



The Potomac Appalachian

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

Volume 32, Number 11
November 2003

75 Years of Service

Put Down Your Pulaski and Pick up Your Laptop This Winter

For most of the last decade or so, PATC has relied on the enthusiasm and dedication of a handful of computer-savvy volunteers to supply the organization's information technology (IT) tools and expertise. Names such as Warren Sharp, Kevin Ring, Andy Hiltz, Steve Raia, and Mike Sutherland come to mind. Although the club has enjoyed sporadic contracted assistance, these few individuals have labored long and hard to keep PATC abreast of the available IT. In most cases, these volunteers who helped plan and implement our databases, Web site, and office network were stealing time from their other duties as trail overseers, district managers, Executive Committee members, etc. The club owes this small group of dedicated volunteers (and the equally dedicated paid staff members, who have labored through the various changes in IT direction) a huge debt of gratitude. Without their efforts, the club would be smaller, would operate with fewer financial resources, and would have

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to work harder to recruit volunteers for our numerous projects, hikes, and excursions.

As our organization has grown, both in terms of membership and responsibilities, so have our IT requirements. Over the past three years, the club has modernized its headquarters network, its membership and trails database, and its Web site. The result of this modernization (and the immediate need for maintenance and further improvements) is a system that is too complex and too time-consuming for a single volunteer or two to manage.

Many members would like to view cabin availability online. Some have suggested the ability to reserve facilities over the Internet. Trail and cabin volunteers would like an interactive Web page to report work and review summary data. Club leaders want to be able to update our Web pages to include news and events that pertain to their sections. Our staff require a reliable and functional network database in order to support the wide variety of projects that PATC volunteers pursue.

Most of us who've examined these requests have concluded that PATC will conserve its financial resources and better utilize its critical volunteer manpower by accommodating the proposals for continuous IT improvement. We've also concluded that, although the effort may require the support of professional contractors, PATC needs to establish a working committee of volunteers with IT skills and expertise.

See Computers, page 3

Give a PATC Membership for the Holidays

Why not include your friends and family in contributing to our cause? For only \$30, you can give a gift membership, and we will send the new member the December *PA*, along with a year's worth of newsletters, a gift card, and a lacquered PATC pin. Combined, these gifts have a total value of over \$35.

You gift will last a whole year and help us spread our message. To order call 703/242-0693, or go online to www.patc.net/membership. Happy Holidays!



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Supervisor of Membership: Susan Nelson
Supervisor of Land Management: Chris Mangold, csm5749@yahoo.com
Supervisor of Facilities: Larry Marcoux
Supervisor of Education, Information, and Activities: Lisa Still

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Ski Touring Section: Bert Finkelstein
North Chapter: Pete Brown
N. Shenandoah Valley Chapter: Lee Sheaffer
S. Shenandoah Valley Chapter: Michael Seth
Charlottesville Chapter: John Shannon
West Virginia Chapter: Judy Smoot

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(Council Members)

AT Corridor Monitoring: Tom Lupp
Blackburn Trail Center: Chris Brunton
Budget: David White
Cabins Operations: Mel Merritt
Cabin Construction: Charlie Graf
Conservation: Jeff Pearcy
Grants & Donations: Susan Nelson
Endowment: Don Price
Finance: Gerhard Salinger
Hikes: Karen Brown & Lee Sheaffer
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Maps: Dave Pierce
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Potomac Appalachian: Linda Shannon-Beaver
Public Affairs: George Still
Publications: George Meek
Sales: Vacant
Shelters: Frank Turk
Trail Lands Acquisition: Phil Paschall
Trail Patrol: Kumait Jawdat
Tuscarora Trail Land Management: Lloyd MacAskill

Special Committees/Ongoing Activities

Archives & Library: Carol Niedzialek
Cabin Reservations: Shakuntala Ghare
Communications Team: Tom Johnson
Deputy Finance Committee Chair: John Ferguson
Deputy Supervisor of Trails: Jon Rindt
Headquarters Facility: Orron Kee
Information/Sales Desks: Annetta DePompa
Medical: Vacant
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SNP Boundary Trailheads Study Group: Mark Holland
Tuscarora Trail Shenandoah Valley Project: Phoebe Kilby & Larry Bradford

Potomac Appalachian

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Council Fire

The Potomac Appalachian Trail Club's regularly scheduled Council Meeting was held at Club Headquarters on Sept. 9, 2003. At the meeting, Superintendent of Shenandoah National Park Douglas Morris presented PATC with the 2002 Conservation Partnership Award for the Northeast Region. Also present from SNP were Chief of Resources Gary Somers and Backcountry/Wilderness Manager Steve Bair. Doug Morris presented PATC President Tom Johnson with a plaque commemorating the award.

SNP's superintendent expressed pleasure at being able to formally celebrate the partnership with PATC with this prestigious award. A panel of park superintendents selected PATC from a pool of candidates from national parks in the northeast region, using a seven-page written nomination submitted by Ranger Steve Bair. The superintendent briefly reviewed the extensive volunteer work performed by PATC and its importance to SNP. He thanked club members for their work and looks forward to future work with PATC. Tom Johnson accepted the award, acknowledging the importance of the partnership and the value of the goodwill and close connections between the park and PATC.

Finance

Treasurer Gerhard Salinger distributed the monthly budget report for August 2003. He noted that, two-thirds of the way through the

year, all sources of revenue were below expected levels. Overall, he noted the club had earned more than it had spent, but that the club needs to exercise caution in its financial matters.

Council approved a motion, submitted by Gerhard, appointing John Ferguson to the Endowment Committee. He is replacing Ed Britton and will serve the remainder of Ed's term, until June 30, 2005.

Budget Chair Dave White submitted a timetable for the 2004 Budget Plan. The plan outlines the submission and review process, which begins in September and is finalized in December 2003. He asked Council members to put a focus on capital expenditures and to be cautious with new costs. He noted budget requests would be reviewed in conjunction with 2004 goals. Chairs from the 2004 goals-planning session presented brief reports, highlighting 2004 goals in their areas. Detailed written reports of the sessions will be presented for approval at the October Council meeting.

Other Business

North Chapter: Pete Brown informed Council of a possible relocation of the Tuscarora Trail in the area of Rte. 30. Relocation would take the trail off the road in this area. It would involve a possible land acquisition, which is currently being investigated.

See Council Fire, page 3

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

Address: 118 Park Street, S.E., Vienna, VA 22180
Hours: Monday through Thursday, 7 p.m. to 9 p.m.
and Thursday and Friday 12 noon to 2 p.m.
Phone #: 703/242-0315 24-hr. Activities Tape #: 703/242-0965
To receive an information packet: Extension 10
To leave a message for the Club President, Tom Johnson: Extension 70
Club e-mail: info@patc.net **Facsimile #:** 703/242-0968
World Wide Web URL: http://www.patc.net

STAFF DURING REGULAR BUSINESS HOURS

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

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

Tom's Trail Talk

A Message about Trails

Now that the season of battling brush, lopping limbs, and cutting blowdowns is over, I wanted to share with all the trail overseers, district managers, and work trip participants an especially gratifying note that I received from a hiker.

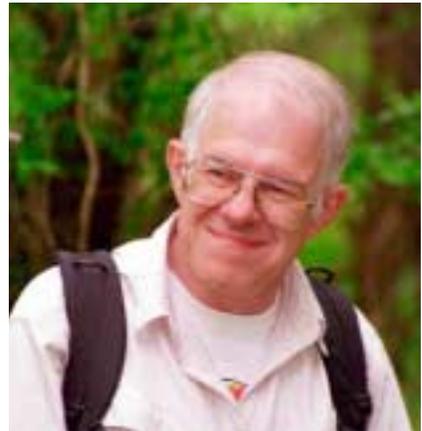
From: Katie Adelsberger
<honuchan@yahoo.com>
To: President@patc.net
Date: Fri, 15 Aug 2003 08:35:07 -0700
Subject: AT
Tom—

I've now been off the trail for almost two months, but this year I completed half of the AT, from Amacalola [sic] Falls, Ga., to Pine Grove Furnace State Park, Pa. I just wanted to say THANKS to PATC for all your work in making the trail so great. ... I was always impressed by the fact that you guys are in charge of such a large section and yet it was

always in good shape, especially considering the weather we had this year. I didn't get enough chances to say THANK YOU to maintainers, so I wanted to do it now since you guys make thru-hiking possible. Keep up the good work! (I would offer my services as a volunteer if I didn't live in Missouri ... maybe someday!)

—Katie Adelsberger, aka Slaughter

I accepted this on behalf of the club, but felt that the message should be passed on to those who really did the work. I've met up with quite a few hikers this year who have offered thanks for our labors. All seem to understand the amount of work that it took to keep the trails cleared, what with the constant rain. (We worked in it; they walked in it and slept out in it.) Katie's message comes at an especially appropriate time. I don't know about you, but my arms are pretty tired from cutting the undergrowth



that has threatened to take over our trail system this year, and a word of thanks is good to hear. So thanks to all the folks who have put in time keeping our trails clear and hikeable. This makes me want to go out there next year and do it again. □

—Tom

Computers, from page 1

So what this boils down to, as usual, is a plea for volunteers to step up. We need individuals with skills in Oracle and MS Access database management, in Windows 2000 network maintenance, in PC hardware repair, and in Internet application development, among other things. We would like to establish a committee of 10 or 20 volunteers who would be able to meet on a regular basis, to work with other club volunteers to determine the organization's problems and requirements, and to initiate and oversee any contracted work that can't be accomplished "in-house."

It would be difficult to overestimate the importance of this work. Although PATC has a reputation for its abundance of financial and human resources, the truth is that both are in very limited supply. In order to use these resources wisely, our organization needs to be able to apply the best available IT tools to increase our profile through our Internet presence. We need the guidance of club members who understand the technology.

If you would like to help with this project, please contact Tom Johnson (johnh3@juno.com) or Wilson Riley (wriley@patc.net). □

—Kerry Snow

Council Fire, from page 2

AT Corridor Monitoring: Tom Lupp announced Corridor Monitor training would take place at Blackburn on Nov. 1. Several workshops will be held, including those on the GPS system, tree identification, special use permits, and encroachments.

Public Information: George Still asked Council members to notify him of dedications or large events. He will promote the events through news releases.

See Council Fire, page 14

Registration for PATC's 76th Annual Meeting/Dinner

Tuesday, Nov. 11, 2003, from 6:00 p.m. to 9:30 p.m., at the Northern Virginia Regional Park Authority's Atrium. For more information, please contact Pat Fankhauser at 703/242-0693, Ext. 17, or pfankhauser@patc.net. Don't delay, space is limited. Come on out and join us to celebrate 76 years!

Name: _____, entree' preference (choose one)

vegetarian chicken beef

Daytime phone number: _____

Name: _____, entree' preference (choose one)

vegetarian chicken beef

Please enclose a check in the amount of \$25 (or list your credit card information below) per attendee for dinner. 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 \$76 for the Trail Land Acquisition Fund for 76 years of service on the trails.

() Sorry, I can't attend the banquet, but here is \$76 to support PATC's Trail Land Acquisition Fund.

For 76 years the Club 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 76th year!

VISA/MasterCard Number: _____, Expiration Date: _____ Please charge my credit card for _____ for _____ dinner(s)

Signature: _____

Mail to: PATC - Annual Meeting/Dinner 2003, 118 Park Street, SE, Vienna, Virginia 22180 Attn: Monica Clark, Business Manager

Because PATC pays for dinners in advance, no refunds after November 4, 2003.

Conversation With Harry (and Willa) Thompson, Former PATC Shelters Chair

The following article was inspired after a recent phone conversation with former Shelters Chair and lifetime PATC member, Mr. Harry Thompson. I was motivated to contact him because his name surfaces time and time again. During his tenure, the shelter standard for quality was established, which we continue to strive toward today. Harry Thompson was happy to reminisce and share pleasant shelter crew memories and volunteer contributions made not so long ago. Enjoy catching up with Harry and his wife, Wilma! — Frank Turk

In 1994 my wife Wilma and I retired to Emerald Isle, N.C., to live on one of the barrier islands located off the coast. It's a nice place to live though we have survived four to five hurricanes. Two of these hurricanes occurred within six or seven weeks of each other, destroying 90 percent of the beautiful tall pine trees, and leaving the other trees without leaves. The islands are coming back, and there hasn't been a hurricane in four or five years.

In 1996 I had a double by-pass surgery and have been getting along great since. My knee was replaced May 1, 2003, and I have been exercising three or four times a week at the nearby wellness center. There's a pool in our neighborhood, and our house is within walking distance of the beach and ocean. I go surf fishing, walk along the beach, look at shells, swim, and read books. I used to play golf, but arthritis in my hand is too much to enjoy the game. My wife and I have done a lot of travel and cruises, and get up to Northern Virginia and Maryland to visit our three daughters and six grandchildren. We recently returned from a June trip to Alaska and were impressed by the beautiful country up there. We flew with two of our daughters and their families to Seattle, then boarded a cruise ship.

I still receive PATC's newsletter and have enjoyed following the construction of Tulip Tree Cabin being led by Charlie Graf. He is doing a marvelous job for PATC. Charlie is a perfectionist, and you know it will be done right and it will be a great thing when done.

'I Want to Help'

I first became involved with PATC in 1981 when I called PATC and asked them if there were any work trips that anyone was going on. I was told that Bob Humphrey and Shirley Strong were going on one but it may

be full. I called Shirley and pleaded to be on that work trip despite its being full. I didn't care, just wanted to go and be an active member of PATC. After that work trip I continued every weekend for the next six months. My wife was never home because she sold real estate on weekends. So then, after being active in the club about one year, one thing led to another and the Tuckers asked me if I would consider being Shelters Chairperson so I said yeah, sure I would. So, I didn't know what I was supposed to do. I had met Charlie on previous work trips, and I said to him, "they have asked me to head up this shelter thing, and I don't know much about building but I know you do so if you would be involved, I'd like to do it." The rest is history.

When I think about the early shelter years, Charlie Graf deserves much credit and appreciation for supporting me. I hardly did anything without talking with Charlie, he was my right-hand person. We worked together and knew exactly what needed to be done and when to do it. We planned the work trips together, the equipment needed, and who was going to do what. We always knew what the other was thinking; he is a wonderful man to work with and made it easy for me to be in charge of the crew.

When I first started with shelters there was no crew the way we now know it. We planned six months ahead of time by doing field trips to inspect shelters. PATC's newsletter advertised the trips rain or shine, sleet or snow. Depending on which shelter we were working on we usually met Saturdays at a restaurant somewhere along the way for people to get together and eat breakfast then get on our way. Often a bunch of us would leave Friday after work, then spend nice quality time in the woods that evening. We had nice steak dinners smothered in onions. I remember that Chris Brunton would often bring Rice-R-Roni for his dinner. I also remember how Warren Sharp was what I always pictured a PATC'er would be like, and I tried to live up to him. The names-list is real long, and I could get into mentioning more but I'm afraid to leave some out that should be mentioned.

Early Work Trips

We had maybe 10 to 12 people the first time. I made a list of names and phone numbers, then the week before work trips I called people to see if they could come and asked them

to bring a friend. The shelter crew grew—the average was about 20 people. Many times we had 30 to 35 people. There was always something to do. I didn't want to have too much for a small group of people. I left all the measurements to them. There was always something to do, even washing rocks for Bill Ladd to do foundation rock work.

I always made it a habit to make thank you phone calls, which I believe was part of the success. I respected and valued the volunteers and made sure to call them the Monday following the work trip to thank them for their contribution of time and energy.

We made a list of shelters that needed work. We worked the shelters from Calf Mountain then continued up the trail all the way to Pine Grove Furnace, we even worked on the Big Blue/Tuscarora Trail. There wasn't a place we did not go to. First one we worked on was Calf Mountain. After renovating the old shelters, we decided to build a new one. We built nice new shelters, some with separate covered eating pavilions. I thought that was kind of neat.

Because of the advance planning, people always knew what we were going to do, there were no surprises on work trips. We never lacked for a tool, right equipment, or material for the job; always able to get someone to bring it. The planning occurred every single day, which made it fun and easy once we got out there. When that many people depend on you for doing something, you don't want to get there and not be ready for them.

Food and cooking was a big part of each trip, chefs made five-star meals, which were incredible. There was always plenty of food, and if it was cold outside I always made a point to have hot soup, coffee, or cocoa. It worked really good for us, everyone seemed to enjoy it. The thing I remember is how everyone got along so well on the work trips. Never a cross word, argument, or fuss; just a good group of people who were dedicated, skilled artists. People talked with each other, shared stories, and laughed at jokes, and often we would sit around a campfire.

All of us in the shelter crew are proud of the shelters we built; they were something special that none of us had ever done before. We had

See Harry and Willa, page 6

Bob Pickett's Appalachian Nature: Our Social Insects and How They Cope

As our record-breaking wet season authoritatively ends our three-year drought, the natural world has made its transition from the growing season to the season of scarcity and survival. One of the last things that occurs is the collapse of our social wasp and bee societies. Although the great majority of our native wasps and bees are solitary, a few of them, including yellow jackets, hornets and paper wasps, and bumblebees are social insects. These, and the ants, constitute our social insects, found in the Order Hymenoptera. The only other social insect is the termite, found in the Order Isoptera.

Ants and Bees

The Hymenoptera Order is the most advanced of the Class Insecta (within the Phylum Arthropoda, which also includes the arachnids, crustaceans, millipedes, centipedes, and, formerly, the trilobites). While ant societies are similar to wasps and bees in that they both have queens, sterile female workers, and fertile male drones (who are produced for one purpose only), ant colonies will survive intact throughout the winter season, while only the mated queen wasps and bees will survive the winter among their societies. (Ant colonies will swarm, producing winged males and females, from time to time as needed to produce new colonies. When this happens, after mating, the males die and the females lose their wings and return to the ground to start a new colony.) Termites also swarm on an "as needed" basis but have a much more complex social caste system where both males and females take part in all activities.

How Honeybees Survive

Of the approximately 3,500 species of native North American bees, only the bumblebees are social. That does not include the social honeybees, which are not native. The bumblebee and honeybee are the only bees that produce and store honey. However, unlike bumblebees, honeybees maintain their colony throughout the winter, feeding on their honey. An average-sized colony of honeybees (50,000 bees) will require about 480 pounds of honey to survive the winter. Of that, 400 pounds will be used to live on, 10 pounds will be used as body secretions to make wax, and the final 70 pounds will be used to feed the next brood. Bees maintain an internal hive temperature of 86° F by beating their wings to produce body heat in winter, or by gathering water and sprinkling it in the hive to cool it in summer. When a brood is being reared in late winter, an internal temperature of 86° to 93° F will be maintained, even with outside temperatures below zero.

Interestingly, bees still need to defecate, and they won't do it inside the hive. And, just like I hate to leave my warm sleeping bag to go out in the cold, bees have more reason to be concerned. If it's below freezing, honeybees risk freezing to death. Not surprisingly, these bees have a special hind gut that stores fecal matter temporarily, but (again, like myself) they can only hold it so long. Unfortunately, during particularly long cold winter periods, many honeybees will die before they can do their job and get back into their warm beds.

The Queen's Role

There is only one queen in a honeybee colony. In addition, there will be tens of thousands of sterile female workers and a few hundred male drones. The hive may remain stable for a few years while the queen is busy laying eggs. A queen can lay 2,000 eggs per day, equal to her own weight and, since she maintains, in a special pouch in her body, the sperm she collected for her lifetime during her one time outside the

hive, she can continue laying eggs indefinitely. The queen may live as long as five years (although one to two years is more common) and produce up to a million eggs during her lifetime.

At some time when the queen's egg production slows down, the workers change the diet of selected larvae so as to make them new queens. Normally, worker larvae are fed royal jelly for the first three days, followed by a diet of bee bread. However, eggs destined to become queens are laid in a larger cell, and the larvae are fed only royal jelly; a creamy substance, rich in vitamins and proteins. Bee bread is a mixture of honey and pollen. The newly emerged queen bees will kill each other until one is the survivor. She then leaves the hive to mate with one or many drones of other hives in the area. She then returns to the hive, to begin her new life as the "mother of all egg-layers." The only chance she may have of getting out of the hive again would be if the colony gets too large. In that case, she may leave with a number of the workers and start a new colony, with those remaining producing their own new queen bees.

Interestingly, the fertilized eggs laid by a queen become female worker bees and new queens. The queen also lays some unfertilized eggs, which produce the drones.

Honeybees are very valuable insects, largely because of the role they play in the pollination of plants. They are, in fact, the most important insect pollinators. The pollinating activities of honeybees are 15 to 20 times as valuable as their honey or wax. The relocation of honeybees can greatly increase the yields of orchard fruits and other crops. For example, honeybees can increase the harvest of red clover seeds from one bushel per acre to four or more bushels per acre.

Trouble in Paradise

The bad news is that over the past 15 years, two mite species have crept into the United States and have virtually wiped out our feral honeybees. Female varroa mites enter the bee nests and lay eggs in the egg chambers before the bees seal it and feed on the bee larvae and pupae. Microscopic tracheal mites enter the throats of honeybees, suck blood from the walls, lay eggs, and raise a family. Before the host dies, the young leave the host's throat and find new bees to raise their families. Both of these mites are host-specific to the honeybees. Virtually all feral colonies have succumbed to the mites, while commercial beehives require chemical control to maintain their existence.

Researchers are identifying bees that are resistant to the mites. Queen bees are now on the market with demonstrated resistance to varroa or tracheal mites, but not all of the wrinkles have been worked out at this time. Some of these resistant queen bees come from a Russian strain that developed natural resistance after nearly a century of exposure to varroa mites. Most of these mite-resistant honeybee queens cost between \$15 and \$200 each! Cross-breeding of varroa and tracheal mite-resistant queens may be the future of apiary breeding. Such alternatives, which include artificial insemination and pre-testing for fertility, promise to make the apiarists' life much more technically complicated than their forefathers enjoyed.

Bees differ from wasps in that the young are fed plant rather than animal food. And, don't forget, only the females sting! □

—Bob Pickett

Harry and Willa, from page 4

good ideas from a lot of people. Every time we built one shelter we tried to build the next one a little better. We got pretty good at it, to tell you the truth. People liked each other so much, it wasn't a chore – there were happy hours, lots of laughing, talking, getting up early, and eating meals together.

People developed good skills they probably didn't know they even had. We learned and they learned at the same time. Men and women worked just as hard, there was no difference. The interesting thing was a lot of these people were bright, smart, young, and old. They were people who wanted someone to show them what to do, to tell them, "you can do this, why not give it a try." They just wanted some guidance.

Harry Thompson can rest assured that good shelter care continues to this day. In fact, many current shelter overseers remain from the Harry Thompson era. As the shelter crew has evolved, the essence has remained – loyal and committed regulars with new folks being warmly welcomed. The camaraderie, pride, and quality work all combine to provide volunteers with wonderful experiences and new or old shelters that will be with us for many years to come.

Harry Thompson will attend a future shelter dedication and say a few words. Stay tuned to the newsletter for more information about his visit.

*Harry and Wilma Thompson's contact information:
208 Oyster Catcher
Emerald Isle, NC 28594
Home: 252-354-5620
E-mail: Hthompson@ec.rr.com*

PATC Member in Need of Kidney Transplant

We recently learned that Ruth Washington is being considered for a kidney transplant at the University of Virginia Medical Center. Ruth requires the transplant, due to a renal disease that she contracted in 1990.

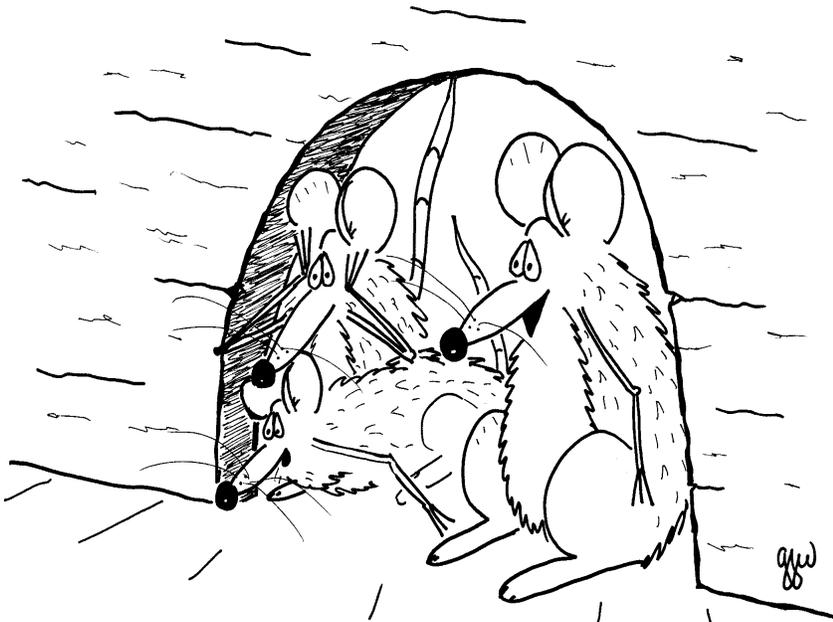
Ruth and her husband Hal are long-time members of PATC. The Washingtons have been overseers of the AT section just north of Swift Run Gap since 1985. They visit their trail many times each year to keep it in tip-top shape. In addition to their overseer activities, the Washingtons served as caretakers at the Blackburn Trail Center over two different seasons (1988 and 1993). Hikers who visited the center during those seasons have fond memories of the Washingtons' gracious and good-natured welcome. PATC leaders also fondly remember the Washingtons as meticulous and hard-working caretakers of the trail center.

The Washingtons thru-hiked the AT in 1987. Their trail names are Flash and Hot-Flash.

We would like to share our thoughts and prayers with the Washingtons and our hope that a satisfactory donor will be found for Ruth. PATC members who would like to contact Hal and Ruth can reach them at hiker_hal@rockbridge.net or at 540/261-6822. □

—Kerry Snow

Tails from the Woods by George Walters



*"OH NO!!... THEY GOT COUSIN GEORGE!..... OH WELL ...
MOMMA ALWAYS SAID HE WAS NOT THE SHARPEST TOOL IN THE SHED."*

Autumn, from page 7

So, why do leaves turn red? They turn red because they contain anthocyanin. Why do leaves produce anthocyanin? We don't know. We know that anthocyanin absorbs blue and green light and therefore appears red. We know that the green chlorophyll masks the red color until chlorophyll production stops. There are some theories about the nature of anthocyanin production, but, if it is so beneficial to a plant, why do only some plants have it? And why aren't more leaves red all the time?

I think the answer lies in the marvelous complexity of nature and the intricacies of evolution. Each plant and animal finds its own niche through trial and error. Chance mutations lead each organism down a circuitous path that leads ultimately to a unique place in the ecosystem. And that is the glory of nature. Which is why leaves turn red. □

—William Needham

The Colors of Autumn

Science is the result of efforts to explain the complexities of the natural world. As an example, scientists agree that the sky is blue because the gases in the atmosphere scatter more of the shorter wavelengths of light (at the violet or blue end of the spectrum) than the longer (red end) wavelengths so that the blue hue predominates (referred to as Rayleigh Scattering for John Stuart Strutt, also known as Lord Rayleigh, who first explained it in 1871). The coloration of autumn leaves is, however, one of science's perennial conundrums. Given the efforts of legions of scientists over decades of intellectual inquisition, one would think that the question "why leaves turn red?" would have an equally accepted and plausible answer. It doesn't.

What We Know

Some parts of the leaf coloration phenomenon are understood. It is agreed that leaves change color in the fall because the plant senses the colder temperatures and shuts down the production of chlorophyll, the green-colored, photosynthetic stuff on which most (if not all) life depends. When the green disappears, other pigments are revealed, the color of the leaf depending on what pigments are present for that particular plant. The yellow color comes from carotenoid pigments (carotene and xanthophyll) and the red color from anthocyanin pigments. Ultimately, they all turn brown due to tannin and fall off (except white oak leaves that hang on all winter).

A more scientific explanation is that deciduous trees have a layer of cells at the base of each leaf, called the abscission. When temperatures get colder, signaling the onset of winter with shorter days with less sunlight, the tree starts to shut down when the abscission cells grow a cork-like membrane that interrupts the flow of nutrients to the leaf. The production of chlorophyll declines, and the green fades. Carotene, like chlorophyll, is a large molecule that is contained in the chloroplasts, the disc-shaped structures that are the photosynthetic factories of the plant. Carotene is an accessory absorber for chlorophyll, aiding it in absorbing energy from a slightly different spectrum. It is much more stable than chlorophyll so that it persists, resulting in the yellow leaves of such trees as hickories and birches.

What We Don't Know

The red color is another matter. The classic explanation ("Peterson's Field Guide to Eastern Forests" for example) is that the anthocyanin is produced by plants that have high sugar content such as maple and sumac. When the abscission layer forms in the fall, the sugar is trapped in the leaf and is converted to anthocyanin. Thus, when you have a dry summer, little sugar is produced and the fall colors are subdued. Recent research has demonstrated that anthocyanin production by different plant species is much more complicated.

Anthocyanin has been studied by scientists for several centuries. Known as "colored cell sap," it is formed by the reaction between the sugar produced by the plant and proteins in the sap. Anthocyanin was named by the German botanist Ludwig Marquart in 1835; the Greek anthos meaning flower combined with kyanos meaning blue, as it is responsible for reds and blues of many plants, according to the acidity of the sap (recall that the now apothegmatic phrase "litmus test" once meant that red indicated an acidic PH, < 7 and blue a basic PH, > 7, and not a qualification for a Supreme Court nominee). Early research

focused on the red and blue anthocyanin coloration of fruits and flowers, as the color was important in attracting seed-dispersing and pollinating animals and insects to economically important agricultural products, like apples and flowers.

New Studies

Scientists are now conducting experiments that will ultimately answer the question why leaves turn red or, more broadly, why some leaves produce anthocyanin. Two recent discoveries are germane. One involves a phenomenon known as photoinhibition. Under bright light conditions, damage to photosynthetic plant tissues occurs when one part of the two-part photosynthesis process is blocked, or inhibited. Anthocyanin has the property that it absorbs damaging light wavelengths that are outside the range of other leaf chemicals. The anthocyanin is thus one of several strategies that an individual plant may evolve to limit the damaging effects of photoinhibition.

The second research discovery is that anthocyanin is an antioxidant. Intense sunlight results in the production of reactive oxygen species and free radicals (molecules with a negative charge due to having one free, unpaired, electron), which react strongly with cell membranes, proteins, and DNA, the destruction of which can lead to the death of the cell. This is the same problem experienced by all living things subjected to free radicals.

People take ascorbic acid and vitamin E since they are antioxidants; that is, they react with the free radicals to neutralize them. Anthocyanin has four times the antioxidant capacity of these vitamins. This is the source of the general precept that a glass of red wine (containing the anthocyanin of the grape skin) a day is good for you. So the anthocyanin performs the same function for a leaf as vitamin E, only better.



Even with the demonstrated protective capacity of anthocyanin to reduce photoinhibition damage and to neutralize free radicals, it is not clear why a tree would produce this rather large molecule (with constituents that could be better invested in food storage for the winter) just before it sheds its leaves. There are a number of other theories that have been advanced to explain why this is so. One is that the anthocyanin is a catalyst that allows the plant to reabsorb nutrients such as nitrogen from the leaf before it falls, reinforcing the plant for its eventual emergence from the senescence of autumn to the refulgence of spring.

Other Reasons Considered

Other Reasons Considered

There is another school of thought concerning the function of anthocyanin in the life cycle of a plant. The biological evolutionary explanation is that the red color either acts to protect the leaf from being eaten by other animals or that it attracts selected animals to eat the leaf for propagation purposes, like the red and blue fruits. Red and orange coloration is used throughout nature as a means to ward off predators. The red eft and the monarch butterfly are good examples. There is evidence that some tropical trees have red tips to ward off predators until they mature, at which time the leaves turn green to maximize production. Conversely, there is some evidence that chimpanzees and monkeys in Uganda use the red coloration of leaf tips to locate the tenderest leaves.

See *Autumn*, page 6

From the PATC Store

PATC Publications

ITEM #	DESCRIPTION	RETAIL	MEMBER
PA100	Map 1 (ed. 9, 1998) AT Cumberland Valley, PA (Susquehanna River to Route 94)	6.00	4.80
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PA300	PATC Elevation Profile of Appalachian Trail (Pine Grove Furnace to Rockfish Gap)	2.75	2.20
PB100	AT Guide Book #6 (ed. 16, 2000) Maryland and Northern Virginia	8.00	6.40
PB110	AT Guide Set #6 (AT Guide Book to MD and Northern VA with Maps 5-6, 7 & 8)	22.00	17.60
PB120	AT Guide Book #7 (ed. 12, 1999) Shenandoah National Park	10.00	8.00
PB130	AT Guide Set #7 (AT Guide Book to Shenandoah National Park with Maps 9, 10 & 11)	24.00	19.20
PB135	Guide to Great North Mountain Trails (ed. 1, 2001)	7.00	5.60
PB140	Massanutten Guide Set (Guide to Massanutten Mountain with Maps G & H)	16.00	12.80
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PC270	Shenandoah Secrets: The Story of the Park's Hidden Past (Revised 1998)	12.95	10.36
PC280	PATC Cabins Booklet (2001)	5.50	4.40
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XX860	Rock Climbing	17.95	14.50
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From the PATC Store

Publications from Other Publishers

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Appalachian Trail Thru-Hikers' Companion (1998)	10.00	8.00
Backpacker Magazine Guide to the AT (1989)	16.95	13.56
Camping and Backpacking with Children (1995)	16.95	13.56
Common Sense Medical Guide (1987)	15.00	12.00
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Food & Lodging Along the C&O Canal (1994)	3.00	2.40
Guide to the Mason-Dixon Trail System (1992) Map Series	15.12	12.60
Grandpa's Mountain (Carolyn Reeder)	4.99	3.99
Hikes to Waterfalls (1997)	3.00	2.40
Hiking Guide to the Monongahela National Forest (2001)	12.00	10.00
Hiking Virginia's National Forests (1998)	10.00	8.00
Hollow Boy By Rayner V. Snead (1995)	13.95	11.16
Insiders Guide to Virginia's Blue Ridge (1998)	15.00	12.00
Lightly on the Land	19.95	15.95
Moonshiner's Son by Carolyn Reeder	4.79	3.99
Mountaineering First Aid (1996)	7.00	5.60
Pennsylvania Hiking Trails	10.00	8.00
Rock Climbing (A Trailside how to Guide) (Don Mellor)	17.95	14.50
The 18 Cabins of Old Rag	6.00	6.00
The Appalachian Trail Backpacker (1994)	11.00	8.80
The C&O Canal Companion (1997)	23.50	19.60
The New Appalachian Trail (Ed Garvey) (1997)	14.95	11.95
The Potomac River and the C&O Canal (1992)	8.50	6.80
There are Mountains to Climb (1996)	12.95	10.36
Thru-hikers Handbook (Dan "Wingfoot" Bruce)	15.95	12.80
Towns along the Towpath	14.00	11.20
Towpath Guide to the C&O Canal (1999)	14.00	11.20
Trail Design, Construction and Maintenance 2000	14.95	11.96
Trails in Southwest Virginia (1997)	6.95	5.50

Undying Past of the Shenandoah National Park	18.95	15.16
W & OD Railroad Trail Guide (1996)	8.00	6.40
Walker's Guide to Harpers Ferry (1994)	8.00	6.40
Walking The Appalachian Trail	16.95	13.56
Wilderness Navigation (1999)	9.95	8.00
Workbook for Planning Thru-Hikes	6.00	4.80
184 Miles of Adventure (C&O Towpath)	4.75	3.80

Appalachian Trail Poster Maps

AT strip map with forest green border 9" x 48"	3.50	2.80
AT Poster Map, Eastern Coastline	6.95	5.56

Other AT Guide Books with Trail Maps

AT Data Book (supplement to guide sets) (2003)	4.95	3.95
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FORECAST

Chapters

Charlottesville Chapter

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

North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the AT and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays – contact Mark Mitchell (mdtrail@yahoo.com) 301/461-7048 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday – contact Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Spring cabin. For information on upcoming hikes, contact Chris Firme (bncfirme@innernet.net) 717/794-2855. For general chapter information, contact chapter president Pete Brown or visit the North Chapter home page: www.patc.net/chapters/north/.

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Lee Sheaffer, (thumpers@visuallink.com) 540/955-0736.

Southern Shenandoah Valley Chapter

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

West Virginia Chapter

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

Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: Bert Finkelstein 703/715-8534 or bertf@erols.com.

Mountaineering Section

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

climbers. For further information contact Andy Britton, (tallandyb@aol.com) 703/622-1920, or (MackMuir@edisaurus.com).

PATC Hikes

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

Other Clubs' Hikes

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

KEY to Forecast Activities

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

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin/Shelter Work Trips
-  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). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt. 23 into Vienna, Va. and turn east on Park St. (Rt.675) to 118 Park St. on your left. INFO: Jane Thompson 301/565-6704 x208.

Mountaineering Section – Second Wednesday

8:00 p.m. – We meet every month unless noted in the Forecast. INFO: Mack Muir (MackMuir@edisaurus.com) 703/960-1697 or PATC's Web site: www.patc.net/chapters/mtn_sect.

Shenandoah Mountain Rescue Group

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

PATC Council – Second Tuesday

7:00 p.m. sharp. The PATC Council meets every month to conduct business of the club and once a year for a Dinner meeting. All members are welcome. Come see how we make decisions about your club. INFO: Wilson Riley (wriley@patc.net) 703/242-0693 x11.

Trail Patrol – First Tuesday

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

NOVEMBER

1 (Saturday)

DEADLINE - December Potomac Appalachian Material Due to Editor

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.

1 (Saturday)

SPECIAL EVENT - Ski Fair Vienna, VA

It's time to think snow! The Ski Touring Section (STS) opens this year's ski season with their annual ski fair. The fair will be at the PATC headquarters from noon to 5:00. Signup for cross-country ski trips, renew / join your STS and PATC memberships, and attend trip presentations and workshops. Everyone's welcome. Plan your ski season, meet the members, and have a great time. INFO: contact Bert Finkelstein (bertf@erols.com) or visit the PATC Ski Touring Section web site.

1 (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. INFO: Mark Mitchell, (mdtrail@yahoo.com) 301/461-7048.

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 time is 9:00 a.m. sharp. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

1 - 2 (Saturday - Sunday)

CLASS - Land Navigation, REI Bailey's Crossroads, VA

10:30 a.m. - 6:00 p.m. Prince William Forest Park 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 and azimuth. The second day is spent in Prince William Forest Park, primarily off-trail, engaging in practical navigation exercises of increasing complexity. The course fee is \$85 and includes workbook text, course materials, compass, map, grid reader, and lunch on Saturday. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

2 (Sunday)

TRAIL WORK TRIP - WV Chapter Gambrill State Park, MD

Continuation of ongoing trail maintenance on the Black Locust Trail. Meet at the Nature Center at 10:00 a.m. Dave Jordahl (dave.jordahl@askdep.com) 301/834-7729.



4 (Tuesday)

HIKE - Family Hike Rosslyn, VA

Theodore Roosevelt Island. Join us for a regular-stroller-passable, jogging-stroller-friendly hike around this beautiful island. We will hike about 2 miles around the perimeter trail and have lunch at the monument. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

4 (Tuesday)

HIKE - Vigorous Hikers Shenandoah National Park, VA

Climb Rose, or Rowes, River Fire Rd. connecting to Rose River Loop Trail. Climb to AT south to the Lewis Falls. Return via Rapidan Fire Road and Dark Hollow Falls Trail. 18 miles, 4300 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

4 (Tuesday)

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

5 (Wednesday)

CLASS - Section Hiking the AT (REI) Bailey's Crossroads, VA

7:00 p.m. Thru-hiking the AT remains one of the great outdoor journeys. Though the number of those attempting and completing a through-hike is steadily growing, many more interested hikers simply can't make the time commitment. The solution? Section-hike! Local adventurer, George Meek has written *Time for Everything: A Six Year Adventure on the Appalachian Trail*, published by PATC. In this excellent book, George has recounted his adventures, and provided plenty of tips, gear lists, maps, sections, food and menu plans for successful AT section hikes. Join us for an evening's presentation on the adventure and best advice for section-hiking, and get your copy of Time for Everything signed by the author! INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

5 (Wednesday)

HIKE - Easy Hikers Chevy Chase, MD

Old and New Crescent Trail. About 5 easy flat miles from Chevy Chase through Rock Creek Park to Silver Spring, returning via the new railroad trestle above Rock Creek. Meet at 10:15 a.m. at the Chevy Chase Public Library parking lot, 8005 Connecticut Ave, just North of East West Highway across the Street from the Hyatt Classic Residence. We'll eat lunch at Einstein's Bagel Shop after the hike - you can buy or bring your own. INFO: Renee Schick (rs530@aol.com) 301/493-9525.

5 (Wednesday)

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

6 (Thursday)

CLASS - Winter Camping (REI) Fairfax, VA

7:00 p.m. Winter's short days and long, cold nights require more of both you and your gear. But the rewards are well worth it. Beautiful views through the clearest air of the year await you along the snowy ridge-tops. Animal tracks through the snow tell a fascinating tale of survival. And you often have the outdoors all to yourself. All that's required is the gear and skills to stay warm, well fed and comfortable, and to travel safely through the winter woods and trails. REI's veteran outdoor enthusiasts will discuss and demonstrate the necessary gear and skills, and the latest technology. They'll also reveal some of the best winter camping destinations. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

6 (Thursday)

HIKE - In-Between Hikers Great Falls, MD

Nine-mile hike over varied terrain to include Goldmine, River and Billy Goat Trails. Meet at 10:00 a.m. in the parking lot across from Old Anglers Inn. INFO: Nena Ewing 301/652-9147 before 10:00 p.m.

8 (Saturday)

HIKE - Hidden Waterfalls Central District, Shenandoah National Park, VA

In this series we will rediscover the off-trail waterfalls in Shenandoah National Park. Visit the mysterious Lost Cliffs, watch water fill a Dry Run and climb up the Devil's Ditch during this Hidden Waterfalls hike. These hikes will be using the Dry Run Falls Road and Slaughter Trail. These are two separate hikes in one day, the first being 6 miles and the second, light permitting, 4 miles with a 1000 foot elevation gain/loss on both hikes. This series utilizes Map 10. Experienced hikers only. Strenuous. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.).

8 (Saturday)

MEETING - North Chapter Thurmont, MD

Fall meeting at Catoctin Cottage, 9:30 a.m. INFO Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

8 (Saturday)

TRAIL WORK TRIP - Rock Creek Park Crew Rock Creek Park, DC

8:15 a.m. to noon. This is the bonus work trip you probably thought would never happen. Join us for a rare November work trip that was triggered by the rainy spring. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (dc.trails@verizon.net) 202/462-7718 or Ranger Ken Ferebee 202/895-6221.

8 - 9 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew North District, Shenandoah National Park, VA

The leaves should still have color as the Crew repairs tread and installs erosion control devices on the AT and side trails in the Shenandoah National Park, North District. Bring water and a lunch for Saturday noon. Community dinner on Saturday night and Sunday breakfast. Overnight at Jon Rindt's house outside Front Royal. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

9 (Sunday)

TRAIL WORK TRIP - Billy Goat Trail Potomac, MD

9:00 a.m. Join us for a worktrip on the Billy Goat Trail at the C&O Canal. This will be an easy introduction to trail maintenance. Meet at the Great Falls Tavern Visitor Center at 9:00 a.m. Bring lunch, water, and work gloves. Wear sturdy shoes and clothing. In case of inclement weather the worktrip will be canceled. INFO: Georgianne Smale (gsmale99@yahoo.com) 301/581-9584

10 (Monday)

CLASS - Snow Camping (STS) Vienna, VA

This is an entry level class for people who want to learn the attractions and techniques of snow camping. The emphasis will be on back country skiing as the mode of transport, but hiking and snow shoes are not ruled out. The optional weekend will be at Canaan Valley State Park which has heated bathrooms for anyone who may find their sleeping bag not adequate for a cold winter night. The cost will be relatively nominal to cover expenses. INFO Gus Anderson (GusAnderson@aol.com) 703/573-3936.

FORECAST

11 (Tuesday)

👤 HIKE - Family Hike

Meadowlark Gardens, Vienna, VA

Come explore this beautiful park on a 3-mile kid-friendly hike. The trails are regular stroller friendly. This park has two gazebos, one over a lake where we'll stop along the way. There is a spot to cross a part of a lake on stepping stones, and a spiral path that climbs up to the top of a little hill. We will eat lunch after the hike under their picnic trellis, weather permitting. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

11 (Tuesday)

👤 HIKE - Vigorous Hikers

Round Hill, VA

Rt 7 to Blackburn and return. AT in Northern Virginia. An out-and-back hike of about 14 miles and 3800' elevation gain from Snickers Gap north to PATC's Blackburn Trail Center and back. Several nice view points along the route and a good lunch spot on the porch at Blackburn. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

11 (Tuesday)

👤 SPECIAL EVENT - PATC Annual Meeting
Vienna, VA

The Atrium at Meadowlark Gardens is the site again this year for our Annual Meeting and dinner. This is a once-a-year opportunity to catch up on the club happenings for the year, meet fellow members, and be entertained as only a trail club knows how. INFO: Pat Fankhauser (pfankhauser@patc.net) 703/242-0315 x17.

12 (Wednesday)

👤 CLASS - Exploring Fantastic Iceland (REI)
Bailey's Crossroads, VA

7:30 p.m. Truly a place like nowhere else on Earth, Iceland is a land of contrasts: fire and ice. Joe Flaig will take us on a visual tour of the outdoor opportunities that abound in this land of austere beauty, including glacier climbing, hiking the famous Laugavegur Route - Iceland's premier hiking trail, and climbing Mt. Hekla - an active volcano, which was believed to be the Gates of Hell in medieval times. He will also discuss trip planning, touching on airfares, economical car rentals, language, food, where to stay, and mountaineering guide services. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

12 (Wednesday)

👤 HIKE - Easy Hikers

Northwest Branch, Silver Spring, MD

Join the easy hikers for an easy-to-moderate out-and-back 5-mile hike. This trail follows the Northwest Branch Creek going NW of Colesville Rd. towards Wheaton Regional Park. Meet at 10:15 a.m. behind the WSSC/M-NCPPC buildings on the NW side of Colesville Rd. Go north on Colesville Rd. from Silver Spring. Pass University Blvd. Go .8 miles and do a U-turn in front of the gas station, parking lot is on the rt. just after U-turn. We will eat lunch at The Corner Pub after the hike. INFO: Jennifer Chambers (jpckjkc1@starpower.net) 301/588-1716.

12 (Wednesday)

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

13 (Thursday)

👤 CLASS - Exploring Fantastic Iceland (REI)
Fairfax, VA

7:00 p.m. See similar event on the 12th. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

13 (Thursday)

👤 HIKE - In-Between Hikers

Great Falls, MD

9 mile hike over varied terrain to include Goldmine, River and Billy Goat Trails. Meet at 10:00 a.m. in the parking lot across from Old Anglers Inn. INFO: Nena Ewing 301/652-9147 before 10:00 p.m.

13 - 14 (Thursday - Friday)

👤 TRAIL WORK TRIP - Cadillac Crew

Highacre House, Harpers Ferry, WV
Annual Christmas Party/Work Trip. If you have been out on at least one work trip with the Cadillac Crew this year, please join us and help celebrate the Holidays and another great year of trail work. The Crew will set up the Christmas decorations for Highacre, do some yard work, and there will be opportunities to visit historic Harpers Ferry and local hiking trails. A community dinner is planned for Saturday, and Sunday breakfast will be provided. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

14 (Friday)

👤 MEETING - Northern Shen. Valley Chapter
Winchester, VA

Dinner and meeting at Gargiela's Restaurant. The chapter's semi-annual meeting will include a short meeting, a speaker, and a chance to get reacquainted with old and new friends. INFO: Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

15 (Saturday)

👤 HIKE - Appalachian Trail Hike IX
Harpers Ferry, WV

Weverton Cliffs/Potomac section. Crampton Gap/Gathland State Park to Harpers Ferry, W.V. ATC headquarters-10.0 miles-moderate hike, elevation 900 ft. This section of the A.T. is relative flat on the ridge. After the view of the Potomac River from Weverton Cliffs we will descend off of the mountain onto the C&O canal towpath, which will take us to the railroad/footbridge to get us across the river into Harpers Ferry. Meet at 10:00 a.m. at Gathland State Park parking lot. INFO: Christopher Firme (bcncfirme@innet.net).

15 (Saturday)

👤 HIKE - Appalachian Trail
Front Royal, VA

Appalachian Trail in Northern Virginia and Shenandoah National Park. Gravel Springs Gap to Chester Gap, approximately 13 miles. Meet at 9:00 a.m. at Chester Gap on Route 522 to set up shuttles. INFO: Dave Jordahl (dave.jordahl@askdep.com) 301/834-7729.

15 (Saturday)

👤 HIKE - Bears Den Outdoor Club
Bluemont, VA

Noon - 7:00 p.m. Meet at Bears Den at noon for an interpretive hike led by Bears Den manager, Rob Carey, and Potomac Conservancy naturalist, Liz Stoffel. Snack and dinner included for \$10/person. Designed for beginner hikers. We'll meet at Bears Den at noon for a welcome session and then hit the demonstration trail and AT. More information available at www.bearsdencenter.org. INFO/RSVP Rob Carey (info@bearsdencenter.org) 540/554-8708.

15 (Saturday)

👤 HIKE - K9 Trailblazers
Brandywine, MD

Cedarville State Forest. We'll hike at a moderate pace for 6+ miles enjoying the natural and human history of Cedarville State Forest. We'll travel on wooded trails and forest roads with a few stream crossings on

wooden bridges. 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 <http://www.k9trailblazers.org>. INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 301/482-2468 or Jeff Bolognese (jbolognese@k9trailblazers.org) 410/247-4434.

15 (Saturday)

👤 HIKE - Natural History Cultural Hike

Central District, Shenandoah National Park, VA

Len Wheat leads us on another unique bushwhack to find homesites in the Park. This time, we'll hike through the Haywood Mountain area, just east of Hawksbill Mountain. With Len as our leader, you can be assured of an informative and entertaining hike. And, with Bob Pickett, you can be assured to learn something about the forests we hike through. Being a bushwhacking adventure, this must be considered a moderately-difficult hike, although the mileage may be only four or five miles. RSVP/INFO: Bob Pickett 301/681-1511.

15 (Saturday)

👤 HIKE - Waterfall and Wild Flower Series

Central District, Shenandoah National Park, VA

The sixth hike of the series will be a 15-mile circuit to include about one mile of bushwhacking to the falls on Big Creek. The hike will be on Powell Mountain, Meadows School, AT, Laurel Prong and Mill Prong Trails with stops at Bear Fence Mountain and Camp Hoover. Total elevation gain is 3300 feet. A shorter option is possible with a shuttle. PATC Map 10. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen, (thorsen4@juno.com) 703-339-6716 or William Needham (Needham82@AOL.COM) 410/884-9127.

15 (Saturday)

👤 TRAIL WORK TRIP - Stonewall Brigade
Great North Mountain, VA/WV State Line

This is the beginning of hunting season and the trip may be canceled. Check with Hop Long (theFLongs@comcast.net) 301/942-6177 (preferred), before traveling to Wolf Gap, 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)

👤 BACKPACKING - Weekend Trip

George Washington National Forest, VA

Enjoy the weekend on a moderate backpack in the George Washington National Forest. We'll average 8 - 10 miles a day; maybe less on Sunday. Exact location to be determined depending on group size and forest conditions (fallen trees, cleared trails, etc). INFO: John Koutze 703/846-9207.

15 - 16 (Saturday - Sunday)

👤 TRAIL WORK TRIP - Log Cribbing
Shenandoah National Park, VA

Join overseer Patrick Stark and DM John McCrea as they continue a log cribbing and trail regrading project which was begun last year. Meet at 9:30 a.m. at Neighbor Mountain Parking Area (south of Jeremy's Run Overlook). Bring lunch, gloves, water, and appropriate weather gear. Overnight at Range View cabin with community meal for those interested. We will do some light cabin maintenance on Sunday morning. INFO: John McCrea (mccreajf@aol.com) 610/352-9287.

16 (Sunday)

✂ TRAIL WORK TRIP - WV Chapter
Gambrill State Park, MD

Near Frederick, MD. Continuation of ongoing trail maintenance on the Black Locust trail. Meet at the Nature Center at 10:00 a.m. INFO: Dave Jordahl (dave.jordahl@askdep.com) 301/834-7729.

18 (Tuesday)

👤 HIKE - Family Hike
Fairfax, Virginia

Come on out and join us for a kid-friendly hike around the beautiful Lake Royal. We will stop at the halfway point to play on a playground. The trail is jogging-stroller friendly, with a few log stairs and roots along the way. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

18 (Tuesday)

👤 HIKE - Vigorous Hikers
Shenandoah National Park, VA

Ascend Leading Ridge Trail to the AT south to Corbin Cutoff, climb Indian Run Trail to Corbin Mtn. Return via AT north and down Crusher Ridge. 18 miles with 4,000 ft elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

19 (Wednesday)

👤 HIKE - Easy Hikers
C&O Canal, DC

Old Angler's Inn to Carderock. About 5 easy, flat miles. Meet at 10:15 a.m. at the parking lot across from Old Angler's Inn on McArthur Boulevard. Take Carderock exit from Beltway, go to the end of the Parkway, turn left on McArthur Boulevard to Old Angler's Inn. The Inn is on the right, use the parking lot on the left. Bring water and have your lunch by the Potomac after the hike. INFO: Bob Williams 301/493-4449.

20 (Thursday)

👤 HIKE - In-Between Hikers, Fraser Preserve
Great Falls, VA

Joint hike with Sierra Club MWROP. A moderate-to-fast, 8-9 miles, over variable terrain. From I-495, exit 44 west on Va. 193 (Georgetown Pike) for 7.5 mi. to Springvale Rd. Go right for 2.5 mi. to arrow, turn left then immediate right. At Allenwood Lane turn left and park. Bring water/lunch. Starts at 10 a.m. No pets. Rain/shine. INFO: Henri Comeau (henri-comeau@aol.com) 703/451-7965.

22 (Saturday)

✂ TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

Some of the most fun you will ever have being a volunteer. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

24 (Monday)

👤 CLASS - Snow Camping (STS)
Vienna, VA

See similar event on the 10th for more information. INFO: Gus Anderson (GusAnderson@aol.com) 703/573-3936.

25 (Tuesday)

👤 HIKE - Family Hike
Billy Goat Trail, Near Potomac, MD

Three-mile circuit hike of the middle section of the Billy Goat Trail. There are kid-sized rock scrambles along the way, a sandy beach and some places to get right next to the water. On the southern section of the trail there are a few places where the trail is eroded away and there are some steep drop offs, but overall kid challenging but kid friendly. The tread has plenty of rocks and roots, with some stretches of flat easy walking. Not much elevation

change. The last mile is along the C & O Canal tow-path. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

25 (Tuesday)

👤 HIKE - Vigorous Hikers
Shenandoah National Park, VA

A 15 mile circuit with 3700 feet ascent includes Dark Hollow Falls, Big Meadows, Franklin Cliffs ending with climb of Hawksbill. 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
Rock Creek Park, DC

An easy-to-moderate, approx. 4.5 mile, variable-terrain loop hike in the Northern Section of Rock Creek Park in DC. Meet at 10:15 a.m. at the Nature Center parking lot off Glover Road in Rock Creek Park. Bring lunch and water. Hiking boots recommended. No pets. INFO: Alec McRae (admcr@erols.com) 202/686-1788. ☐

DECEMBER

1 (Monday)

DEADLINE - March Potomac Appalachian
Headquarters, Vienna, VA

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.

2 (Tuesday)

👤 HIKE - Family Hike
Springfield, VA

Long Branch Stream Valley. Bundle up the kids and come get some fresh air. The path is regular-stroller friendly. We will stop at a playground at the halfway point, and return along the same trail back to the cars. The hike is about 3 miles round trip, with very little elevation change. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

2 (Tuesday)

👤 HIKE - Vigorous Hikers
Shenandoah National Park, VA

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

2 (Tuesday)

👤 MEETING - Trail Patrol, 7:30 p.m.

3 (Wednesday)

👤 HIKE - Easy Hikers, Riley's Lock
Seneca, MD

Five-mile, easy canal hike. Bring lunch and water. Take beltway to River Road exit towards Potomac. Continue until River Road dead ends at Seneca and turn left. Turn left at Riley's Lock Road and park at the lot by the canal. INFO: Harriet Rotter, 202/363-5095.

3 (Wednesday)

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

6 (Saturday)

👤 CLASS - Learn to Love Winter (REI)
Bailey's Crossroads, VA

10:30 a.m. to 6:00 p.m. Anyone who has spent hours inching along in a traffic jam while snow falls, or listened to the alarm cries on a winter newscast knows that society generally has a bad attitude regarding winter weather. But a forest cloaked in fresh snow is among the most beautiful things. And the skills necessary to be there safely and comfortably enjoying it open a whole new world! This lecture, discussion, and demonstration course will focus on outdoor activities that are unique to winter and can only be enjoyed in that one special season. Instructor Ted Fryberger will cover winter hiking, snowshoeing, crosscountry, alpine and telemark skiing, snow camping, and mountaineering and ice climbing, and the gear and skills necessary. He'll also discuss fitness, wilderness navigation, and first aid. The class fee of \$60 includes the class and all course materials. Registration is necessary to reserve a place in the class. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

6 (Saturday)

👤 HIKE - Hidden Waterfalls
Shenandoah National Park, VA

Ever thought you might like to see what those mysterious hash marks on the PATC map series of the Park, actually look like in real life? Here's your chance. This hike will view the falls coming off of Pollock Knob towards Buracker Hollow and the falls in Timber Hollow for a total of 8+ miles (2000 foot elevation gain). This series utilizes Map 10. Experienced hikers only. Strenuous. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.) for further details.

6 (Saturday)

👤 HIKE - History Walk
Shenandoah National Park, VA

It's the return of Jack Reeder's famous history bushwacks. Learn the little known facts about the Shenandoah and its inhabitants before the park was established. The hike will consist of a little trail walking and a good deal of bushwacking. Long pants, shirts and sturdy boots are recommended. INFO: Betsy Fowler (betsy.fowler@ngc.com) or (efowler@shen-tel.com) 540/933-6136 or 703/356-8336.

6 - 7 (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 \$140. Registration is limited to 25 people. More information and registration at: <http://wfa.net>. INFO: Christopher Tate (chris@wfa.net) 703/836-8905.

7 (Sunday)

✂ TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

The Mountaineers work on Sunday this time of year to avoid the hunting season (on Saturdays). Avoid the mall as well and come out in the woods with us! INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

9 (Tuesday)

👤 HIKE - Vigorous Hikers
Prince William Forrest, VA

20 minutes south of Beltway. Circuit hike of about 19 miles along the streams and wooded hills of this national park. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

FORECAST

9 (Tuesday)

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

10 (Wednesday)

CLASS - Snowshoeing! (REI)

Bailey's Crossroads, VA

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

10 (Wednesday)

HIKE - Easy Hikers

Glover Archbold Trail, DC

Hike 4 easy miles along Foundry Branch from Van Ness Street, NW to Georgetown. After lunch in the Georgetown Park Mall Food Court, all decorated for the Holidays, we will return to our starting point by Metrobus. (Bring \$1.20 (or 60 cents for seniors) exact change for fare.) Meet at 10:15 a.m. on the parking lot of the National Presbyterian Church, Van Ness Street entrance. Directions: From Maryland take Wisconsin Avenue (MD Rte 355) inbound from the Beltway about 5 miles to a right turn on Van Ness. Go one block to church parking lot on left. From Virginia cross Key Bridge, turn right on M Street. Move immediately to the left lane, and turn left on 33rd street. Follow it until it merges on to Wisconsin Avenue. Proceed 2+ miles to a left turn on Van Ness Street. Church parking lot is one block on the left. Bring water. Hike is canceled if DC Public Schools are closed due to inclement weather. INFO: Gary Abrecht (GAbrecht@AOL.com) 202/546-6089.

10 (Wednesday)

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

10 (Wednesday)

MEETING - West Virginia Chapter
Highacre House, Harpers Ferry, VA

11 (Thursday)

CLASS - Snowshoeing! (REI)

Fairfax, VA

7:00 p.m. Same event on the 10th. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

11 (Thursday)

HIKE - In-Between Hikers

Fairfax Station, VA

Fountainhead Regional Park, 10875 Hampton Rd. Joint hike with Sierra Club MWROP. A mod/fast 9 hilly miles on bike trail side of Park. Meet at gate on entrance road at 10:00 a.m. No pets. Bring lunch and water. Rain or shine. INFO: Henri Comeau (henricomeau@aol.com) 703/451-7965.

14 (Sunday)

TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

The South Mountaineers' finale of 2003; the 21st work event in our 10th year. Thanks to all who volunteered this year. Enjoy the Holiday season and see you again in '04. INFO: Mark Mitchell, (mdtrail@yahoo.com) 301/461-7048.

16 (Tuesday)

HIKE - Vigorous Hikers

Shenandoah National Park, VA

Interesting bushwhack down old trail to Butterwood Branch and Thornton River. Return on Thornton River Trail to AT to Pass Mtn Trail. 14 mi. 3400 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

18 (Thursday)

HIKE - In-Between Hikers

Potomac Heritage Trail, VA

Hike along the Virginia bank of the Potomac from American Legion Bridge to Roosevelt Island. About 10 miles. Some rocky terrain and some stream crossings. A car shuttle to the trailhead will be arranged. Meet at 10:00 a.m. on the Theodore Roosevelt Island parking lot, immediately off the northbound George Washington Parkway just north of the Theodore Roosevelt bridge (there is no access from the parkway southbound). Bring lunch and water. INFO: Gary Abrecht (GAbrecht@AOL.com) 202/546-6089.

20 (Saturday)

HIKE - Waterfall and Wild Flower Series

North District, Shenandoah National Park, VA

The seventh hike of the Waterfall and Wild Flower Series will be a 13-mile circuit with a total elevation gain of 4400 feet on Overall Run, Heiskell Hollow and Appalachian Trails. There is a 2.5-mile bushwhack to the Greasy and Sterdley Falls. PATC Map 9. INFO: Jack Thorsen, (thorsen4@Juno.com) 703/339-6716 or William Needham, (Needham82@AOL.COM) 410/884-9127.

23 (Tuesday)

HIKE - Vigorous Hikers

Shenandoah National Park, VA

Enjoy climbing Piney Branch to Link Trail loop around on Sugarloaf Trail and AT, returning on the Piney Ridge Trail. About 14 mi. 3000 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

30 (Tuesday)

HIKE - Vigorous Hikers

Shenandoah National Park, VA

Stoney Man to Hawksbill loop of about 12 miles and 2800 ft. climb. View from the two highest peaks in the Shenandoah. Hike AT and scenic upper Whiteoak Canyon Trail and Passamaquoddy Trail. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

30 (Tuesday)

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

31 (Wednesday)

HIKE - Easy Hikers, Seneca Greenway
Darnestown, MD

10:15 a.m. Directions: From I-270, exit W on 28, follow past Berryville and Black Rock Rds. Just before the bridge over Seneca Ck., turn R into the pkg. lot. If conditions permit, we'll hike south, a new direction for us, otherwise, we'll repeat the drier hike north. Bring lunch if the predicted high is over 32° F. If not, we'll dine at Fuddrucker's. INFO: Margaret Chapman (MargtChapm@aol.com) 301/869-9291(w) or 301/977-8988 (h). □

In Memory of

E. Glendon Moore

PATC Member: June 1952-1991

Word was recently received that E. Glendon Moore had died in 2001. Glen was an avid outdoorsman who became Maps Committee chair from 1978 to 1984 after retiring from the Defense Mapping Agency in 1973. Glen and his wife Ruth were trail overseers as well. In preparing maps, Glen paid close attention to detail, ensuring that all color separations were in perfect register, all names were spelled correctly, and all details were properly placed. After he gave up his committee chairmanship, Glen continued to provide assistance with field proofing and preparation of PATC's smaller maps. When his wife died in 1991, he moved back to his home in Illinois. □

—Carol Niedzialek

CORRECTION

George Robbins (see In Memoriam, Oct. PA) was overseer of the AT section from Little Hogback Overlook to Rattlesnake Point Overlook, not the Dickey Ridge Trail as reported. We apologize for that error.

Council Fire, from page 3

Vining Tract: Hugh Robinson presented a motion, which was approved by Council, to grant Andy and Patricia Johnson honorary memberships. The honorary memberships will be presented at the annual dinner. Council also approved a second motion, introduced by Hugh, to lease the Mutton Hollow property. The property includes the Vining Cabin, which will be brought into the club's cabin rental system.

The September Council meeting was attended by nine club officers, eight committee chairs, two chapter representatives, two section representatives, two staff members, one other club member, and three representatives from SNP. □

—Secretary Georjeann Smale

November 2003 – Potomac Appalachian

Volunteers – Appointed in September

Trail Overseers

Linda Rowan Battery Kemble Trail
Jim Stauch Tuscarora Trail - PA Rt. 641 to Burnt Cabin Road
Al Rogers Tuscarora Trail - High Rock to VA 671/ 681 Jct.

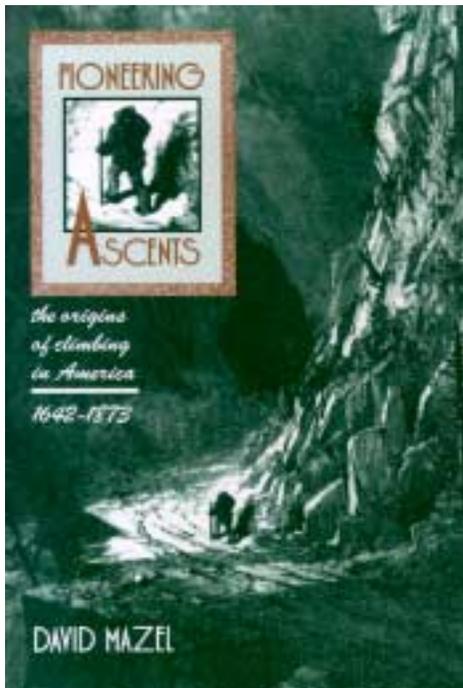
Cabin Overseers

Ken Lyons Johnson Cabin
John Horsely Cliff's House Co-overseer
Jane Adair Sugar Knob Cabin
Jeff Van Pelt Doyles River Cabin
Kent Morey & Morris Cabin Co-overseers
Raimi Quinton

Attention Federal Employees

PATC is participating again this year in the Combined Federal Campaign of the National Capital Area. Please consider a donation to PATC. Our 2003 designation number is 7956.

PATC Offers Hidden History Treasure — Just in Time for the Holidays



“Pioneering Ascents,” by David Mazel, is truly a hidden treasure of history. The title can be a little misleading, making you believe upon first glance that this is a book about climbing. This book actually is full of history on the first pioneering explorers to cross the highest mountains to discover new lands and resources.

If you have not had the opportunity to discover this treasure of history, please don't delay any further. You can place your order for this book through our online store at www.patc.net, or you can call us at PATC headquarters at 703/242-0693. The cost is \$14.00 for nonmembers and \$11.20 for members. Please include an additional \$4.00 for shipping and handling with your order. □

—Maureen Estes



Hikers Notebook

Common Name: Praying Mantis, European Mantid

Scientific Name: *Mantis religiosa*

The Praying Mantis (the actual name is mantid but mantis is so widely used that it is accepted as the proper name) is probably the most easily recognized insect due to its unique shape and the long “praying” segmented front legs. It is one of 11 mantids in North America and 1,800 worldwide.

Potpourri: Mantids are voracious carnivores. They feed on diurnal insects including caterpillars, flies, butterflies, bees, and even small frogs, lizards and hummingbirds. In fact they often feed on each other. The female mantis frequently eats the male after they mate, and when a brood of mantises hatch in the spring, they eat each other.

The praying mantis was accidentally introduced to North America on nursery stock from southern Europe in 1899. It was recognized as a beneficial predator almost immediately, particularly against Gypsy Moth Caterpillars. Unfortunately, mantises are so cannibalistic that their positive impact on the problem is negligible.

The name “mantis” means “a diviner” in Greek because it was believed that this insect had supernatural powers. Among other myths, it is believed that the brown saliva of the mantis can cause blindness in man and that it can kill a horse if eaten. The names “devil's horse” and “mule killer” reflect these superstitions. □

—William Needham

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

NOTICES

NEW NOTICES

GUIDEBOOK EDITOR – Great volunteer opportunity for motivated and organized editor to coordinate the update of one of PATC's best-selling guides: "Circuit Hikes in Shenandoah National Park." Over the next six months you will update data as necessary for 31 hikes. Contact George Meek (george@meekconsulting.com) 703/875-3021.

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

FOR SALE

WALRUS MICRO SWIFT SOLO TENT - Used once. Tent, fly, poles, stakes, ground cloth, straps for setting up fly-only shelter, stuff bags, instructions. Great tent, extremely light and compact - but not for the claustrophobic (me). \$90 ppd. Contact Bill at 302/636-1149 or dulcibill@aol.com.

ONE-MAN CROSSCUT: Quality saw, sharpened and set for hardwoods. Includes second handle and blade guard. Guaranteed to never run out of gas. Contact Dan Dueweke at 703/266-3248 or danjan@fcc.net

BACKPACK AND GEAR: Great opportunity to outfit yourself with like-new items at reasonable cost – Mountainsmith Frostfire III backpack, fits tall people well, 6037-7213 c.i. capacity; MSR WhisperLite Internat'l stove; Mountainsmith Alouette dog pack for large dog; EMS down sleeping bag rated to zero; Karhu x-c 215 cm. skis w/150 cm. poles AND size 47 Heierling boots. And for family activity: Kelty child carrier with sun/rain hood, small zip-off day pack and large capacity detachable day pack; Burly D'Lite bike trailer for 2 children; Baby Jogger II stroller w/ sun shade, rain cover, basket, folds flat. Will donate 10 percent of sale to PATC. Joy Imel, 703/642-8350, 703/403-5206 or Ktjmel@aol.com.

LOST AND FOUND

FOUND-FLUORESCENT TUBE LANTERN - July 17, 2003 at Olive Green cabin. It is forest green and black, has a remote control, and runs on four D-cell batteries. Mfr. appears to be GE/Eddie Bauer. Contact Bryan Bishop at 703/641-0300 or at ltal@starpower.net.

HELP WANTED

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

HELP WANTED: Help is needed for a new project at the Blackburn Trail Center. Work includes electrical, plumbing, drywall and painting. Volunteers may stay at the Center while working on this project and work may be done on weekends or during the week. We would like to get this project finished as soon as possible. For info call Chris Brunton at 703/560-8070 or e-mail at trailbossbt@msn.com

VOLUNTEER OPPORTUNITIES

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

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

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

CREW LEADER TO PLAN, ORGANIZE, and carry out the assembly of a milled-log cabin kit. The cabin will be erected on PATC owned property near Shawneeland, WV. All materials are pre-cut and the kit comes with full instructions. The construction site is in a heavily wooded area well up the mountain but is accessible by a dirt road. INFO: Charlie Graf (410/ 757-6053) or e-mail: Cagraf@aol.com.

ENDOWMENT COMMITTEE VACANCY: A person with experience in investing is sought to serve on the PATC Endowment Committee. The Committee meets quarterly to review performance and the asset allocation of the PATC Endowment. Interested people should send a resume to Wilson Riley, Director of Administration, at wriley@patc.net.

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

DONATIONS WANTED

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

CONSERVATION OPPORTUNITIES

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

TRAIL OVERSEER OPPORTUNITIES

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

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

Trailhead

Hurricane/Tropical Storm Isabel arrived in mid-September and changed a lot of personal and trail plans. The combination of saturated soil and high winds brought down trees on most PATC-maintained trails. Trail damage is still being assessed as overseers and park personnel get access to trails and report back. As an example, Shawn Green of the Park Service was able to survey the AT in SNP's Central District and reported about 600 trees down at an average of 17 per mile. Damage appears to be more severe on the AT between Harpers Ferry and SNP. If it is any comfort, damage seems to be less severe than Hurricane Fran in '96 or the ice storm in '98. As you will read below, PATC volunteers have already begun the task of clearing trails and, we hope, by the time November *PA* is published, most trails will be cleared in time to enjoy fall colors. And we thought weeds would be our biggest problem this year.

New DM For SNP South AT

Dennis DeSilvey is taking over for Mike Karpie as the district manager for the AT in the SNP South District. Dennis is currently the overseer for the Rockytop Trail in SNP south. He is a recently retired U.S. Army cardiologist and has opened an office in the Roanoke area. Obviously with the storm damage, the DM break-in time is being accelerated. A special thanks to Mike "photo tips" Karpie for his years managing the AT in the South District.

Semi-Annual DM Meeting

Supervisor of Trails Liles Creighton convened the Trails District Manager meeting at Vienna Headquarters on Sept. 24. Needless to say, Hurricane Isabel a week earlier was a prime topic. Other topics discussed were proposed changes to the online trails work trip report form, PATC chainsaw/crosscut saw policy under development, and ways to increase volunteer involvement in the trails program. New Public Affairs Chairman George Still was introduced. He is looking for ways to publicize PATC activities. Contact him at patcinfo@cox.net to arrange media coverage of any PATC events you are setting up.

North District Workshop

Over the course of 15 years, the annual North District workshop always enjoyed good weather. Well, that was about to change for the 16th annual workshop held this past September! A sudden change in the forecast, combined with the remnants of tropical storm Henri, provided steady rain for the entire weekend.



Mark Gatewood, Madison Brown, and newest DM, South District's Dennis DeSilvey, tackle Isabel's mess.



A fine bunch of sawyers and swampers restore order in Isabel's path. From l-r, Mark Gatewood, Alvin Dove, Madison Brown.

The crews retired to the Big Meadows maintenance area where classroom-type instruction was given indoors, trail tools were discussed and sharpened, and a video was shown. We were all waiting for the weather to break so we could get out on the trails – only, it never did!

On Saturday afternoon, we donned ponchos and took a hike down the Dark Hollow Trail, frequently stopping to look at and discuss many recently placed erosion-control measures, cribbing, and steps on the trail. One advantage of hiking in the rain was the ability to see drainage devices at work!

Despite the wet weather, spirits remained high, and it didn't seem to dampen any appetites as we feasted on all the great chow that Esther and Sam Aulthouse provided for the event at the Pinnacles research station. And as always, a special thanks is due to the park folks – Shawn Green, C.T. Campbell, Don Harvey, and Melissa – for helping make this workshop happen. Let's hope for clearer skies for the 17th annual workshop!

SNP North District Crew Week

The first week of September was the North District's second trail crew week of the year. The members of the crew were Dick Dugan, Wayne Limberg, Susan Schoen, Madison Brown, Gale Gibson, and Bill Wallace, all former crew week participants and experienced trail maintainers, and Don Harvey of the NPS. We spent many productive hours making tread improvements on the Broad Hollow Trail, a trail with which most of us were already very familiar from prior crew weeks. In contrast to the North District crew week in May, this time the crew was rained on only one day! We had beautiful weather the rest of the week, allowing us to install many waterbars, remove and/or upgrade many of the existing ones, and improve tread through a marshy area. We also elevated a 40-foot section of trail with rock and built a lateral drain in an area where water had previously been flowing down the trail. At the time, of course, we had no idea that Hurricane Isabel would come through two weeks later. Hopefully, our improvements helped the trail survive the hurricane with less erosion.

As usual, the crew stayed at the Pinnacles Research Center and ate dinners at the finer dining establishments of Luray. The social part of the

See Trailhead, page 18

Trailhead, from page 17

crew week is always an important part of the experience, and this crew week was no exception. This crew not only worked together well on the trail, but also had a lot of fun and enjoyed each other's company. We all look forward to doing it again next year.

A Battlefield Report

Frank Haas, DM for Spotsylvania Battlefield Park, reports you don't have to be at higher elevations to receive hurricane damage. As with SNP, roads through the park were closed due to trees across the road, and the trails were even worse hit. In one spot, a pile of blowdowns looked like a 20-foot wall of trees. On another trail section, about two or three acres have been leveled. Strange to see blue sky replacing the green leaf overcast.

Park rangers arranged for seven teams to clear the roads and help clear the trails. It was anticipated that the chainsaw crews (from the USFS in Georgia and the NPS in Pennsylvania) would be there for about 12 or 13 days, if needed. Frank says when you return to hike the trails do not expect the long views you are accustomed to; expect a wall or two of tree logs, about 10 or 12 feet thick.

Potomac Heritage Trail Shut Down

Similar to the SNP, the PHT was completely shut down due to Hurricane Isabel. The swollen Potomac took days to recede from large sections of the trail, and the nearby steep cliffs rained trees. Since the George Washington Parkway and Mt. Vernon Bike



Photo by Dave House

Just a typical day after Isabel's visit. This spot is just north of Dahlgren Campsite (just south of Turners Gap which is US40A).

Trail take precedence, no time frame was given for PHT's re-opening. Once SNP returns toward normal, maybe PHT can steal certified sawyers to help it re-open.

Isabel, Meet the Blue and White

The Blue and White Crew used its September work trip to launch a post-Isabel blitz on the SNP Central District AT. Fielding 10 sawyers and a small army of swampers, the crew virtually completed clearing the trail from Thornton Gap to Swift Run Gap (leaving only a small stretch between the Pinnacles Picnic Ground and Skyland). The crew cut more than 400 large blowdowns, with Aksel Falk (aka Paul Bunyan) cutting more than 150 on Saturday alone. After Saturday's work, the crew convened at the Pinnacles Research Station for the traditional September Chili-Fest, with C.T. Campbell residing as master chef, assisted by George "Habenero" Walters. The Sunday crews enjoyed brisk morning temperatures, 100-mile views from the Blue Ridge, and the sweet melodies of songbirds and Stihls wafting through the forest.

Saturday Cleanup

The cleanup in the SNP North District from Hurricane Isabel began on Saturday Sept. 27 when 19 volunteers cleared about 10 miles of AT from Piney river to Thornton Gap. Three crews led by sawyers George Walters, Bernie Stalman, and John McCrea cut more than 150 trees and did some patch tread work on a blown out section of trail. The cleanup will continue for several weeks. The downed trees were mostly live ones with weak root systems creating lots of tension and binds. There was light tread damage, but most waterbars are

full and will need to be cleaned and rebuilt before winter. Thanks to all who turned out for this major effort.

Co-DM Opportunity

Shenandoah National Park North District AT District Manager John McCrea is looking for a "co-" district manager to assist and share responsibilities. DM responsibilities include: 1.) recruiting, training, and assigning overseers to AT sections; 2.) hiking the trails and monitoring work done, assigning additional resources where needed; and 3.) working as a liaison with park service trail professionals, coordinating crew and project work. Anyone interested should contact John at 610/352-9287 or mcreajf@aol.com.

Tuscarora Touch-Up

Rain has been a major characteristic of the Cadillac Crew work trips this year. However, the weekend of Sept. 27-28 was a little more accommodating as a thunderstorm passed through after supper and into the evening, allowing the crew to work during the drier part of the weekend. The crew split the weekend work trip between the north and south ends of Sleepy Creek on the Tuscarora Trail. Saturday the crew built a switchback to bypass a steep section of trail on the approach to Devil's Nose at the North end of Sleepy Creek. In addition, storm damage from Isabel - minor in this area - was cleared on the climb to the work site. Karen Brown, overseer for this section, was appreciative and hopes the crew will plan for a follow-up trip next year.

See Trailhead, page 19



Photo by Dick Dugan

SNP North District Crew installs waterbar on Broad Hollow Trail.



Photo by Jon Rindt

Cadillac Crew packs out of Brill Cabin after a weekend on the Tuscarora.

Trailhead, from page 18

Sunday, the crew worked the Tuscarora Trail from Shockeyville Road to Shockey's Knob, clearing storm damage and repairing the tread destroyed by a logging operation. This is a great section of trail between the road and the Knob where Frank Turk is completing a new shelter. Check out the trail and the new shelter.

Removing Piles of Blowdowns

Gusts of high winds from hurricanes can cause multiple trees to form piles of trunks and treetops across trails. Removing these piles of interlaced trees can be tricky because it is hard to determine whether limbs or trunks are under compression, tension, or twisting torque. Sawyers have to be careful to remove smaller limbs and debris so that the larger trunks and limbs can be assessed before cutting. These piles of trees and leaves can often obscure the trail so that locating the tread is difficult, and it may become necessary to work both sides of the pile so the cut-through follows the tread. Another feature of live blowdowns with large root balls is the root ball may unexpectedly fall back in the hole when you make the first cut. Be careful out there.

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



Photo by John Habbe

Steve Paull, attacking a large blowdown that fell on the SNP Central District AT.

**Book Review:
“50 Hikes in Southern Virginia”**

“50 Hikes in Southern Virginia, From Cumberland Gap to Atlantic Ocean,” by Leonard D. Adkins. Backcountry Guides, 2002, 50 maps, 50 photos, 16.95, softcover.

Author Leonard Adkins took nearly 10 years before he wrote this sequel to his “50 Hikes in Northern Virginia.” He was sidetracked by opportunities to travel and hike throughout the world, in addition to completing his fourth trek on the Appalachian Trail. He is well-qualified to write this guidebook.

The 50 hikes are south of Rte. 60 and range from strolls on the beaches in the Tidewater area, to strenuous backpacks in the Blue Ridge Mountains. There are well-known destinations as well as some hidden gems such as Potts Mountain. The beginning of the book provides “advice and precautions” about snakes, bears, water, etc. He also provides an overview of the “Leave No Trace” principles, which he calls “Hiking and Camping Etiquette.”

An overview map at the beginning of the book makes it easy to pick a destination. My husband and I tested this guidebook by doing a three-day backpack from the book. The maps of the individual hikes are detailed enough to show major contour lines, springs, and other important or interesting features. The trails themselves are clearly marked over the contour lines. The written hike descriptions and directions to the trailhead appear to be very accurate, as measured by our car odometer as we looked for the trailhead. Scattered in the hike description are natural and human history lessons.

If you plan on doing a lot of hiking in southern Virginia, this is a guidebook to have. □

—Cheryl Zebrowski



Photo by John Habbe

The Blue and White Crew at Saturday dinner. The crew cut over 500 large blowdowns during the course of the weekend, clearing the District in 2 days.

POTOMAC APPALACHIAN
(UPS-440-280) ©2003, Potomac Appalachian Trail Club, Inc. Published monthly by the Potomac Appalachian Trail Club, 118 Park Street, S.E., Vienna, VA 22180. Periodical class postage paid at Vienna, VA. Postmaster: send address changes to: Potomac Appalachian Trail Club, 118 Park Street, S.E., Vienna, VA 22180. Subscription: (Free with PATC membership) \$6.00 annually; \$.70 single copies.

Trail, Shelter and Corridor Overseers / Monitors Wanted

Shelter Overseer Wanted

Call Frank Turk, 301/249-8243
E-mail: frankturk@aol.com

**Rock Springs Hut - SNP Central District
Calf Mountain Shelter – SNP South
District/ATPO**

**District Managers Wanted for
SNP Central Side Trails (North End) – Map 10
US Rte. 211 to Old Rag**
Call Dan Dueweke, 703/266-3248
E-mail: danjan@fcc.net

**Co-District Manager for DC Metro –
Map N**

**Rock Creek, Glover Archbold, Battery Kemble,
Dumbarton Oaks, Melvin Hazen & Soapstone
Valley Park**
Call Mark Anderson, 202/462-7718
E-mail: dc.trails@verizon.net

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

Tuscarora Pennsylvania – Maps J & K

Opportunity to work long hours with no pay or benefits. Generous allowance of blisters, stinging/biting insects, and poisonous plants. Special provision for rain and mud. Little or no supervision. Work hours optional. Location somewhere on the Tuscarora Trail in Pennsylvania. No certification from your doctor or hospital required.
Call Pete Brown, 410/343-1140
E-mail: peter.brown4@worldnet.att.net

Harpers Ferry / Ashby Gap AT & BB – Maps 7 & 8

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

Appalachian Trail
Trans Mountain Trail to Duke Hollow (1.3 miles)
Rod Hollow Shelter Trail
AT to Rod Hollow Shelter (0.2 miles)
Fishers Hill Loop Trail
AT to AT (1 mile)

SNP North District Blue-Blazed – Map 9

Call Dick Dugan, 703/836-0391
E-mail: rdugan@bellatlantic.net

Thornton River Trail – Co-Overseer
Skyline Dr. to Hull School Trail
Piney Branch Trail [lower]–Co overseer
Powerline to Hull School Trail (2.2 miles)

SNP Central Blue-Blazed, north end – Map 10
Call Dan Dueweke, 703/266-3248
E-mail: danjan@fcc.net

Corbin Mountain Trail – Co-Overseer
Nicholson Hollow Trail to Old Rag Fireroad
(4.4 miles)

SNP Central Blue-Blazed, south end – Map 10
Call Steve Paull, 703/361-3869
E-mail: stevepaull@yahoo.com

Jones Mountain Trail
Bear Church Rock to Cat Knob Trail (2.8 miles)
Rose River Loop Trail - Co-Overseer
Rose River Fire Road to Horse Trail (2.7 miles)

SNP South AT - Map 11

Call Mike Karpie, 540/785-9553
E-mail: BKPKR@erols.com

Appalachian Trail – Co-Overseer
Frazier Discovery Trail to Loft Mt. Camp Store
(1.1 miles)

Appalachian Trail - Co-Overseer
Beagle Gap to McCormick Gap (1.8 miles)

SNP South Blue-Blazed – Map 11

Call Pete Gatje, 434/361-1309
E-mail: pjgatje@aol.com

Rocky Mount Trail
Skyline Drive to the upper intersection of the Gap
Run Trail (2.2 miles)

Tuscarora Central – Map L

Call Walt Smith, 540/678-0423
E-mail: wsmith@visuallink.com.

High Rock Trail
Packhorse Trail Road to Tuscarora Trail (2.3 miles)

Tuscarora South – Maps F, G, 9

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

Tuscarora Trail
Hawk Camp to VA/WV 55 (3.6 miles)

Tuscarora Trail
Fetzer Gap to Maurertown (5.7 miles)

Tuscarora Trail
Rock marker to Massanutten Trail (1.5 miles)

Tuscarora Trail
Shawl Gap to Sherman Gap (2.5 miles)

Massanutten North – Map G

Call Ed Brimberg, 703/430-6481
E-mail: brimberg@cox.net

Massanutten Connector Trail
Massanutten Trail to US 211 (1.8 miles)

Great North Mountain – Map F

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

Gerhard Shelter Trail
Tuscarora Trail to Vances Cove (1.5 miles)
Tibbet Knob Trail
Wolf Gap Campground to SR 691 (2.4 miles)

Bull Run Occoquan Trail

Call Dave Fellers, 703/560-2171
E-mail: Fellers_2000@excite.com

Bull Run Occoquan Trail
Bull Run Park to Ordway (1.5 miles)
Bull Run Occoquan Trail
Ordway to Route 28 Parking Lot (1.0 miles)

District of Columbia – Map N

Call Mark Anderson, 202/462-7718
E-mail: dc.trails@verizon.net

Battery Kemble Trail
Macarthur Blvd. To Loughboro Road (1.0 miles)



The Potomac Appalachian

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