REI's resident AT thru-hiker, Brian Chenoweth, will share his experience gained from long distance ultralight hiking, and discuss and demonstrate ways and means to reduce the load and increase the fun. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

11 (Wednesday)

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

11 (Wednesday)

■ MEETING - West Virginia Chapter, 7:00 p.m. Highacre House, Harpers Ferry, WV

13 - 16 (Friday - Monday)

✿ XC SKI & DANCE TRIP - (STS) Laurel Highlands, PA

(President's Weekend) The 20th annual Ski-Dance weekend continues by popular demand. Cross-country ski during the day and contra dance during the evening. Live music by Dave Weisler and The Avant Gardeners. Dances called by Ron Buchanan. Costs are \$5 for infants - 2 years; \$68 for children 3 - 13 years; \$150 for adult members of the STS; and \$165 for all others (includes dancing, ski instruction, three nights lodging, and eight meals). Registration and INFO: (www.skidance.com) or Elliot Applestein (eliottapplestein@verizon.net) 301/984-6855.

13 - 16 (Friday - Monday)

✿ XC SKI TRIP - President's Weekend (STS) Canaan Valley, WV

Weekend #4. This trip will expose a new lodging option to STSers at the Highland Inn & Spa www.highlandscenetours.com in the "heart" of Canaan Valley. Novice skiers can travel both the scenic trails in Canaan Valley State Park and the rolling hillsides in White Grass. Experienced skiers can explore to their heart's content the challenging trails deeper and higher at White Grass and Dolly Sods. Bring acoustic musical instruments for a Saturday evening jam session. Estimated cost is \$165/person for a 3-night stay. INFO: Jim Tomlin (jtomlin@helix.nih.gov) work 301/402-4153 (M-F, 7:30 a.m.-4:00 p.m.) home 301/774-1228 (before 9:30 p.m.)

13 - 16 (Friday - Monday)

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

Mini-Week #3, (President's Weekend). Join our group of intermediate-skilled + XC skiers as we enjoy the expected heavy lake-effect snowfall prevalent in this area. We stay at the 1880 Lodge in Pulaski (close to Lake Ontario) in two person rooms with breakfast included. Suppers may be arranged at the Lodge for an additional fee, or we can eat out at local restaurants. Options include skiing at any one of several local areas. Estimated cost \$140/person for a 3-night stay. INFO: Erma Cameron, 703/273-4578.

14 (Saturday)

♠ HIKE - Snowshoe Excursion Canaan Mountain, WV

Love the great outdoors and want to spend some quality time in it? Then join other like-minded individuals as we snowshoe across the top of Canaan Mountain and fall in love with snow all over again. Warm-up hot chocolate afterwards at the Blackwater Falls Lodge. If no snow is available, we will hike on Canaan Mountain. Snowshoe rentals are available at Whitegrass X-Country ski center at reasonable rates. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.)

15 (Sunday)

♠ HIKE - Catocin Mountain Park Thurmont, MD

Hike to Wolf, Chimney and Cat Rocks. This is an easy to moderate 10.6 mile loop hike which will afford several viewpoints and a waterfall as well. The total elevation gain is about 1700 feet. Come and enjoy the winter vistas. Contact: Vince Ferrari (ferrari3@ix.netcom.com) 301/249-2210.

17 (Tuesday)

♠ HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA
Climb the Hot-Short Mountain Trail to Hazel Mountain, loop around on Hannah Run to ascend Nicholson

Hollow and Indian Run, ending on Robertson Mountain. 16 miles and 3500 foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

20 - 22 (Friday - Sunday)

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

Weekend #4. See event on Jan. 9-11 for more information. Cost is \$90.00 per person. INFO: Jim Tomlin (jtomlin@helix.nih.gov) 301/402-4153(w) (M-F, 7:30 a.m.-4:00 p.m.) 301/774-1228 (h) (before 9:30 p.m.)

21 (Saturday) Rain date: 28 Feb.

■ MEETING - Lee District FS/PATC GW/JNF District Managers

PATC SNP District Managers Meeting at Headquarters in Vienna. Crew leaders and assistant district managers welcome. 10:00 a.m. start, lunch afterwards. INFO: Liles Creighton (lcrei@aol.com) 410/573-0067.

21 (Saturday)

✕ TRAIL WORK TRIP - Stonewall Brigade Great North Mountain, VA/WV

Meet at the "Y" intersection in Vances Cove (PATC Map F coordinates G6) at 9:00 am. This trip is subject to prevailing or forecast weather. INFO: Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

21 (Saturday)

✕ TRAIL WORK TRIP - Yankee Clippers Tuscarora Trail, PA

INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

24 (Tuesday)

♠ HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA

From Thompson Hollow climb Overall Run, view the falls, continue to Mathew's Arm and Elkwallow, returning via Beecher Ridge, 19 miles and 3500 ft. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

24 (Tuesday)

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

25 (Wednesday)

♠ CLASS - Women's Outdoor Hiking (REI) Bailey's Crossroads, VA

7:30 p.m. In order to have fun outdoors, you need to be comfortable. REI outdoorswoman, Lisa Rhys, will discuss good planning, appropriate, well fitted clothing and gear, and a few essential skills that go with the essential gear, commonly called "the 10 Essentials." INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

25 (Wednesday)

♠ HIKE - Easy Hikers Fort Hunt Park, VA

Let's offer a February 2004 tribute to our country's first leader by taking a 6-mile hike along the Potomac River to his home. Meet at 10:15 a.m. in the parking lot of Fort Hunt Park. Take George Washington Parkway south to Fort Hunt Park entrance. Turn right into the 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.

27 - 29 (Friday - Sunday)

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

Weekend #5. See Jan. 9-11 event for more information. Cost is \$90.00 per person. INFO: Larry Doff (ldoff@juno.com) 703/615-3195.

FORECAST

27 - 29 (Friday - Sunday)

✳️ XC SKI TRIP - Monongahela Nat'l Forest (STS) Canaan Valley/Harman, WV

Mountain Retreat Lodge (www.neumedia.com/~lmlnd/lodge.html) is surrounded by the Monongahela National Forest, is located near the small town of Harman, and borders the Dry Fork River. Ski at White Grass, Canaan Valley State Park, and other trails in the Monongahela National Forest. Bring acoustic musical instruments for a Saturday evening jam session. Cost: Trip cost per person: \$42 member and \$52 non-members (includes two nights). INFO: Jim Tomlin (jtomlin@helix.nih.gov) work 301/402-4153 (M-F, 7:30 a.m.-4:00 p.m.) home 301/774-1228 (before 9:30 p.m.).

28 (Saturday)

🪄 CLASS - Climbing Basics (REI) Fairfax, VA

1:00 p.m. Winter got you down? Well things are looking up at REI Fairfax. Come learn about climbing from our experts and challenge yourself on our impressive rock pinnacle. You'll learn about the latest gear and how to use it properly and safely. In addition you'll have a chance to try out your rock climbing skills and improve your technique. So come hang-out at REI Fairfax and we'll get you looking up too! INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

28 (Saturday)

🚰 HIKE - Hidden Waterfalls Series

Central District, Shenandoah National Park, VA

This hike will focus on the falls of a branch of Hughes River. While we are at it, we will bag Pinnacle Peak on Thorofare Mountain by bush-whacking. This hike will be approximately 10 miles (2500 foot elevation gain) utilizing the Nicholson Hollow and Corbin Mountain trails in various segments. Optional overnight lodging is available at a PATC cabin. This series utilizes Map 10 in the Central District. Experienced hikers only. Strenuous. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.)

28 - 29 (Saturday - Sunday)

🚰 TRAIL WORK TRIP - Cadillac Crew Gainesboro, VA

Shockeys Knob, near 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 OOTract boundary. Clearing winter damage from nearby sections of the Tuscarora Trail is also on the agenda. Community dinner on Saturday night. Overnight at Brill Cabin. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351. ☐



Hiker's Notebook

Common Name: Indian Pipe

Scientific Name: *Monotropa uniflora*

Other Names: Corpse Plant, Convulsion Root, Fits Root

Indian pipe is a small herbal plant with a translucent stem covered with small scale-like leaves. It has a single nodding flower that is white when young, aging to pink and then black. The name presumably derives from the inverted pipe-like shape of the flower.

Potpourri: The Indian pipe is saprophytic, that is it derives its nutrients from dead or decaying material on the forest floor. It lacks the ability to make its own food as it has no chlorophyll.

The roots of the Indian pipe are a tangled mass intermingled with fungi in a symbiotic (mutually beneficial) relationship known as mycorrhiza (pronounced mike-corps-REE-za). The fungus synthesizes carbon containing materials from the soil which are passed along to the host plant.

The Indian pipe is a member of the order Ericales, which includes about 2700 different species. The most notable are the rhododendron, the azalea, the cranberry and the huckleberry. ☐

—William Needham

Visit the Hiker's Notebook Web site at: mwrap.org/W_Needham/h_notebook.html

FEATURE FROM THE PATC STORE

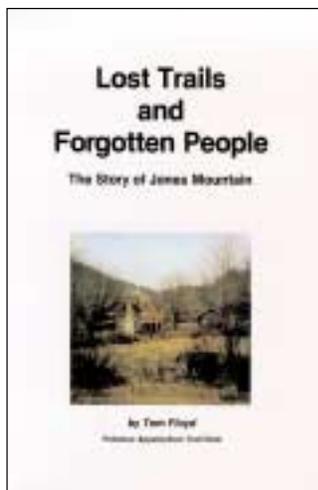
Lost Trails and Forgotten People

Lost Trails and Forgotten People: The Story of Jones Mountain is an historical book featuring one section of what now lies within Shenandoah National Park. If you have stayed at Jones Mountain Cabin you might be interested in reading about the history surrounding the origins of the area and the people who once inhabited it.

Author Tom Floyd was the supervisor of trails for PATC when he first had the idea to explore this historical area and write a feature story. That idea eventually grew into this informative book. You can order for this book through our online store at www.patc.net, or you can call the PATC headquarters at 703/242-0693.

Illustrated with 77 historic photographs, 2 maps. 160 pp. List price is \$7.50 and members receive a 20 percent discount. Shipping and handling charge is \$2.00. ☐

—Maureen Estes



NOTICES

NEW NOTICES

VOLUNTEERS NEEDED to help pour paint for trails and corridor workers. Contact Heidi Forrest (hforrest@patc.net) 703/242-0315 x12.

VOLUNTEERS NEEDED to help mount tool rack in the HQ Tool Room. Contact Liles Creighton (lcrei@aol.com) 410/573-0067.

FOUND-LEKI WALKING STICK - November 11, 2003 at intersection of U.S. 17 and VA 688, near Sky Meadows State Park. Contact Richard Stromberg (arbiess@rmaonline.net) 540/631-0212.

FOUND ON NOVEMBER 14-15 worktrip at Hermitage Cabin: Large jacket, T-shirt, and ditty bag. Contact Bob Oliver, 301/474-6548.

STEPLADDER NEEDED. A new or used 5' - 6', safe and servicable stepladder is needed for the Vining Cabin (see article on page 1). If you have a ladder you will donate to the club, please contact Hugh Robinson, 703/525-8726 to arrange delivery. Thanks.

HIKING PARTNERS

HIKER WANTED for May 2004 day-hike in the Grand Canyon - from North Rim to South Rim. I have hiked solo in the Canyon for several years including day hikes from South Rim to Phantom Ranch and back. If interested, I can provide more info. Please contact Rama at 301/365-7326.

EQUIPMENT NEEDED

LAWNMOWER NEEDED. Conley cabin's old mower has cut its last swath. If you have a reliable gas powered lawn mower, with a frame no wider than 24 inches, that is excess to your needs that you would be willing to donate to PATC, please contact Hugh Robinson, 703/525-8726.

FOR SALE

SLEEPING BAGS, Mummy Style, Army surplus, Khaki color, 40% down, 60% feathers. 6 pounds. Excellent for very cold weather camping. Can be nested one inside another for extremely cold weather. \$40 each. Carl Quitmeyer, 703/978-4840.

HELP WANTED

C&O CANAL NATIONAL HISTORICAL PARK is seeking volunteers for the Williamsport Visitor Center. This is an opportunity to share your knowledge and enthusiasm for trails and the towpath, and to meet and greet visitors to the towpath. The positions involve staffing the visitor center and bookstore, and can include informal interpretation. We are looking for people who can volunteer as part of a regular schedule, even if it is only for half a day a week. Please call Gloria Updyke, 301/582-0813 or email Gloria_Updyke@nps.gov.

CALLING ALL LAWYERS, ACCOUNTANTS AND TAX ATTORNEYS. Want to give something of value to the Club, but don't want to swing a Pulaski? Virginia has enacted a new law that permits donors of conservation easements to sell the tax credit and reap a substantial cash infusion. PATC owns property in Virginia that would be eligible for such a rebate. The Club needs you to help write the proposals that would help the Club save thousands of dollars. Contact: Phil Paschall (bettycox@erols.com), or phone 540/882-3027. But hurry - before the State changes its mind.

VOLUNTEER OPPORTUNITIES

SALES COMMITTEE VACANCY: A person with experience in Sales and Marketing is sought to serve as chairman of the Sales Committee that oversees the pricing of products and services including maps, publications, resale items, and cabin rentals, and, in collaboration with other appropriate committees, recommends cost-effective changes in procedures. Interested people should send a resume to Wilson Riley, Director of Administration, at wriley@patc.net or fax it to 703/242-0968.

FURNITURE UPHOLSTERER NEEDED: Looking for an individual who can reupholster the settee and four chairs that belonged to Katherine Fulkerson (PATC's General Secretary in the 1930's and donor of Highacre). The furniture pieces are a wonderful addition to the setting of Highacre, but are in major disrepair. If interested, call Pat Fankhauser 703/242-0693, Ext. 17 or email pfankhauser@patc.net.

DAYTIME AND EVENING CABIN RESERVATIONISTS NEEDED: Openings are available to any individual who has a pretty good attention to details, can work independently, and work under pressure some seasons of the year. Daytime volunteers are needed on Thursday afternoon between 12 noon and 2 p.m. Evening volunteers are needed to take one or two nights per month. We Need You Now! Call Pat Fankhauser for interview at 703/242-0693 or e-mail, pfankhauser@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.

SALES OFFICE NEEDS 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 (snelson@patc.net) 703/243-7867, or Pat Fankhauser at Club headquarters - 703/242-0693, Ext. 17, pfankhauser@patc.net.

DONATIONS WANTED

LAPTOP AND COMPUTER PROJECTOR NEEDED: PATC HQ needs a laptop computer and computer projector for presentations at conferences, meetings, and community gatherings. Projection at 1024 X 768 desired. If you work for a corporation which might make such a donation, contact Wilson Riley (wriley@patc.net).

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 Trail House (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 advertisement 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

PATC trail overseers, if you are feeling the need to shed a few calories from the holiday feasts or are starting to feel the first pangs of cabin fever, there is no better way to deal with this than to get out and hike your trail section on the next nice weekend when the trail is relatively clear of snow. We are not in the weather-forecasting business, so we are not sure when this might be. Some of us can remember working on the ridgetop trails in shirtsleeves in January, but we don't know yet if it is going to be that kind of year.

One thing that we do know is that we have had high winds with trees down throughout PATC-land post-Isabel, so it is still worth checking the trails before we get into the 2004 hiking season. Let your district manager know if you find problems that you think are bigger than what you can deal with yourself.

Isabel and Aftermath

Damage from Hurricane Isabel and other storms has yet to be fully revealed. Trees were down on our trails all over, but the damage seemed to be worse in the east and less in the west.

Frank Haas reported that the battlefield parks were shut down and that trees were piled high. NPS brought in seven felling crews to clear the mess. Bruce Glendening reported that many very large trees are down on the Potomac Heritage Trail. Rangers closed the trail for safety to all and sundry, including PATC, and brought in clearing crews. Dave Fellers reported that he and his folks were clearing the Bull-Run Occoquan Trail. Damage on Maryland Metro trails is spotty. Work trips are clearing trees.

The AT and side trails in Virginia and Maryland, were hit hard with hundreds, if not thousands, of trees to clear. PATC turned out lots of volunteers to clean up the mess, although work continues. We don't have the names of all who helped clear trails and apologize to those not on the list. But well done and a mention in dispatches to the following: Pete Gatje, Kerry Snow, Dennis DeSilvey, Dan Dueweke, Steve Paull, John McCrea, Dick Dugan, George Walters, Bernie Stalman, Lloyd Parriott, Chris Brunton, Rick Cantor, Jon and Katherine Rindt, Madison Brown, Tom Brown, Larry Baldwin, Rhett Orndorff, John Ruppe, Jack Turnbull, Joe Longton, Carol Tolbert, Keith

Denson, Aksel and Melanie Falk, S.V. Dove, Terry and Elizabeth Allen, John Hedrick, Mark Holland, Charles Hillen, Hal Hallet, Mike Fleming, Harry Glenn, Cathie Cummins, Ron Kutz, Stephanie Fills, Mark Hall, Leonard Keifer, Maureen Harris, Mike Ritoli, Kevin Kraditor, Sheri Fickel, Jim Finucane, Kisun Han, Ray Galles, Georgeanne Smale, Loui Skenderis, Bob Clark, Mike Reese, Frank Burke, John Shoemaker, George Ivey, Dan Nebhut, Wayne Limberg, and Ralph Heimlich.

Thanks also to our trail partners in the SNP, for example, C.T Campbell, Don Harvey, and Shawn Green, who led crews and worked just as hard as, if not harder than, our folks.

Work reports show that trees are continuing to come down, albeit at a slower rate. A few reports indicate work on tread repairs, with no blowdowns – progress at last.

Tool Talk

Most of the club's chainsaws are Stihl 025 and 026 saws. We have learned that the guide bars for 025 and 026 saws are NOT interchangeable even though they are the same length. We learned this when saws went in for repairs. Please ensure that the correct bars and chains are used for these saws.

Most, but not all, inventories of tools have been turned in to the supervisor of trails. When you have the time, please visit tool caches and inventory the tools.

Trails 2004 Activity Schedule

The following dates in 2004 are items of interest to the trail community:

January

24 (Sat.) – NPS/PATC SNP district managers meeting, 10:00 a.m. Vienna (rain date, Jan. 31). Crew leaders and assistant district managers are also invited.

February

21 (Sat.) – Lee District Forest Service (FS)/PATC GWJNF district managers (DM) meeting, 10:00 a.m. Vienna (rain date, Feb. 28). Crew leaders and assistant district managers are also invited.

March

24 (Wed.) – PATC district managers meeting, 6:30 p.m. Vienna (food at 6 p.m.). Crew leaders and assistant DMs also invited.

April

24/25 – SNP Chainsaw certification class, Pinnacles Ranger Station.

May

3-7 – SNP South District Crew week #1.

11-14 – SNP Central District Crew week #1, Crew Leader Dan Dueweke.

17-21 – SNP North District Crew week #1.

June

5/6 – SNP Central District Trails Workshop.

6-11 – Massarock Crew week.

13-18 – Massarock Crew week.

August

16-20 – SNP South District Crew week #2.

23-27 – SNP Central District Crew week #2.

30-3 Sep. – SNP North District Crew week #2, Crew Leader Dick Dugan.

September

11/12 – SNP North District Trails Workshop.

12-17 – Massarock Crew week.

19-24 – Massarock Crew week.

30 (Thu.) – PATC district managers meeting, 6:30 p.m., Vienna.

A chainsaw class has been requested from ATC-mid-Atlantic for spring. It will be somewhere in the Maryland area, no date set yet. A crosscut saw class will also be scheduled when a time and place can be arranged.

Forms for signing up for crew weeks and workshops will be available on the Web soon. Additional crew leaders are needed for the weeklong crews. If interested, please volunteer by e-mail to Supervisor of Trails (SOT): Lcrei@AOL.com.

Chainsaw/Crosscut Saw Certification

A subject of interest to us all. Currently SNP, FS Lee District, and ATC will conduct chainsaw classes for certification. How recertification will be done is up in the air. How, or if, instructors will be trained is unknown. How crosscut certification will be given is unknown. ATC signed an agreement with FS and NPS but there is no clear implementation plan. According to Bob Proudman on ATC staff, it may take six months to two years to figure out what to do. For now, certification remains in effect even if out of date (for sure we have lots of experienced people). We will teach our own crosscut saw classes and ask SNP what course of action they want to follow.

See Trailhead, page 14

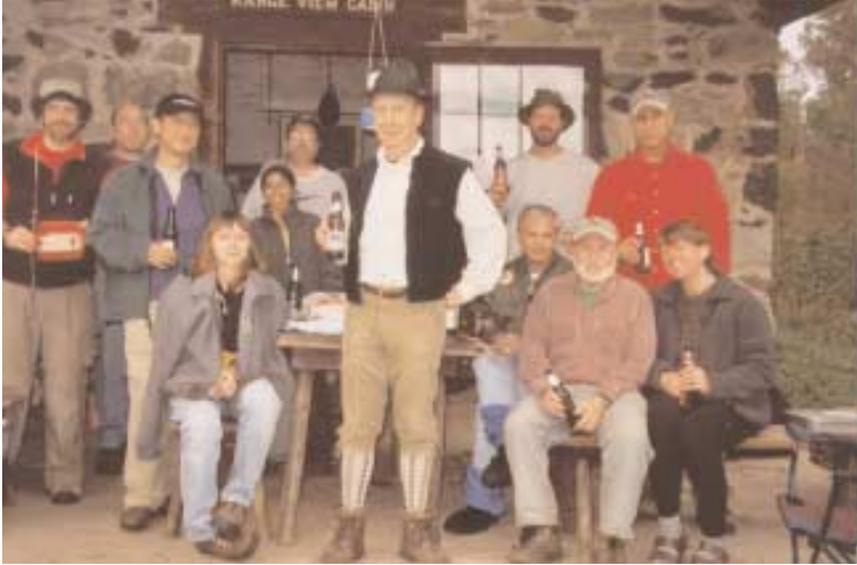


Photo by George Walters

After a long day of trail work, the North District Hoodlums celebrate their annual Octoberfest work trip in grand fashion at Range View Cabin in SNP.

Trailhead, from page 13

low for certification. We will follow the adopted curricula for chainsaw training for new saw operators. We will negotiate with SNP and Lee Ranger District on how they want to handle recertification. On lands outside the agreement, we will decide for ourselves.

The ATC Board of Managers adopted a chainsaw and crosscut saw policy in late November. As this goes to press, we haven't received a copy of the revised policy. But, Bob Proudman said changes we requested were accepted. We will provide additional information when it becomes available. As of now, boots can be 6" leather hiking boots except in FS lands where 8" boots have been and continue to be required. First Aid (Wilderness) and CPR training is encouraged but not mandatory. Chaps can be any that are certified by Underwriters Lab, not FS standard. But, we would encourage anyone buying chaps for themselves to do so through the club, ATC, or the General Services Administration. The difference between the FS standard and the Underwriters Lab is that FS research considers chainsaw speed. The government-specified chaps will handle faster chain speeds than older chaps, and saws are getting faster. For now it is sawyer's choice, not mandatory. More later. – *SOT*

Octoberfest

The North District Hoodlums' annual Octoberfest worktrip usually takes place under the spectacular changing colors of SNP but this year, instead of fall foliage, we encountered fallen foliage – blowdowns from

Isabel, that is. Certified sawyers and trail crews fanned out to open up the remaining AT and blue-blazed trail sections in the North District that had not been cleared. John McCrea, Dick Dugan, and Bernie Stalman came up in mid-week to tackle much of the work, and the Hoodlums finished it off in the north section of the park.

After work, the crews regrouped at Range View Cabin, and although no German Frauleins in lederhosen showed up as had been promised, good spirits nevertheless overflowed at the Hoodlums' Octoberfest feast mit biergarten. Ranger Todd and his lady joined us as special guests, and a good time was enjoyed by all!

Some Trails Were Worse

Fork Mountain Trail may be Isabel's trail of infamy in SNP North District. It is only 1.3 miles in length but had 64 blowdowns. Thanks to Bernie Stalman and John Shoemaker and two trips to this remote trail, it finally has been cleared.

Give Back

The Wanderbirds Hiking Club members, inspired and led by Wanderbird and PATC overseer Carol Saah, have decided that they will "give back" with a monthly trail-maintenance hike. Their first outing was in November, and together with District Manager/sawyer Rick Rhoades they cleared three miles of blowdowns left by Hurricane Isabel from Three Top Mountain in the Massanutten region. A great day's work it was!

Future Crew?

At the invitation of teacher Richard Shockey, Rick Rhoades spoke to the Hiking Club of Central High School in Woodstock, Va. He talked about hiking in general, that is, Leave No Trace and safety, as well as about the opportunities in PATC. They are just forming the hiking club and are looking for interesting activities. A work trip is in their future!

Clearing Continues

District Managers Ed Brimberg and Rick Rhoades and overseers continue to work closely with the Forest Service and other user organizations (horseback riders, bikers, hikers) to clear Isabel blowdowns on Massanutten and Great North Mountains. The most-used trails are all open, and all trails should be clear by the end of the year.

Coming Up For Air on the PHT

After Isabel, continuing record-breaking rains are keeping the Potomac River high, and parts of the Potomac Heritage Trail under water.

In November, a wistful group of eight overseers met for a 2004 strategy meeting at District Manager Bruce Glendening's house. Though 2003 was tough weather-wise, PHT's access trails on higher ground were vastly improved. Eagle Scout candidates are getting the word that PHT needs help and have accommodated three scout projects.

Supervisory Park Ranger Dana Dierkes and Potomac Conservancy staffer Matt Berres told the assembled group about a program to educate immigrant fishermen about the rules of the Potomac. Unfortunately, fish licensing is a sometimes confusing maze of Maryland, Virginia, and D.C. water rights. Through education we all hope litter can be decreased substantially.

Next year, since the weather is not likely to be worse, PHT should get badly needed rerouting from erosion caused by the continuing power of the Potomac.

Easy Street

Chris Brunton reports the latest northbound section-hiker visited Blackburn Trail Center on Nov. 29. He is an outdoor writer and started his hike north on March 24 and has really been taking his time and enjoying the trail. His trail name is, appropriately, "Easy Street." He is getting off at Harpers Ferry and will come back next season to walk the second half.

See Trailhead, page 15

Trailhead, from page 14

B&W Crew Rocks the AT

The B&W Crew's last outing of the year was dedicated to repairing a washed-out crib wall on the AT just south of Crescent Rock Overlook. Taking advantage of a perfect fall day, the crew of S.V. Dove, Dan Dueweke, Mike Fleming, John Hebbe, Mark Holland, Julie Morin, and Patrick Wilson hauled a veritable tool room of hoist and rock gear to the worksite and commenced to quarry and set the big stones. Under the careful eye of stonemason Mike Fleming, the proper pitch and set of the wall began to take shape. What had first appeared to be an easy site for gathering rocks soon turned into a boulder hunt as the best and easiest-to-reach stones were put in

place. Making a highline with a Griphoist cable extended the crew's reach, though Mr. Dove insisted on carrying his rocks to the worksite. By quittin' time the wall had reached AT level and was outslope-graded to improve drainage (*see below*). A good day's work done, the crew retired to a local tavern for pizza and re-hydration, where they were joined by wood sprites Steve Paull and Nathan Reigner, who had been playing in the sawdust of Isabel all day.

Please send any interesting tale, technical advice, individual or group accomplishments, and trail-maintenance questions to Trailhead, c/o Jon Rindt, 621 Skyline Forest Dr., Front Royal, VA 22630 or to jkrindt@shentel.net. □



Photo by Dan Dueweke

The B&W Crew puts the final touches on the AT cribwall, south of Crescent Rock Overlook.

Book Review: Sugarloaf

Sugarloaf, The Mountain's History, Geology, and Natural Lore, by *Melanie Choukas-Bradley* with illustrations by *Tina Thieme Brown*. Charlottesville: University of Virginia Press, 2003. 6x9", 112p, softcover. \$11.95.

This book is a wonderful guide for dayhikers, naturalists, and people interested in history. It explains the forces of nature that resulted in the formation of Sugarloaf, the only mountain in the Maryland Piedmont, and explores the history of the mountain from the early American Indians through the incorporation of Stronghold to ensure the preservation of the mountain and its natural splendor for posterity.

Stronghold is the legacy of Gordon Strong and his wife Louise, who gradually bought 2,350 acres of the mountain a piece at a time, built a home, and enhanced the landscape with gardens, made a road to the summit with several scenic viewpoints on the way, and welcomed visitors to experience the beauty. The book contains maps to help you find your way to the park and to assist you in hiking the six blazed trails. It is small and light enough to easily carry on your hike and use to follow each trail and points of interest along the way. It also contains wonderful information on the plants and wildlife on Sugarloaf and describes what you will find when you visit during each season of the year. This book will definitely make you want to visit Sugarloaf and enhance your experience there. □

—Katherine Rindt

Volunteers Appointed – November

Shelter Overseers

Richard Marsalek Bearfence Hut
John Spies Pinnacles

Trail Overseers

Oliver Pierson AT - Beagle Gap to McCormick Gap
Ric Weyrick AT - Denton Shelter to power line
William & AT - US 30/Caledonia to Halfway Point of
 Rosemary Holland Rocky Mt.
Stephen Osbrach Piney Ridge Trail (upper)
Ken Williams PHT – Windy run to Donaldson Run
Debbie Shaffer BROT – Bull Run Park to Ordway

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Trail, Shelter and Corridor Overseers / Monitors Wanted

Shelter Overseer Wanted

Call Frank Turk, 301/249-8243
E-mail: frankturk@aol.com
Overseer Pinnacle Shelter - Tuscarora Central District

Co-District Manager Wanted for SNP North AT - Map 9

Front Royal to US Rte. 211
Call John McCrea, 610/352-9287
E-mail: mccreajf@aol.com

District Managers Wanted for SNP Central Side Trails (North End) - Map 10

US Rte. 211 to Old Rag
Call Dan Dueweke, 703/266-3248
E-mail: danjan@fcc.net

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

Tuscarora Pennsylvania - Maps J & K

Opportunity to work long hours with no pay or benefits. Generous allowance of blisters, stinging/biting insects, and poisonous plants. Special provision for rain and mud. Little or no supervision. Work hours optional. Location somewhere on the Tuscarora Trail in Pennsylvania. No certification from your doctor or hospital required.

Call Pete Brown, 410/343-1140
E-mail: peter.brown4@worldnet.att.net

Harpers Ferry / Ashby Gap AT & Blue-Blazed - Maps 7 & 8

Call Chris Brunton, 703/560-8070
E-mail: trailbossbtc@msn.com

Appalachian Trail

Trans Mountain Trail to Duke Hollow (1.3 miles)

Rod Hollow Shelter Trail

AT to Rod Hollow Shelter (0.2 miles)

Fishers Hill Loop Trail

AT to AT (1.0 miles)

SNP North District Blue-Blazed - Map 9

Call Dick Dugan, 703/836-0391
E-mail: rdugan@bellatlantic.net
Piney Branch Trail [lower] - Co-Overseer
Powerline to Hull School Trail (2.2 miles)

SNP Central AT - Map 10

Call Kerry Snow, 301/570-0596
E-mail: kerry@trailcrews.net
Appalachian Trail
Poccosin Road to Dean Mt Road (2.0 miles)

SNP Central Blue-Blazed, (North End) - Map 10

Call Dan Dueweke, 703/266-3248
E-mail: danjan@cox.net
Corbin Mountain Trail - Co-Overseer
Nicholson Hollow Trail to Old Rag Fireroad (4.4 miles)

SNP Central Blue-Blazed, (South End) - Map 10

Call Steve Paull, 703/361-3869
E-mail: stevepaull@yahoo.com
Jones Mountain Trail
Bear Church Rock to Cat Knob Trail (2.8 miles)
Rose River Loop Trail - Co-Overseer
Rose River Fire Road to Horse Trail (2.7 miles)

SNP South AT - Map 11

Call Dennis DeSilvey, 434/295-8825
E-mail: dldesilvey@pcvmed.com
Appalachian Trail - Co-Overseer
Beagle Gap to McCormick Gap (1.8 miles)

Volunteers!



SNP South Blue-Blazed - Map 11

Call Pete Gatje, 434/361-1309
E-mail: pjgatje@aol.com
Rocky Mount Trail
Skyline Drive to the upper intersection of the Gap Run Trail (2.2 miles)

Brown Mountain Trail - Co-Overseers

Skyline Drive to Big Run Portal Trail (5.3 miles)

Tuscarora Central - Map L

Call Walt Smith, 540/678-0423
E-mail: wsmith@visuallink.com
High Rock Trail
Packhorse Trail Road to Tuscarora Trail (2.3 miles)

Tuscarora South - Maps F, G, 9

Call Rick Rhoades, 540/477-3247
E-mail: Rrhoades@shentel.net

Tuscarora Trail

Hawk Camp to VA/WV 55 (3.6 miles)

Tuscarora Trail

Fetzer Gap to Maurertown (5.7 miles)

Tuscarora Trail

Rock marker to Massanutten Trail (1.5 miles)

Tuscarora Trail

Shawl Gap to Sherman Gap (2.5 miles)

Great North Mountain - Map F

Call Hop Long, 301/942-6177
E-mail: theFSLongs@comcast.net

Gerhard Shelter Trail

Tuscarora Trail to Vances Cove (1.5 miles)

Tibbet Knob Trail

Wolf Gap Campground to SR 691 (2.4 miles)

Suburban Maryland - Map D

Call Liles Creighton, 410/573-0067
E-mail: lcrei@aol.com

Cabin John Trail

Goya to Tuckerman (1.5 miles)

Cabin John Trail

River to Seven Locks (0.5 miles)

Ford Mine Trail

Maintenance Area to mine (0.5 miles)



The Potomac Appalachian

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