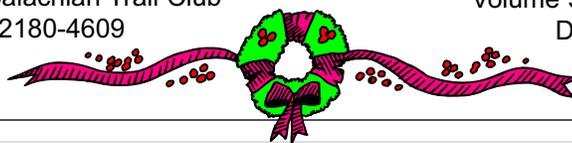




# The Potomac Appalachian

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

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## The Mushroom Chronicles

Biology originally relegated all living things to two kingdoms, Plantae and Animalia. This was always problematic when classifying single-celled organisms like the Euglena, which has the mobility of an animal and the chlorophyll of a plant. Fungi were considered members of the Plant Kingdom (the division Eumycota) even though they reproduced with spores and relied on chlorophyll-producing plants and other hydrocarbon sources of less repute such as manure and decayed rags for nutrition. In that dinosaurs were once considered reptiles, it is not at all surprising that the somewhat arbitrary nature of classification by taxonomy could yield anomalous results. With the increasing use of DNA testing to validate these relationships, the classification scheme originally devised by Carlolus Linnaeus will no doubt be subject to additional revisions.

In 1969, R. H. Whittaker of Cornell University proposed five principle kingdoms: the original Plantae and Animalia with the addition of



Fungi, Monera, and Protista. Fungi included mushrooms, molds, mildews, yeasts, brackets, and puffballs. Monera were the bacteria. The problem was that the fifth Kingdom, Protista, was for anything else that didn't fit one of the other four categories, such as amoebas, algae, and slime molds, containing as many as 200,000 different species. To complicate matters, Carl Woese of the University of Illinois posited three domains: Bacteria, Archaea, and Eukarya to take into account the unique genetics of bacteria, and Harvard zoologist

Ernst Mayr later suggested two empires: Prokaryota for simple bacterial entities and Eukaryota for the more complex organisms. This debate rages on, but the key point is that fungi are not plants in any of these organizations. Fungi are fungi (the preferred pronunciation according to Webster's Dictionary is funj-eye but I have heard fung-eye, funj-ee and fung-ee with almost equal frequency).

Wild mushrooms are highly regarded by most cultures of the world as an important and delectable food source. Many fungi have the taste and texture of meat, attributable to their conversion of the plant nutrients into chitin, the same material that is used by insects for their exoskeletons. Appellations such as "chicken of the woods" and "beefsteak fungus" reflect this gastronomic verisimilitude. However, the British make a distinction between the edible field mushroom that is cultivated commercially and all others, which

*See Mushrooms, page 3*

## PATC Cottages: Going 'Downhill'

If you're looking for a fun and economical way to get in some downhill skiing this year, you should consider one of PATC's cottages. Cottages are those cabins that have all the comforts of home such as (indoor) kitchens and bathrooms and offer drive-to-the-door convenience.

In the far northern region of PATC there is Gypsy Spring Cottage near Gettysburg, Pa. This cottage is convenient to both the Ski Liberty area in Fairfield, Pa., and Round Top in Lewisberry, Pa.

A little to the south in northern Maryland is Catocin cottage. It is only 18 miles from Ski Liberty and about an hour's drive west over the mountains to the Whitetail ski area in Mercersburg, Pa.

In Virginia, Glass House in the Fort Valley affords convenient access to Bryce Resort, 40 miles away in Bayse, Va.

Also in Virginia is the recently renovated Cliff's House. This very accommodating cottage is only about 30 minutes from the Massanutten ski area.

Although these four cottages are normally booked far in advance for weekends, they are often available on weekdays for last-minute getaways.

See you on the slopes. □

—Mel Merritt, *Cabins Chair*



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The Potomac Appalachian Trail Club's regularly scheduled Council Meeting was held at Club Headquarters on Oct. 12, 2004. President Tom Johnson distributed copies of the new PATC brochure, "Protecting your land with the Potomac Appalachian Trail Club." David Trone of the North Chapter designed the brochure; 1,500 copies are available. The purpose of the brochure is for tract managers and district managers to distribute to adjacent landowners. The brochure will inform landowners on ways to preserve their land and protect the trail, informing them about easements and donations.

Lavell Merritt, a National Park Service Ranger in the Anacostia area of Washington, D.C., gave a PowerPoint presentation on the Fort Circle Parks-East Trail Keepers Program. Lavell's presentation updated Council on some of the successes and challenges of the Trail Keepers Program. PATC has provided assistance to the program in the past. Lavell thanked Liles Creighton, supervisor of trails, for training Anacostia volunteers in trail work. He also thanked PATC for the use of Blackburn Trail Center for a weekend training session for the Earth Conservation Corps.

## Finance

Treasurer Gerhard Salinger distributed the monthly budget report for August, 2004, noting that, while revenue is down, expenses are also down. Gerhard urged committee members to keep this in mind and to stay under budget for 2004, if possible. And Council approved motions introduced by the treasurer concerning appointments to the Endowment Committee. Council approved the motion to reappoint Joanne Duncan and Barry Missett to the Endowment Committee to serve until June 30, 2007.

Regarding the club's information system, Council approved an allocation of \$16,050 from the capital expense account of the Headquarters' Fund for the purchase of new computer equipment. Information system's co-chair, José Rojas, introduced the motion. The purchase will be made before the end of the year, from the 2004 budget. The new HQ computer system will be installed before the end of February 2005,

when the lease on the current computer system expires. For the record, Treasurer Gerhard Salinger recommended that the HQ computer system be reviewed every three years, and necessary updates implemented, to ensure the club's information system does not become outdated.

Council approved an allocation, not to exceed \$3,100, from the shelters operating budget, of the Shelters, Cabins, and Cabins Land Fund. The unwritten motion, introduced by North Chapter Chairman Pete Brown, will authorize payment of vouchers for the Big Mountain Shelter in Pennsylvania.

## Trails and Lands

*Trails:* Liles Creighton reported on the district managers meeting on Sept. 30. The group reviewed injuries and noted that hand injuries, from Corona saws, are the most frequent injuries for trail maintenance. Liles also reported the Cadillac Crew completed the AT relocation on the Ovoka Tract. He announced the schedule for 2005 includes a Jan. 29 meeting between PATC and SNP, a March 23 spring district managers meeting at PATC HQ, a chainsaw certification class April 23-24 in SNP, and the July biannual meeting of the ATC in Johnson City.

*Lands:* Supervisor of Land Chris Mangold updated Council on several items concerning PATC tracts. Hauvermale tract manager Karen Brown organized a gate-raising party to install a gate on the logging road. Tom Lupp assisted and supplied the gate. Chris also reported evaluations are under way for estimates for repairs to the road on Mutton Hollow Farm and the Schairer Tract bridge. Chris will budget for the repairs in the 2005 budget.

The October Council meeting was attended by nine club officers, 10 committee chairpersons, three chapter representatives, two section representatives, one staff member, and five other club members. □

—Georgeann Smale, Secretary

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

**Address:** 118 Park Street, S.E., Vienna, VA 22180

**Phone #:** 703/242-0315

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

**To receive an information packet:** Extension 10

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

**Hours:** Monday through Thursday, 7:00 p.m. to 9:00 p.m.  
and Thursday and Friday 12 noon to 2 p.m.

**Facsimile #:** 703/242-0968

**Club e-mail:** info@patc.net

**World Wide Web URL:** www.patc.net

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www.patc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the PA.

## Tom's Trail Talk – The PATC Volunteer Ethic

Not long ago I was talking on the phone to a staff member from a trail organization in the Bay area (that's San Francisco, not Chesapeake). She was faced with the daunting task of securing a corridor for a trail around the eastern edge of the Bay area above Berkeley, Oakland, and neighboring towns. She had been told that PATC had some experience in that sort of thing and hoped that she could pick up some information.

A lot of how we secure a trail corridor resonated with her, although the land prices were fabulously divergent. (Out there she could blow the entire annual PATC land acquisition budget on two or three acres.) But then she asked me how many staff members we needed to acquire our trail lands. The answer – none, zero. It is all done with volunteers.

She was stunned. There was a long silence while she absorbed that information. In the silence that ensued I was proud to acquaint her with the PATC culture. We have five paid staff members, and they do most of our paperwork. (They do the daily chores that volunteers can't be enticed into doing. Without them we would sink.) The volunteers do everything else.

Over the next year or so I will discuss the club culture and what we have been able to do with volunteers. I will start with land acquisition because it is a pretty simple proposition. One person – Phil Paschall – has been involved in one way or another in almost every major land purchase since 1977 (that is, most of the land that the club has ever acquired). It just so happens that PATC began buying land in the mid-1970s, about the time that Phil became involved.

In the early years PATC was acquiring AT corridor land to hold in trust for the federal government. Once the feds got the money they would buy it from us. We have also held land in trust for the state of Virginia. As the years went by we obtained land by purchase or donation for cabins and trail corridor protection. Now we protect about

5,000 acres – half owned in fee simple, half either in easement or lease.

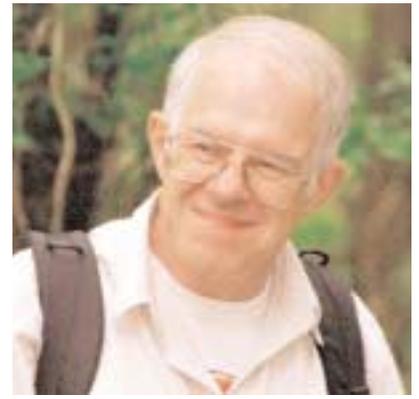
Anyone who has ever been through a house or land purchase has some idea of the complexity of the enterprise, and how much time realtors and lawyers devote to a single transaction. PATC has been involved with literally hundreds of transactions. All

our legal work has been done pro bono, much of it by Phil, who is an attorney by trade. It would be almost scary to find out how much time he has devoted over the years. I hope he never sends us a bill.

Others have been involved since 1977, all of them as volunteers. For a time Eric Olson was co-chair of the Land Acquisition Committee. Randy Minchew, our general counsel in the 1990s, negotiated the Vos tract, the biggest real estate transaction the club has ever been involved with. At present Jim Peterson is heading our land acquisition efforts in Pennsylvania. But through the years Phil has been the constant factor. He is our historical knowledge base.

PATC has a volunteer model that is becoming more and more solitary. Other nonprofits are moving into the model of a paid staff, supported by foundation grants and corporate giving. PATC retains the original model that Myron Avery established. Do it yourself. Don't rely on others; they might not be there when the chips are down. That is how the AT was built. And that is how PATC was built and continues to function. When you join us, you join a proud tradition, and an increasingly select group. □

—Tom Johnson



### *Mushrooms, from page 1*

are called toadstools and are considered poisonous. The etymology of this term is curious, as it has nothing to do with the notion that toads may use the mushroom as a perch, as they are so frequently depicted in ceramic crafts and childrens' fantasies. Toadstool is a calque of sorts as it is of German origin; the word *todesstuhl* means death chair. Apparently the British took to the notion of a warty toad using the hated fungus as a throne. Americans have for the most part followed British traditions in their general apprehension of any mushroom not purchased in a proper commercial establishment.

The word mushroom itself is of dubious etymological origin. It derives from the French word *moisson*, which is in turn derived from *mousse*, the French word for moss. Perhaps this is due to the dark, dank, mossy habitat where mushrooms thrive, and

*moisson* became mushroom as a calque, using existing English words as antonyms for the French. Interestingly, the French word for mushroom is *champignon* from *champs*, meaning fields. (The Champs Elysee in Paris is the primary artery to the Arc du Triomphe. It means Elysian Fields, where fallen warriors live in perpetual bliss.) *Champignon* is also the German word for mushroom, evidently taken directly from the French. And to really confuse things, the Latin word for mushroom is *fungus*, which in turn derives from the Greek *spoggos*, or sponge. Presumably, the Greeks, well-known for sponge diving, thought that there was a resemblance between sponges and fungi, as both are fibrous, compartmentalized, and "spongy."

The mystifying, spontaneous emergence of mushrooms after rain is so notable that the very term "to mushroom" suggests explosive growth (both before and after the advent of

the atomic bomb cloud of the same name). To understand why this occurs, it is necessary to delve into the recondite realm of spores, hyphae, and mycelia. The evolutionary reason why mushrooms have caps is so that the spores, which are located on small club-like structures called basidia attached to the gills under the cap, remain dry. Thus, when the spores drop, the wind can then carry them to new habitats (wet spores would be too heavy). When a spore lands in an auspicious locale, it will start to grow, sending out an initial filament called a hypha that will branch repeatedly to create a fibrous mass called a mycelium.

The mycelium is the corpus of the fungus (what would we do without Greek?). It is as elusive to the casual naturalist as are the roots of a tree, as the hyphae are interwoven into the soil and detritus of the forest floor and

See *Mushrooms*, page 7

## Bob Pickett's Appalachian Nature: Winter Ways



### Hiker's Notebook

**Common Names:** Christmas fern, Canker brake, Dagger fern, Evergreen wood fern

**Scientific Name:** *Polystichum acrostichoides* (Division: *Pteridophyta*)

An evergreen one-cut (single leaf or pinna emanating directly from the stem or stipe) fern that is found in rich shaded soil throughout the region, especially wooded trails.

**Potpourri:** The Christmas fern derives its name from the fact that it was formerly used as a Christmas decoration since it stays green all winter.

Ferns propagate by spores. The Christmas fern has the spores on the underside of the leaf (see below). The spores are carried by the wind and generate both the sperm and the egg for the sporophyte (fern) stage of the lifecycle.

Ferns first appeared in the devonian Period (395 million years ago), well before flowering plants.

As a mnemonic for the naturalist, the pinna of the Christmas fern is said to resemble "Santa's Boot." □

—William Needham

Visit the Hiker's Notebook Web site at:  
[www.mwrop.org/W\\_Needham/h\\_notebook.html](http://www.mwrop.org/W_Needham/h_notebook.html)



Winter can be full of surprises. There is the natural beauty that comes from the frozen fog, or rime ice, that can coat every surface, creating a wonderland that may last for only a few hours before melting under the sun's low-angle rays. The plethora of animal tracks on a new-fallen snow testifying to the abundant nocturnal animal life never fails to amaze me. Bear tracks are not uncommon, with some bear choosing to remain active throughout the winter season while others may arouse briefly for a midwinter's stroll.

And perhaps nothing is so surprising as the explosion from the snow of a ruffed grouse that had found refuge deep in the snow next to the hiker's trail.

Most of our reptiles (snakes, turtles, lizards, and skinks) burrow below the frost line to avoid freezing. As temperatures drop, they will burrow deeper into the soil, staying beyond the frost line. However, you should not be surprised to find some reptiles out and about during the winter months. Garter snakes, box turtles, painted turtles, and ground skinks are some of the reptiles that have evolved strategies that enable them to endure sub-freezing temperatures without harm.

There are two primary strategies available to the reptiles that allow them to survive in sub-freezing conditions. One is freeze tolerance

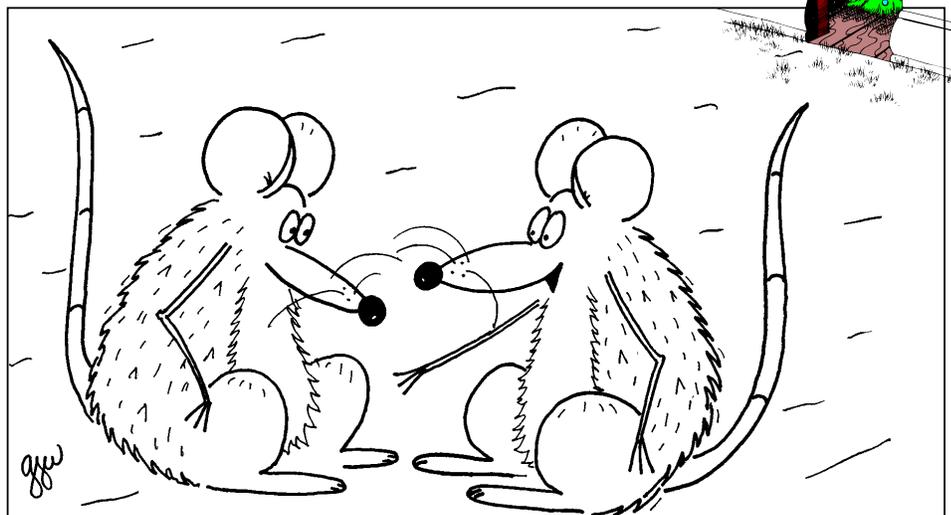
(limited extracellular water freezing), and the other is freeze avoidance (supercooling).

One January day I found a garter snake along the Berry Hollow trail near Old Rag Mountain. Garter snakes, like most snakes, overwinter in rock crevices, under rocks deep in soil, or in basements. However, their ability of both freeze avoidance and freeze tolerance enables them to overwinter in shallow leaf litter and arouse themselves in mild winter episodes. They do this by flooding their cells with glucose (a sugar) and glycerol (an alcohol), which act as anti-freeze to prevent the rupturing of the cells (freeze avoidance). At the same time, water is osmotically removed from the cells to the extracellular space, where it can freeze without damaging the cells themselves (freeze tolerance). Tests have found garter snakes can tolerate six hours of -26 degrees F, resulting in body ice contents of 18-36 percent.

I had the opportunity to observe the fall activities of a box turtle that made its hibernaculum in my shrub border. Over the month of October, as the temperatures dropped, he would dig a depression with his rear feet and partially submerge himself only to vacate the site when the weather warmed again. Finally, by early November, he had dug into the ground so that only his head was still above

See *Appalachian Nature*, page 11

### Tails from the Woods by George Walters



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

# 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
PA110 Map 2-3 (ed. 9, 2000)	AT Michaux State Forest, PA (Route 94 to Route 30)	6.00	4.80
PA120 Map 4 (ed. 8, 2000)	AT Michaux State Forest, PA (Route 30 to PA-MD State Line)	6.00	4.80
PA130 Map 5-6 (ed. 16, 2002)	AT Maryland	6.00	4.80
PA140 Map 7 (ed. 14, 2004)	AT Northern Virginia (Potomac River to Snickers Gap)	6.00	4.80
PA150 Map 8 (ed. 12, 2001)	AT Northern Virginia (Snickers Gap to Chester Gap)	6.00	4.80
PA160 Map 9 (ed. 16, 2002)	AT Shenandoah National Park (North District)	6.00	4.80
PA170 Map 10 (ed. 20, 2003)	AT Shenandoah National Park (Central District)	6.00	4.80
PA180 Map 11 (ed. 14, 2001)	AT Shenandoah National Park (South District)	6.00	4.80
PA190 Map 12 (ed. 9, 2002)	AT GWNF Pedlar District (Rockfish Gap to Tye River)	6.00	4.80
PA200 Map 13 (ed. 4, 1999)	AT GWNF Pedlar District (Tye River to James River)	6.00	4.80
PA210 Map D (ed. 3, 2001)	Potomac River Gorge Area and Cabin John Trail	6.00	4.80
PA220 Map F (ed. 5, 2001)	Great North Mountain-North Half (Virginia/West Virginia)	6.00	4.80
PA230 Map G (ed. 7, 2002)	Massanutten Mountain-North Half (Signal Knob to New Market Gap)	6.00	4.80
PA240 Map H (ed. 3, 1999)	Massanutten Mountain-South Half (New Market Gap to Mass. Peak)	6.00	4.80
PA250 Map J (ed. 2, 1997)	Tuscarora Trail AT, PA to PA Route 641	6.00	4.80
PA260 Map K (ed. 2, 1997)	Tuscarora Trail PA route 641 to Hancock, MD	6.00	4.80
PA270 Map L (ed. 2, 1996)	Tuscarora Trail (Hancock, MD, to Capon Springs, WV, and Cacapon St. Pk.)	6.00	4.80
PA290 Map N (ed. 4, 2000)	Rock Creek Park Area, DC	6.00	4.80
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
PB150	The Guide to Pedlar District set with maps 12 and 13	18.00	14.40
PC100	Circuit Hikes in Shenandoah National Park (ed. 14, 1996)	7.00	5.60
PC110	Circuit Hikes in Virginia, West Virginia, Maryland, and Pennsylvania (ed. 7, 2004)	7.00	5.60
PC115	Hikes in Western Maryland (ed. 2, 2004)	7.00	5.60
PC116	The Tuscarora Trail North (Guide to Maryland and Pennsylvania) (ed. 3, 1997)	7.00	5.60
PC117	The Tuscarora Trail South (Guide to West Virginia and Virginia) (ed. 3, 1997)	7.00	5.60
PC120	Hikes in the Washington Region: Part A Northern Maryland Counties (ed. 4, 2001)	7.00	5.60
PC130	Hikes in the Washington Region: Part B Northern Virginia Counties (ed. 3, 1993)	7.00	5.60
PC140	Hikes in the Washington Region: Part C DC/Southern Maryland Counties (ed. 2, 1999)	7.00	5.60
PC160	Guide to Massanutten Mountain (ed. 3, 2004)	7.00	5.60
PC180	Hiking Guide to the Pedlar District, George Washington National Forest (ed. 3, 2002)	7.00	5.60
PC190	Climbers' Guide to the Great Falls of the Potomac (2001)	12.95	10.36
PC200	Carderock Past & Present: A Climbers Guide (1990)	7.00	5.60
PC205	Pioneering Ascents (the origins of climbing in America)	14.00	11.20
PC210	Clearing Trails in War Time	5.95	4.76
PC215	Time For Everything	9.00	7.20
PC220	Breaking Trail in the Central Appalachians - a narrative	12.50	10.00
PC225	A Footpath in the Wilderness	9.00	7.20
PC230	Lost Trails and Forgotten People: The Story of Jones Mountain (ed. 2, 1985)	7.50	6.00
PC240	The Dean Mountain Story (1982)	5.50	4.40
PC250	Shenandoah Heritage: The Story of the People Before the Park (6th printing, 2000)	10.00	8.00
PC260	Shenandoah Vestiges: What the Mountain People Left Behind (4th printing, 2001)	6.00	5.00
PC270	Shenandoah Secrets: The Story of the Park's Hidden Past (Revised 1998)	12.95	10.36
PC280	PATC Cabins Booklet (2004)	6.50	5.20
PC300	Wildflowers of the Potomac Appalachians: A Hikers Guide (1979)	2.50	2.00
PC310	The Blue Hills of Maryland (ed. 1, 1993)	14.00	11.20
PC320	Memories of a Lewis Mountain Man (1993)	8.00	6.40
PD100	Map of the Stony Man Region of the Shenandoah National Park (Illustrated) (1964)	2.00	1.60
PE120	PATC Member Decal	N/A	1.00
PE130	PATC Member Patch	N/A	2.00
PE140	PATC Member Pin	N/A	2.95
PE150	PATC Ballpoint Pen with gift box	3.00	3.00
PE250	Long Sleeve T-Shirts	20.00	20.00
PE260	Short Sleeve T-Shirts	15.00	15.00
PE265	Notecards with Drawings of 3 PATC Cabins (box of 10 with envelopes)	4.00	4.00
PE280	PATC Coffee Mugs	7.50	6.00
PE320	PATC Hat	12.00	12.00
XX420	The Appalachian Trail Fieldbook, 2nd Edition	4.95	3.95
XX700	Natural History Guide to Common Woody Plants of the GWNF and SNP (2004)	4.00	3.20
XX860	Rock Climbing	17.95	14.50
XX870	Grandpa's Mountain	4.99	3.99

# From the PATC Store

## Publications from Other Publishers

DESCRIPTION	RETAIL	MEMBER
50 hikes in Northern Virginia (1998)	13.00	10.40
Appalachian Trail Names (David Edwin Lillard)	16.95	13.50
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
Cross-Country Skiing	9.00	7.20
Finding Wildflowers in Washington/Baltimore Area (1995)	15.95	12.76
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
Central Virginia (1994)	18.00	14.40
Maine (1993)	25.00	20.00
Massachusetts-Connecticut (1994)	20.00	16.00
New Hampshire-Vermont (1995)	17.00	13.60
New York-New Jersey (1994)	16.00	12.80
North Carolina-Georgia (1998)	25.00	20.00
Pennsylvania	40.00	32.00
Southwest Virginia (1994)	17.00	13.60
Tennessee-North Carolina (1995)	25.00	20.00

### Trails Illustrated Topo Maps

Shenandoah National Park (1994)	9.00	7.20
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### Trinkets

Appalachian Trail South Bandana	5.00	5.00
Appalachian Trail Patch	3.00	3.00
PATC Water Bottles	5.00	5.00
Smokey the Bear Pins	4.00	3.20
Tuscarora Trail Patch	2.00	2.00
PATC Detachable Neck Lanyards	5.00	5.00

## ORDER FORM

*NEW: Order online from our Web site! [www.patc.net](http://www.patc.net)*

**TELEPHONE** Monday - Thursday, 7 p.m. - 9 p.m.  
**HOURS:** Thursday - Friday, 12 noon - 2 p.m.  
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member  non-member  
 please send membership information and application

For credit card orders (Visa or Mastercard only), please have all information ready when you call.  
 Make checks payable to the Potomac Appalachian Trail Club (PATC).  
 Do not send cash, stamps, or C.O.D. orders. Please allow 3 weeks for delivery.  
 Orders may be shipped by UPS or First Class Mail.  
**Please include Shipping and Handling costs to expedite your order.**

### SHIPPING AND HANDLING

Order Subtotal	S & H Cost
Up to \$10.00	\$2.00
\$10.01 to \$25.00	\$4.00
\$25.01 to \$50.00	\$6.00
Above \$50.00	\$8.00

ITEM #	QUANTITY	DESCRIPTION	UNIT PRICE	TOTAL

Name: \_\_\_\_\_

Shipping Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h): \_\_\_\_\_ (w): \_\_\_\_\_

Order Subtotal \_\_\_\_\_  
 5 % Sales Tax (VA residents only) \_\_\_\_\_  
 Shipping and Handling (see above) \_\_\_\_\_  
 Grand Total for Order \_\_\_\_\_

### METHOD OF PAYMENT:

credit card number \_\_\_\_\_ expiration date (mth/yr.) \_\_\_\_\_  
 Check  
 Money Order  
 Visa  
 Mastercard  
 Signature: \_\_\_\_\_

## 38 Degrees North, 77 Degrees West

People say that the best way to get to know someone is to travel with him, and if it's true that a person's character surfaces in the ups and downs of hotels and trains and crowds and timetables, then it's highly likely that hiking in all sorts of weather and following maps and building fires tells you even more.

Which is why, as we passed the six-month mark, I suggested an overnight backpacking trip to my boyfriend. He liked the idea, so we headed out for an overnight in the Cranberry Wilderness, a fantastically remote place (by East Coast standards) that is absolutely gorgeous during the fall months. The drive from D.C. takes over five and a half hours, but if you leave early enough you can get a good chunk of hiking in before the sun starts to set.

It was after one when we got on the trail (we didn't get as early a start as we had planned), and we were less than a mile into the trip when we met a group of weary hikers on their way out. They were tired and cranky, but were cheered quite a bit when we told them how close they were to the parking lot. They were returning from a three-day trip that had seen every weather pattern but sunshine and were further irritated by the fact that the day had cleared up just a few hours before they reached the cars. We had arrived after the



*A hot fire takes the chill out of a cold October night.*

skies turned blue and had been practically poetic in enjoying the glittering leaves and cheerful sunlight, unaware that we had just missed a weekend of chilling rain.

Our luck continued along the rest of the trail. We had the entire forest to ourselves and saw no one else for the rest of the trip. The ground was wet and muddy but didn't pose much of a problem, and the hike was level and easy. We found an idyllic camp spot at the "Y" of two creeks and set up camp with daylight to spare. The kielbasa and veggies in cream sauce and the bottle of Merlot were well worth their extra weight, and we ate around a snapping

fire and drank the wine as the fire died down and the sky filled up with stars. We finished the night off with mugs of hot cocoa, soaking up the heat from the glowing coals and the drink while we squinted through tree branches trying to spot constellations.

We climbed into the tent, and because we were warm from the fire and hot cocoa, the coolness of our sleeping bags was refreshing.

In the morning we made breakfast and broke camp, getting back onto the trail at a reasonable hour without making much of an effort. The second day was as fine as the first, and our packs were much lighter so we could shuffle musically through the leaves without wearing ourselves out. It was interesting to discover that Craig had a tendency to focus more on the end point than the hike itself – I do believe that is an inherently male characteristic because every man I've ever been out on the trail with has put more emphasis on the destination than on the hike itself. It did, however, get us back on the road in time to visit a few Virginia wineries before they closed for the day. The grand experiment was a success, as well; it's always good to know that you can spend 48 hours in the woods with a person and still continue to enjoy his company when you get home. □

—Alexa Hackbarth

### *Mushrooms, from page 3*

thus virtually impossible to discern. Mycelia can grow to gargantuan proportions, limited only by the extent of a benign ecosystem. It is part of the accepted common folklore that the largest living thing in the world is a fungus that occupies some 40 acres in Michigan. As I recall, the Soviets claimed during the Cold War that they had the world's largest fungus. They probably did and still do, for all that it matters.

The mycelium that results from a single spore cannot create a mushroom. It takes two compatible hyphae growing from two compatible spores to do that. In this sense it is like the male and the female genders of most plants and animals. But with fungus, it is much more complicated, as there are a lot more pairing possibilities. There has been limited study in this area due to the difficulty in distinguishing different hyphae based on appearance. Understanding pair-wise behavior is dependent on a large number of tedious empirical observations. What testing has been done has shown more than 20,000 pairing combinations in some mushrooms. Each hypha brings one nucleus to the union, creating a cell with two nuclei, called a dikaryon. In this combined form, the mycelium grows, taking its nourishment from a variety of organic sources.

Mushrooms form from the dikaryon mycelium by coalescing into a more dense fibrous mass known as a primordium. The structure of the

mushroom is established in embryonic form at this point with a distinct cap and stem, poised in the mycelium for the appropriate environmental stimulus, moisture. After a rain, water permeates the ground, and the inchoate mushroom absorbs it, expanding rapidly with the preexisting structure now enlarged by the addition of the fluid. This is why mushrooms pop out of the ground overnight after a rain. The moisture trigger is also relevant to the propagation of the species, as the mushroom will open and release its spores when environmental conditions are likely to favor their successful incubation.

Fungi are among the most notable features of any woodland trail. The bright orange glow of jack-o-lantern mushrooms huddled at the base of a tree is as striking as the delicate structure of the pink lady's slipper orchid. Their spontaneous appearance and ephemeral presence are like the wildflowers that enjoy universal adulation for their aesthetic qualities. But in spite of the aesthetics of their geometric balance, mushrooms are maligned, subject to all manner of hyperbole about their toxicity and hallucinogenic nature. It is a matter of education, as fungi are of great importance to woodland ecology and to the economics of any agricultural enterprise. And that is the motivation for learning mycology and for transmitting that knowledge to others, the mushroom chronicles. □

—William Needham



## Chapters

### Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday; summer, winter, and in between. Hikes are usually 8 to 10 miles. We usually maintain trails on the last Saturday of the month. Meet at Sprint parking lot, 2307 Hydraulic Road, at 9:00 a.m., with food and water for the day. The majority of hikes are in the 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](http://www.patc.net/chapters/char/hikes.html). INFO: Jere Bidwell 434/295-2143 or John Shannon 434/293-2953.

### North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the AT and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays – contact Nancy Hammond ([mdtrail@yahoo.com](mailto:mdtrail@yahoo.com)) 301/739-0442 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday – contact Pete Brown ([peter.brown4@worldnet.att.net](mailto:peter.brown4@worldnet.att.net)) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday evening dinner at the Gypsy Spring cabin. For information on upcoming hikes, contact Chris Firme ([bncfirme@innet.net](mailto:bncfirme@innet.net)) 717/765-4833. For general chapter information, contact chapter president Pete Brown or visit the North Chapter home page ([www.patc.net/chapters/north/](http://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](mailto:thumpers@visuallink.com)) 540/955-0736.

### Southern Shenandoah Valley Chapter

See [www.ssvc.org](http://www.ssvc.org) or the one linked to the PATC Web site for descriptions of hikes and work trips. We usually hike in the southern and central districts of the SNP and in the GWNF. Contact the listed hike leader for information about a specific event, or contact Michael Seth 540/438-1301.

### West 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 [wvpac@hotmail.com](mailto:wvpac@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 ([berf@erols.com](mailto:berf@erols.com)) 703/715-8534.

### Mountaineering Section

We're a diverse group of local Washington, DC area climbers. Young and old, male and female, crag rat, sport climber, and alpinist, active and armchair types – we all enjoy climbing in its many varieties. We also share common interests in promoting safe climbing, conserving the outdoors, developing new climbers' skills, representing the Washington area climbing community, and having fun! We provide instruction for those wanting to learn the basics – we're not a school, but we can get you started. We go climbing, either locally or further afield, nearly every weekend. In the winter we organize trips to the Ice Festivals in the Adirondacks and the White Mountains for beginning and advanced ice climbers. For further information contact Andy Britton, ([tallandyb@aol.com](mailto:tallandyb@aol.com)) 703/622-1920, or Mack Muir ([MackMuir@edisaurus.com](mailto:MackMuir@edisaurus.com)).

### PATC Hikes

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

### Other Clubs' Hikes

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

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

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

## Meetings

### Meetings

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

### New Members (PATC) – First Wednesday

7:30 p.m. Curious about the club? Want to learn more? The best way is to attend a New Members meeting (but you don't have to be new to qualify). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt. 123 into Vienna, Va., and turn east on Park St. (Rt.675) to 118 Park St. on your left. INFO: Jane Thompson 301/349-2496.

### Mountaineering Section – Second Wednesday

8:00 p.m. – We meet every month unless noted in the Forecast. INFO: Mack Muir ([MackMuir@edisaurus.com](mailto:MackMuir@edisaurus.com)) 703/960-1697 or PATC's Web site: [www.patc.net/chapters/mtn\\_sect](http://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](mailto:join@smrg.org)), 703/255-5034, or [www.smrg.org](http://www.smrg.org).

### PATC Council – Second Tuesday

The council meets at 7:00 p.m. sharp. The PATC Council meets every month to conduct business of the club and once a year for a dinner meeting. All members are always welcome. Come see how we make decisions about your club. INFO: Wilson Riley ([wirley@patc.net](mailto:wirley@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, and strive to educate the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications, and personal equipment. All Trail Patrol volunteers are also expected to become certified in a recognized basic first aid course. Some equipment and uniform items are provided upon completion of training. INFO: Holly Wheeler ([trailpatrol@patc.net](mailto:trailpatrol@patc.net)) 301/486-1598, or see our section in PATC's Web site: [www.patc.net/volunteer/trailpatrol](http://www.patc.net/volunteer/trailpatrol).



# DECEMBER

# FORECAST

1 (Wednesday)

**DEADLINE - January Potomac Appalachian Material due to editors 5:00 p.m.**

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

1 (Wednesday)

**CLASS - Snowshoeing 101 (REI) Bailey's Crossroads, VA**

The ease of snowshoeing has made it one of the fastest growing winter sports in the country. Simply strap on a pair and go on a winter hike, backpack, or climb! Join the staff of REI as we put on another one of our famous "how to" clinics on the basics of snowshoeing. We will focus on the appropriate selection of gear and the initial skills needed to get you outside and on the trails. In addition, we will talk about some places to go. 7:30 p.m. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

1 (Wednesday)

**HIKE - Easy Hikers Great Falls, MD**

This will be a 5-mile hike from the Old Angler's Inn to Great Falls, Md., via the Gold Mine Trail and side trails and return via the C&O Towpath and Berna Road trail. Bring lunch and water. Meet at 10:15 a.m. in the parking lot across from the Old Angler's Inn on MacArthur Blvd. From I-495, go west on Clara Barton Parkway to its end at MacArthur Blvd. Go west one mile and turn left into the parking area across from Old Angler's Inn. INFO: Ruth Powers (ruthpowers@starpower.net) 703/821-2431.

1 (Wednesday)

**HIKE - Midweek Hikers Location to be determined**

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

1 (Wednesday)

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

3, 4 (Friday - Saturday)

**SPECIAL EVENT - NSVC Retreat, Glass House Front Royal, VA**

The Northern Shenandoah Valley Chapter will have its last retreat of the year at Glass House Cabin on the first weekend in December. Come and enjoy friends, hiking, and food in a beautiful setting just before the holiday crunch. INFO: Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

4 (Saturday)

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

This workshop will focus on ultralight backpacking for couples with an emphasis on techniques and gear that allow light, comfortable backcountry travel. A wide variety of ultralight gear will be used to demonstrate techniques necessary to remain warm, comfortable, happy, and safe while traveling ultralight. Workshop leaders, Alan Dixon and Alison Simon believe most couples can travel the backcountry with 14-16 pound packs for a three-day trip. This workshop is FREE, but pre-registration is necessary. 1:00 p.m. to 4:00 p.m. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

4 (Saturday)

**HIKE - K9 Trailblazers Cockeysville, MD**

Oregon Ridge Park - Annual Holiday Hike. Join us for a moderately paced, about-3-mile hike through the wooded trails and rolling hills of Oregon Ridge Park. Elevation changes will be moderate (around 200 ft.). We'll follow our hike with a holiday picnic to celebrate the season! Since this is a joint hike with K9 Trailblazers, well-behaved dogs are welcome as long as you keep them on leash and scoop after them. Maps, chocolate, and dog biscuits provided at the trailhead. Bring snacks, and water for you and your dog. Visit [www.k9trailblazers.org](http://www.k9trailblazers.org) for more details. INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 410/381-7408 or Jeff Bolognese (jabolognese@k9trailblazers.org) 410/247-4434.

4 (Saturday)

**HIKE - Cultural Resources Hike**

**Central District, Shenandoah National Park, VA**  
Steve Bair, wilderness resource specialist for the SNP, leads Bob Pickett and friends on an adventure in the *Free State Hollow*, where we will hike up to 8 miles on and off the trail. Steve will take us to some of the homesites of the mountain residents and discuss the recently released publication, *In the Shadow of Ragged Mountain*, about the archaeological surveys conducted before and after the October 2001 fires in this area. INFO: Bob Pickett 301/681-1511.

4 (Saturday)

**HIKE - Northern Shenandoah Valley North District, Shenandoah National Park, VA**

Jack Reeder will once again lead us on one of his famous bushwhack hikes to parts of the national park that are not often seen. Come and discover little known places and the lives of people who lived in this area before the park was created. INFO: Betsy Fowler (betsy.fowler@ngc.com) 703/556-3655 or Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

4 - 5 (Saturday - Sunday)

**CABIN WORK TRIP - Tulip Tree Crew Stanardsville, VA**

Don't miss out on an opportunity to participate in the completion of this wonderful cabin. We are getting down to the final finishing work before this lovely cabin, in an outstanding setting in the Blue Ridge Mountains of Virginia, goes into the rental system and you will have to pay for the privilege to spend a night there. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

4 - 5 (Saturday - Sunday)

**CLASS - Wilderness First Aid (WSC) Alexandria, VA**

A program of the Wilderness Safety Council, this eighteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$160. Register on-line at [www.wfa.net](http://www.wfa.net). INFO: Christopher Tate (chris@wfa.net) 703/836-8905.

5 (Sunday)

**HIKE - Sunday Hikers Rosslyn, VA**

Starting with a walk around Roosevelt Island, we'll do a circuit hike including part of the Potomac Heritage Trail up to Chain Bridge, and return on the C&O Towpath to Georgetown, then across the Key Bridge back to our starting point. Approx. 10 miles. INFO: Vince Ferrari (ferrari3@ix.netcom.com) 301/249-2210.

5 (Sunday)

**TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD**

Come join the South Mountaineers for a winter Sunday work trip! Bring water, gloves, boots and lunch. Meet in Frederick County at 9:00 a.m. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

7 (Tuesday)

**HIKE - Family Hike Round Hill, VA**

Come on out for some beautiful views from Bear Rocks, as we hike along the AT from Snickers Gap at Rt. 7 and 601. This kid-paced hike is very rocky, and not jogging-stroller passable. We will hike up to Bear Rocks, over to Bear's Den Hostel, along their historical trail and back down. The complete hike will be about 2.5 to 3 miles, but can easily be shortened to about 1.5 miles. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

7 (Tuesday)

**HIKE - Vigorous Hikers**

**Central District, Shenandoah National Park, VA**  
Rated H. Leading Ridge. Climb Leading Ridge Trail to the AT south; to lunch at Corbin Cabin. Then climb Indian Run Trail to return via Crusher Ridge. 18 miles with 4,000 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

7 (Tuesday)

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

8 (Wednesday)

**CLASS - GPS 101 (REI) Bailey's Crossroads, VA**

This class will give an overview of the features and functions of GPS units and get you headed in the right direction. We'll show you how they work, what affects their accuracy, and how to choose a model based on your intended activities. The class includes a software demonstration and overview of online resources. 7:30 p.m. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400

8 (Wednesday)

**HIKE - Easy Hikers Mason Neck, VA**

Meet at 10:15 a.m. at Woodmarsh Trail. Hike about 4 easy miles in Mason Neck Wildlife Refuge and Mason Neck State Park. From the Beltway Take Rt. 611, Telegraph Road south. At 9.6 miles, stay in middle lane, marked by straight-ahead arrow, to cross Rt. 1 and continue on Rt. 611, now called Colchester Road. After 1.8 miles, turn left on Gunston Road. Go 3.7 miles to right turn at sign for Mason Neck State Park. Go 0.6 mile to parking for Woodmarsh Trail on left. We will lunch after the hike at Polo Grill on Rt. 1. INFO: John and Suzanne Kominski, 703/751-3026.

8 (Wednesday)

**HIKE - Midweek Hikers Location to be determined**

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

8 (Wednesday)

**MEETING - Mountaineering Section, 8:00 p.m. Vienna, VA**

# FORECAST



8 (Wednesday)

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

9 (Thursday)

**HIKE** - In-Between Hikers  
Great Falls, VA

A hike on the Fraser Preserve, Seneca, and Riverbend trails. This is a joint hike with the Sierra Club MWRP, and will be a moderate-to-fast, 9-10 miles over variable terrain. From I-495, exit 44 west on VA-193 (Georgetown Pike) for 7.5 miles to Springvale Rd. Go right for 2.5 miles to arrow, turn left then immediate right. At Allenwood Lane turn left and park. Bring water/lunch but no pets. Starts at 10:00 a.m. INFO: Henri Comeau (henricomeau@aol.com) 703/ 451-7965.

11 - 12 (Saturday - Sunday)

**TRAIL WORK TRIP** - Cadillac Crew  
Harpers Ferry, WV

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 in Highacre House, do some yard work, some trail work nearby, 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.

12 (Sunday)

**HIKE** - Appalachian Trail  
Harpers Ferry, WV

We'll hike along the AT in WV and northern Virginia, from Harpers Ferry to Keys Gap. Hike distance is 6.5 miles. Includes a side trip to Loudoun Heights. INFO: Dave Jordahl (dave.jordahl@askdep.com) 240/777-7741.

12 (Sunday)

**TRAIL WORK TRIP** - South Mountaineers  
Appalachian Trail, MD

Come join the South Mountaineers for a winter Sunday work trip! Bring water, gloves, boots and lunch. Meet in Frederick County at 9:00 a.m. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

14 (Tuesday)

**HIKE** - Family Hike  
Vienna, VA

Join us for a 2-mile walk on jogging- and regular-stroller-friendly surface, in Meadowlark Gardens Regional Park. We'll see interesting gardens, fun interconnecting paths, gazebos, and a cool visitors center. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

14 (Tuesday)

**HIKE** - Vigorous Hikers  
Central District, Shenandoah National Park, VA  
Old Rag and Whiteoak Canyon. 14 miles and 4500 ft climb. Enjoy the scramble up Old Rag, down to the foot of White Oak Canyon for a second climb and return via Corbin Hollow. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

14 (Tuesday)

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

15 (Wednesday)

**HIKE** - Easy Hikers  
Washington, DC

Hike 4 easy miles on the Glover-Archibald Trail, 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 \$1.25, or \$0.60 for Senior Citizens, in exact change for fare). Meet at 10:15 a.m. on the parking lot of the National Presbyterian Church, Van Ness Street entrance. Hike is canceled if DC Public Schools are closed due to inclement weather. INFO: Gary Abrecht (GAbrecht@aol.com) 202/546-6089. Cell phone day of hike: 202/365-2921.

15 (Wednesday)

**HIKE** - Midweek Hikers  
Location to be determined

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

18 (Saturday)

**HIKE** - Waterfall and Wild Flower Series  
North District, Shenandoah National Park, VA

The 17th hike of the Waterfall and Wild Flower Series will be a 15-mile circuit on the Appalachian, Henderson Hollow, Lands Run Gap and Jenkins Gap trails. Total elevation is approximately 3,200 feet. PATC Map 9. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen (thorsen4@juno.com) 703/39-6716 or William Needham (Needham82@aol.com) 410/884-9127.

18 - 19 (Saturday - Sunday)

**CABIN WORK TRIP** - Rosser Lamb Crew  
Stanardsville, VA

Park and Peg have been laboring on this cabin, almost unassisted, for 5 years. Let's get out there in force and help them finish up their work. They have already made amazing progress and the house is looking great but there is still plenty of work to do. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

21 (Tuesday)

**HIKE** - Family Hike  
Great Falls, VA

Get away from the malls and come get some fresh air by hiking with us along the Difficult Run Trail, from Colvin Run Mill. This out-and-back hike will be about 3 miles long, and is jogging-stroller friendly. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

21 (Tuesday)

**HIKE** - Vigorous Hikers  
North District, Shenandoah National Park, VA  
Overall Falls. From Thompson Hollow climb Overall Run, view the falls, continue to Mathew's Arm and Elkwallow, returning via Beecher Ridge. 16 miles and 3500 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.



22 (Wednesday)

**HIKE** - Easy Hikers  
Washington, DC

The Easy Hikers will hike 4 to 5 miles on the National Mall stopping briefly to view the holiday decorations. Meet at the Federal Triangle Metro Station at 10:15 a.m. Bring water. Lunch will be at a local café. No pets. INFO: Bill Burnett (burn2154@earthlink.net) 703/569-2154.

22 (Wednesday)

**HIKE** - Midweek Hikers  
Location to be determined

Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current information, including meeting place, time, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242/0965.

28 (Tuesday)

**HIKE** - Vigorous Hikers  
Central District, Shenandoah National Park, VA  
Little Devil's Stairs. Ascend the stairs to Keyser Run Rd, to AT south over Hogback for views, then descend Piney Ridge Trail to return on Hull School Trail. About 13 miles and 4100 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

28 (Tuesday)

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

29 (Wednesday)

**HIKE** - Easy Hikers  
Vienna, VA

We'll do 5 miles of mostly flat walking on the W&OD Trail, with a stop at the end for lunch at Joe's in Vienna. Meet at the Vienna Community Center, 120 Cherry St. No pets. Bring water. Starts at 10:15 a.m. INFO: Henri Comeau (henricomeau@aol.com) 703/ 451-7965.

29 (Wednesday)

**HIKE** - Midweek Hikers  
Location to be determined

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

## JANUARY

1 (Saturday)

**DEADLINE** - February Potomac Appalachian Material due to editors 5:00 p.m.

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

4 (Tuesday)

**HIKE** - Family Hike  
Leesburg, VA

Start the new year by getting out into nature, and come explore wildlife at the beautiful Rust Sanctuary. We will hike down to a pond, through the woods, and to an open meadow. This kid-paced circuit hike will be about 1.5 miles long. The trail is jogging-stroller passable. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

# FORECAST



4 (Tuesday)

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

5 (Wednesday)

**HIKE** - Easy Hikers

Alexandria, VA

Starting from the Belle Haven Picnic area south of Alexandria, the Easy Hikers will walk on the paved bicycle path, the Dyke Marsh nature trail, and visit the Jones Point lighthouse to get a very upclose view of the Wilson Bridge construction. Meet at 10:15 a.m. and bring lunch and water and binoculars for birding if you wish. To reach the picnic area, take the G. Washington parkway south through Alexandria. The picnic area is about 1/2 mile beyond Alexandria on the left. Or exit the Beltway (I-495) at Exit 1, take US 1 North to Franklin St, (first light) turn right to Washington St, turn right and go about 1 mile to picnic area on left. INFO: Shirley Rettig 703/836-0147.

5 (Wednesday)

**HIKE** - Midweek Hikers

Location to be determined

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

5 (Wednesday)

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

11 (Tuesday)

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

12 (Wednesday)

**HIKE** - Midweek Hikers

Location to be determined

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

12 (Wednesday)

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

19 (Wednesday)

**HIKE** - Midweek Hikers

Location to be determined

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

22 - 23 (Saturday - Sunday)

**CLASS** - CPR and First Aid

Vienna, VA

The Trail Patrol is hosting a CPR and First Aid course. The two-day course covers American Heart Association Adult, Child, and Infant CPR and First Aid. The students will learn basic first aid skills with hands on time. Books and certifications are provided. The afternoon portion of the first aid class is designed with wilderness situations in mind. Time will be spent going over items in our first aid kits and packs. The students learn how to do basic splinting and bleeding control with supplies from their packs. The cost of each class is \$50 per day (\$100 for both days of CPR and 1st aid). The deadline to register for this class is Jan. 7, 2005. INFO: Ben Fernandez (TPTraining@patc.net) 703/327-9788

25 (Tuesday)

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

26 (Wednesday)

**HIKE** - Midweek Hikers

Location to be determined

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



## In Memoriam

# Helen L. Johnston



*Club Member Feb. 1940-Sept. 29, 2004*

Helen was a member of PATC for 64 years, even after moving to an assisted living home in Adelphi. Throughout her membership Helen maintained a strong interest and support of PATC; she served on several committees until 1965: publicity, shelter reservations, *BULLETIN* editorial staff, photo and exhibits chair, conservation, and history. She was a naturalist and author, serving as a nature guide at Great Falls Tavern and leading C&O Towpath hikes for 25 years. She began leading nature walks for the NPS in 1973. □

—Carol Niedzialek

### *Appalachian Nature, from page 4*

ground. Eventually, he turned around in the hole and, by the next day, he was out of sight.

Many turtles also exhibit freeze tolerance. Box turtles from the upper Midwest have been shown to tolerate temperatures as low as -25 degrees F for at least three days while 7 to 58 percent of their total body water froze solid. Like the garter snake, this enables the box turtle to survive shallow overwintering sites despite freezing temperatures. Painted turtles range farther north than any other land or freshwater turtle. Hatchlings have been found to survive 24 hours of freezing at -24 degrees F with 52-53 percent of their total body water as ice. Other tests found them able to withstand 25 degrees F for at least eleven days. Under these conditions there is no muscle movement and no breathing, heartbeat, or blood flow. They survive in true metabolic arrest.

Painted turtles can exhibit freeze tolerance or freeze avoidance, in the form of supercooling. This means the liquids in the body remain in the liquid state even at temperatures below freezing. In fact, supercooling has been documented at temperatures down to 10 degrees F! Whether a painted turtle utilizes freeze tolerance versus freeze avoidance depends on its environmental conditions. Freeze tolerance only works if temperatures stay above 25 degrees F throughout the winter. If colder temperatures occur, further freezing of the turtle will cause its demise. Thus, in colder habitats, most turtles will adopt the freeze avoidance strategy of supercooling.

Interestingly, the painted turtles' ability to survive such low temperatures exists only in hatchlings. Unlike most turtles that, upon hatching, will emerge from the summer nest and crawl to the nearest pond, the painted turtle remains in the nest, thus making it susceptible to more severe low temperatures. After the first winter, the painted turtle will hibernate in pond muds. Thus, not surprisingly, this freeze tolerance is not found beyond the painted turtles' first year.

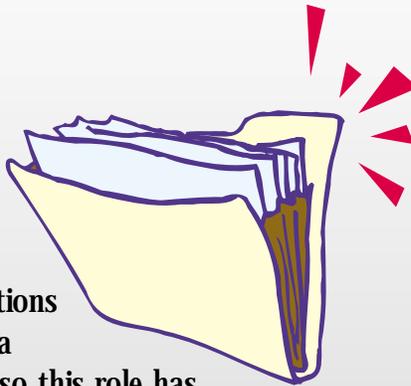
One final comment. Please note that the statistics presented here have been taken from northern populations. As noted with the painted turtles, regional variations have evolved to meet the specific needs of their habitat. So, don't take a hatchling painted turtle from our forests and stick it into your refrigerator for the winter. Nature knows best. □

—Bob Pickett

## VOLUNTEER OPPORTUNITIES

### Put on your Editor's Hat

PATC needs a new chair for the Publications Committee. This is an active committee that produces all of the club's publications (except maps): hiking guides, the cabins book, and other specialized publications relating to hiking. Publications are a major revenue stream for the club, so this role has an important influence on our annual budget. In 2005 the committee chair will manage two re-publications of existing trail guides.



The committee chair automatically has a voting seat on PATC Council and is an integral member of the leadership team. This is a good way to polish your editorial skills and brush up your resumé. If interested, or if you have questions, reply to Tom Johnson ([president@patc.net](mailto:president@patc.net)).

### TRAIL OVERSEER DISCOUNTS

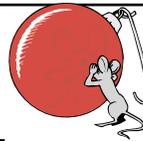
**PATC OVERSEERS GET DISCOUNTS** from the following merchants who support our volunteer programs: Blue Ridge Mountain Sports (Charlottesville, Tidewater) – 20%, Hudson Trail Outfitters (Metro D.C.) – 15%, The Trail House (Frederick, Md.) – 15%, Casual Adventures (Arlington, Va.) – 10%, Campmor (mail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

### HIKING PARTNERSHIPS

**LLAMA TREK IN WYOMING.** Anyone interested in participating in advance planning for a week-long hike in July or early August, 2005, into the Wind River Mountains west of Lander WY, using Llamas to transport our trail gear, please contact Dave Appel ([dwappel@juno.com](mailto:dwappel@juno.com)). Lander Llamas would outfit the group with tents and sleeping bags, transport essential personal gear, and provide all trail meals, making this hike practical for PATC members flying to Lander.

**LOOKING FOR SOME WOMEN TO HIKE WITH:** Are you interested in hiking sections of the AT - mostly by slackpacking, dayhiking, and occasional overnight? I've finished about half. Let's compare notes. INFO: Stacy ([dslabare@corlink.com](mailto:dslabare@corlink.com)) 304/358-3154.

## PATC Swap Meet



Need some boots? Have an extra tent? Looking for a hiking buddy? The Swap Meet might be just the place to start your search. Send your queries to [PA@PATC.net](mailto:PA@PATC.net).

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

### FREE TO GOOD HOME

**FREE FIREWOOD** for the asking. A pickup truck full of cut and seasoned (by this fall) wood is available on a first-come, first-served basis. Kindling also available. Must get rid of it quickly. Please call Bernie Morgan at 301/864-1324.

### EQUIPMENT WANTED

**TARP TENT** for two or three. Floored version a bonus. Must be in relatively good condition. Please e-mail Linda ([lindashannonb@mac.com](mailto:lindashannonb@mac.com)) with good news.

**DOG PACK** for medium to large dog (75-80 pounds). Previously used is fine as long as there are no holes. Please contact Linda ([lindashannonb@mac.com](mailto:lindashannonb@mac.com)).

# TRAILHEAD

They call it mizzle, the combination of mist and drizzle that covered PATC country during late October. Fall colors were there, but they were hard to see with the low clouds and fog obscuring the sun for most of the area. We hope that hikers took advantage of the few clear days to enjoy the foliage, and overseers got their last chance to visit their trails before the onset of winter.

## Trails 2005 Activity Schedule

For advanced planning, trail activities in 2005 scheduled to date include:

### January

29 (Sat.) - SNP-PATC meeting in Vienna. SNP PATC DMs attend. Important policy discussions are likely.

### February

26 (Sat.) - FS-PATC meeting in Edinburgh. GWNF PATC DMs attend.

### March

23 (Wed.) - Spring DM meeting in Vienna. All PATC DMs attend.

### April

23-24 - Chainsaw Class SNP Pinnacles. Priority will be given to those experienced saw operators whose certification is about to run out.

### May

2-6 - SNP SD Summer Crew  
10-13 - SNP CD Summer Crew  
14-15 - Chainsaw Class, ATC Greenbriar State Park, MD  
16-20 - SNP ND Summer Crew

### June

4-5 - CD overseer workshop in SNP  
5-10 - Massarock Summer Crew  
12-17 - Massarock Summer Crew

### August

15-19 - SNP SD Summer Crew  
22-26 - SNP CD Summer Crew  
29 Aug. - 2 Sept. - SNP ND Summer Crew

### September

14 (Wed.) - Fall DM meeting in Vienna  
11-16 - Massarock Crew  
18-23 - Massarock Crew

The bi-annual meeting of the ATC will be held in Johnson City, Tenn., on July 1-6 at East Tennessee State University. Trail volunteers are urged to attend. Workshops frequently address trail construction and maintenance.



Patrick, Mike, and Kurt standing on finished crib wall on AT below Crescent Rock in SNP Central District.

## Tool Talk From SOT

*Tool custodians:* Check hand tools for which you are responsible. If they are dull, sharpen. If tool is in need of repair, fix. Sand handles and treat with linseed oil. Remove dirt and rust and put WD40 on metal. If you don't want to condition tools, take them to the tool room in Vienna for conditioning and repair.

*Prepare power tools for winter:* Run power tools until they are out of gas. Clean tools of dirt, gunk, and vegetation. Lubricate power weeders and brush cutters. Take steps to ensure chains on chainsaws are sharp; loosen chain on bar. Get power tools in for maintenance if not running properly.

Store all tools out of the weather; if appropriate, take to Vienna for storage in tool room. Empty all power tools of fuel before storing in tool room. Take paint out of toolboxes and store inside where paint won't freeze.

*A new tool:* A new tool called a Rogue hoe has been made. I tried it out, and it is nifty. It is excellent at cleaning waterbars and check dams, cutting grass and roots, and shaping dirt. I recommend you try it out.

—Liles Creighton, Supervisor of Trails

## Ivan Takes Out Workshop

For the first time in 17 years, the annual SNP North District workshop was done in by Mother Nature. With weather forecasts pre-

dicting the remnants of Hurricane Ivan to pass through the Virginia Blue Ridge over the workshop weekend, George Walters and Shawn Green of the NPS had several conversations early in the week to ascertain the situation and make a decision. In the interest of prudence, safety, and comfort for the participants, it was decided to cancel the event. It seems that rainy weather has had a significant impact on both North and Central District trail workshops the last few years. Perhaps, after so many years of good weather for our workshop weekends, our number has finally come due.

## Mill Mountain Trek

Mill Mountain Trail Overseer Jim Tomlin volunteered to assist hike leader Mike Juskelis of the West Virginia Highlands Conservancy on a 14-mile group hike on Great North Mountain on Saturday, Oct. 16. It was the first visit of this hiking group to the Long Mountain/Tibbet Knob area, and to an overseer familiar with this PATC District, it was much welcomed. The challenging hike encountered such obstacles as a slosh through Trout Run, a slippery wet rock field, rain, some snowflakes, a brief duration of pea-sized hail, and eventually sunshine and gale force winds. Near the end of the hike atop Tibbet Knob, the cold winds were so vicious that the group felt the peak should be renamed

See Trailhead, page 14

*Trailhead, from page 13*

“Tibet” Knob! All participants did fine and enjoyed the hike and brilliant leaf colors, despite the wild weather.

## Blue and White Completes Crib Wall Project on AT

The Blue and White Crib Wall Crew was out in force in October on a damaged section of the AT. About 20 feet of trail had fallen off the face of the mountain just below Crescent Rock overlook, and although an ATC crew had built up the base and set the first courses of stone, they weren't able to complete the job. That task fell to Patrick Wilson, his brother Mike, Kurt Fisher, and Dan Dueweke. After a careful survey of the site, Patrick declared, “We will use no rock that doesn't require a grip hoist to set it in place.” Fortunately for Patrick, there was a large oak tree next to the crib wall that made a perfect spar for attaching a block and cable. Over the next six hours, large boulders were hoisted up the mountain, chiseled into the necessary shape, and set in place. Add to this a little crush-fill busting with a mash hammer, and the trail was brought to the proper grade and out-slope.

Every grip-hoist exercise offers overseers the chance to experience slippery rocks and difficulties securing the load with nylon straps. Enter the “Wilson Basket,” popularized by Overseer Patrick who combined 20 feet of chain with several adjustable chain cross ties and a “Dixie saddle ring” to construct a non-slip rock basket that absolutely secures any load regardless of shape or size. Watch the *PA* in the future for a detailed description of this, the best new tool for stonework since a large Egyptian workforce.

## Stream Crossings a Challenge In High Water

Heavy rains in September were a challenge to trail crews trying to fix step boulders on two popular trails in Nicholson Hollow. Using his above-mentioned rock basket, Patrick Wilson and John Hebbe replaced and reset boulders on the Hughes River crossing on Lower Nicholson Hollow. This crossing was damaged by Hurricane Isabel last year and had been high on the to-do list for the Blue and White Crew. The new crossing now utilizes large flat boulders and should greatly improve the footing across this stream. Meanwhile, a crew composed of Dan Dueweke, Mel Ellis, Charles Hillon, and Jim Hamlin attempted to finish a stream crossing on Corbin Mountain Trail. Standing knee deep in



Photo by Dan Dueweke

*Oops! Sheared pins means the work day is over for job over on Corbin Mountain Trail stream crossing.*

the cold and fast-moving October stream water made for numb toes and unstable footing. It was here that Dan learned that it was possible to overload a grip hoist. Shearing the pins on the grip hoist's handle ended that crew's efforts to finish the crossing, which will have to wait for next year.



Photo by Dan Dueweke

*Patrick Wilson shaping rock with hammer and chisel.*

## John Brown's Body

It could be quite unnerving to arrive at a PATC work site in West Virginia's eastern panhandle during

Halloween season, only to see John Brown's body lying next to a freshly dug excavation with no re-enactment planned or intended! This actually happened on Oct. 10, but it was PATC volunteer John Brown taking a well-deserved rest break while waiting for sister-in-law and Ruth Morris Tract Manager Karen Brown. The two were headed back from Martinsburg with a few more bags of cement to be used for some new gatepost holes. The gate that was erected that day just off River Road is truly a testimony to what can be accomplished when a few PATC volunteers get together. AT corridor manager Tom Lupp's experience with other gate projects was most helpful.

The “John Brown's body lies a-moldering in the grave but his soul goes marching on” song originated from the seminal October 1859 raid in Harpers Ferry, 145 years earlier, but right down the hill from PATC's Highacre House. Julia Ward Howe adapted the tune with new lyrics that we now know as the Battle Hymn of the Republic. The ground where Highacre House is situated changed hands seven times during the 1860s, and we should never forget the people who fought and died during that great conflagration nor the lessons that we should have learned from that war. But John Brown's soul does indeed go marching on in the form of PATC volunteerism!

## SNP AT South

The last few months have seen some interesting “visitors” on our trails. We hope this is not a portent of what is to come. One of our overseers found horse sign on the AT and a portion of the Rocky Top Trail. The overseer for Rocky Top Trail commented that it must have been an athletic horse. A few weeks ago, an overnight camper on the Big Run Trail had his campsite overrun by a group of mountain bikers with headlamps. They were probably training for an endurance ride. They certainly did not belong there. Other than seeing if one could engage them in conversation to see from whence they came, intervention should probably be avoided. That is always the challenge when one comes upon something that is not legal. The Rangers are aware of this and are on the lookout. I suspect that they use the fire roads to get into the park.

Finally, there are now three weeders in the South District. Two are at Simmons Gap, and one is at Rockfish Gap. Remember that you should bring your own fuel, 50-1 mixture. The fire regulations do not allow us to keep fuel in the storage area.



*Madison Run crossing team checks out the newly placed rocks. From left to right are Tim Hupp, John Ruppe, Pete Gatje with Supervisor Nelly, Rhett Orndorff, and John Turnbull.*

**Madison Run Project**

On Oct. 16, five SNP South Side trail overseers completed a stream crossing construction project across Madison Run. Led by grip-hoist expert Pete Gatje, large rocks were strategically placed to provide a dry crossing. This crossing is located at the Furnace Mountain Trail trailhead on the SNP western boundary. It was actually the second annual reconstruction of last year's project that got washed out by an eight-foot water surge from the three hurricanes that influenced SNP this fall.

**Ocktoberfest and Little Devils Stairs**

The North District Hoodlums spent their October work trip on Little Devils Stairs trail removing blowdowns, installing log checkdams, and rebuilding waterbars and rock cribbing along the upper stretch of this trail. They then retired to Range View Cabin for an Ocktoberfest feast of sauerbraten, potato pancakes, sausage und sauerkraut, pumpkin und squash, biergarten, etc., etc. And for dessert? What else but German chocolate cake!

**Ovoka AT Relocation Awaits Commissioning**

After five Cadillac Crew work trips this year, the AT relocation through the Ovoka Farms property is ready to be opened. The property, between Rte. 50 and Sky Meadows State Park, was purchased by ATPO last year. The relocation passes through some open pastures that provide a distinctively different feel from the "green tunnel" of

the current trail. Included in the project is a side trail past a view overlooking the Paris, Va., area that connects to the Sky Meadows trail network forming a three-mile-plus loop. Current plans indicate the trail will be officially opened early next year.

**Potomac Heritage Trail - Access Closed**

Due to a rock landslide in early spring 2004, the Windy Run access point to the PHT has been closed. The National Park Service is now considering future options. The easiest option is to close permanently the access point, depriving many local Arlington County residents easy access to the PHT.

Local residents have been contacting PATC inquiring about Windy Run's future. If you are interested in joining such an effort please contact the PHT's District Manager Bruce Glendening at [bglendening@yahoo.com](mailto:bglendening@yahoo.com).

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



*Julie Meier adds white blaze for the AT relocation on the Ovoka Farms property south of Rte. 50.*

**Volunteers Appointed in October**



Trail Overseers

Steve Ugolini	Co overseer - Salamander [Naked Top] Trail
Walter "Tilly" Smith	Co overseer - Salamander [Naked Top] Trail
Elizabeth & Jerry Teles	Chancellorsville History Loop Trail
Duffy Baum	Tuscarora Trail - Rock Marker to Massanutten Trail
Bruce Agnew	Tuscarora Trail - High Rock to VA 671/ 681 Jct.
Gary Abrecht	Soapstone Valley Trail
Mike Frankiewicz	Co-overseer - AT - Jarman Gap to Summit of Calf Mountain, Co overseer - AT - Summit of Calf Mountain to Beagle Gap

**POTOMAC APPALACHIAN**

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# Trail, Shelter, and Corridor Overseers / Monitors Wanted

## CORRIDOR MONITOR OPENINGS

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

**Keys Gap South - VA - Map 7**

**Buzzard Rocks - VA - Map 7**

**High Knob -VA - Map 8**

## SHELTER OVERSEER OPENING

**Shockeys Knob Shelter - WV - Map L**

Frank Turk, 301/249-8243

FrankTurk@aol.com

**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.

Pete Brown at peter.brown4@worldnet.att.net or 410-343-1140

## HARPERS FERRY/ASHBY GAP AT & BB - MAP 7 & 8

Chris Brunton, 703/924-0406

trailbossbtc@msn.com

### Loudoun Heights Blue Trail [lower]

Loudoun Heights Orange Trail to Rte. 340 (1.6 miles)

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

Lloyd Parriott, 540/622-2743

laparriott@hotmail.com

New AT trail sections being developed near Ashby Gap, Va., Hwy# 50. Some open meadow, some wooded. Available soon.

### Appalachian Trail

Dicks Dome Shelter Rd. to Parking lot #8 (0.43 miles)

### Barking Dog Trail

AT to Barking Dog Spring/Rte 604

# Volunteers!



## SNP NORTH DISTRICT AT - MAP 9

John McCrea, 610/352-9287

mccreajf@aol.com

### Appalachian Trail - Co-overseer

Jenkins Gap to Hogwallow Gap (1.7 mile)

## SNP CENTRAL AT - MAP 10

Kerry Snow, 301/345-9408

kerry@trailcrews.net

or Charles Hillon, 703/754-7388

charleshillon@comcast.net

### Appalachian Trail - Co-overseer

Stony Man Overlook to Passamaquoddy Trail (0.7 miles)

[Power weeding needed]

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

Dan Dueweke, 703/266-3248

danjan3@cox.net

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

### Corbin Mountain Trail - Co-overseer

Nicholson Hollow Trail to Old Rag Fireroad (4.4 miles)

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

Steve Paull, 703/361-3869

stevepaull@yahoo.com

### Jones Mt. Trail

Bear Church Rock to Cat Knob Trail (2.8 miles)

### Mill Prong Trail

AT to Mill Prong Horsetrail (1.0 miles)

## SNP SOUTH AT - MAP 11

Dennis DeSilvey, 434/295-8825

dldesilvey@pcvmed.com

### Appalachian Trail

Riprap Trail Parking Area to Hairpin Switchback (1.5 miles)

## SNP SOUTH BLUE-BLAZED - MAP 11

Pete Gatje, 434/361-1309

pjgatje@aol.com

### Furnace Mountain Trail [upper]

Furnace Mountain Summit Trail to Trayfoot Mountain Trail (2.0 miles)

### Wildcat Ridge Trail

Wildcat Ridge Parking Area to Riprap Trail (2.5 miles)

### Rocky Mt. Run Trail - Co-overseer

Big Run Portal Trail to Rocky Mt.-Brown Mt. Trail (2.5 miles)

### Calf Mountain Shelter Trail

AT to Calf Mountain Shelter (0.3 miles)

## TUSCARORA CENTRAL - MAP L

Walt Smith, 540/678-0423

wsmith@visuallink.com

### Tuscarora Trail

Yellow Spring Road to Capon Springs Road (3.7 miles)

**Tuscarora Trail - [on road/blazing only]**  
C&O Canal to Ruth Morris Forest (3.9 miles)

## TUSCARORA SOUTH -MAP E, G, 9

Rick Rhoades, 540/477-3247

rrhoades@shentel.net

### Tuscarora Trail

Fetzer Gap to Maurertown (5.7 miles)

### Tuscarora Trail

Doll Ridge to Rock marker (1.5 miles)

### Tuscarora Trail

Cedar Creek to Ridge Crest (2.8 miles)

### Tuscarora Trail

Ridge Crest to Fetzer Gap (3.1 miles)

## GREAT NORTH MOUNTAIN - MAP F

Hop Long, 301/942-6177

theFSLongs@comcast.net

### Gerhard Shelter Trail

Tuscarora Trail to Vances Cove (1.5 miles)

## BULL RUN OCCOQUAN TRAIL

Dave Fellers, 703/560-2171

Fellers\_2000@excite.com

### Bull Run-Occoquan Trail

Route 28 Parking Lot to Little Rocky Run (1.5 miles)



## The Potomac Appalachian

118 Park Street  
Vienna, VA 22180-4609

Telephone: 703/242-0315

Mon.-Thurs. 7:00 p.m. - 9:00 p.m.

Thurs. & Fri. 12:00 noon - 2:00 p.m.

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