



The Potomac Appalachian

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

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October 2005

Pig Roast - Oct. 22-23 / Annual Meeting Nov. 8

Conley Cabin Offers More Than a Room With a (Magnificent) View

Why should someone choose Conley Cabin for his or her mountain vacation? Let me list some reasons. It has a beautiful view of mountains and valleys for as far as the eye can see. It has a wide wrap-around porch on three sides which, together with the covered cook shed, makes it a great all-weather cabin. If it rains, no problem; sit on the porch and watch the clouds move across the valley. With the covered cook shed you don't have to worry about your barbecue getting washed out either. And with the shade of the walnut trees and the breezes that regularly blow up the mountainside, it is almost never too hot, even in midsummer.

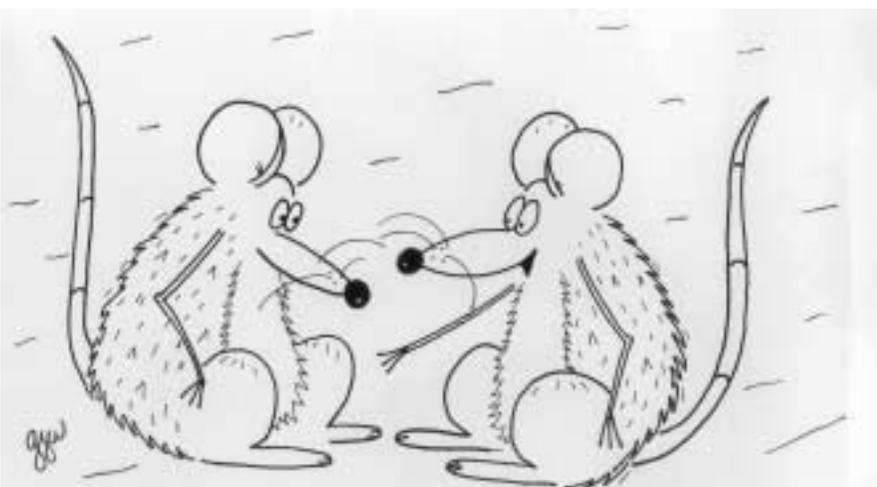
Inside, the cabin is spacious, light, and airy. Windows all around let in plenty of light and a cross breeze. The yard is grassy and relatively flat – just right for the badminton and croquet sets that have been donated to the cabin. There is a diverse library with some interest-

See Conley, page 3



The porch at Conley, complete with rain barrel and swing, wraps around three sides of the cabin for a view in all directions.

TAILS FROM THE WOODS by George Walters



"WHY AN A.T. SHELTER?... YOU'RE RIGHT KYLE, IT'S COLD AS HADES IN WINTER... BUT FOR 6 MONTHS OF THE YEAR, WE EAT LIKE KINGS!!"

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Council Fire

President Tom Johnson chaired the regularly scheduled PATC Council Meeting Aug. 9, 2005, at Club Headquarters. Director of Administration Wilson Riley plans to set up a Web area for electronic distribution of draft documents to PATC members who are actively engaged in drafting and reviewing them. PATC is moving toward the electronic dissemination of many documents currently sent by US Mail because it is faster and saves mailing costs.

Wilson also announced that REI has provided a \$2,000 grant to the Mountaineering Section. Tom said there is a lot of activity related to securing right-of-way to the north and west of the Tuscarora Trail.

Vice President of Operations Bruce Glendening introduced Steve Sharp, chair of the IT Planning subcommittee, which is putting together a plan to institutionalize IT support and procedures for the club. Steve and IT Chair José Rojas have defined a matrix of PATC member skills needed in the near term, and Steve has started an inventory of PATC IT resources. One priority effort is to provide Web-based cabin reservation status that will be current as of the previous day.

As there was not a quorum present at the Council meeting (19 needed, 16 were present), three action items on the agenda could not be voted on: 1) club goals and objectives 2006; 2) guidelines for duties and responsibilities; and 3) making the Regional Partnership Committee representative a member of Council. The balance of the Council meeting was spent providing status reports of the major functions represented.

Trails and Lands

Kerry Snow announced that the rock-work workshop planned for October in Harpers Ferry is not going to happen this year because all of the details around the work have not been approved by all of the authorities, and the stone has yet to be purchased. \$67,000 has been made available by West Virginia to support this work. Kerry's crew is trying to coordinate with the Mid-Atlantic Crew so the work can be finished. Kerry represents PATC on the Regional Planning Committee, which will have its first meeting in October.

Facilities

Supervisor of Facilities Mel Merritt said the Headquarters Committee was obtaining quotes for repair of the Headquarters roof. The Johnson Cabin cook shed was completed the first weekend in August with more than 360 hours of volunteer labor. Shelter Chair Henry Horn reported that the Bower property shelter at Rocky Run (Devils Racecourse) and Vos projects were on hold pending approval by the respective authorities.

Bears Den status: Gerhard Salinger has a draft lease that essentially places PATC in the role now played by Blue Ridge Center. The urgency has increased because Blue Ridge Center has no funding and, as of August, it may not be insured. ATC is seeking an organization to take charge, and PATC may approve the proposal in September.

Old Rag parking lot: Construction may start this fall so that next summer access would be totally different than it is now. PATC plans to rent the land to NPS for \$1/year, and there would be a PATC-constructed, blue-blazed trail up to the existing Old Rag Trail.

Other Activities

Supervisor of Information, Education, and Activities Jane Thompson, along with Supervisor of Membership Georgeann Smale and Supervisor of Trails Liles Creighton, wants to learn more about PATC awards policy so that we are more fair to all volunteers.

Map Committee: Chair Dave Pierce reported that Maps 4 and 8, covering the North District of SNP and the southernmost part of Pennsylvania, will be reprinted (3,000 copies) to tide PATC over until Jan.-Feb. 2006 when Dave will be revising them.

Northern Shenandoah Valley Chapter: Pete Brown and Jim Peterson reported that the Silverman Cabin Foundation had been completed and that the chapter held its corn roast on Saturday, Aug. 6.

See Council, page 3

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24-hr. Activities Tape #: 703/242-0965

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Club President (leave a message), Tom Johnson: Extension 40

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www.patc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the PA.

Tom's Trail Talk – People with Disabilities: Our Role

On July 21 PATC received a letter from Jennifer Gledhill, recreation coordinator for the Chicago-based Search Developmental Center, a resource for youths with developmental disabilities. Jennifer had written PATC to ask for help in an AT hike for some of her charges, and Lee Sheaffer, our vice president for volunteerism, stepped in to help them organize the hike. In June the group made the trek from Chicago to Virginia, and Lee was there to lead. Let me quote from Jennifer's follow-up letter:

"My letter is to applaud the work of your volunteers. Their contributions made the difference between a good trip and a great trip. Lee Sheaffer, his son Cody, and his dog Peabody volunteered their time and wisdom on June 16th and led our members on a bona-fide piece of the Appalachian Trail. It was a rugged and challenging trek, something that we never would have dared attempt without an easy-going and inspirational leader. Lee exuded confidence with his knowledge and passion for the trail. I was personally impressed most with Cody. This young man was selflessly giving his first day of summer vacation to us and showed up with compassion and patience beyond his years. Finally, what would the trip have been without Peabody the wonder dog." Jennifer also noted the contributions of Thomas Crow, who joined the group for three days and gave the group an honorary PATC membership at the end.

Lee, Cody and Tom did not have to do this. It isn't part of trail work, and it doesn't make money for the club. They did it because it was the right thing to do. The club is dedicated to service to the hiking public, and that means anyone who can put one foot in front of the other. Earlier this year Trail Patrol assisted a blind hiker through the Backpacking 101 course. Getting her through the course took extra effort, and no one put



The hiking group, with counselors and hike leader.

a gun at their heads to do it. They did it because it was the right thing to do. Several of our members are active in inner-city outreach, most notably Liles Creighton. They are getting nontraditional users out on the trail (or in some cases, actually building the trail).

With our new Supervisor of Information, Education, and Activities, Jane Thompson, showing the way, we are getting involved with many groups like the one that Lee, Cody, and Tom led in June. It is good to see this happening, and I know that there are other club members out there who are engaged in outreach whose stories I haven't yet heard. If you want to get involved, be sure you let Jane know that you are interested. She can always find opportunities to serve. And be sure to send us your stories after your event is over so that we can continue to spread the word.

So much for "earned income." Let's show some "psychic income" on our balance sheet. It's the right thing to do. □

—Tom Johnson

ATC Grant Application Deadline Oct. 3

The Appalachian Trail Conservancy is seeking grant applications for outreach activities that increase and broaden understanding, appreciation and support of the AT. The activities should involve youths (particularly those at-risk), inner-city residents, senior citizens, minorities, people with disabilities and residents of communities along the AT.

New programs and small pilot programs that could develop long-term relationships are strongly encouraged. Application deadline is Oct. 3 and forms are available on www.appalachiantrail.org/grants-foroutreach. Deadline extensions should be requested to club-grants@appalachiantrail.org or call ATC headquarters at 304/535-6331.

—Susan Nelson

Conley, from page 1

ing reading for those who don't want to have to carry in a bunch of books. The wood stove keeps it cozy in cold weather, and the cook stove (with oven) does a nice job at mealtime.

In case you haven't been to the Vining tract, there are some interesting hikes in the area, including seven other cabins to check out (only five of which are rentable at this time). There is a cliff overlook about an hour's hike away, which even has a nice tent site should you want to do an overnight backpacking excursion. And when you return to Conley it will feel absolutely luxurious! For the long-distance hiker, the tract abuts Shenandoah National Park. □

Jeff Van Pelt, Overseer, Conley Cabin

Council, from page 2

AT Corridor Management: Thomas Lupp reported that ATC boundary program managers were planning a review in the fall. He also reported that the Fox Gap parking lot permit, planned for the west side of the AT, was denied by the county because of insufficient safe right-of-way to the AT. The Maryland Department of Natural Resources is seeking to purchase land for a parking area.

Prince William Forest Park has expressed interest in a PATC partnership to maintain, relocate, and build trails. It has cabins where crew members can stay during projects. Please contact Tom Johnson, Alan Day, or Liles Creighton if you are interested in participating.

Alex McLellan, representing Shenandoah Mountain Rescue Group, said the group had a busy month in July and was deployed on five missions. A 60-year-old man with diabetes in Fauquier County, Va., needed evacuation; a 40-year-old woman who was despondent in Winchester, Va., and a 12-year-old autistic youth in Bedford County, Pa., were found alive; a 17-year-old male runner in Petersburg, Va., was found dead; and the search for an 81-year-old man with Alzheimer's disease in Cecil County, Md., was suspended. SMRG membership is now at 100.

PATC is seeking a successor to Librarian/Archivist Carol Niedzialek who will be retiring at the end of 2005. Please contact Alan Day (day-alan@nova.org) if you are interested. □

—W. Alan Day, Secretary



Pigs and Pumpkins!!

Join us for the 22nd Annual Blackburn Pig Roast, scheduled for Saturday/Sunday, Oct. 22-23, 2005. The organizers will be the same as always – Rick Portal with help from Tim Rahn and Nancy Hughes. Registration this year is once again being taken by Trailboss Chris Brunton and Sandi Marra.

As is the tradition, black beans and rice, potatoes *au gratin*, and apple crisp will accompany our Cuban-styled roast pig. Happy hour will lead off the evening with Rick's famous tamales. In addition, Tim will make sure anyone waking up Sunday morn-

ing still hungry will be taken care of with his quality breakfast fare. In keeping with our family-oriented events, we will have activities planned for children of all ages, culminating in our annual jack-o-lantern contest, complete with scary stories and prizes for all. Of course all attendees can take a hike along the AT or simply enjoy the changing leaves from our front porch.

Dinner will be served early on Saturday evening, but anyone wanting to participate in the Friday night Pig Grease Down and Seasoning (an event worth experiencing at least once in your life) is welcomed! Dinner on Friday and breakfast and lunch on Saturday are up to each individual.

Members and friends interested in attending the event should complete the registration form below and send a check for \$25 per

adult and for children 11 and older to Sandi Marra, 6245 Walkers Croft Way, Alexandria, VA 22315. MAKE CHECKS PAYABLE TO SANDRA MARRA. INFO: Chris Brunton, 703/924-0406 or e-mail trailboss-btc@msn.com. ☐

SPECIAL TRAIL WORKTRIP

If you would like to help on the AT we are building a bog bridge through a swampy area not far from Blackburn. We will carpool Saturday morning and spend about 3 to 4 hours working then return to the cabin to enjoy the afternoon festivities. No special skills needed. Trip will be led by Chris "Trailboss" Brunton. If you can help out, please call Chris at 703/924-0406. For those folks working on this project we will provide a special Friday evening meal.

Blackburn Pig Roast — Saturday and Sunday, October 22-23, 2005

Name: _____

Address: _____

Phone: (day) _____ (evening) _____ Number of reservations (ages 11 and over): ____ @ \$25.00 each

Total enclosed: _____

So we know how many pumpkins we need for the Carving Contest:

I will also be bringing _____ # of children or young at heart (for whom there is no charge) who will want to participate.

Include a \$25.00 payment per person for each reservation with checks payable to Sandra Marra and mail to:

Sandra Marra, 6245 Walkers Croft Way, Alexandria, VA 22315.

IMPORTANT: Please be sure to make your check payable to Sandra Marra.

Registration for PATC's 78th Annual Meeting/Dinner

Tuesday, Nov. 8, 2005, from 6:00 p.m. to 9:30 p.m., at the Northern Virginia Regional Park Authority's Atrium at Meadowlark Gardens. For more information, please contact Pat Fankhauser at 703/242-0315, Ext. 17, or pfankhauser@patc.net. Don't delay, space is limited. Come on out and join us to celebrate 78 years!

Name: _____, oriental buffet entrée preference (choose one)

Vegetarian Lo Mein Sesame Chicken Beef with Broccoli

Name: _____, oriental buffet entrée preference (choose one)

Vegetarian Lo Mein Sesame Chicken Beef with Broccoli

Daytime phone number: _____

Please enclose a check in the amount of \$25 (individual) or \$40 (couple) for dinner. To pay by credit card list your credit card information below. If you wish to attend the meeting and not have dinner, please contact Pat Fankhauser and let her know you will be coming.

() Here is an additional \$78 to for the Trail Land Acquisition Fund for 78 years of service on the trails.

() Sorry, I can't attend the banquet, but here is \$78 to support PATC's Trail Land Acquisition Fund.

For 78 years PATC has led hikes; constructed and renovated shelters and cabins; mapped the trails; taught trail construction, safety, and conservation; and built and cleared the trails in rain, snow, and sunshine. Your contribution will be used to enhance those activities. Let's celebrate as we move into our 79th year!

VISA/MasterCard Number: _____ Expiration Date: _____ Please charge my credit card for \$ _____

Signature: _____

Mail to: PATC - Annual Meeting/Dinner 2005, 118 Park Street, SE, Vienna, Virginia 22180 Attn: Pat Fankhauser, Membership Coordinator
Because PATC pays for dinners in advance, no refunds after November 4, 2005.

Trail Patrol Proudly Presents
Trail Patrol
Training
Weekend
Nov. 12 - 13

If you are interested in joining the Trail Patrol, or really want to find out what it is all about, then this is your chance! Several qualified Trail Patrol members will teach you about Leave No Trace, The 10 Essentials, Map and Compass, dealing with the public, and other facts that you need to know to be part of the Trail Patrol. There will also be 3 hikes (including a night hike!).

The class will take place at the Glass House Cabin in George Washington National Forest. The cost is \$10 per person to cover the cost of food. Pre-registration is required.

For information contact: Saleena DeVore (tptraining@patc.net) 410/456-6861. □

**Seeking Hikers,
 Editors, Authors**

The 4th edition of Hikes in the Washington Region: Part B: Arlington, Fairfax, Loudoun, and Prince William Counties in Virginia is scheduled for revision and republishing during 2005.

The publications team is seeking the services of a hiker/author to revise/update this publication to meet the deadline of publishing the revised edition by the end of 2005.

Join the PATC publications team and combine your interest in the outdoors with some editing. Contact the PATC Publications Chair, Alex McLellan (publications@patc.net) (preferred) or 703/758-1057 (day) or 703/758-7411 (night). □

Potomac Appalachian Trail Club — Trail Patrol Presents

Leave No Trace Trainers Course

October 15-16, Pinnacles Research Station Cabin

This field course is designed to enhance your understanding of Leave No Trace practices and ethics and to develop your confidence in teaching others about Leave No Trace. Through activities, and field experience, you will be challenged to develop your LNT skills and ethics. This is a fun class where all have a part in demonstrating the choices that can be made to minimize our impact on the land and our resources. It is hoped that graduates of this class will be willing to make LNT presentations to community groups when and if their schedules permit.

Cost: \$35.00 for PATC Members, \$50.00 for Non-Members
 (Join PATC at the time of registration and get the member price!)

Registration: Registration forms are available on-line through the Trail Patrol/LNT page of the PATC Web site at www.patc.net or call Mark Holland (TPLNT@patc.net) 540/636-3639 (mornings only). Send payment with registration form to: PATC, LNT Trainers Course, 118 Park Street, SE, Vienna, VA 22180-4609. Please include your e-mail address on the check. □

Trail Patrol and Emergency Response Training presents
CPR and On The Trail First Aid Class

This two-day course covers Adult, Child, and Infant CPR and First Aid. The students will learn basic first aid skills with hands-on time. Books and certificates are provided. The afternoon portion of the class is designed with wilderness situations in mind. Time will be spent going over items in your first aid kits and packs. The students will learn how to do basic splinting and bleeding control with supplies from their packs.

Cost: \$90 for Trail Patrol Members and \$110 for Non-Trail Patrol
 October 15-16 at the PATC Headquarters. Pre-Registration is required. Download registration form at www.patc.net/volunteer/trailpatrol.com

INFO: Saleena DeVore (tp1staid@patc.net), 540/972-8394

Trail Overseers - Appointed in August

Shelter Overseer

Dick Hostelley

Rock Spring Hut

Trail Overseers

Michael Bramel

AT - Buena Vista Road to Pen Mar

Heather Whitlow &

Tom Paquin

AT - Fishers Gap to the Big Meadows Amphitheater

Joe Scoresby

AT - Tanners Ridge Road to Milam Gap

Roger Paul Guyett

BROT - Hemlock Overlook Fire Rd. to Soccer Field Creek

Cathy Catranis

Jeremys Run (lower)- 8th Ford of Jeremys Run to Park Boundary

Patty Boone

Knob Mountain Cutoff (Co-overseer)

Bob Wise & Lee Fischbach

Bear Pond Trail



Our Maine Vacation

Our Memorial Day week vacation to Maine had four objectives: to relax, explore Acadia National Park, climb Kathadin, and see a moose. Taking advantage of discounted fares on Southwest Airlines, my wife Kristy and I flew into Manchester, N.H., and drove up the coast. En route to Bar Harbor, Maine, we stopped in Kennebunkport for a lobster roll lunch.

On our first full day in Maine, we drove Acadia National Park's auto road and took some short hikes in the rain to observe some of the park's well-known features including Sand Beach and Otter Cliffs. Not yet tired of lobster, we opted for another nice lobster meal at the Thurston's Lobster Pound in Bernard, Maine. After dinner, we strolled along the Shore Path in Bar Harbor, which passes by some very elaborate homes.

The next day, still dealing with less than stellar weather, we hiked to Bar Island. The island can be reached by trail over the gravel spit only during low tide. Once we returned, we spent the remainder of the afternoon relaxing and exploring downtown Bar Harbor's quaint streets. We finished the day with a great meal and a couple of pints of Maine's famous Bar Harbor Blueberry Ale at Rupununi's restaurant.

For a decidedly nonhiking activity, we rented bicycles the following day. Decades ago, John Rockefeller Jr. built a network of carriage roads through Mt. Desert Island; today these carriage roads are perfect for recreational bicycling. We rode a figure eight route out of Bar Harbor through the park's beautiful scenery and stopped for lunch at



The Knife Edge behind Kristy.



Kathadin's South Peak behind Steve.

the Jordon Pond House, which is famous for its tea and popovers.

On our last day in Bar Harbor, we explored the Beehive and Cadillac Mountain. The Beehive is a rock hill near the ocean on which hikers climb up iron rungs along cliffs to reach the top; Cadillac Mountain is the highest point in the park and can be reached by road as well as trail. Departing Bar Harbor, we headed to Millinocket, Maine, which would serve as our home base for hiking Kathadin.

A Challenging Climb

Kathadin is an Abenaki Native American word meaning "greatest mountain." Our plan to climb Kathadin in Baxter State Park was to hike up the Helen Taylor Trail, traverse the Knife Edge, and then hike back down the Cathedral and Chimney Pond Trails. However, upon entering the park on June 3rd, we found out that the Abol Trail was the only open trail up to Baxter Peak due to snow. On the drive to the trailhead at Abol Campground, we were very excited to spot a moose in Stump Pond before beginning our hike.

The Abol Trail started off like a normal trail following a stream; then the stream became the trail. After the stream hiking, we really started to ascend as we hiked through the scrub and ultimately above the tree line. The trail became steeper and steeper; the upper portion of the trail is actually a rockslide that came down in 1816. Although we tried to get

in shape by climbing Old Rag, Robertson, and The Priest in the spring, those hikes could not fully prepare us for the Abol Trail. We think "Old Rag times 10" is a fair description of the Abol Trail. Eventually, though, we made it up to the Tableland plateau, and afterwards the hiking was relatively easy up to Baxter Peak along the Appalachian Trail.

Baxter Peak is the highest point in Maine and is named for former Gov. Percival P. Baxter, who donated the land to the state in 1931 with the stipulation that the park must be preserved as a wilderness area. The views were among the most spectacular either one of us had ever seen. As difficult as the ascent was, the knee-crunching descent back down the Abol Trail was the most grueling part of the entire trip. Once we finally made it down, we drove to the Roaring Brook Campground and hiked to Sandy Stream Pond. With Kathadin in the background and a pond full of moose in the foreground, it was a beautiful sight to see.

We certainly enjoyed our vacation to Maine and look forward to returning someday. Additional pictures can be found at www.hometown.aol.com/stevengass1/maine.html. For anyone planning a vacation to Maine, we recommend "Discover Acadia National Park: A Guide to the Best Hiking, Biking, and Paddling" by Jerry and Marcy Monkman, as well as "Kathadin: A Guide to Baxter State Park and Kathadin" by Stephen Clark. □

—Steve Gass

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PATC GENERAL

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24 HOUR ACTIVITIES

TAPE: 703/242-0965

WEB SITE

Patc.net
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CLUB 2005 CLOSING DATES

Columbus Day

Mon., 10/10

Vienna Halloween

Parade

Wed., 10/26

Veterans Day

Fri., 11/11

Thanksgiving Holiday

Thurs.-Fri., 11/24-25

Christmas/Winter Break

Fri., 12/23-31

Ski Touring Section to Hold Annual Ski Fair

PATC's Ski Touring Section, the largest Nordic ski club in the entire Delmarva area dedicated solely to cross-country skiing, will hold its annual Ski Fair on Saturday, Nov. 5, noon to 4:30 at PATC Headquarters at 118 Park Street, Vienna, Va. Featuring more than two dozen "public" trips scheduled over the upcoming winter ski season, as well as work trips to help prepare much-used ski trails for the season, the Ski Fair is the premier event kicking off the cross-country ski season. Features include:

- The PATC-STS Excursions to Le Haute Trace des Escartons in France, Garmisch-Partenkirchen, Germany, and Bryce Canyon, Utah.
- Where and when to ski on weekends in West Virginia, Maryland, and Pennsylvania.
- Learn how to start XC skiing — new ski gear, ski safety, and ski care.
- Presentations on past trips and interesting topics, including a speaker from "Get Fit With Us," a national fitness campaign.
- A great opportunity to meet STS trip leaders and members so you can learn about and sign up for trips on the spot.
- New and used ski gear for sale or swap by members and vendors.

Be among the first to apply for trips scheduled from December 2005 thru March 2006, and sign up for work trips scheduled in November and December. STS trips are inexpensive, fun, friendly, and led by members with years of skiing and trip-leading experience. Chat with other attendees from masters to novices. Bring used XC ski equipment for sale or swap, snacks to share, your skiing stories, and of course your checkbook to make a deposit on the trips.

At last year's Ski Fair, several vendors offered new equipment. Used ski equipment was also available from members and other attendees at the fair. Programs in the back Presentation Room were generally well attended. With seating for over 30 people, attendees had their pick of six different half-hour presentations. A new station added to the 2003 Ski Fair featured a constant slide show presentation of the 2003 Ski Dance Weekend.

A table of never-ending refreshments and munchies, enhanced by pot-luck offerings of visitors, sustained us throughout the day.

For more information on the 2005 PATC STS Ski Fair, contact Trip Coordinator Susie Etcheverry (202/244-2562) or Vice Chair Steve Bergstrom (301/564-9696). □

Book Review: 'Backcountry Sanitation Manual'

"Backcountry Sanitation Manual," by Appalachian Trail Conference & Green Mountain Club. Appalachian Trail Conference, 2002. Softcover, 8x11, 213 pages.

In our era of high technology, it behooves everyone to examine higher tech privies. This book relates the experience of several hundred people who operate composting toilets and other systems successfully in backcountry situations. Composting systems (moldering [slow, aerobic] systems) have been the most successful in the backcountry and are the focus of this book. A moldering system is better than pit — it saves money and labor and is easier to implement.

Green Mountain Club and Appalachian Mountain Club began composting in the late 1970s, and this approach has gone through evolutions and improvements since then. GMC has been in the forefront of backcountry sanitation technology. The most successful ones are presented in this manual, which is posted on the Web (Appalachian Trail

Conservancy/Protect the Trail, and scroll down to this title). This manual covers three approaches to backcountry sanitation.

The first seven sections provide background on management on the AT: importance of management, science of composting, health and safety issues, and regulatory and permitting processes. The book provides a good description of the moldering process. Its advantages are convenience (it can remain at the best site indefinitely), reduced pollution, reduced maintenance (it relies on the natural processes of microorganisms), reduced odor, and reduced cost (\$200-500). It does require an 8 oz. cup of earthworms each season. Chapters 9-10 focus on two other systems that are not practical for the AT, and chapters 11-13 present case studies of existing installations in Vermont, New Hampshire, and Massachusetts, and decision making. The book includes plans for the three systems, plus thorough detail. Check it out on the ATC Web site. □

—Carol Niedzialek



Hiker's Notebook

Common Name: Staghorn Sumac (Sumac is of Semitic origin deriving from the word *summaq* meaning dark red; Staghorn differentiates this species from the Smooth Sumac, in that the branches have tiny hairs that resemble a stag's antlers)

Scientific Name: *Rhus typhina*, *Rhus glabra* (Genus *Rhus* from Greek for red)

Potpourri: Native Americans made extensive use of sumac. The berries were made into a drink to treat fever and the bark was used for sore throats, gum disease, and cold sores. Numerous dye colors were derived from sumac: yellow from the stem, orange from the roots, brown from the leaves, and red from the berries. Sumac tannin was used to treat (tan) leather. After the devastation of the Civil War, some Southern entrepreneurs harvested and sold sumac dyes and tannins to replace imported European products.

The berries of the Staghorn and Smooth Sumac appear in characteristic spiked clusters of drupes on the ends of stems in late summer and persist into winter. The tart-sour taste of the drupes is due to a high concentration of malic, citric, fumaric and ascorbic acids. The German name *Essigbaum*, meaning vinegar tree, reflects the unique taste of the berries, which were once made into a drink called Indian lemonade

Sumac is an aggressive shrub that propagates with clones sent out by rootstock which sprout easily and grow rapidly in direct sunlight, choking out other plants. As it is a native plant (smooth sumac is the only shrub native in all 48 contiguous states), it is controlled rather than eliminated. It has been found that cutting back a stand of sumac five times over two years will reduce the density by about two thirds. □

—William Needham

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

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 9:00 a.m., with food and water for the day. The majority of hikes are in the south and central districts of SNP, 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@innet.net) 717/765-4833. For general chapter information, contact chapter president Pete Brown or visit the North Chapter home page (www.patc.net/chapters/north/).

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Betsy Fowler (efowler@shentel.com).

Southern Shenandoah Valley Chapter

See 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.

West Chapter

The West Chapter meets twice a year in March and September. The Chapter maintains a section of the Black Locust circuit trail in Gambrill State Park near Frederick, Md. Work trips and hikes are usually scheduled monthly from March through December. We also lead overnight weekend trips for day hikes or backpacking. All activities are listed in the PA Forecast. For further information contact Dave Jordahl (westpatc@hotmail.com) 304/876-7062 (evenings) or 240/777-7741 (days).

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 Ozana Halik, (mrkayak1@verizon.net) 703/242-0177, or Mack Muir (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. That is 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 (www.wanderbirds.org) hike on Saturdays and 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 information packets. Thanks!

Meetings

Meetings

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

New Members (PATC) – First Wednesday

7:30 p.m. Curious about the club? Want to learn more? The best way is to attend a New Members meeting (but you don't have to be new to qualify). 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: Georgeann Smale (gsmale99@yahoo.com) 301/581-9584.

Mountaineering Section – Second Wednesday

7:30 p.m. – We meet every month on the second Wednesday except for August, unless noted in the Forecast. INFO: Ozana Halik (mrkayak1@verizon.net) 703/242-0177 or our Web site: www.potomacmountainclub.org

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 www.smrg.org.

PATC Council – Second Tuesday

The council meets at 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 always 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 good-will trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate 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 Trail 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: Holly Wheeler (trailpatrol@patc.net) 301/486-1598, or see our section in PATC's Web site: www.patc.net/volunteer/trailpatrol.

October

1 (Saturday)

DEADLINE – November 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.

1 (Saturday)

TRAIL WORK TRIP – South Mountaineers Appalachian Trail, MD

Newcomers always welcomed. The South Mountaineers have been working on the Appalachian and Catoctin Trails in Maryland for 12 years. Please bring lunch, water, gloves, and boots. Tools and training are provided. Our work is fun, challenging, and guaranteed to get your clothes dirty. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

1 (Saturday)

TRAIL WORK TRIP – Yankee Clippers Appalachian Trail, 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.

1 – 2 (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. More information and registration at: <http://wfa.net>. INFO: Christopher Tate 703/836-8905.

2 (Sunday)

HIKE – Sunday Hikers Appalachian Trail, MD

This one-way, northbound hike will take us from Wolfsville Road, near the Cowall Shelter, past Buzzard Knob, to the views at High Rock, and finally down to the state line in Pen Mar. Distance is 10 miles, with an elevation gain of approx. 1800 feet. A great hike for the cooler fall weather! PATC map 5. We'll need volunteers to place cars at both ends of the hike. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

3 (Monday)

HIKE – Family Hike Great Falls, VA

Come join us for a 2-mile circuit hike. The trail is jogging-stroller passable. We will meet in the parking lot behind the visitor's center. Then we will hike up past the nature center, along the Paw Paw passage trail, past a pond, and down to the Potomac River. We will follow the Potomac Heritage Trail back to the visitor's center, where we will check out their animals, puzzles, and other activities. We will picnic along the way. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

4 (Tuesday)

HIKE – Vigorous Hikers Luray, VA

Camp Roosevelt Loop in GW National Forest. Enjoy Kennedy Peak, loop back on Stephen's Trail to Duncan Knob rock scramble. 15 miles and 3300 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

4 (Tuesday)

MEETING – Trail Patrol, 7:30 p.m.

5 (Wednesday)

HIKE – Easy Hikers Bethesda, MD

Join us for 5 easy miles walking through the woods of Cabin John Park. Meet at 10:15 a.m. at the parking lot by the Indoor Tennis Courts, 7777 Democracy Blvd. Directions: Coming on the Beltway from Virginia take I-270 North to the Democracy Blvd. West exit. The entrance to the parking lot is about 0.5 mile past Montgomery Mall. Bring lunch and water. INFO: Renee Schick (rs530@aol.com) 301/493-9525.

5 (Wednesday)

HIKE – Midweek Hikers

Location to be determined

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

5 (Wednesday)

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

8 (Saturday)

HIKE – Long Distance

South District, Shenandoah National Park, VA

Circuit hike starting at the terminus of Madison Run Fire Road near Grottoes, Va., proceeding up Furnace Mountain Trail to the AT, then north via the Jones Run Trail. Return on Madison Run Fire Road. Three waterfalls on the circuit. Approx. 17 miles and 3500 feet elevation gain. Meet at Oakton Shopping Center on Route 123. Moderate pace. Inexperienced hikers call for requirements. INFO: William Needham (Needham82@aol.com) 410/884-9127.

8 (Saturday)

HIKE – North Chapter Newville, PA

Tuscarora Trail Hike VI: Blue Mountain section - Cowpens Rd. to Colonel Denning State Park / PA Rte 233. 8.5 miles-moderate hike. Elevation change of 1200 feet. This hike will take us into the second state park on the Tuscarora Trail, the Colonel Denning State Park. We will descend into the park off of the Blue Mountain into a small valley. Should have some autumnal colors. INFO: Christopher Firme (bnc-firme@ininternet.net) 717/794-2855 after 6:00 p.m.

8 - 9 (Saturday – Sunday)

CABIN WORK TRIP – Vining Tract Stanardsville, VA

Come join us on the Vining Tract for a weekend of cabin construction and trail projects. The logs are in place at the new Butternut Cabin, and now it's time for chinking. We also have trails to build and maintain. Community meals. Overnight at Conley. INFO: Hugh Robinson (mes.htr@verizon.net) 703/525-8726.

8 – 9 (Saturday – Sunday)

TRAIL WORK TRIP – Cadillac Crew Gainesboro, VA

The Crew will continue building a new Millrace Trail that connects the Tuscarora Trail to the White Rocks Trail through Sleepy Creek WMA. Recent changes have added almost another mile to this project. This new trail will ultimately be part of a loop trail including Shockeyes Knob Shelter and High Rocks view. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at

Margie Knott's Cabin. INFO: Jon or Katherine Rindt (jkrindt@shentel.net) 540/635-6351.

8 – 10 (Saturday – Monday)

BACKPACKING TRIP – West Virginia Roaring Plains, WV

Come enjoy a bushwhacking route that is steadily on its way to being a star attraction in Roaring Plains. We will backpack about 18 miles to various overlooks of panoramic views of West Virginia. Bring your love of the outdoors and a sense of adventure, as this is not an established trail. Moderate difficulty. INFO: Susan Bly (sbly@shepherd.edu) 304/258-3319.

11 (Tuesday)

MEETING – PATC Council, 7:00 p.m.

12 (Wednesday)

HIKE – Easy Hikers Rushville, MD

We will do a circuit hike of about 4 miles in Blockhouse Point Conservation Park. We should have good views with the leaves down. Bring lunch and water. Meet at 10:15 a.m. at the River Road parking lot approx. 2 miles beyond Pennyfield Lock on the left. INFO: Carol Niedzialek (cactuss3@earthlink.net) 301/949-9729.

12 (Wednesday)

HIKE – Family Hike Round Hill, VA

Join us for an after-school hike on the AT. This circuit hike will be about 2.5 miles long. We will hike up to Bear Rocks, where the young and young-at-heart can climb up, over, and all around the rocks. Then we will hike over to Bear's Den Hostel, around the historical trail, and back to the rocks. Feel free to bring a picnic dinner to enjoy on the rocks before we head back down to civilization. This hike is designed for all ages, infant and up, but the trail is not jogging-stroller passable. This is designed as a family activity, so an adult must accompany children. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

12 (Wednesday)

HIKE – Midweek Hikers Location to be determined

See October 5 event for more information.

12 (Wednesday)

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

15 (Saturday)

TRAIL WORK TRIP – Rock Creek Park Washington, DC

8:15 a.m. to noon. The fall in Rock Creek Park is outstanding, so the trail work must be magnificent. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson (dc.trails@verizon.net) 202/462-7718 or Ranger Ken Ferebee (ken_ferebee@nps.gov) 202/895-6221.

15 (Saturday)

TRAIL WORK TRIP – South Mountaineers Appalachian Trail, MD

This is the perfect time of year to volunteer on our crews. Please bring lunch, water, gloves, and boots. We meet in Frederick County, Md., at 9:00 a.m. The weather is good for working and the colors are simply gorgeous! Hope you can make it. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

15 (Saturday)

TRAIL WORK TRIP – Stonewall Brigade Woodstock, VA

Join the Stonewall Brigade to keep trails clear in one of PATC's least crowded and most scenic districts –

FORECAST

experience unnecessary, all tools and training provided. Join this group of interested volunteers who like to be outdoors making trails more enjoyable for others. Let us know you plan to attend so we know to expect you. The trip is subject to prevailing or forecast weather. Please check before going to the meeting site. Visit: www.patc.net/volunteer/trails/stonewall/stonewall.html. INFO: Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

15 (Saturday)

TRAIL WORK TRIP – Yankee Clippers

Tuscarora Trail, PA

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

15 – 16 (Saturday - Sunday)

CLASS – CPR / "On The Trail" First Aid

Vienna, VA

9:00 a.m. – 5:00 p.m. This class provides American Heart Association certification in adult, child and infant CPR. Day two, the students will be certified in first aid, then move on to the "On The Trail" part, learning how to adapt to medical emergencies on the trail with the items you already carry in your pack. Cost of the class is \$90 for Trail Patrol members and \$110 for Non-Trail Patrol members. Pre-registration is required. INFO: Saleena DeVore (tp1staid@patc.net) 540/972-8394.

15 – 16 (Saturday – Sunday)

CLASS – Leave No Trace Trainers Course

Central District, Shenandoah National Park, VA

Pinnacles Research Station Cabin. Trail Patrol leads this field course teaching LNT skills and ethics. See ad on page 5 for more information. INFO: Mark Holland (TPLNT@patc.net) 540/636-3639.

15 – 16 (Saturday – Sunday)

HIKE – West Chapter

Somerset, PA

Laurel Highlands Trail, Section 3: Laurel Ridge State Park Headquarters (PA Rte 643) to Kooser State Park. Car camp at Kooser State Park Saturday night. Hike will begin at 10:00 a.m. on Sunday. Moderate 19km (about 12 miles). Various activities available during the day on Saturday after setting up camp. If there is enough advance notification from participants a trip on Saturday to Frank Lloyd Wright's architectural wonder "Falling Water" will be scheduled. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

15 – 16 (Saturday – Sunday)

SPECIAL EVENT – Wilderness Weekend

Central District, Shenandoah National Park, VA

Enjoy fall foliage and help raise visitor awareness, knowledge, and appreciation of wilderness by volunteering at Shenandoah's 4th annual Wilderness Weekend. We'll set up at strategic Skyline Drive overlooks with displays, maps, and information to talk with visitors about the existence and values of PATC and wilderness. On-the-job training provided. No prior experience needed. Volunteer for one day or two. INFO: Catherine Pipan (Cpipan@aol.com) 703/899-6640 or Laura Buchheit (laura_buchheit@nps.gov) 540/999-3489.

15 – 16 (Saturday – Sunday)

TRAIL WORK TRIP – Acme Treadway Co.

Gore, VA

Finale! We're going to finish the trail construction project giving the public access to the Tuscarora Trail north of The Pinnacle in western Virginia and we need YOU! If you've done any work on this project, you'll want to be there as we finish it. If you've never worked on the project, this is your last opportunity to contribute, and, your contribution will be significant. The leaves are turning, and the moun-

tains are the place to be. In particular, this is the place to be, far from the leaf people crowding SNP and all other likely tourist destinations. INFO: Don White (trblidr@comcast.net) 804/795-2914.

17 (Monday)

HIKE – Family Hike

Leesburg, VA

Come explore the beautiful Rust Wildlife Sanctuary. We will hike down to a pond, through the woods and a meadow. This kid-paced hike will be about 1.5 miles long. The trail is jogging-stroller passable. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

18 (Tuesday)

CLASS – Outdoor Trip Planning (REI)

Fairfax, VA

From overnight adventures in your backyard to epic journeys, let us show you how to plan, manage, and enjoy your backpacking trip. REI sales specialist and professional guide Ashby Robertson will help you decide what to take, and how to plan meals and pack efficiently. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

18 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Ascend the Jones Mountain Trail to Bear Church Rock, continuing to Cat Knob, returning on the Fork Mountain, Staunton River Trail with options up to 18 miles and 4300 feet of elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

19 (Wednesday)

HIKE – Easy Hikers

Wheaton, MD

We'll hike about 4 miles through Wheaton Regional Park. Meet in the parking lot by the miniature railroad station off the Shorefield Road entrance to the park. Bring lunch and water. Directions: from the Beltway take the Georgia Avenue North exit. Go North on Georgia Avenue about 2 1/2 miles. Turn right on Shorefield Road (small shopping center at the corner); turn right at park entrance to parking lot. INFO: John Giblin 301/585-5172.

19 (Wednesday)

HIKE – Midweek Hikers

Location to be determined

See October 5 event for more information.

19 (Wednesday)

SPECIAL EVENT – Stories from 8000 M (REI)

Rockville, MD

7:30 p.m. Twelve expeditions, four summits, deaths, avalanches and rescues, broken bones and frostbite, a run-away yak, mass murder, a gaggle of ego-maniacs, an argument with Bilbo Baggins, and vacationing in Taliban country. Can this add up to a story worth telling? Join Chris Warner, the owner of the Earth Treks Climbing Centers and Guide Service for his multi-media show on his most epic and unbelievable experiences on Everest, K2, Cho Oyu, Shisha Pangma, Nanga Parbat, Broad Peak, and Lhotse. Chris has been scaring moms, motivating business leaders, and tickling REI audiences with his shows since the early 90's. Tickets \$5. Advance registration encouraged. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

20 (Thursday)

CLASS – Climb Like a Girl (REI)

Fairfax, VA

6:30 – 8:30 p.m. Open climbing night for women with mini-clinics, lessons, tips, and stories throughout the evening. Space is limited. Register at Customer Service. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

20 (Thursday)

CLASS – Map and Compass 101 (REI)

College Park, MD

7:00 p.m. This clinic is aimed at the newcomer to map and compass. We will cover the basics such as understanding map symbols, orienting the map and compass, triangulation, declination adjustment, and reading terrain features. Participants are encouraged to bring their own compasses. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

21 – 22 (Friday – Saturday)

SPECIAL EVENT – Glass House Retreat

Waterlick, VA

Northern Shenandoah Valley Chapter will have a Glass House retreat. Chapter meeting and dinner will be on Saturday evening. INFO: Betsy Fowler (betsy.fowler@ngc.com) 703/556-3655 or 540/933-6136.

22 (Saturday)

CLASS - Planning your Future

Round Hill, VA

Come out to Blackburn Trail Center to learn how you can help PATC while planning for your own financial future. Refreshments provided. 4:00 p.m. INFO: Pat Fankhauser (pfankhauser@patc.net) 703/242-0693 x17.

22 (Saturday)

HIKE - In-Between Hikers

Central District, Shenandoah National Park, VA

Stony Man Mountain. NSVC will lead the 3.5-mile circuit hike. This is one of most spectacular hikes in the park. Moderate difficulty (about 800-foot elevation change), but easy pace. PATC Map 10. INFO: Betsy Fowler (betsy.fowler@ngc.com) 703/556-3655 or 540/933-6136.

22 (Saturday)

HIKE – K9 Trailblazers

Delaplane, VA

We will be hiking in the Sky Meadows Park. Recently the AT has been rerouted through the park. We will be hiking 5-7 miles, with an approximate elevation change of 1,000 feet. Perhaps we'll go on the new access trail, called the Ambassador Whitehouse trail, which is supposed to have beautiful views. This is a joint hike with K9Trailblazers so well-behaved dogs are welcome as long as you keep them on leash and scoop 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: Jenifer Foster (jeniferfoster@msn.com) 301/493-4186.

22 (Saturday)

SPECIAL EVENT – Blackburn Pig Roast

Round Hill, VA

PATC presents a family weekend and Cuban-styled pig roast at the Blackburn Trail Center. See page 4 in this issue for more information. INFO: Chris Brunton (trailbossbtc@msn.com) 703/924-0406.

22 (Saturday)

SPECIAL EVENT – Long Distance Hikers (REI)

Bailey's Crossroads, VA

Have you dreamed of through-hiking the AT, but found the idea, or the logistics just a bit overwhelming? Hey, you can do this! Join other prospective through-hikers, backpackers, and hikers for a day of discussions, clinics, and data on planning, preparation, and enjoyment of long distance hiking, as well as how to reduce your load. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

November

22 (Saturday)

✕ TRAIL WORK TRIP – Pig Roast Trail Work Round Hill, VA

As an addition to the pig roast, if you would like to spend Saturday morning working on the AT we have a great opportunity for you. We are building a bog bridge through a swampy area not far from the Blackburn Trail Center. We will carpool from Blackburn Saturday morning and spend about 3 to 4 hours working on this ongoing project then return to the cabin to enjoy the afternoon festivities. No special skills needed. Trip will be lead by Chris "Trailboss" Brunton. For those folks working on this project we will provide a special Friday evening meal. See registration form for Pig Roast on page 4 in this issue. INFO: Chris Brunton (trailbossbtc@msn.com) 703/924-0406.

22 – 23 (Saturday – Sunday)

✕ TRAIL WORK TRIP – North District Hoodlums North District, Shenandoah National Park, VA

Come and join the North District Hoodlums trail crew on the Octoberfest Work trip, our traditional last work trip of the trail year. Leder-hosen is optional. The North District Hoodlums Trail Crew works on the AT and Blue-Blazed Trails in the North section of the park. We work hard and enjoy the fruits of our labor afterwards via the theme meal and good company at a facility within the park. Newcomers are always welcome. Come for the day, stay for the evening meal, camp out overnight in SNP – lots of options. Not a bad way to spend a weekend! We meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 10:00 a.m. on Saturday morning. INFO: George Walters (gjwalters@starpower.net) 410/426-2724.

25 (Tuesday)

✂ CLASS – Winter Camping & Hiking (REI) Fairfax, VA

7:30 p.m. It's never too cold to get outside! Discover the joys and hidden treasures of camping and hiking in the off-season. Let us show you how to gear up and dress right to make your outdoor journey a winter wonderland. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

25 (Tuesday)

✂ HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA
Circuit hike in SNP up Pass Mountain Trail, then bush-whack down old Butterwood Branch Trail to Thornton River. 14 miles and 2800 foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

25 (Tuesday)

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

26 (Wednesday)

✂ HIKE – Easy Hikers Fort Marcy, VA

The Easy Hikers will hike 5 miles on the Potomac Heritage Trail, from Turkey Run to Fort Marcy. This will be a somewhat more strenuous hike than usual, with ups and downs and 2 stream crossings but no other rocky sections. Meet at Fort Marcy at 10:15 a.m. Directions: Take GW Parkway northbound from Rosslyn about 3.5 miles to Fort Marcy exit. There is no access to Fort Marcy from the southbound Parkway! A car shuttle will be used since this is a one-way hike. INFO: Gary Abrecht (Gabrecht@AOL.com) 202/546-6089. Cell on day of hike: 202/365-2921

26 (Wednesday)

✂ HIKE – Midweek Hikers Location to be determined

See October 5 event for more information.

26 (Wednesday)

☞ SPECIAL EVENT – Stories from 8000 M (REI) Bailey's Crossroads, VA

7:30 p.m. Twelve expeditions, four summits, deaths, avalanches and rescues, broken bones and frostbite, a run-away yak, mass murder, a gaggle of ego-maniacs, an argument with Bilbo Baggins, and vacationing in Taliban country. Can this add up to a story worth telling? Join Chris Warner, the owner of the Earth Treks Climbing Centers and Guide Service for his multi-media show on his most epic and unbelievable experiences on Everest, K2, Cho Oyu, Shisha Pangma, Nanga Parbat, Broad Peak and Lhotse. Chris has been scaring moms, motivating business leaders, and tickling REI audiences with his shows since the early 90s. Tickets \$5. Advance registration encouraged. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

27 (Thursday)

✂ CLASS – GPS 101 (REI) College Park, MD

7:00 p.m. Join us for a high level view of how GPS (Global Positioning System) receivers work and the things that affect their accuracy. We will review the features available in consumer GPS receivers and how to choose a model based on your intended activities. We will also discuss batteries, water resistance, shock resistance, and accessories. We will discuss software that is available to supplement GPS receivers, with an emphasis on mapping and waypoint management software, including software demonstrations. Finally, we will include a brief overview of online resources available to assist you in exploring this topic further. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

27 (Thursday)

✂ HIKE – In-Between Hikers Great Falls, VA

A scenic and historic, moderate- to fast-paced 10-mile hike with a 5-mile option in Great Falls Park. Bring lunch/water. No pets. Joint hike with Sierra Club. Starting time is 10:00 a.m. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7965 or Ray Evert (Hikerdude22@msn.com) 703/893-3792.

29 (Saturday)

✂ HIKE – West Chapter North District, Shenandoah National Park, VA

Appalachian Trail, North part of Section 2: Gravel Springs Gap to Elkwallow Picnic Area. 10 km (about 6 miles). Side trip to Little Devils staircase after the AT hike for those wanting more. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

30 (Sunday)

✕ TRAIL WORK TRIP – West Chapter Frederick, MD

Ongoing trail maintenance projects in Gambrill State Park, on the Black Locust Circuit Trail, and the Catoctin (Blue) Trail. Meet 10:00 a.m. at the Nature Center just past the entrance of the High Knob Day Use Area (at top of the mountain). Bring water, lunch or snacks, hat, sunscreen, and boots. Tools will be provided. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741 or 304/876-7062.

31 (Monday)

✂ HIKE – Family Hike Centreville, VA

Join us for a potentially spooky 2-mile walk in Manassas Battlefield Park at Stone Bridge. The hike is jogging-stroller passable with a few log steps and roots to navigate. Let me know if you are coming so I can look out for you and let you know of any changes. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

1 (Tuesday)

DEADLINE – December 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.

1 (Tuesday)

☞ MEETING - Trail Patrol, 7:30 p.m.

2 (Wednesday)

✂ HIKE – Midweek Hikers Location to be determined

See October 5 event for more information.

2 (Wednesday)

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

5 (Saturday)

☞ SPECIAL EVENT – XC Ski Fair (STS) Vienna, VA

12:30-4:30 p.m. It's time to think snow! The Ski Touring Section (STS) opens the 2005 ski season with its annual Ski Fair at PATC HQ in Vienna. This is your best opportunity to learn about and sign up for the great trips STS is considering for the 2005-06 season to destinations like Le Haute Trace des Escartons in France, Garmisch-Partenkirchen, Germany, and Bryce Canyon, Utah, as well as our closer favorites like Canaan Valley, the Laurel Highlands, and Tug Hill. Meet the trip leaders and prospective ski buddies. See new ski gear and try out specially-priced fleece wear. Hear about the Ski-Dance Weekend and other special events and training clinics. INFO: Susie Etcheverry 202/244-2562 or Steve Bergstrom 301/564-9696.

5 (Saturday)

✕ TRAIL WORK TRIP – Rock Creek Park Washington, DC

8:15 a. m. - Noon. We're extending the work trip season into November as a new tradition. Come help us close out the year. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson (dc.trails@verizon.net) 202/462.7718 or Ranger Ken Ferebee (ken_ferebee@nps.gov) 202/895-6221.

5 (Saturday)

✕ TRAIL WORK TRIP – South Mountaineers Appalachian Trail, MD

The air is getting crisp, come out and enjoy the autumn colors. Work hard and get dirty like when you were a kid. We meet at 9:00 a.m. in Frederick County, MD. Please bring lunch, water, gloves and boots. Tools provided. INFO: Nancy Hammond, (mdtrail@yahoo.com) 301/739-0442.

5 (Saturday)

✕ TRAIL WORK TRIP - Yankee Clippers Appalachian Trail, 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.

5 – 6 (Saturday – Sunday)

✂ CLASS – Land Navigation (REI) Bailey's Crossroads, VA

This comprehensive two-day course teaches all skills necessary to use map and compass in an integrated land navigation system. The first day is spent in intensive classroom exercises concentrating on topographic map reading and interpretation, position plotting, compass fundamentals, declination

FORECAST

and azimuth. The second day is spent in Prince William Forest Park, primarily off-trail, engaging in practical navigation exercises of increasing complexity. The course fee is \$95 and includes workbook text, course materials, compass, map, grid reader, and lunch on Saturday. INFO: Mark Nelson (mnelson@rei.com) 703/379-9700.

6 (Sunday)

HIKE – Sunday Hikers Accokeek, MD

This is an unusually easy and pleasant 5.7-mile hike for the Sunday Hikers. We'll visit Piscataway Park, in southern Maryland, for a hike that includes views of Mt. Vernon across the Potomac River, a Piscataway Indian burial ground, a lighthouse, natural habitat for ground-nesting birds, and even views of Ft. Washington to our north. The hike includes some walking trails around the National Colonial Farm. There is a small park entrance fee. Elevation change is negligible. Bring your camera! INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

6 (Sunday)

TRAIL WORK TRIP – West Chapter Frederick, MD

Ongoing trail maintenance projects in Gambrill State Park, on the Black Locust Circuit trail and the Catoctin (Blue) trail. Meet 10:00 a.m. at the Nature Center just past the entrance of the High Knob Day Use Area (at top of the mountain). Bring water, lunch or snacks, hat, sunscreen, and boots. Tools will be provided. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741 or 304/876-7062.

8 (Tuesday)

SPECIAL EVENT - PATC Annual Meeting Vienna, VA

Come out to meet your fellow members for a little dinner and entertainment. Get that registration form (page 4) in ASAP! INFO: Pat Fankhauser (pfankhauser@patc.net) 703/242-0315, x17.

9 (Wednesday)

HIKE – Midweek Hikers Location to be determined

See October 5 event for more information.

9 (Wednesday)

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

12 – 13 (Saturday – Sunday)

CABIN WORK TRIP – Vining Tract Stanardsville, VA

Come join us on the Vining Tract for a weekend of cabin construction and trail projects. The logs are in place at the new Butternut cabin, and now it's time for chinking. We also have trails to build and maintain. Community meals. Overnight at Conley. INFO: Hugh Robinson (mes.htr@verizon.net) 703/525-8726.

12 – 13 (Saturday – Sunday)

CLASS – Trail Patrol Training Weekend Waterlick, VA

This weekend event, to be held at PATC's Glass House Cabin, will cover the classes you need to become a Trail Patrol Member. The students will learn about Leave No Trace, The 10 Essentials, Map and Compass, and other things needed to be a successful Trail Patrol member. There will also be three hikes, including a night hike. Pre-Registration is required. The cost of the class is \$10 to cover the cost of food. INFO: Saleena DeVore (tpraining@patc.net) 410/456-6861.



12 – 13 (Saturday – Sunday)

TRAIL WORK TRIP – Cadillac Crew

North District, Shenandoah National Park, VA

Close out the season with a work trip to repair some "deficiencies" on the AT in the SNP. Weather should be cool (no bugs) and the foliage still showing some color. Community meals on Saturday night and Sunday morning. Overnight at Rindt's house. INFO: Jon or Katherine Rindt (jkrindt@shentel.net) 540/635-6351.

13 (Sunday)

HIKE – North Chapter Newville, PA

Tuscarora Trail Hike VII: Blue Mountain section: Colonel Denning State Park/PA Rt. 233 to PA Rt. 74 - 10.8 miles - difficult hike. Elevation change of 1000 feet. We will climb out of the valley and past the second shelter to be built on the Tuscarora Trail, the Wagon Wheel shelter. We will have a long hike on the ridge with some views to the west. We will have views of the Cumberland Valley from Flat Rock Vista which is also a good hawk watching spot but not as good as Waggoner's Gap on Rte 74. INFO: Christopher Firme (bncfirme@innet.net) 717/794-2855 (after 6:00 p.m.)

13 (Sunday)

TRAIL WORK TRIP – West Chapter Frederick, MD

Ongoing trail maintenance projects in Gambrill State Park, on the Black Locust Circuit trail and the Catoctin (Blue) trail. Meet 10:00 a.m. at the Nature Center just past the entrance of the High Knob Day Use Area (at top of the mountain). Bring water, lunch or snacks, hat, sunscreen, and boots. Tools will be provided. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741 or 304/876-7062.

16 (Wednesday)

HIKE - Easy Hikers Washington, DC

We will hike a circuit in Rock Creek Park, about 5 miles walking south to Rolling Meadow Bridge, where we eat lunch. Several up & downs on this hike. Meet at 10:15 a.m. on Beach Drive—3 parking lots south of Beach Drive & East-West Hwy. Bring lunch and water. INFO: Carol Niedzialek (cactuss3@earthlink.net) 301/949-9729.

16 (Wednesday)

HIKE – Midweek Hikers Location to be determined

See October 5 event for more information.

19 (Saturday)

TRAIL WORK TRIP – Stonewall Brigade Woodstock, VA

The November trip is tentative depending on hunting season and subject to being canceled. Let us know you plan to attend so we know to expect you. The trip is also subject to prevailing or forecast weather. Visit: www.patc.net/volunteer/trails/stonewall/stonewall.html. INFO: Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

19 (Saturday)

TRAIL WORK TRIP - Yankee Clippers Tuscarora Trail, PA

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

20 (Sunday)

TRAIL WORK TRIP – South Mountaineers Appalachian Trail, MD

Everyone goes home happy and a bit tired from South Mountaineers events. We start at 9:00 a.m. in Frederick County. Why not join us? Bring water, lunch, boots and gloves. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

23 (Wednesday)

HIKE – Midweek Hikers Location to be determined

See October 5 event for more information.

29 (Tuesday)

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

30 (Wednesday)

HIKE – Midweek Hikers Location to be determined

See October 5 event for more information. □

Oral Rabies Vaccination Program

I wanted to let you know that the National Park Service is already implementing the Oral Rabies Vaccination Program, at least in our immediate area. I got a call from personnel with the West Virginia Department of Natural Resources letting me know that they intended to begin the program along the Trail in West Virginia in August. Basically, what they're doing is air-dropping oral rabies vaccine (ORVAC) baits, which are small packets of fishmeal that contain a liquid vaccine in a small pouch in the center, over large areas of the eastern United States. The packets weigh about an ounce, and several of my raccoon friends have told me they taste really good (I haven't tried them myself). About 75 packets will be dropped per square kilometer. The program is being implemented on federal, state, and some private lands from Florida all the way to Maine, including a number of national parks and the Appalachian National Scenic Trail.

The environmental assessment, if anyone is interested, can be found at: <http://www.nps.gov/nero/science/rabies/>. If you have any questions, please give me a call or send me an e-mail. □

—Donald Owen

*Environmental Protection Specialist
Appalachian National Scenic Trail
(donald_owen@nps.gov) 304/535-4003*

Bob Pickett's Appalachian Nature - Hidden Workers of October

October is a month of great change. While the beginning of the month is still dominated by the green of the forests, insects singing, and wildlife busily preparing for winter, by the end of the month, our North American temperate forests will have experienced their first killing frosts. In many ways, the high winds and rapidly changing weather brought on by October are much like those of March. Truly, these two months bridge the gap between the annual season extremes.

As we walk through the woods, the colors of the fall foliage dominate our views. The reduced sunlight has limited the production of the photosynthetic pigment chlorophyll, enabling other yellow, orange, and red pigments to dominate leaf coloration. The plant community is ending its growing season and sending the energy-rich sugary sap down to its roots for the next season's fuel. It is a beautiful, if not ambivalent, end of the summer growing season.

Invertebrates Go to Work

Not all activity in the forest is in decline, however. Under our feet lies a world of activity known to only a few hikers. In the leaf litter lies a vast community of small invertebrate animals (arthropods, nematodes, and earthworms), protozoa, fungi, and bacteria. These are the decomposers, and this is a very busy time for this community, second only to spring in energy consumption.

Arthropods range in size from microscopic to several inches in length. They include insects, such as springtails, beetles, and ants; crustaceans such as sowbugs; arachnids such as spiders and mites; myriapods, such as centipedes and millipedes; and scorpions. Nematodes are microscopic nonsegmented worms and can be divided into bacterial, fungal, predaceous, and omnivorous feeders. Protozoa are single-celled primitive animals, including such things as amoebas and disease-forming giardia and malaria. Protozoa feed primarily on bacteria, but also eat other protozoa, soluble organic matter, and sometimes fungi. They are several times larger than bacteria. Bacteria, a major source of decomposition, convert energy in soil organic matter into forms useful to the rest of the organisms in the soil food web. To give you an idea of the subterranean populations, here is a recipe for a typical woodland soil. To each cubic yard of soil, add:

- ☐ 100 - 500 earthworms
- ☐ 500 - 200,000 arthropods (including 500 to 5,000 springtails)
- ☐ 20 million nematodes (roundworms)

And, to each teaspoonful, add:

- ☐ 1,000 - 1 million protozoa
- ☐ 100 million - 1 billion bacteria
- ☐ 60,000 yards of fungal hyphae.

It is with numbers like these that we appreciate that this subterranean food web is so very important to the health of our forest ecosystems. This is not so surprising when one realizes that every living thing above the ground ultimately dies and must be consumed by the decomposers before their nutrients can be recycled for the next generation of life forms. These soil microorganisms have evolved to take advantage of every possible niche. The interaction of these inhabitants is a model of nature's diverse web of life. As John Muir put it, "When we try to pick out anything by itself, we find it hitched to everything in the universe."

Keeping a Balance

Take many of the arthropods, for instance. As arthropods graze on bacteria and fungi, they stimulate the growth of mycorrhizae and other fungi and the decomposition of organic matter. If grazer populations get too dense the opposite effect can occur — populations of bacteria and fungi will decline. Predatory arthropods are important to keep grazer populations under control and to prevent them from over-grazing microbes.

The largest number of arthropods occur in natural plant communities with few earthworms (such as conifer forests). Natural communities with numerous earthworms (such as grassland soils) have the fewest arthropods. Apparently, earthworms out-compete arthropods, perhaps by excessively reworking their habitat or eating them incidentally.

The lives of earthworms and microbes are closely intertwined. Earthworms derive their nutrition from fungi, bacteria, and possibly protozoa and nematodes, and they promote the activity of these organisms by shredding and increasing the surface area of organic matter and making it more available to small organisms.

A major role of protozoa is in controlling bacteria populations. When they graze on bacteria, protozoa stimulate growth of the bacterial population (and, in turn, decomposition rates and soil aggregation). Exactly why this happens is under some debate, but grazing can be thought of like pruning a tree — a small amount enhances growth but too much reduces growth or will modify the mix of species in the bacterial community.

Protozoa and bacterial-feeding nematodes compete for their common food resource: bacteria. Some soils have high numbers of either nematodes or protozoa, but not both.

Preserving Healthy Ecosystems

The numbers, biomass, activity, and community structure of the organisms that comprise the soil food web can be used as indicators of ecosystem health because these organisms perform critical processes and functions. Soil decomposers are responsible for nutrient retention in soil. If nutrients are not retained within an ecosystem, future productivity of the ecosystem will be reduced and problems will be caused for systems into which those nutrients move, especially aquatic portions of the landscape. An example of this is a comparison of two large clearcuts in the Pacific Northwest coniferous forests. Two sides of a valley showed distinctly different regrowth characteristics, with one appearing healthy, and the other supporting only a paucity of weak scrub growth. On inspection, it was found that the north-facing slope of healthy growth contained a diverse community of soil microbes, while the hotter, drier, south-facing slope had lost virtually all of its soil life forms.

It is equally noteworthy that in healthy ecosystems, while nutrient productivity and cycling increases, nutrient loss decreases. What makes this possible is the increasing complexity of the soil food web. As total ecosystem productivity increases, biodiversity below ground, that is, the structure and function of the soil food web, also increases.

The similarity between the communities above ground and under ground is based upon the same tenets of nature. Whether the ecosystem is terrestrial, aquatic, or subterranean, an undisturbed natural community is a wonderfully diverse and interactive web of life. ☐

TRAILHEAD

The end of August saw Hurricane Katrina (a name that will be remembered for many years) pass to the west, sparing us trail erosion and blowdowns. But it does bring back memories of the damage Isabel left two years ago. We hope that, for the remainder of the year, good things will happen such as cooler weather and the demise of the weeds, and bad things like hurricanes and forest fires won't happen. It has definitely been a warm summer.

Holland's Sacrifice

The Blue and White Crew braved heat and bees in August, to start a rehab project on the AT near Milam Gap. The crew dug new sidehill for about 1/4 mile and installed numerous new checkdams and waterbars. During the project, Mark ("the original Mark Holland") Holland noticed an underground nest of yellow jackets threatening to erupt. Without regard for his own safety, Mark threw himself on the hive, thus protecting sawyers Dan Dueweke and Joe Richardson from certain harm. Mark sustained several serious stings, but was revived with cheeseburgers from the Burger Barn in Sperryville and copious quantities of Yuengling lager. The crew welcomed David Hillon back to the group after several years' absence. David commuted from China to participate in the trail re-hab project.

The Blue and White Web page now includes detailed trail inventory data on all trails in the SNP Central District. Information on trail length, average grade, and number of installed devices is available at www.blueandwhitecrew.org/traildata/selectTrail.php.

SNP Central District Crew Week

The second week of SNP Central District Summer Crew was a huge success. After a stifling summer, the crew was blessed with days in the 70s and evenings in the 50s (and no rain!). Cliff Wiley, Pete Curran, Mike Fleming, Jim Hannon, Jerry Gross, Stan Turk, and Kerry Snow joined forces with C.T. Campbell and the SHEN Central District Trail Crew to install three sets of rock steps on the White Oak Canyon Trail. Crew members shared Stan's disappointment in being unable to capture traumatic injuries on film, but celebrated his successful avoidance of "third-degree-burn" poison ivy. Special thanks to Mike, who participated in the crew week, while using the evenings moving from Fairfax to a new home in Mt. Jackson, Va. Photos of the crew week are posted at www.blueandwhitecrew.org/photoGallery.php.

Bog Walk For AT

Work began on District Manager Chris Brunton's project to preserve a section of the AT that had become a mud walk 10 feet wide in places. The 300-foot section, north of Rod Hollow Shelter, is a wide, flat area that is chronically wet with no drainage. Reminiscent of bogs in Maine and New Hampshire, Chris' plan was to cut nearby locust trees for sills and to use rough milled planks as the treadway. Chris applied for and received a special grant to purchase the materials for the project.

Assisted by local overseers, people from Blackburn, and the Cadillac Crew, the project involved finding, felling, cutting, and stripping locust sills and hauling 10- to 12-foot planks some half-mile to the work site. That was before you could even start building the bog walk. The heat and humidity (hottest day of the year) took its toll and by the end of the day, all were covered in sweat and mud. Needless to say, there was a long queue for the solar shower after returning to Blackburn Trail



Chris Brunton plans the layout for the next section of Bog Walk on the AT near Rod Hollow Shelter.

Center, but the wait was well worth it. Sandi Marra's shepherd's pie and lots of cool liquids of various sorts rejuvenated the tired volunteers.

It Was Hot, Hot, Hot, Mon!

The North District Hoodlums' August worktrip was advertised as the "Jamaican Worktrip" but little did we know that the weather forecast for that weekend would truly give us a tropical experience on the trail. Perhaps "sweatshop" would be a better term. It was hot, hot, hot, mon!

Despite the oppressive heat, the crew managed to install 40 log waterbars and checkdams on the Dickey Ridge Trail between Snead Farm and Low Gap. This section had numerous earthen berms serving to drain the trail, and they were getting worn down. It was high time for an upgrade. Locust logs had been cut and cached along the trail in the weeks prior by Dick Dugan, Peter Harris, and Steve Osbrach. Bark knives and pick mattocks were flying as the crew leap-frogged along the trail.

And in keeping with the tropical theme, Jamaican chefs showed up at Indian Run Hut after the work was done and fixed the crew a Caribbean feast of jerked chicken on de grill, pineapple rice, tomato salad and salsas, mango chutney, and John's famous flambe plantains. The crew labored hard to replenish spent fluids with Wayne Limburg's "Hoodlums' Own" homebrew, which was most superb and quite a hit! And of course, there was Red Stripe, mon. But it took Steve's over-proofed rum custard pudding dessert to finally force the pirates to run up the white surrender flag.

Thanks From SNP ND Overseers

A special thanks to two folks who really helped District Manager Dick Dugan and ND overseers this summer: Ray Galles, who helped in the weeding of many sections besides his own, and John Hedrick, our ridgerunner/ND overseer, who provided constant feedback on trail conditions, in addition to caring for his own section. On behalf of the ND-AT overseers, many kudos and much appreciation to these two guys.

See Trailhead, page 17

Roaring Tuskers Work Relo

A light rain and fog didn't deter seven volunteers led by District Manager Walt Smith as they continued work on the Tuscarora relocation through the Smith property. In fact, the cool, wet weather was a welcome relief from past days of heat and humidity. The relocation will eliminate approximately two miles of road walk through Gore, Va., and most of Rte. 50. Instead you will pass through old-growth forest with occasional views of open pasture and travel along a bank overlooking Black Creek. Walt has created the Roaring Tuskers Trail Crew to work on Tuscarora Central District trails.

New Trail Closer To Reality

A new trail on Great North Mountain in the George Washington National Forest is one exploratory step closer to reality. On Aug. 20, the PATC Stonewall Brigade Crew bushwhacked the 2.5-mile route, establishing flagging tape to be followed by subsequent USFS staff for the purpose of archaeological and ecologic reviews. The trail would connect Long Mountain Trail and Halfmoon Trail trailhead and reach the ridgetop of Long Mountain, providing views of Trout Run Valley. A new loop day hike will be possible. The Forest Service provided the flagging tape, and superb PATC volunteers Denise Mounts, John and Kathy Morland, and Sue Olmstead provided the rest. It was a sweltering hot day, but the crew persisted, and the rough new route was completely flagged. Crew leader Jim Tomlin provided amusement and cold beverages afterwards. Many thanks to those volunteers who came out during such hot, humid weather.

First Things First

So you want to build a shelter (or restore an old cabin). Volunteer amenities must be considered before you start the project, and one of the first items that comes to mind is a privy. Walt Smith and district shelter crew leader Keith Dailey began such an effort in August on the Vos/Ruth Morris Tract near Hancock, Md., where a new Tucarora Trail shelter is planned. Yes, that means digging a large, deep hole (avoiding large rocks if possible) and building an access trail. At least it is a start for a larger endeavor.

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



Photo by Tom Carroll

First things first as Walt Smith constructs trail to privy in preparation for the shelter construction on Vos Tract near Hancock, MD.



Photo provided by Kery Snow

Happy faces of SNP Central District Crew Week after some good weather and hard work building steps on the White Oak Canyon Trail.

From PATC Trails Forum, posted Sept. 4

It's my favorite stretch of AT in the Park, that part that goes over Mary's Rock and the Pinnacle and past Jewell Hollow Overlook. Views, lovely forest, and a plentitude of comfortable stopping places to take it all in.

My friend Linda and I had much to talk about and only a day to do it in. So this pretty much precluded in our minds a car shuttle. So it was double-back before death, on a summer day it would be very very hard to surpass. It may have been the best day for soaring birds that I ever saw in the Park and maybe anywhere. Clots of ravens, pairs and trios and quartets and gaggles of black and turkey vultures seemed almost continuously in view, coursing up the west side of the Blue Ridge, mounting the thermals, twisting, barrel-rolling and swooping and circling, playing and talking with each other in the lively air, flushing from bouldery crevices beneath us as we stepped out to admire the valley below. Oh it was plenty warm and more than humid enough for your humble correspondent. But it avoided that Africa-hotness that is all too characteristic of summer days in Shenandoah. And the horizon was visible – hazy but easily discernible.

At Hughes River Gap temptation loomed in two directions. Crusher Ridge promised solitude and a view; Nicholson Hollow gave us the opportunity for a lollipop circuit and maybe some socializing with cabin dwellers. We met three reverse end-to-enders, Springer-bound, near Pinnacles Picnic Ground. From there to Panorama on the return trip, we saw a couple picking blackberries near The Pinnacle and no one else, as the descending sun started to gild the boulders and turn the waters far below us into fields of diamonds. Hmmm. Something to be said for this out-and-back thing. The birds kept coming; Linda, in the lead, bounded out to every single overlook, even the one three steps after that last one. (And automatically detoured to Mary's Rock at the junction.) I, a connoisseur of good places to stand as much as good things to see, heartily approved. She'd gotten her third or fourth wind, and pretty much smoked me over the fist-to-head-to-torso-size rocks embedded in the descent to the car.

We hit the Panorama parking lot just in time to see that the sunset we'd figured we had no time to wait for would have been worth waiting for. But no matter; we were hungry. The Thornton River Grille couldn't take us; land-office business and close to closing. But Red Hot and Blue in Warrenton compensated with comfort food. A quick stop for some nice cheap \$2.99 gas, and homeward. It is still most worth the drive. □

—Donn Ahearn

*The Blue Hills
of Maryland*

*History Along the Appalachian Trail
in South Mountain and the Catoctins*

Paula M. Strain

Potomac Appalachian Trail Club
Vienna Virginia
1993

'The Blue Hills of Maryland'

Edition 1, 1993

Paula M. Strain, PATC trail overseer on South Mountain, conducted extensive research for this history of the lands, legends, and people along the AT in western Maryland. Her book is a readable and well-researched account of the historical happenings in the small towns, in the Antietam, Catoctin, and upper Monocacy valleys, and on the railroads, canal, trolley, and trails that served the people who lived there. With this book, everyone hiking, camping, or visiting in this area will enjoy it more for knowing the history of these rugged mountains and peaceful valleys. Stop by our headquarters during our open-to-the-public hours to purchase this guide, or shop online at www.patc.net/store/index.htm. Also you can give us a call to place your order at 703/242-0693.

Retail: \$14.00 for Non-Members \$11.20 for Members plus \$2.00 shipping and 5 percent VA tax.

Visit PATC at an Event Near You!

Since it's difficult for many members to come to Vienna, PATC is heading out to a location near you. We're setting up our display at several events to spread the word about who we are and what we do – as well as introducing potential new members to the Tuscarora Trail, AT, and other hiking trails. Come on out and visit us – even better, help us out at the booth for a couple of hours!

To volunteer or for more information on these events contact: Jane Thompson, supervisor of information, education, and activities, jaytee-hike@yahoo.com or 301/349-2496.

October 1 – Frederick, MD, 12:00 to 5:30

'In the Streets' gives you a chance to visit historic downtown Frederick. The main drag through town is closed to traffic for the day so people can wander around enjoying the music, activities, displays, food, and local stores. PATC will have a table in front of The Trail House – stop by and say hi! If you have never been in The Trail House, this is also a chance for you to say hi to Clyde and his staff who are big supporters of PATC. Contact Jane to volunteer. More info: www.inthestreet.info/.

October 8 and 9 – Berkeley Springs, WV

The 33rd Annual Apple Butter Festival is a nice stop before or after a hike on the Tuscarora Trail! Parade, apple butter-making, kids' activities, Bluegrass/Dixieland Jazz/String Band, and when was the last time you got to enter a hog calling contest? All of this and more, including

displays where PATC will have a table. For more information go to www.berkeleysprings.com/apple/.

October 15 and 16 – Millwood, VA (near Winchester)

Although the hot air balloons are the headliners at Historic Long Branch's Hot Air Balloon and Wine Festival, they are just the beginning of this unique festival overflowing with children's activities, entertainment, artisans & crafters, antique fire engines and cars, Virginia Wine Tasting, and so much more. PATC members who volunteer for two or more hours will receive a car pass allowing them to bring a carload of folks in for free – this is a \$30 value! For more information go to www.historiclongbranch.com/balloonfest/balloon.htm. □

POTOMAC APPALACHIAN

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VOLUNTEER OPPORTUNITIES

Who's Minding the Store? You Can!!!

PATC is looking for a new chair of the Sales Committee. Duties would include: advise and supervise paid and volunteer sales staff, help with inventory of all PATC publications, establish sales policy and publication pricing, work closely with publication and maps committees to target future updates and publications. Anyone interested in this position please contact: Lee Sheaffer, Vice President-Volunteerism (thumpers@visuallink.com) 540/955-0736.

Computer Help Wanted

Don't want to get your hands dirty? If not there's still a way to help your club. If you're computer savvy, think about assisting PATC in planning and maintaining its information technology system. We've bought new computers and need members' expertise in bringing the club into the 21st century.

If you have any of the following skills and are interested and available, please contact Vice President for Operations Bruce Glendening at info@patc.net for further information.

We are in search of professional programmers with training and skills in the following:

<i>Microsoft Access</i>	<i>Small Business Server 2003</i>	<i>Exchange 2003</i>
<i>HTML</i>	<i>Networking in general</i>	<i>Webmaster</i>
<i>ASP</i>	<i>MS-SQL Server</i>	

TRAIL OVERSEER DISCOUNTS

PATC OVERSEERS GET DISCOUNTS from the following merchants who support our volunteer programs: Blue Ridge Mountain Sports (Charlottesville, Tidewater) – 20%, Hudson Trail Outfitters (Metro D.C.) – 20%, The Trail House (Frederick, Md.) – 15%, Casual Adventures (Arlington, Va.) – 10%, Campmor (mail order via PATC HQ) – 10%, Weasel Creek Outfitters in Front Royal – 10%, The Outfitter at Harpers Ferry – 15%, and the sole source (Harrisonburg) – 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.

ARCHIVE HELP WANTED: The Archivist needs help in transferring files from file cabinets to archive boxes, and moving the boxes onto shelves in the Archives Room. Please call or write Carol Niedzialek, 301/949-9729, cactuss3@earthlink.net.

VOLUNTEERS NEEDED at events to help at the PATC booth. Would you like to share your joy of hiking and help spread the word about PATC and its mission to preserve hiking trails? PATC will greatly appreciate your assistance in spreading the word about our organization. Through you, we will be able to extend our outreach and membership efforts. Events we currently need help at are listed in the *PA* under Visit PATC at an Event Near You! If you are interested in volunteering for one of these events, future events, or speaking engagements, contact Jane Thompson, supervisor of information, education, and activities, jayteehike@yahoo.com or 301/349-2496. PATC needs you to talk trails!

PATC Swap Meet

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 three months, at the discretion of the editor, unless we are otherwise advised. □

HIKING PARTNERSHIPS

HIKING ENTHUSIAST SOUGHT for role as Scoutmaster of outdoors-focused Boy Scout Troop 97 in Silver Spring, Md. More info? Contact Jim Van Cott: (301/565-0486) CJPAVC@yahoo.com.

WANTED: HIKING/CAMPING PARTNER: I live in Gaithersburg, Md., and am looking for hiking and camping buddies within 120 miles of the DC area. I am 29 and willing to hike/camp anywhere. I also have a dual propane stove that I am giving away. Any takers? Contact Jeffrey Scott (knight_1_nu@yahoo.com) 301/466-3373.

LOST AND FOUND

FOUND: PHONE CHARGER Travel Adapter found in the Shenandoah Room at Highacre May 9, 2005. The owner can call Pat Fankhauser at 703/242-0693, Ext. 17 to claim it. After 60 days, it will be discarded.

Trail, Shelter, and Corridor Overseers / Monitors Wanted

CORRIDOR MONITOR OPENINGS

Tom Lupp, 301/271-7340
tlupp@erols.com

Shannondale [near Blackburn] - VA - PATC Map 7

Wilson Gap -VA - PATC Map 7
Bear Den Rocks -VA - PATC Map 7
Ashby Gap South -VA - PATC Map 8

VOLUNTEERS NEEDED FOR THE SHELTER CREW IN MD

Rod Hollow Shelter - Northern VA - Map 8

Dicks Dome Shelter - Northern VA - Map 8

Henry Horn, 301/498-8254
ATHike@aol.com

TRAILS OPEN - CONTACT THE DISTRICT MANAGER FOR THE SECTION THAT INTERESTS YOU.

PENNSYLVANIA MAPS 2-3, 4, 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.

Pete Brown, 410/343-1140
peter.brown4@worldnet.att.net

PA Tuscarora Trail [J] - Co-overseer
Hemlock Road to Mountain Rd
(4.9 miles)

PA Tuscarora Trail [J] - Co-overseer
PA 233 to Bill Miller Trail (3.9 miles)

PA Tuscarora Trail [J] - Co-overseer
Bill Miller Trail to Cowpens Rd (4.7 miles)

PA Tuscarora Trail [J] - Co-overseer
Cowans Gap State Park to US 30
(6.7 miles)

PA Tuscarora Trail [J] - Co-overseer
US 30 to PA Rte. 16 (1.9 miles)

HARPERS FERRY / ASHBY GAP AT & BLUE-BLAZED - MAP 7 & 8

Chris Brunton, 703/924-0406
trailbossbtc@msn.com

Appalachian Trail
Loudoun Heights Trail to Powerline
(2.3 miles)

ASHBY/POSSUMS AT/BLUE-BLAZED [RTE. 50 TO SNP] - MAP 8, 9

Lloyd Parriott, 540/622-2743
laparriott@hotmail.com

Appalachian Trail
VA 55 to VA 638 (2.1 miles)
Barking Dog Trail
AT to Barking Dog Spring/Rte 604
(0.34 miles)

SNP NORTH DISTRICT APPALACHIAN TRAIL - MAP 9

Dick Dugan, H 304/856-3511
rdugan@frontiernet.net

Appalachian Trail
Beahms Gap to Pass Mountain Hut Trail
(1.9 miles)

SNP NORTH DISTRICT BLUE-BLAZED - MAP 9

Peter Harris, 540/349-2595
peter.harris@lmco.com

Thornton River Trail (lower)
Skyline Drive to Hull School Trail
(2.9 miles)

SNP CENTRAL BLUE-BLAZED [NORTH END] - MAP 10

Dan Dueweke, 703/266-3248
danjan3@cox.net

New overseer opportunities coming available soon. Choice trails rich in Shenandoah history. Don't miss this rare opportunity to stake your claim.

SNP CENTRAL BLUE-BLAZED [SOUTH END] - MAP 10

Steve Paull, stevepaull@yahoo.com

Lower Hawksbill Trail
Hawksbill Mt. To Hawksbill Gap
(0.9 miles)

Salamander Trail

Hawksbill Summit to AT (0.7 miles)
Entry Run Trail (lower)
John's Rest Access Road to Park Boundary
(1.7 miles)
Entry Run Trail (Upper)
Park Boundary to Pocosin Fire Road
(0.8 miles)

TUSCARORA CENTRAL - MAP L

Walt Smith, 540/678-0423
wsmith@visualink.com

Tuscarora Trail
Yellow Spring Road to Capon Springs
Road

Tuscarora Trail
Southern Rockfield to Pinnacle Powerline
(2.3 miles)

GREAT NORTH MOUNTAIN - MAP F

Hop Long, 301/942-6177
theFSLongs@comcast.net

Gerhard Shelter Trail
Tuscarora Trail to Vances Cove (1.5 miles)
Big Schloss Cutoff Trail
Mill Mountain Trail to FR 92 (1.9 miles)

BULL RUN OCCOQUAN TRAIL

Dave Fellers, 703/560-2171
Fellers_2000@excite.com
Bull Run-Occoquan Trail
Soccer Fields to Bull Run Marina
(2.0 miles)

MASSANUTTEN SOUTH - MAP H

Don White, 804/795-2914
whitedh@attbi.com

Massanutten Mt. South Trail
TV Tower Road (FR 375) to Pitt Spring
(3.4 miles)

Massanutten Mt. South Trail

Pitt Spring to Morgan Run Trail
(1.4 m FR 65) (3.3 miles)

Massanutten Mt. South Trail
Morgan Run Trail (1.4 m FR 65) to Fridley
Gap (2.3 miles)

Massanutten Mt. South Trail

Fridley Gap to Boone Run Trail
(3.1 miles)



The Potomac Appalachian

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