



# The Potomac Appalachian

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



Volume 33, Number 2  
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## 76 Years of Service

### PATC Receives Grant for Leave No Trace Education on the Billy Goat Trail

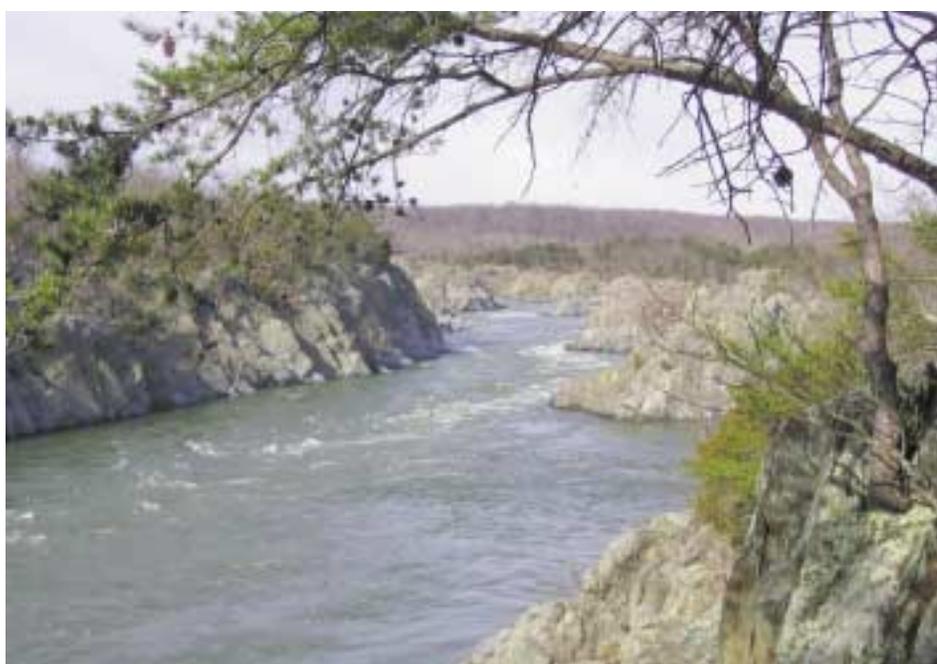


Photo by Georgann Smaite

*The Billy Goat Trail is known for its spectacular views and challenging nature. Over a thousand people hike the 2-mile trail on a typical summer weekend.*

Popularity sometimes has its price. For the celebrated Billy Goat Trail, popularity has led to over-crowding, worsening trail conditions, and trampling of a noted ecological preserve. Thanks to funds donated to the club by REI, the Potomac Appalachian Trail Club can now address some of the issues affecting this favorite trail.

The \$2,000 conservation grant from the outdoor outfitter will fund training of 10 interns in Leave No Trace (LNT) education. Interns will volunteer at the trailhead on weekends to educate Billy Goat Trail hikers about LNT outdoor ethics and encourage environmental stewardship of the trail.

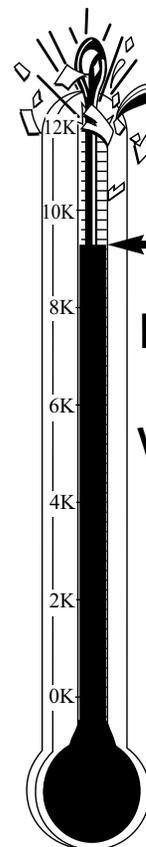
More than 1,000 people hike the two-mile Billy Goat Trail on a typical summer weekend. This number of hikers can have an enormous impact on the trail over time. The trail, located just 12 miles outside of Washington D.C., lies within the C&O Canal National

*... Many hikers are unaware that the trail lies on a sensitive ecological preserve.*

Historical Park and is maintained by PATC. While there are three distinct sections of the trail, it is the most popular and famous Section A that will be the focus of the education program which will be launched next summer as a cooperative effort between PATC, The Nature Conservancy, and the National Park Service.

Studies have shown that trailhead contacts are one of the most effective means of educating visitors about LNT. The LNT program will educate hikers about ways to minimize

*See LNT, page 8*



### Land Acquisition Fund Well On the Way To Goal

*For more information on this drive, please see the article on page 4.*

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**Trail Lands Acquisition:** Phil Paschall

**Trail Patrol:** Holly Wheeler

**Tuscarora Trail Land Management:**

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## Council Fire

The Potomac Appalachian Trail Club's regularly scheduled Council Meeting was held at Club Headquarters on Dec. 9, 2003. President Tom Johnson thanked club members for all their efforts in making 2003 a successful year. He spoke briefly regarding the budget, noting last year's deficit and the need to be conservative in the budget for 2004. Finally, he noted the Land Acquisition fund-raising drive had a good start in December: Approximately \$3,000 had already been collected through individual club members' donations.

### Finance

Treasurer Gerhard Salinger distributed the monthly budget report for October 2003, noting that the deficit stood at \$4,000 at the time of the report. He asked committee chairs to use caution and not overspend their budget for the year. Budget Chair Dave White then distributed the proposed 2004 budget. He reviewed the budget briefly, noting the 2004 budget was balanced in part by trimming submitted budget requests and by budgeting a planned increase in membership dues. With one amendment – to use retained earnings rather than endowment funds to make up remaining shortfall – Council approved the club's 2004 budget.

### Facilities, Volunteerism

Supervisor of Facilities Larry Marcoux stated he had received complaints about the parking

situation at headquarters. He again reaffirmed the club's decision not to share its parking lot with patrons of the neighboring restaurants. He stated no-parking signs will be posted, towing may need to be enforced, and a fence may need to be installed.

Vice President of Volunteerism Mickey McDermott introduced Holly Wheeler as the new chair of Trail Patrol.

### Other Business:

*Maryland AT Management Committee:* Charlie Graf briefly reviewed the issue of the reorganization of the Appalachian Trail Conference. He distributed a summary of the issue to key Council members, noting he needed their review and comments quickly. He would be attending an upcoming meeting at Boiling Springs concerning the formation of the new Regional Management Committee (RMC). There will be six states and 12 trail clubs for the Mid-Atlantic region; Charlie recommends PATC have three members on the RMC.

*Trail Patrol:* Holly Wheeler noted Trail Patrol had made 350-500 contacts with the public at overlooks in Shenandoah National Park during the Wilderness Expo Weekend.

*AT Corridor Management:* Tom Lupp reported 18 attendees at the November corridor monitor

*See Council, page 3*

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

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

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**To leave a message for the Club President, Tom Johnson:** Extension 40

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**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

### The State of the Club at the End of 2003

The 76th annual PATC dinner and general membership meeting was held at the Atrium, Northern Virginia Regional Park Authority's magnificent meeting facility outside Vienna, Va., in November. The occasion seemed to call for a review of the club's activities over the course of the past year. Here is what I said (or a rough paraphrase thereof).

We made a big push in 2003 to get volunteers to record and report their hours of dedication to the trails and the club. The statistics were mailed in with the annual committee reports. (No, not all committees reported, but we had the highest rate of compliance in memory.) So we toted up the hours spent. Care to know what it came to? How does 67,000 hours grab you? And those are just the reported hours. I know personally of many laggards who did not report any hours at all, but who regularly put in upwards of 1,000 hours. So the number is, and always will be, a significant undercount. But it is a big enough number as it is. If it were converted to value at the rate of \$16 per hour this would be over a million dollars donated for the public good. If we actually got accurate and complete information from everyone, and if we sorted the hours by skills (so much per hour for a lawyer donating his or her time, so much for a skilled carpenter, so much for a stone mason, etc.), we would undoubtedly see a number that no one would believe.

### Kudos From the Public

The volunteers put in some pretty hard hours in 2003. What with snowstorms in February and a hurricane in September, it was a weather season to remember, and everyone who cut

weeds will remember it. The Mid-Atlantic states got record rainfall, and the weeds went crazy. I was out on my trail section one rainy Saturday when I met two thru-hikers slogging through the mud. I commiserated with them about their lot in life – always setting up tents in the rain, never having dry clothes, coming into the shelter with mud clinging to their boots every night. Well, they replied, you maintainers are out in the same conditions, and don't think we don't appreciate it!

I continue to hear that PATC trails are the best in the East. Liles Creighton and his district managers, overseers, and trail crews have upheld the club tradition under very trying circumstances. We do a lot in this club – it is very diverse. But if we don't do trails well, our very reason for existence would be questionable. So it is gratifying to know that our trails continue to collect kudos. Everything in the club stems from a strong trail tradition.

PATC dedicated a new shelter in 2003, the Birch Run Shelter in southern Pennsylvania. Several new shelters and cabins are about to come on line, so expect more dedication announcements.

### A Good Year for New Land

It was a very active year for land acquisitions. PATC got a lease on an almost 700-acre tract with a cabin from the Vining family. The Vinings have been PATC benefactors for many years. We'll call this the Mutton Hollow Tract to distinguish it from the already aptly named Vining Tract just up the hill, an acquisition made possible by the late Dr. Rutledge Vining. Sandwiched in between was a 67-acre tract owned by the Johnson brothers. Andy Johnson agreed to a bargain sale, and the club now con-

trols 1,000 acres of land south of U.S. 33 and north of Charlottesville, with six rental cabins.

In West Virginia, we purchased a tract of land that will protect part of the Tuscarora Trail, and through some creative work by our forester, Tyler Williamson, we got the land at lower-than-market value. Its acquisition gives PATC two contiguous tracts in West Virginia protecting a long stretch of the Tuscarora. Farther south, club member Rich Biby donated a tract of land that will give PATC side-trail access to the Tuscarora and will provide backpackers a camping spot. Meanwhile, the North Chapter is working on some land deals that will protect the Tuscarora corridor in Pennsylvania. The National Park Service acquired a tract of land south of Rt. 50 in Virginia that will permit a reroute of the AT onto a magnificent bench of land looking east from the ridgeline, called the Ovoka property. Meanwhile, PATC worked cooperatively to help ATC protect lands near the AT in northern Virginia through scenic easements.

The club has a very close and amicable relationship with Shenandoah National Park (SNP), and this year PATC was given the regional NPS partnership award. It was presented to the Council by Doug Morris, the superintendent of SNP, in September. The award is a tribute to all those who volunteer in the park.

We discussed more than just these things, but I'll have to cut my disquisition short so that this can remain a column, and not become a book! □

—Tom

### *In Memoriam: PATC Past-Presidents Ruth Blackburn, Phil Barringer*

PATC has received word that two very significant past presidents have passed away over the weekend of January 11. Longer obituaries for each of their contributions to the Appalachian Trail will be in the March issue of the *PA*.

Ruth put a lot of time and energy into enabling the National Trails Systems Act. Her son moved her to a convalescent home near him in Prescott, AZ, after a bicyclist knocked her down on the Capital Crescent Trail in 1995. The other person was Phil Barringer who also was in a nursing home locally; his health also had been declining steadily in recent years. Phil was very active in the DC trails system. □

—Carol Niedzialek

### *Council Fire, from page 2*

training at Blackburn. He announced the club had received a \$2,700 grant from the Appalachian Trail Conference to fund projects at the Fox Gap area in Maryland.

*Tuscarora Trail:* Lloyd MacAskill announced he would retire as chair of the Tuscarora Trail Committee at the end of 2003.

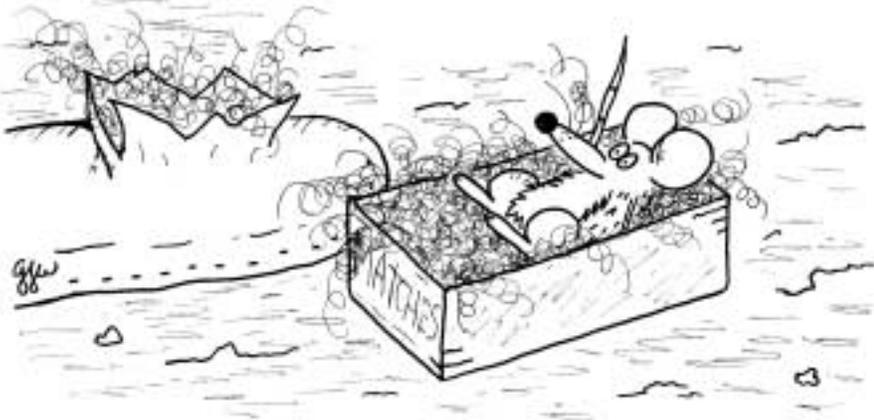
The December Council meeting was attended by eight club officers, 10 committee chairs, three chapter representatives, three section representatives, one staff member, and two other club members. □

—Secretary Georgeann Smale

# Tails from the Woods by George Walters

## The History of Louie, Part 1

IN THE BEGINNING, LOUIE IS BORN AS A POOR SHELTER MOUSE, WRAPPED IN SWADDLING THINSULITE. LYING UNDERNEATH THE HUT FLOOR, A VOICE FROM ABOVE SUDDENLY BOOMS OUT:



"HEY !!!... HAS ANYONE SEEN MY OTHER MITTEN?"

## Land Acquisition Fund Matching Funds Challenge

During 2003, PATC purchased lands that cost the club over \$400,000. The purchases supported PATC's objectives of acquiring trail and cabin lands and conserving wilderness areas for the enjoyment of club members and the public. The purchases, however, depleted the club's land acquisition funds.

To help replenish the funds, PATC has embarked on a fund drive, supported by a \$12,000 challenge by several club members.

In addition, PATC is providing rewards for contributions. All contributors of \$25.00 or more will receive a copy of the revised Cabins booklet due for publication in early 2004. Other rewards are indicated in the form below.

Please send your check and the form (below) to: **Tom Johnson, President, PATC; 118 Park Street, S.E.; Vienna, VA 22180-4609.** Help PATC meet the challenge! ☐

—Hugh Robinson

## American Hiking Society Celebrates Advocacy Week

Below is a message from Celina Montorfano, the American Hiking Society (AHS) advocacy director for trail groups nationwide. AHS Advocacy Week is an opportunity for hiking groups to have face time with their congressmen to lobby for their favorite trails.

We are located near the nation's capital, so if we have issues for congressmen, it is not so difficult for us to be heard. But AHS Advocacy Week does provide a focus and a way into the congressional offices. It is a good opportunity for us to make connections with congressional staff members.

I urge each of you to think about issues that you might want to take to Congress. Can you think of a trails issue that you would like to put before your lawmaker? Here is your opportunity.

Please get back to me with anything that you feel would fit next February's Advocacy Week format. — Tom Johnson

Dear Trails Advocate:

AHS invites you to participate in our annual Hike the Hill: Trails Advocacy Week, scheduled for Feb. 29 - March 3, 2004. This is an opportunity for you to talk directly to the policy makers in Washington, D.C., about your trails and projects. AHS offers guidance and lobby training for both newcomers and experienced advocates.

Our advocacy efforts for 2004 will focus on full funding for trails and recreation management within the National Park Service, USDA Forest Service, and Bureau of Land Management and other trail-related legislation and policies such as federal transportation law reauthorization.

Advocacy Week 2004 will take place at the Wyndham City Center Hotel, located at 1143 New Hampshire Avenue, near the Foggy Bottom metro station. Register online at [www.americanhiking.org/policy/advo\\_week.html](http://www.americanhiking.org/policy/advo_week.html) or feel free to contact me ([cmontorfano@americanhiking.org](mailto:cmontorfano@americanhiking.org)) 301/565-6704 x205, with questions. We hope to see you at this important event. ☐

—Celina Montorfano,  
Director of Conservation Programs,  
American Hiking Society

**LAND ACQUISITION CONTRIBUTION**

(Name) \_\_\_\_\_ (Telephone) ( \_\_\_\_\_ ) \_\_\_\_\_

(Address) \_\_\_\_\_

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_ (e-mail) \_\_\_\_\_

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

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

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

I have contributed the following amount and would like to use the cabin designated on the date(s) I have indicated. Date(s) must be at least six weeks after the date contribution is received by PATC. (An earlier date may be available but will require a call to the Cabin Reservation Desk.) NOTE: The Blackburn Trail Center is not included in this program.

( ) \$500.00 - Cabin: \_\_\_\_\_ Date: \_\_\_\_\_

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

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

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

\_\_\_\_\_  
Signature Date

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*See Roster, page 6*

# Roster of Club Officers, Staff and Council Members

*Roster, from page 5*

**Tuscarora Trail**  
(Vacant)

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(h): 540/564-1926  
(w): 540/564-0926 ext. 219  
jhheld@rica.net

### **West Virginia Chapter**

Judy Smoot  
217 Frog Hollow Rd.  
Winchester, VA 22603  
(h): 540/667-2036  
(w): 540/868-1061 ext. 306  
jasmoot@hotmail.com

## OTHER ACTIVITIES

### **Archives & Library**

Carol Niedzialek  
11503 Amherst Ave., #103  
Wheaton, MD 20902  
(h): 301/949-9729  
niedze@erols.com

### **Cabin Reservations**

Shakuntala K. Ghare  
3022 Steven Martin Dr.  
Fairfax, VA 22031-1030  
(h): 703/242-0963 x17  
cabins@patc.net

### **Communications Advisory Team**

(Vacant)

### **Headquarters Facility**

Orron Kee  
2214 Wm. & Mary Dr.  
Alexandria, VA 22308  
(h): 730/360-3022

### **Information/Sales Desks**

Annetta DePompa  
1230 Wilson Blvd.  
Huntingtown, MD 20639  
(h): 410/535-5171  
(w): 301/763-3098  
annetta.golding.depompa@census.gov

### **Medical**

vacant

## STAFF

### **Director of Administration**

Wilson Riley  
10721 Joyce Dr.  
Fairfax, VA 22030  
(h): 703/691-1497  
(w): 703/242-0693 ext. 11  
wriley@patc.net

### **Business Manager**

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5444 Ladue Lane  
Fairfax, VA 22030  
(h): 703/352-1008  
(w): 703/242-0693 ext. 15  
mclark@patc.net

### **Trails Coordinator**

Heidi Forrest  
6121 Turkey Run Ct.  
Manassas, VA 22111  
(h): 703/368-0224  
(w): 703/242-0693 ext. 12  
hforrest@patc.net

### **Sales Coordinator**

Maureen Estes  
113 West 17th St.  
Front Royal, VA 22630  
(h): 540/622-2351  
(w): 703/242-0693 ext. 19  
mestes@patc.net

### **Membership/Cabins**

Patricia Fankhauser  
5696 Singletree Dr.  
Frederick, MD 21701  
(h): 301/631-0488  
(w): 703/242-0693 ext. 17  
pfankhauser@patc.net

## PATC GENERAL

**FAX:** 703/242-0968

## **24 HOUR ACTIVITIES**

**TAPE:** 703/242-0965

## **WEBSITE**

Patc.net

## **E-Mail**

info@patc.net

## You say Hovermale I say Hauvermale

After 10 years of negotiations, PATC has been able to acquire an additional 67 acres of forest land for Tuscarora Trail protection. Located just south of the Potomac River in Morgan County, WV, the new Hauvermale (Hovermale) property adjoins the existing PATC Ruth Morris property. Combined, these two properties will create a contiguous 196-acre recreational opportunity for club members as well as the general public, for now and the future.

The Hauvermale tract was primarily pursued to provide long-term protection for the

Tuscarora Trail, an important and long-term goal of the club. Hauvermale also provides hikers with year-round access to water in a particularly dry section of the trail. Future recreational opportunities will include circuit hikes, camping, and possibly, a future cabin site. The Tract Management Committee will be planning a club outing this spring to show off PATC's new property and to allow all members to ponder the possibilities. The date has yet to be announced so stay tuned.

None of these opportunities would be realized without the tireless work of PATC's lands

acquisition committee (Phil Paschall), our club forester (Tyler Williamson), the generous donors to the lands acquisition fund (too numerous to name here), and finally the property owners themselves.

Like Ruth Morris before them, the Amy Hauvermale heirs had the vision and desire to preserve the land for future generations. Without their willingness to preserve the land, this PATC acquisition could not have happened.

"Hooray" for Hauvermale!!!!!! ☐

—Chris Mangold, PATC Supervisor of Lands

## Land Acquisition Fund Donors to Date

Following is the list, at press time, of the 53 donors to the Land Acquisition Fund, not including 31 who have asked to remain anonymous. To donors, a heartfelt “thank you” for your generous contributions.

Mr. George Alderson . . . . .Baltimore, MD  
 Mr. Bruce Ammerman . . . . .Bethesda, MD  
 Mr. Rick Atwell . . . . .Richmond, VA  
 Ms. Nina Bang-Jensen . . . . .Chevy Chase, MD  
 Mr. Lester W. Bates . . . . .Cross Junction, VA  
 Mr. Pierce Beij . . . . .Ashland, NH  
 Mr. Brian Booker . . . . .Oak Hill, VA  
 Mr. Keith Boswell . . . . .Cory, NC  
 Mr. Paul D. Brettschneider . . . . .Lewisberry, PA  
 Ms. Donna M. Brother . . . . .Reston, VA  
 Ms. Betty L. Brown . . . . .Arlington, VA  
 Mr. Chris Brunton . . . . .Alexandria, VA  
 Mr. Dan Burd & Ms. Anne Reynolds . . . . .Arlington, VA  
 Mr. and Mrs. John & Renee Butler . . . . .Bethesda, MD  
 Ms. Mary Ellen Cunningham . . . . .Camden, SC  
 Ms. Anita DeFranco . . . . .Arlington, VA  
 Mr. Robert Edmonds . . . . .Glen Allen, VA  
 Ms. Anne Eggers . . . . .Olney, MD  
 Ms. Susan D. Eisenfeld & Mr. Neil J. Heinkamp . . . . .Arlington, VA  
 Mr. Philip Eliot & Ms. Susan Cunningham . . . . .Arlington, VA  
 Mr. Robert Garner . . . . .Baltimore, MD  
 Mr. Mark Haynes . . . . .Arlington, VA  
 Mr. Leo Hebert . . . . .Fallston, MD  
 Mr. Robert Hendricks . . . . .Phoenix, AZ  
 Mr. David Horwitz . . . . .Bethesda, MD  
 Mr. Richard E. Hosteley, Sr. . . . .Stanley, VA  
 Mr. Walter D. Housman . . . . .Falls Church, VA

Mr. Mitchell Hyman . . . . .Washington, DC  
 Ms. Andrea Illig & Mr. Dean Gardels . . . . .Marydel, MD  
 Ms. Suzanne Izzo . . . . .Washington, DC  
 Mr. Russell Knaub . . . . .Fredericksburg, VA  
 Mr. James Lipscomb . . . . .Chevy Chase, MD  
 Mr. Jeffrey Marks . . . . .Baltimore, MD  
 Ms. Sandra Marra . . . . .Alexandria, VA  
 Mr. William H. Miller . . . . .Arlington, VA  
 Mr. Robert Mroczek . . . . .Arlington, VA  
 Capt. William Needham . . . . .Columbia, MD  
 Mr. Jeffrey Norman . . . . .Washington, DC  
 Ms. Marie J. Oakberg . . . . .Hockessin, DE  
 Mr. Stephen Osbrach . . . . .Arlington, VA  
 Mr. Peter J. Oswald . . . . .Fulton, MD  
 Ms. Joan G. Paull . . . . .Silver Spring, MD  
 Mr. Allen Poole . . . . .Manteo, NC  
 Mr. & Mrs. David & Karen Pugh . . . . .Staunton, VA  
 Mr. Hugh T. Robinson . . . . .Arlington, VA  
 Mr. Paul Schelp . . . . .Kensington, MD  
 Mr. J. Eric Seaborg & Ms. Ellen Dudley . . . . .Charlottesville, VA  
 Mr. Lee Sheaffer . . . . .Berryville, VA  
 Mr. Glen C. Skaggs . . . . .San Antonio, TX  
 Ms. Marilyn Stone . . . . .Arlington, VA  
 Ms. Shirley Strong . . . . .Glen Echo, MD  
 Ms. Elizabeth K. Weisburger . . . . .Rockville, MD  
 Mr. & Mrs. Ken & Pam Williams . . . . .Alexandria, VA



Photos by Georgann Smale

### Respect Wildlife

*Sticking to the trail not only prevents trampling of plants, it provides animals on the interior of Bear Island a refuge from so many visitors. The Leave No Trace program will stress the importance of using only the established trailheads, rather than shortcutting the trail at any convenient point.*

LNT, from page 1

their impact on the environment. This is particularly important for the Billy Goat Trail which runs along the edge of the Potomac River on land called Bear Island. The National Park Service and The Nature Conservancy co-own the ecologically diverse Bear Island. Nature Conservancy literature entitled, "Bear Island, a Hiker's Guide to the Billy Goat Trail," stresses the importance of the area's diversity as follows: "From upland forests of oak, hickory, and pine, to scoured rocky bluffs, to temporary and permanent ponds that form along the trail, you encounter a diverse ecosystem that supports more than 50 of Maryland's rare, threatened, or endangered plant and animal species."

### Billy Goat's Most Sensitive Areas

Yet many hikers are unaware that the trail lies on a sensitive ecological preserve.

Rather, they associate the trail with its impressive, challenging rock formations and its spectacular views. As the trail traverses rocky areas, the cumulative impacts from thousands of hikers are scarcely discernable; the rock absorbs such impacts with little effect. In other, more sensitive areas of the trail, however, the passage of such a large number of visitors is revealed by flattened vegetation, severe

erosion, multiple private trail systems, and trampled wetlands.

The goal of the LNT program is to foster public regard for Bear Island's diverse ecosystem, encouraging stewardship of the preserve. As they take away lasting impressions of the extraordinary trail, hikers seem unaware of the lasting impressions they are leaving behind. Interns will educate visitors about Bear Island's ecology and teach them good hiking practices to help preserve it.

PATC is committed to educating the public about LNT. Last year, PATC participated in a nationally noted LNT program at the Annapolis Rock Campground in Maryland to rehabilitate an area deemed the most over-used and damaged site along the entire Appalachian Trail. The club's Trail Patrol is a leading LNT educator for the area, offering a two-day course for national certification as a LNT trainer.

The Billy Goat Trail program will join a handful of similar LNT initiatives in parks around the country, reflecting a new trend in LNT education. Originally developed to promote responsible "backcountry" camping practices, LNT ethics have become an invaluable

tool for managing heavily used "front-country," or day-use, areas.

### Getting Involved in the Intern Program

Interested individuals are welcome to participate in the LNT program, either as interns or as one-time volunteers to assist interns. The volunteer commitment for interns will be eight hours per month on the weekends from May through August of 2004. Training begins in April and will include the Leave No Trace Trainer certification course, taught by Trail Patrol. In addition, the traveling trainers from the national Leave No Trace Center for Outdoor Ethics will stop by to hold a one-day seminar on frontcountry teaching techniques.

Following training, interns will contact visitors at the trailhead to promote LNT

See LNT, page 9



*Boots dry overnight; trampled plants take years to recover.*

*Bear Island's bedrock forces rainfall into long-standing puddles of water. The area's wetland ecology is one result; wet trail conditions are another. Leave No Trace advises hikers to be prepared to get muddy, encouraging people to stick to the trail even if this means going through puddles. Hikers widen the trail as they detour puddles, by trampling trailside plants. Detouring also creates multiple, parallel "braids" of the trail. On the Billy Goat Trail, some sections of the main tread are over 15 feet wide (photo upper left), other sections are braided over 50 feet wide.*

*LNT, from page 8*

principles. In addition to trailhead contacts, interns will also lead LNT hikes on the trail for organized groups. With these contacts, visitors will become better informed. Estimates from a recent Nature Conservancy survey indicate that, in this area, only one in three adults has heard of the term Leave No Trace.

The education program, combined with trail maintenance, will improve trail conditions. Already, the Billy Goat Trail is nearly free of litter. Considering such high use, this is testament to people's belief in the LNT concept. While "dispose of waste properly" is a widely accepted LNT principle, other principles can be introduced to those on the trail, such as "respect wildlife" and "leave what you find." Encouraging hikers to "stick to the trail" helps protect plants and animals from the effects of so many visitors. "Be considerate of other visitors" is an especially apt principle for the popular trail, and "know before you go" is good advice considering the difficult terrain.

Promoting LNT ethics will help visitors preserve this small area of wilderness just outside the nation's capital. Through this program, the Billy Goat Trail and Bear Island will become famous for its diverse ecology, as well as its beautiful views and the rugged challenge it presents.

If you are interested in volunteering or learning more about the program, please contact Georgeann Smale (gsmale99@yahoo.com) 301/581-9584. □

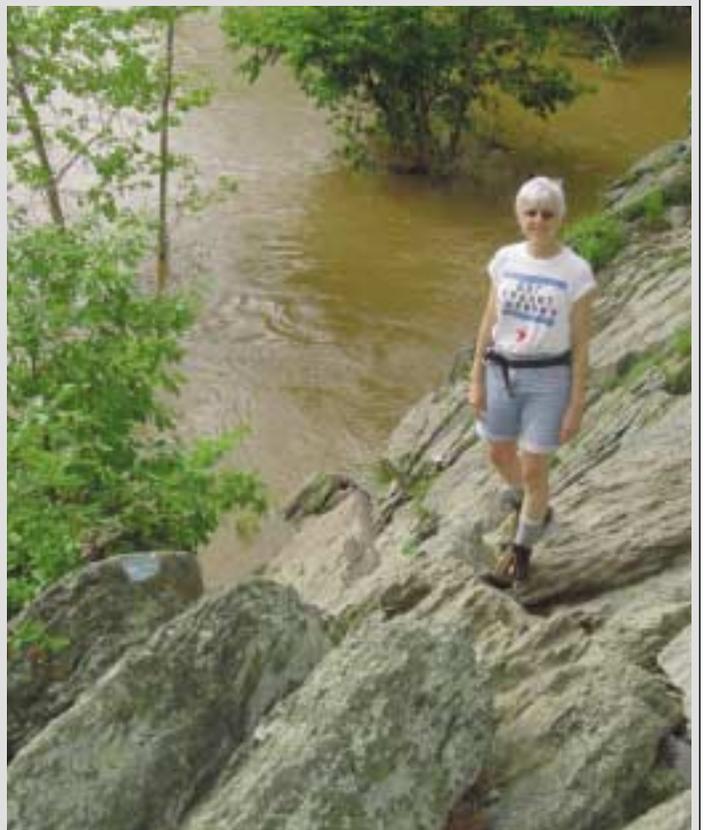
—Georgeann Smale,  
PATC overseer for Billy Goat Trail, section A



*Please, Leave No Trace on the Billy Goat Trail.*

### *Know Before You Go*

*Call ahead to inquire about trail conditions when planning your hike. Periodic flooding by the Potomac River submerges large sections of the trail (see photo right). Hikers continue to hike along self-made, braided detour trails (below). The Leave No Trace program educates visitors about the damage caused by hundreds of off-trail hikers and encourages visitors to choose another trail when the Billy Goat Trail is flooded.*



*Is there a trail down there? You betcha. Unfortunately, you need a snorkle to navigate it. Should you walk elsewhere? Yes, but not here, not on the Billy Goat Trail this day.*

# FORECAST

## 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](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 Mark Mitchell ([mdtrail@yahoo.com](mailto: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](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.

## Chapters

### Southern Shenandoah Valley Chapter

Please refer to our Web site at [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 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](mailto: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 ([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 ([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. 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 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](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 301/565-6704 x208.

### Mountaineering Section – Second Wednesday

8:00 p.m. – We meet every month unless noted in the Forecast. INFO: Mack Muir ([MackMuir@edisaurus.com](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 <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](mailto: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](http://www.patc.net/volunteer/trailpatrol).



## FEBRUARY

**1 (Sunday)**

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

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

**3 (Tuesday)**

**HIKE - Family Hike  
Rockville, MD**

Cabin John Regional Park. Join us for a kid-friendly hike in beautiful Cabin John Park. The trail is about 3 miles long and is not jogging-stroller friendly. We'll meet at the nature center at 10:00 a.m. Take 495 to Old Georgetown Road North to Left onto Democracy Blvd., Pass Montgomery Mall. The entrance is on the right, past the mall. If you get to Seven Locks Road, you've gone too far. After the hike, we can check out the nature center. INFO: Jennifer Chambers (jpcckjkc1@starpower.net) 301/588-1716.

**3 (Tuesday)**

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

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

**3 (Tuesday)**

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

**4 (Wednesday)**

**HIKE - Easy Hikers  
Manassas Battlefield, VA**

Join us for a five mile hike through the battlefield. Meet at the National Park Visitor's Center at 10:15 a.m. Park pass or fee required. Bring water, wear lug soled boots. Lunch will be at a nearby restaurant after the hike. Directions: From the Beltway (I-495) take I-66 west to exit 47B (Rt 234 north). Proceed approximately 0.5 miles to park entrance on the right. Hike will be cancelled if schools in Fairfax County or Prince Williams County are closed. INFO: Mitch Helbrecht (Helbrecht@msn.com) 703/535-3236.

**4 (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 and time, leaders name and phone number, in addition to a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

**4 (Wednesday)**

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

**4 (Wednesday)**

**MEETING - Grants and Donations Committee, 7:30 p.m.**

Interested in writing grant proposals, organizing banquets, and increasing donations and membership? Join us as we plan our money-raising activities for the year. INFO: Susan Nelson (warnelson@aol.com) 703/243-7867.



**5 (Thursday)**

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

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

**5 (Thursday)**

**HIKE - In-Between Hikers  
Arlington, VA**

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

**6 - 8 (Friday - Sunday)**

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

Weekend #3. We stay on the rim of the Blackwater River and Gorge at the Blackwater Falls State Park Lodge, complete with restaurant, conference facilities, fitness center, indoor pool and hot tub. TV, phone, private bath, and rustic knotty pine paneling in every room. Over 35 miles of groomed cross-country ski trails nestled among towering pines, from beginner to advanced. We'll also probably ski elsewhere in the area, perhaps Canaan Valley SP, Whitegrass or Dolly Sods. Dine elegantly or casually in town; evening folk music and entertainment just a few miles away; with breakfasts at the Lodge. Cost is \$90.00 per person (does not include meals). INFO: Mark Anderson (mha.cca@verizon.net) 202/462-7718.

**6 - 8 (Friday - Sunday)**

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

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

**7 (Saturday)**

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

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

**7 - 8 (Saturday - Sunday)**

**CABIN WORK TRIP - Tulip Tree Cabin  
Shaver Hollow, VA**

Only a few more work trips left to get in on the action. We are now putting the finishing touches on and will soon be finished. We are building a mattress cage, bunks and a cabinet for the kitchen. If time permits, and the ground is not frozen, we may start work on a solar heated shower. Lots of other finishing touches. INFO: Charlie Graf (Cagraf@aol.com) 410/757 - 6053.

**7 - 8 (Saturday-Sunday)**

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

Saturday 10:30 a.m. - 6:30 p.m. Sunday 11:30 a.m. - 5:30 p.m. Our comprehensive two-day class teach-

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

**7 - 8 (Saturday - Sunday)**

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

A program of the Wilderness Safety Council, this eighteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$160. Registration is limited to 25 people. Registration and INFO: (http://wfa.net) or Christopher Tate 703/836-8905.

**7 - 16 (Saturday - Monday) \* NOT SPONSORED**

**SPECIAL EVENT - XC Ski Trip (STS) BY PATC  
Garmisch-Partenkirchen, Germany**

Cross-country and downhill skiing in one of the premier skiing centers in the Alps. Stay in the Olympic Village apartments, from the 1936 Winter Olympics. Cross-country ski to surrounding towns and valleys; downhill ski on the Zugspitze. Estimated cost: \$1500, which includes air flight Dulles to Munich, train to and from Garmisch, lodging, and apt. food. Early registration recommended, since lodging is limited. INFO: Robert Swennes (robertswennes@hotmail.com) (office) 703/696-4432.

**10 (Tuesday)**

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

Great Falls National Park- Virginia Side. Patowmack Canal Trail, Matildaville Trail, and the Carriage Road. Come join us on a jogging-stroller passable, 3-mile hike. If the forecasted high is below 40 degrees, the hike will be canceled. Please call if in doubt. We will follow the Patowmack Canal Trail to the Matildaville Trail to Sandy Landing, then return via the Carriage Road. The trail is jogging stroller passable, there are some rocks, roots, and log stairs to navigate. After the hike, we'll warm up in the Visitor Center where they have a touch table and two snakes. Designed for the 5 and under crowd, all ages welcome. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

**10 (Tuesday)**

**HIKE - Strong Hikers  
Centreville, VA**

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

**10 (Tuesday)**

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

**11 (Wednesday)**

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

7:30 p.m. Think about ultralight backpacking and warm weather usually comes to mind. Summer breezes, shorts and a light shirt, a smaller, lighter pack to carry. What could be better? Going light in winter! It's true, more gear is essential to stay warm and sheltered, but good planning and gear selection can substantially reduce your load. And reducing your load can not only mean more fun, but an increase in safety and a decrease in fatigue as well. REI's resident Appalachian Trail Through-hiker, Brian Chenoweth, will share his experience gained from

# FORECAST

long distance ultralight hiking and discuss and demonstrate ways and means to reduce the load and increase the fun. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

## 11 (Wednesday)

### 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 and time, leaders name and phone number, in addition to a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

## 11 (Wednesday)

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

## 11 (Wednesday)

MEETING - West Virginia Chapter, 7:00 p.m. Highacre Cabin, Harpers Ferry, VA

## 13 - 16 (Friday - Monday)

### XC SKI and DANCE TRIP (STS)

#### Laurel Highlands, PA

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

## 13 - 16 (Friday - Monday)

### XC SKI TRIP - Presidents' Weekend (STS)

#### Canaan Valley, WV

Weekend #4. This trip will expose a new lodging option to STSers at the Highland Inn & Spa www.highlandscenetours.com in the "heart" of Canaan Valley. The Inn is on Route 32 in Canaan Valley, close to White Grass and Canaan Valley SP. Novice skiers can travel both the scenic trails in Canaan Valley State Park and the rolling hillsides in White Grass. Experienced skiers can explore to their heart's content the challenging trails deeper and higher at White Grass and Dolly Sods. Bring acoustic musical instruments for a Saturday evening jam session. Features of the Highland Inn include: café; full breakfast (eggs, bacon, muffins or waffles and pancakes); weight room; large common room; and new facility. Estimated cost \$165/person for a 3-night stay. INFO: Jim Tomlin (jtomlin@helix.nih.gov) work 301/402-4153 (M-F, 7:30 a.m.-4:00 p.m.) home 301/774-1228 (before 9:30 p.m.)

## 13 - 16 (Friday - Monday)

### XC SKI TRIP - Tug Hill Region (STS)

#### Pulaski, NY

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

## 14 (Saturday)

### HIKE - Snowshoe Excursion Canaan Mountain, WV

Love the great outdoors and want to spend some quality time in it? Then join other like minded individuals as we snowshoe across the top of Canaan Mountain and fall in love with snow all over again. This hike will be between 5 and 7 moderate miles. Warm-up with hot chocolate afterwards at the Blackwater Falls Lodge. If no snow is available, we will hike on Canaan Mountain. Snowshoe rentals are available at Whitegrass X-Country ski center at reasonable rates. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.)

## 14 - 15 (Saturday - Sunday)

### TRAIL WORK TRIP - Cadillac Crew Gainesboro, VA

Shockeys Knob, just west of Winchester. Feeling like a bit of fresh air? Join the Cadillac Crew as we take a chance on the weather and locate the Brill Tract boundary. Clearing winter damage from nearby sections of the Tuscarora Trail is also on the agenda. Community dinner on Saturday night. Overnight at Brill Cabin. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

## 15 (Sunday)

### HIKE - Easy Hike Thurmont, MD

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

## 17 (Tuesday)

### HIKE - Family Hike Centreville, VA

Ellanor Lawrence Park. This hike will wind through the woods, along a small stream, and down to a pond. We'll hike about 3 miles. The trail is jogging stroller passable. The visitor's center is closed in the winter months, so after the hike, we'll head to nearby Ciro's for a slice of pizza and to warm up. Designed for the 5 and under crowd, all ages welcome. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

## 17 (Tuesday)

### HIKE - Vigorous Hikers

#### Central District, Shenandoah National Park, VA

Climb the Hot-Short Mountain Trail to Hazel Mountain, loop around on Hannah Run to ascend Nicholson Hollow and Indian Run, ending on Robertson Mountain. 16 miles and 3500 foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

## 18 (Wednesday)

### HIKE - Easy Hikers Derwood, MD

Meet at 10:00 a.m.. Leave promptly at 10:15 a.m. Montgomery County Agricultural History Farm Park, From I-270 exit at Shady Grove Rd. east, keep right on exit ramp to pick up Redland Road, not Shady Grove Rd. Follow Redland past the Metro station, 355, Crabbs Branch Way, and Needwood Rd. Continue straight ahead at Muncaster Mill Rd., where Redland Rd. becomes Muncaster Rd. Soon thereafter, turn left at the park entrance, and go up the park road to the parking lot on your left. Lunch at a nearby restaurant after the hike. Leader: Margaret Chapman 301/977-8988, 301/869-9291 M, T, Th.

## 18 (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 and time, leaders name and phone number, in addition to a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

## 20 - 22 (Friday - Sunday)

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

Weekend #4. We stay on the rim of the Blackwater River/Gorge at the Blackwater Falls State Park Lodge, complete with restaurant, fitness center, indoor pool and hot tub. Each room has one double and one twin bed. Ski out the door on 20+ miles of trails nestled among towering pines, from beginner to advanced. Enjoy hot chocolate on the trail or at the Warming Hut on Sled Hill, complete with its tow rope to add to your telemarking fun. Try other trails nearby at Canaan Valley SP, Whitegrass STC and Dolly Sods. Dine elegantly or casually in town. Evening folk music and entertainment options also just a few miles away with breakfasts at the Lodge. Bring acoustic musical instruments for a Saturday evening jam session. Cost is \$90.00 per person. INFO: Jim Tomlin (jtomlin@helix.nih.gov) work 301/402-4153 (M-F, 7:30 a.m.-4:00 p.m.) home 301/774-1228 (before 9:30 p.m.)

## 21 (Saturday)

### HIKE - Natural History Hike

#### Central District, Shenandoah National Park

Come out with Bob Pickett on a hike up through Corbin Hollow and Corbin Mountain. We'll hike about six miles and do a little bushwhacking in search of home sites near the summit. If a little snow is on the ground, be prepared for animal track identification. INFO: Bob Pickett 301/681-1511.

## 21 (Saturday)

### HIKE - Waterfall and Wild Flower Series

#### Central District, Shenandoah National Park, VA

The ninth hike of this series will be a 15-mile circuit to South River Falls on the Pocosin and Appalachian Trails. Total elevation gain is 3300 feet. No bush whacking. PATC Map 10. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen (thorsen4@Juno.com) 703/39-6716 or William Needham (Needham82@AOL.COM) 410/884-9127.

## 21 (Saturday)

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

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

## 21 (Saturday)

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

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

21 (Saturday)

✂ TRAIL WORK TRIP - Yankee Clippers

Tuscarora Trail, PA

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

21 - 22 (Saturday - Sunday)

🏠 CABIN WORK TRIP - Tulip Tree Cabin

Shaver Hollow, VA

We hope the snow will not be too deep or the temperatures so low that they hamper these last few work trips while we are trying to finish up the cabin. Dedication is coming up fast and there is a myriad of last minute details. Join our skilled and congenial crew in putting the finishing touches on this beautiful labor of love. INFO: Charlie Graf (Cagraf@aol.com) 410/757-6053.

22 (Sunday)

🐾 HIKE - K9Trailblazers

Elkridge, MD

Rockburn/Patapsco Valley Parks. We'll celebrate Washington's Birthday with a hike at a moderate pace for a 5.5 mile loop hike starting in Rockburn Park and into Patapsco Valley State Park. The hike will take us along wooded trails down into the Patapsco Valley and up along Cascade Falls. Trails are rocky at times, and the hike will include some moderate, short climbs (~200 ft elevation change). After the hike we'll celebrate the holiday with cherry pie and hot cider. This is a joint hike with K9Trailblazers so well behaved dogs are welcome as long as you keep them on leash and scoop after them. Maps, chocolate, and dog biscuits provided at the trailhead. Bring snacks, and water for you and your dog. Visit [www.k9trailblazers.org](http://www.k9trailblazers.org) for more details. INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 301/482-2468 or Jeff Bolognese (jabolognese@k9trailblazers.org) 410/247-4434.

24 (Tuesday)

👨 HIKE - Family Hike

Arlington, VA

Potomac Overlook Regional Park. We will hike about 3 miles along Donaldson Run and other trails throughout the park to the Potomac Overlook. After the hike, we'll check out the nature center. If the forecasted high temperature for the day is below 40 degrees, the hike will be canceled. Designed for the 5 and under crowd, all ages welcome. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

24 (Tuesday)

👨 HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA

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

24 (Tuesday)

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

25 (Wednesday)

📖 CLASS - Women's Hiking and Day Trips (REI)

Bailey's Crossroads, VA

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



25 (Wednesday)

👨 HIKE - Easy Hikers

Fort Hunt Park, VA

To Mount Vernon. Let's offer a February 2004 tribute to our country's first leader by marking the week when George Washington was born. We'll hike 3 miles along the Potomac River to his home and will return to starting point after lunch. Meet at 10:15 a.m. in parking lot of Fort Hunt Park. Take George Washington Parkway south to Fort Hunt Park entrance. Turn right into park. Lunch will be in the fast food court at the Mount Vernon Inn. No pets! INFO: Jim Flanigan (jflanigan@aol.com) 202/554-3775.

25 (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 and time, leaders name and phone number, in addition to a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

27 - 29 (Friday - Sunday)

🏠 XC SKI TRIP - Blackwater Falls (STS)

Blackwater Falls State Park, WV

Weekend #5. We stay on the rim of the Blackwater River/Gorge at the Blackwater Falls State Park Lodge, complete with restaurant, fitness center, indoor pool and hot tub. Ski out the door on 20+ miles of trails nestled among towering pines, from beginner to advanced. Enjoy hot chocolate on the trail or at the Warming Hut on Sled Hill, complete with its tow rope to add to your telemarking fun. Try other trails nearby at Canaan Valley SP, Whitegrass STC and Dolly Sods. Dine elegantly or casually in town. Evening folk music and entertainment options also just a few miles away with breakfasts at the Lodge. Cost is \$90.00 per person. INFO: Larry Doff (ldoff@juno.com) 703/615-3195.

27 - 29 (Friday - Sunday)

🏠 XC SKI TRIP - Monongahela (STS)

Canaan Valley/Harman, WV

Mountain Retreat Lodge ([www.neumedia.com/~lmlind/lodge.html](http://www.neumedia.com/~lmlind/lodge.html)) is surrounded by the Monongahela National Forest, is located near the small town of Harman, and borders the Dry Fork River. Mountain Retreat is 3/4 mile north of Harman on Route 32 and 9 miles south of Canaan Valley. Ski at White Grass, Canaan Valley State Park, and other trails in the Monongahela National Forest. Bring acoustic musical instruments for a Saturday evening jam session. Features of Lodge: Sleeps up to 20 persons - 5 bedrooms with additional sleeping space on the floor - 2 1/2 baths - Large living/dining area with fireplace insert - Fully equipped kitchen. Cost: Trip cost per person: \$42 member and \$52 non-members (includes two nights). INFO: Jim Tomlin (jtomlin@helix.nih.gov) work 301/402-4153 (M-F, 7:30 a.m.-4:00 p.m.) home 301/774-1228 (before 9:30 p.m.)

28 (Saturday)

📖 CLASS - Climbing Basics (REI)

Fairfax, VA

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

28 (Saturday)

👨 HIKE - The Hidden Waterfall Series

Central District, Shenandoah National Park, VA

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

## MARCH

1 (Monday)

DEADLINE - April 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.

2 (Tuesday)

👨 HIKE - Family Hike

Springfield, VA

Pohick Stream Valley. We will hike about 3 miles past Hidden Pond and along Pohick Creek. The hike is jogging stroller passable, with some rocks, roots, and bog bridges. We will enjoy the Hidden Pond Nature Center after the hike, which has lots of animals and some activities. We will meet at the playground right next to the parking lot. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

2 (Tuesday)

🏠 MEETING - Trail Patrol, 7:30 p.m.

3 (Wednesday)

👨 HIKE - Easy Hikers

Burke Lake Park, VA

Five level miles around Burke Lake. Meet at 10:15. From the Beltway, exit West onto Braddock Rd. At your leisure, move into the left-hand lane (excluding left turn lanes) and stay in this lane. In 1.9 mi. from the Beltway, the lane you are in becomes one of a pair of left-turn lanes onto Burke Lake Road (Rt. 645). Stay with it and make the turn. (Don't worry about the misleading sign before the preceding left.) Go 4.9 mi., then turn left onto Ox Rd. (Rt. 123). In 0.5 mi. (passing the Golf Center), turn left into Burke Lake Park. Follow signs to the marina. Bring lunch and water. INFO: Sue King 703/356-6659.

3 (Wednesday)

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

# FORECAST

4 - 7 (Thursday - Sunday)

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

Mini-Week #4 Join a dozen XC skiers and enjoy the expected heavy lake-effect snowfall prevalent in this area. We will stay at the 1880 Lodge in Pulaski (close to Lake Ontario). Options include favorite trails at Winona St. Forest, Barnes Corner, Salmon Hills & Osceola STCs. Estimated cost is \$140/person for 3-nights which includes semi-private lodging plus continental breakfasts. INFO: Bozena Sarnecka-Crouch (bsar@loc.gov) 202/707-9851.

6 (Saturday)

✕ TRAIL WORK TRIP - Yankee Clippers  
Appalachian Trail, PA

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

6 - 7 (Saturday - Sunday)

🏠 CABIN WORK TRIP - Tulip Tree Cabin  
Shaver Hollow, VA

The March weather may be sunny and warm or we could be having a blizzard but the trip will go on as long as the roads are passable. If there is no snow on the ground we may be clearing and raking the yard around the house and planting grass seed. If the ground is covered with snow we may work inside. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

6 - 7 (Saturday - Sunday)

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

Saturday 10:30 a.m.-6:00 p.m. Sunday 8:30 a.m. - 4:30 p.m. This comprehensive two-day course teaches all skills necessary to use map and compass in an integrated land navigation system. The first day is spent in intensive classroom exercises concentrating on 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.

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 \$160. Registration is limited to 25 people. INFO/Registration: Christopher Tate 703/836-8905.

6 - 7 (Saturday - Sunday)

🏠 SPECIAL EVENT - Snow Camping  
Canaan Valley, WV

We will set up our snow camp in the Dolly Sods Wilderness area. INFO: Gus Anderson (gusanderson@aol.com) 703/903-9736.

9 (Tuesday)

✿ HIKE - Family Hike  
Great Falls, VA

Riverbend Park. Come join us for a 2.5 mile kid-friendly circuit hike. We will start behind the Visitor's Center, hike up to the nature center where we will pick up the Paw Paw Passage Trail. We will pass a pond and continue down to the Potomac River

where we will hike along the Potomac Heritage Trail back to the Visitor's Center. After the hike we will check out the animals and activities inside the visitor's center. Designed for the 5-and-under crowd, all ages welcome. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

10 (Wednesday)

✿ HIKE - Easy Hikers  
Blockhouse Point, VA

We will do a circuit hike of about 4 miles; we should have good views with the leaves down. Bring lunch and water. Meet at 10:15 a.m. at the River Road parking lot ~2 miles beyond Pennyfield Lock on the left. INFO: Carol Niedzialek (niedze@erols.com) 301/949-9729.

9 (Tuesday)

🏠 MEETING - PATC Council, 7:00 p.m.

10 (Wednesday)

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

13 (Saturday)

✿ HIKE - Strenuous  
Central District, Shenandoah National Park, VA

The Hidden Waterfalls of Shenandoah National Park Series. Hike 5. Spring is just around the corner! Join us as we ascend the East Branch of Naked Creek in Falls Hollow. We'll lunch at Huckleberry Cliff and return to our starting point. This hike is approximately 6-8 miles with a 1000 foot elevation gain/loss. This series utilizes Map 10 in the Central District. Experienced hikers only. Strenuous. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m.-9:00 p.m.)

13 (Saturday)

🏠 SPECIAL EVENT - Geology Field Day  
Shaver Hollow, VA

Our second season of educational programs at Darwin and Eileen Lambert's property is initiated with a geological presentation by Tim Rose, mineralogist for the Smithsonian Institution. Tim has taught local geology for the USDA Graduate Program for many years and is intimately familiar with the region's geology. Participants will receive a two-hour program on the geology of eastern North America, followed by an afternoon hike into the Park to identify some of the common rock formations of this area. INFO: Bob Pickett 301/681-1511.

13 - 14 (Saturday - Sunday)

✕ TRAIL WORK TRIP - Cadillac Crew  
Appalachian Trail, VA

Between I-66 and Rte. 50. Join the Crew as we begin work on the Ovoka Farms AT relocation project. The relocation, on recently purchased by the ATPO, will provide open areas and views to the east. Overnight at Rindt's house in Front Royal or at project site depending on weather conditions. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.



13 - 16 (Saturday - Tuesday)

✿ XC SKI TRIP - - Ski (STS)  
Adirondack Mountains, NY

Near Lake Placid in upstate NY, stay for half a week at the Adirondack Loj set five miles south of Lake Placid in the foothills of the High Peaks area of the Adirondacks. Historic Adirondack Loj sits on the shores of Heart Lake, nestled close to the summit of Mt. Jo and on the doorstep of the High Peaks Wilderness Area. The Loj property is a great place to ski, snowshoe, and climb right-out-the-door, or just relax by the stone fireplace. Ski trails available for all XC ski abilities. Olympic-class groomed trails at Mt. Van Hovenburg to backcountry descents of Mt. Marcy and Avalanche Pass are within your grasp. There is great hiking and resort skiing (Whiteface Mt.) if natural snow is bad. Price for four nights will be \$136/person which includes lodging and breakfasts. Convenient trail lunches and dinners are available at the Loj. INFO: Dave Battista (shasta1@nauticom.net) 724/443-1174.

14 (Sunday)

✿ HIKE - Civil War History  
Harpers Ferry, WV

Up Maryland Heights, and to Loudoun Heights, all in one day. This moderate circuit of approximately 11 miles will include spectacular views as well as Civil War history. From Harper's Ferry, we'll follow the A.T., past Jefferson Rock, and across the Shenandoah River, then climb up to Split Rock using the Loudon Heights Trail. Then, after crossing over the Potomac, we'll hike down the C&O towpath to the Maryland Heights trail, and climb up for more views and history, followed by a descent back into town. PATC map #7. INFO: Vince Ferrari (ferrari3@ix.netcom.com) 301/249-2210.

16 (Tuesday)

✿ HIKE - Family Hike  
Centreville, VA

Bull Run Occoquan Trail at Route 28. Follow the blue blazes on this kid-paced hike along the scenic Bull Run. We will hike about 2-3 miles on this out and back hike. This trail is a little rugged in places, with a few short, but steep ups and downs. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

17 (Wednesday)

✿ HIKE - Easy Hikers  
Capitol Mall-Tidal Basin, DC

Wear some green to celebrate St. Patrick's Day in Washington. Meet at 10:15 a.m. at the Mall Exit of the Metro Smithsonian Station for the start of a 4.5-mile hike. Proceeding through the Enid Haupt Garden next to the Smithsonian Castle, we will climb up the L'Enfant Plaza Promenade and go down Banneker Hill to the Southwest Waterfront and Fish Market. After circling the Tidal Basin passing by the Jefferson Memorial, we will return to the Capitol Mall and proceed to the U.S. Capitol and Union Station. Lunch in the food court at Union Station. After lunch the group will disperse from the Union Station Metro. INFO: Jim Flanigan (jflanigan@aol.com) 202/554-3775.

18 (Thursday)

✿ HIKE - In-Between Hikers  
Key Chain Circuit, Arlington, VA

The In-Between Hikers will hike up the Potomac Heritage Trail to Chain Bridge, across the bridge, down the C&O canal towpath, and across Key Bridge to the departure point. About 9 miles. Some rocky sections and a few minor stream crossings. Stretches will be muddy if weather has been wet. At the end there will be an optional foray into

# FORECAST

Georgetown to see if the St. Patrick's Day revelers left any beverages behind. 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. Joint hike with Sierra Club MWRP. INFO: Gary Abrecht (GAbrecht@AOL.com) 202/546-6089.

**20 (Saturday)**

👤 **HIKE - Natural History**

**Central District, Shenandoah National Park, VA**

Bob Pickett takes us into the Hazel Mountain area to do some hiking both on and off trail. We'll hike about six miles and do a little bushwhacking in search of several home sites just off White Rocks trail. As always, we'll talk a little geology, animals, plants, and Park history. INFO: Bob Pickett 301/681-1511.

**20 (Saturday)**

👤 **HIKE - Waterfall**

**South District, Shenandoah National Park, VA**

The tenth hike of the Waterfall and Wild Flower Series will be a 15-mile circuit with a total elevation gain of 3200 feet to the falls on the Jones and Doyle Rivers. No bush whacking. PATC Map 11. INFO: Jack Thorsen, (thorsen4@Juno.com) 703/339-6716 or William Needham (Needham82@aol.com) 410/884-9127.

**20 (Saturday)**

👤 **TRAIL WORK TRIP - Stonewall Brigade**

**Great North Mountain, VA/WV**

Meet at the Wolf Gap Recreation Area campground parking lot (PATC Map F coordinates E19) at 9:00 am. This trip is subject to prevailing or forecast weather. Check with Hop Long before going to the meeting site. Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

**20 (Saturday)**

👤 **TRAIL WORK TRIP - Yankee Clippers**

**Tuscarora Trail, PA**

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

**20 - 21 (Saturday - Sunday)**

👤 **CABIN WORK TRIP - Tulip Tree Cabin**

**Shaver Hollow, VA**

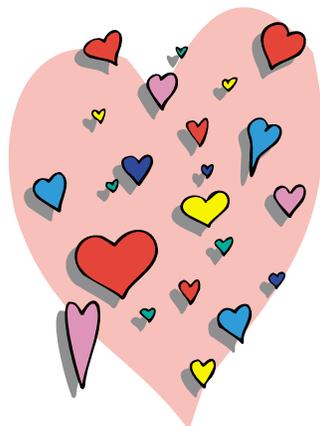
The ground should be clear of snow by now and the weather warming a little. Only a few more work trips to finish and dedicate this beautiful cabin. We may still be building bunks and cabinets or even installing some trim. There is a lot of landscaping work left too. Who knows! We may be working on a solar heated shower. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

**23 (Tuesday)**

👤 **HIKE - Family Hike**

**Potomac, MD**

Burma Road and the C & O Canal Towpath. Come on out for a 3-4 mile kid-friendly hike along Burma Road and the C & O Canal Towpath. The trail is mostly jogging-stroller friendly except a set of stairs and one very rocky section on the towpath. We'll meet at 10:00 a.m. in the Cropley parking lot. Take 495 to the Clara Barton Parkway West. Turn left onto MacArthur Boulevard and follow it west to the Cropley parking area on the left, across the street from the Old Angler's Inn. INFO: Jennifer Chambers (jpcjkcc1@starpower.net) 301/588-1716.



**27 - 28 (Saturday - Sunday)**

👤 **TRAIL WORK TRIP - Cadillac Crew**

**Potomac Heritage Trail, DC**

Inside Beltway. A wet year has caused erosion and chronic wet areas on the PHT. The Crew will be working with DM Bruce Glendening to improve tread conditions on this popular trail on the south bank of the Potomac River. Overnight arrangements are TBD. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

**29, April 3-4 (Monday, Saturday - Sunday)**

👤 **CLASS - Leave No Trace**

**PATC Headquarters and SNP, VA**

This fun Leave No Trace (LNT) Trainers Course will be held in two parts. The classroom instruction (introduction and planning) will be held Monday evening 7:15- 9:45 p.m. The field experience will be a backpacking trip in the SNP. Instructors will be LNT Masters from Trail Patrol. The goal will be to enhance LNT skills and ethics and to gain confidence in teaching LNT to others. Pre-registration required, space is limited. Fee: \$30. See ad on page 19. INFO: Anniell Miller at amill1@yahoo.com or call 703/250-8113 (before 11p.m.)

**30 (Tuesday)**

👤 **HIKE - Family Hike**

**Oakton, VA**

Meadowlark Gardens Regional Park. Come enjoy the Spring weather at this beautiful park. We'll hike about 3 miles on stroller-friendly trails. There is a fun spiral trail to the top of a small hill and several gazebos and fountains. We will have lunch under their picnic trellis just outside the park. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

**30 (Tuesday)**

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

**31 (Wednesday)**

👤 **HIKE - Easy Hikers**

**Germantown, MD**

10:15 a.m. Schaeffer Farm. Directions: 270 N to Clopper Rd. W (aka RT 117) Go past the intersection with RT 118. Next left on Schaeffer Rd. Go about 2.5 miles, going straight through the circle, to a left at the sharp right bend in Schaeffer Rd. Signs for Grey Rock Ranch and Organic Composting mark the entrance. Take the left fork of the driveway which leads to the trail (and trailer) parking area. Description: A rolling woodland hike of about 4 miles. Bring a light snack, such as a banana. We will have lunch after the hike at the King China Buffet. Leader: Margaret Chapman (home) 301/977-8988 M, Tu. and Th. 301/869-9291. ☐



## Hiker's Notebook

**Common Name:** Stinging Nettle (possibly deriving from Noedl, meaning needle).

**Scientific Name:** *Urtica dioica* (meaning "two houses" possibly because male and female flowers are carried on separate plants).

The Stinging Nettle is perhaps the most easily identified plant that is frequently encountered along the trail. Unfortunately, this is generally after having brushed against one and felt a burning sensation on the skin. Very common in moist areas, particularly alongside streams in mid-summer.

**Potpourri:** The stinging hairs are hollow, tipped with a sharp-pointed terminal cell that readily penetrates the skin. The brittle tip breaks off in the skin and releases an irritating liquid. The operation is very similar to that of the hypodermic needle. The burning sensation usually goes away in less than an hour, but an itch may persist for hours or even days. Related stinging species such as the *Urtica holosericea* in the western United States reportedly have a sting powerful enough to kill a horse.

The leaves of the nettle can be boiled and eaten like spinach. The stinging liquid is not poisonous and the boiling makes the hairs too soft to penetrate the skin.

It was long thought that the main constituent of the sting was formic acid, the same chemical employed by ants. It has recently been shown that the main chemicals are histamine, acetylcholine, and serotonin with some formic acid. ☐

—William Needham

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

# Bob Pickett's Appalachian Nature: Winter-Only Delights in the Wood

## The Winter Landscape and What to Look For

Each season has its own opportunities that can make a hike special. For some, winter's benefits are composed of what it doesn't offer. It doesn't have mosquitoes or poison ivy, venomous snakes or high humidity. Nor does it have nettles or bees! Certainly, all good arguments. Perhaps the best element that winter doesn't offer is the concealing green wall of summer (although it's becoming all too common to be able to peek under the curtain, thanks to the serious eating habits of our ungulate friends).

The Shenandoah National Park is the place to be in winter. It's great fun to be able to see the stone walls and foundations of the former mountain residents. I recommend getting Carolyn and Jack Reeder's trilogy of books about the park published by PATC. The third book, "Shenandoah Secrets," will take you along the trails and tell you wonderful stories about the people who lived in the homes that you'll be passing. Len Wheat has prepared a self-guided tour of 18 cabins of the community of Old Rag, or Weakley Hollow, also published by PATC. While the October fire of 2000 has destroyed some of the chestnut logs, it's still a fun way to spend a winter day. In addition, Len has an appendix listing 28 cabin sites within the park that still had standing walls as of about 1990. Get 'em and go explore.

## Tracking for Fun

For me, the highlight of the winter season is identifying animal tracks in the snow. Get a field guide for tracks, such as the "Peterson Field Guide to Animal Tracks," and find out who's active. Even though deer, squirrels, and deer mice are most common, bobcat, fox, and coyote are not uncommon. And, yes, you can see bear tracks every month of the year – some arousing for a short stroll and others remaining active all winter.

One highlight I have yet to experience can only be had in January and early February, and it happens only late at night. This means you have to rent one of the PATC cabins or camp on your own in the park. If you're very lucky, one night you'll hear what sounds like the screaming wails of a demented woman off in the woods. Consider yourself blessed if you hear this mating call of the male bobcat. They say you will not mistake this sound for anything else in the natural world.

## Yes, There are Insects

Other winter opportunities? Well, notice earlier I said no mosquitoes. I didn't say no insects. In fact, a not-too-uncommon winter sight on snow is the congregation of thousands of black dots, known as snow fleas. These springtail insects tend to appear on snow near the base of trees, where the reflected sun has melted the snow to the ground, allowing these primitive insects to emerge. They have earned the common name of snow fleas due to the two appendages they have on their last body segment, which enable them to spring a distance of several inches.

Speaking of insects, when you lunch by the creek and find half-inch, slender-winged insects walking about on the rocks and your clothing, you have found one of several species of stone flies that wait until midwinter to metamorphose from aquatic nymphs to terrestrial flying adults. At least they don't have many predators out to disturb their courtship. After mating, the female deposits her eggs in the water, at which point the life cycle is complete for both the adult male and female.

## To Flock or Not to Flock

Finally, wintertime is a good time to take up bird-watching. First, you don't have the hundreds of summer possibilities to deal with, and, second, as mentioned before, NO LEAVES! You may not find any birds for an hour or more, and then a flurry of bird activity is upon you, with numerous species flying through the forest in mixed flocks. Take advantage of the opportunity; they may pass through in a matter of minutes, leaving you alone again.

Birds tend to flock in winter. The logic suggests that more eyes means more food sources found and more eyes to detect danger (thus, less wasted time looking for predators). Summer flocking doesn't work due to the territorial needs of birds. Interestingly, woodland flocking is more common with insectivores than with seed eaters. As seeds come in so many different forms, so do the forms of bird bills and, thus, seed preferences for each species. Therefore, it's not reasonable to expect that searching for communal food sources for such diverse needs will work.

Two exceptions are noted. First, intraspecific flocks (all one species), such as juncos, robins, and cedar waxwings, can be found looking for

their common food source. Juncos are commonly found in four or five favorite foraging sites, usually no more than 200 to 300 yards apart. Incidentally, if you see a flock of waxwings, notice the color of the tip of the tail. Historically, the tip is a bright yellow, but, as the result of the introduced Asian shrub honeysuckles to the waxwing's diet, some of the tips are orange! Second, seedeaters do tend to flock in field habitats, where a greater abundance of species and quantities of seeds can be found. Field-flocking seed eaters (not an obscenity or rock band) will tend to be more sedentary, thus, more amenable to birding.

## Insectivores Enjoy Togetherness

Flocking does work for the insectivores, like the interspecific flocks of Carolina chickadees, tufted titmice, white-breasted nuthatches, golden-crowned kinglets, and – maybe – a couple of brown creepers and downy woodpeckers. The reason it works is that while insectivores have just as many varied bills and specialized feeding habits as the seed eaters, unlike the seed eaters they can find all their needs in one site. You can notice how the chickadees tend to feed on the outer branches, often high in the tree, while the titmouse tends to search the thicker inner branches or on the ground. Kinglets are very active and tend to hover around branches, snatching insects as they explore the outermost branches. Interestingly, the brown creeper and the nuthatch are both found on the tree trunk. But, while the brown creeper is always found spiraling from the bottom and traveling up, the nuthatch will start high in the tree and travel down the trunk, so that each tends to find eggs and larva that the other would miss.

When you find these winter bird flocks, try to notice who is leading the procession. Studies can be found supporting either chickadees or titmice. Both tend to be loud and vociferous. Expect to find from four to six of both species, including the mated couple in whose breeding grounds you now find yourself, along with their offspring and perhaps a few other locals. □

—Bob Pickett

Bob Pickett was recently named PATC's Volunteer of the Year. Stay tuned for more thorough coverage of this honor in the next *PA*.

# NOTICES

## NEW NOTICES

**REQUEST FOR VOLUNTEERS:** Trail Crew Maintenance, DC-Based. Want some trail maintenance experience and exercise, but still sleep in your own bed? Is Shenandoah National Park just too far a drive? I've got all these problems and will try to fill a need by building a local-based trail crew. The Potomac River Trail Crew will work one day a month, mostly just 9 a.m. to 1 p.m. The crew would begin its focus on the Potomac Heritage Trail on the VA side of the river, but the crew could also help in Rock Creek and Great Falls; both MD and VA sides. Any takers? INFO: Bruce Glendening (bgldening@yahoo.com) 703/532-9093 (night).

**FORD 250 SUPERVAN** Custom Conversion Camper for sale. Features captains chairs forward and a full-sized double bed longitudinally at the back with superb storage beneath and each side. Forward of the bed on the driver's side is a 28 inch, 3 drawer kitchen unit with countertop suitable for cooking and ahead of that a vinyl bucket seat behind the driver. There is room on the right side for a portable refrigerator or second bucket seat also included. All its 115,000 miles have been on long-distance trips. 5.8 liter V-8 engine with 4 speed/overdrive gives 16 mpg on the highway and has ample power for mountain travel. Want to sell because my wife's handicap and I want to get a passenger vehicle for shuttling hikers. Available for trial use before April in VA. References offered. If interested, contact Dave and Julia Appel (jsappel@netnet.net) or 715/253-2687.

## LOST AND FOUND

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

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

## HIKING PARTNERS

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

## EQUIPMENT NEEDED

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

## FOR SALE

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

## HELP WANTED

**C&O CANAL NATIONAL HISTORICAL PARK** is seeking volunteers for the Williamsport Visitor Center. This is an opportunity to share your knowledge and enthusiasm for trails and the towpath, and to meet and greet visitors to the towpath. The positions involve staffing the visitor center and bookstore, and can include informal interpreta-

## 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](mailto: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](mailto:pfankhauser@patc.net).

**DAYTIME AND EVENING CABIN RESERVATIONISTS NEEDED:** Openings are available to any individual who can give attention to detail, 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](mailto:pfankhauser@patc.net).

**WE NEED SOMEONE TO HELP POUR PAINT** for trails and corridor workers. Contact Heidi Forrest ([hforrest@patc.net](mailto:hforrest@patc.net)) 703/242-0315 x12.

**DO YOU HAVE A KNACK FOR HANGING TOOLS?** We could use your help in the HQ Tool Room. Contact Liles Creighton ([lcrei@aol.com](mailto:lcrei@aol.com)) 410/573-0067.

## **NOT INTERESTED IN WORKING IN THE GREAT OUTDOORS?**

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

**SALES OFFICE NEEDS VOLUNTEERS** please contact the Sales Coordinator, Maureen Estes, by either calling headquarters at 703/242-0693, ext. 19, or by e-mail at [mestes@patc.net](mailto:mestes@patc.net).

**NEEDED: PEOPLE** to help plan and conduct our club events. If you are willing, please contact Susan Nelson, Supervisor of Membership ([snelson@patc.net](mailto:snelson@patc.net)) 703/243-7867, or Pat Fankhauser at Club headquarters - 703/242-0693, Ext. 17, [pfankhauser@patc.net](mailto:pfankhauser@patc.net).

tion. 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. INFO: Gloria Updyke ([Gloria\\_Updyke@nps.gov](mailto:Gloria_Updyke@nps.gov)) 301/582-0813.

**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](mailto:bettycox@erols.com)), 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](mailto: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](mailto: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

**T**rail maintenance typically slows down in December as weather, hunters, and holiday activities take priority. Actually December was a welcome break after having to deal with blowdowns from hurricane Isabel and other recent wind events. A few isolated trails remain to be cleared, but the vast majority have been cleared. Don't expect the trails to look the same, as the evidence from the storm is quite visible trailside. An open canopy where there was none before, a large rootball where a tree once stood, piles of debris obscuring views through the woods, and a trail reroute around a blowdown too big or dangerous to remove are changes you can expect to encounter.

### **Outfitter Calls it Quits**

Trailhead notes with sadness the closing of two local outfitters in early October of last year. These were Dave Nugent's Potomac Outdoors Ltd. (POL) in Cabin John, Md., and Lila Johns' Appalachian Outfitters (AO) in Oakton, Va. The record or near-record amount of rainfall in the PATC region during 2003 did not help the outdoor industry in general.

POL had been in business for about five years. AO was started in 1969 by USAF Col. (ret.) Dan Couch of Middletown, Va. At first it was a home-based effort to equip Boy Scouts for Appalachian adventures, but it soon moved into the old (1897) Oakton schoolhouse complex and began dealing with the general public. The Couch family operated the business for many years and still owns the real estate.

Much of AO's inventory was sold to Weasel Creek Outfitters of Front Royal. A flea market sale of the remainder scheduled for the first weekend in December was postponed due to a reported bankruptcy filing.

To add injury to insult, a large oak tree behind the AO building came crashing down during a post-Isabel wind event, wrecking the solar panels on the roof. Anyone interested in the future of the old schoolhouse property should contact George Lehnigk of Options for Oakton at OfO@cox.net.

PATC does not endorse any specific outfitter. Like other retailers, they compete on the basis of price, selection, customer service, location, and intangibles and are subject to such haz-

ards as the slow economy and unfavorable weather. The Mom and Pop stores are still out there, along with the regional and national chains that are trending toward big box stores and upscale malls.

However, our local outfitters have been among our most generous corporate sponsors, and many offer discounts to PATC overseers (look under Notices). Many of their employees are also PATC members. The legendary Ed Garvey, for example, worked for a while at AO. In conclusion, all we can say is, "Support your local outfitter!"

### **Potomac Heritage Bridge Building**

As a mild mid-December day broke on the Potomac River, overseers Alex Sanders and Ken Williams, with helpers, entertained passing crew shells by placing a 12-foot bridge over a drainage ditch whose gap has grown wider due to this past year's record rains.

The constant rains submerged sections of the Potomac Heritage Trail, and runoff from surrounding cliffs cut numerous ditches across the trail. As the river finally subsides this winter, crews are assessing the damage and trying to cure some safety hazards along its path. One such hazard was a simple drainage ditch whose crossing turned from a quick hop to a three-foot-deep crevice. Two two-by-12-inch planks easily spanned the gap supported by two-foot sections of a two-by-six board. Although close to the Potomac, we hope it is above the flood line and can add a measure of safety to the hikers of the PHT.

### **Buddy is Back**

Lloyd Parriott is currently spinning his wheels on his old friend, Buddy the beaver. In a problem area east of Linden, just west of where the AT crosses Rte. 55, Buddy is taking down a couple of trees that are real close to the road and at least one of them will land on the road. The branches of one are entwined with the phone line and may be big enough to take the line down as well. So far Lloyd has established that the line belongs to Sprint but they can't do anything till the line is down and then they will fix it. Seems that the responsibility for the trees lies with the property owner, for whom ATC (and PATC) is the agent. Sprint won't do anything preventive. Stay tuned for a resolution, whatever it will be.

### **Working the Ridge**

Still clearing after Isabel, PATC's Rick Rhoades and Ed Brimberg and USFS's Wade Bushong spent a long day working north of Edinburg Gap on Massanutten Mountain. At least they were afforded some great views during the process. See photo on page 19 of Rick and Wade taking a break.

### **Volunteers Get Corporate Contribution**

Many thanks to Michael Wilson for working with his employer, ExxonMobil Corp., to provide funds to PATC. Michael is the brother of Patrick Wilson, the overseer of the upper half of the Buck Hollow Trail. Many hikers have commented on the steadily improving tread on Buck Hollow. Patrick, along with his brother Michael (and, occasionally, some of his students from Hampden-Sydney College) have installed stone steps, rebuilt waterbars and other erosion devices, and improved cribbing. Michael worked with ExxonMobil to arrange contributions from its Volunteer Involvement Program, based on the volunteer hours that the Wilson brothers contribute on Buck Hollow. So far, the corporation has contributed \$1500 to the PATC coffers.

The Blue and White Crew will commence its 2004 gala trail-building season on the weekend of March 6-7. The crew Web site, [blueandwhitecrew.org](http://blueandwhitecrew.org), will soon contain the upcoming calendar.

### **April Chainsaw Workshop**

A chainsaw workshop is scheduled for April 24-25 in SNP. The workshop is sponsored by SNP in conjunction with PATC. District managers should review for sawyers needing recertification and sawyers needing initial training. Contact Heidi Forrest at PATC Headquarters, 703/242-0315, for details.

### **Nice, then Ice, Work Trip**

The Cadillac Crew's annual Christmas work trip to Highacre in Harpers Ferry was touch and go - weather-wise. On Saturday, nice weather allowed the crew to clear an extraordinary amount of debris and fallen trees left by Isabel on the Highacre property. The barn siding, damaged by a fallen tree, was repaired by Robert Fina. Even Mickey McDermott, our VP for volunteerism, lent a helping hand hauling logs and debris. A special Christmas

*See Trailhead, page 19*

### Trailhead, from page 18

dinner organized by Katherine Rindt, with many contributors, capped a busy day. Our newest (six weeks old) crew member Kendal Abruzzese dropped by to check out the crew. The crew retired for the evening only to awake to five inches of snow, with sleet and freezing rain beginning to fall. Forget about raking any more leaves; the priority was to clear the steep driveway and get everybody safely on their way.

### Isabel Left a Trail

Frank Hass reports Hurricane Isabel passed through the battlefield parks area and left its own trail. All the trails suffered some damage, but Lee Drive seems to have suffered most. Driving south from the north entrance at Lafayette Blvd. was quite an experience. About 150 trees fell on the northern section of Lee Drive. The trail that parallels Lee Drive

was just as bad, with a canyon of tree trunks at the south end of Howison Hill. At one location, a clump of tree trunks is suspended parallel to the trail and about six feet above it.

In several areas, acres of trees are lying on the ground – not on the trails, but evident in the distance. The south end of Lee Drive has at least a five-acre blowdown area. The Chancellorsville Trail from Hookers Apex to the house site goes through a quarter mile of blowdowns. Viewed from the air, it is a half-mile wide. Forest Service crews from Georgia and Pennsylvania spent about four weeks clearing the roads and trails.

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



Rick Rhoades, PATC, and Wade Bushhong, USFS; two tired sawyers at the end of a long day.

## Book Review: *The Summer I Was Seventeen*

*The Summer I Was Seventeen, A Story of the Appalachian Trail*, by Gerald Comer. Xlibris Corp., 2002, 279 p, softcover, \$21.99.

This work of fiction is a novel supposedly by an adolescent for adolescents. It's the story of 17-year-old John Hunt who was a summer camp counselor for a backpacking trek in the central Appalachian Trail. Several episodes occur nearby, Old Rag for one. The book deals with various events in the journey where Hunt comes to experience suffering, both physical and spiritual, that leads to a personal crisis. His lack of knowledge in dealing with these situations gradually changes from inexperience to an understanding of human affairs. The dichotomy in this story is one of exhilaration and despair but ends happily with him reaching maturity. There was one environmental no-no here – washing in a stream. The author, a retired university professor and traveler, began writing after he retired. For several years in the 1970s he directed a hiking camp in the central Appalachians, the source material for this book. □

—Carol Niedzialek

## Potomac Appalachian Trail Club Trail Patrol

Presents

# Leave No Trace Trainers Course

March 29 and April 3-4

This course is designed for those who want to better understand Leave No Trace (LNT) skills and ethics and help others understand their impact on the backcountry.

You will have opportunities to learn about the impact of your choices in the backcountry, to practice minimizing your impact, and to gain confidence in helping others understand LNT skills and ethics.

After completing the course you will be a certified LNT trainer. It is our hope that you will be willing to give LNT presentations to community groups if your schedule permits.

### Indoor classroom instruction:

Mon., March 29, 2004, 7:15 p.m. to 9:45 p.m.

### Outdoor Instruction:

(low-mileage backpacking weekend):  
Sat. – Sun. April 3-4, 2004,  
Shenandoah National Park

### Fee: \$30 (non-refundable)

Includes course material

For more information or to register (required), please e-mail Anniell Miller at [amill1@yahoo.com](mailto:amill1@yahoo.com) or call 703/250-8113 (before 11p.m.)

### POTOMAC APPALACHIAN

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# Trail, Shelter and Corridor Overseers / Monitors Wanted

**Co-district manager for SNP North AT – Map 9**

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



**District manager for SNP Central Side trails [north end] – Map 10**

US Rte. 211 to Old Rag  
Dan Dueweke, 703/266-3248  
danjan3@cox.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.

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

**SNP North District Blue-Blazed – Map 9**

Dick Dugan, 703/836-0391  
rdugan@bellatlantic.net

**Piney Branch Trail [lower] – Co-overseer**

Powerline to Hull School Trail (2.2 miles)

**SNP Central Blue-Blazed [north end] – Map 10**

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

**Corbin Mountain Trail – Co-overseer**  
Nicholson Hollow Trail to Old Rag Fire Road (4.4 miles)



**SNP Central Blue-Blazed [south end] – Map 10**

Steve Paull, 703/361-3869  
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 Blue-Blazed – Map 11**

Pete Gatje, 434/361-1309  
pigatje@aol.com

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

**Rocky Mt. - Brown Mountain Trail - Co-overseers**

Skyline Drive to Big Run Portal Trail (5.3 miles)

**Tuscarora Central – Map L**

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

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

**Tuscarora South – Map F, G, 9**

Rick Rhoades, 540/477-3247  
rrhoades@shentel.net

**Tuscarora Trail**  
Fetzer Gap to Maurertown (5.7 miles)  
**Tuscarora Trail**  
Rock marker to Massanutten Trail (1.5 miles)  
**Tuscarora Trail**  
Shawl Gap to Sherman Gap (2.5 miles)



**Great North Mountain – Map F**

Hop Long, 301/942-6177  
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)

**District manager for DC Metro – Map N**

Mark Anderson, 202/462-7718  
dc.trails@verizon.net

**Normanstone Trail**  
Wisc. Ave. to Rock Creek Park (0.8 miles)

**Suburban Maryland – Map D**

Liles Creighton, 410/573-0067  
lcrei@aol.com

**Cabin John Trail**  
Goya to Tuckerman (1.5 miles)  
**Cabin John Trail**  
River to Seven Locks (0.5 miles)  
**Ford Mine Trail**  
Maintenance Area to mine (0.5 miles)

## Volunteers Appointed – December

**Trail Overseers**

David & Jennifer Kiel  
Beverley Carver - Co-overseer  
Ray Galles

Woodland & Valley Trail [MD Metro]  
AT - the Frazier Discovery Trail to Loft Mountain Camp Store  
AT - Pocosin Fire Road to Dean Mt. Road



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