



# 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 34, Number 2  
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## Hiking on the Pacific Crest Trail in Central California

The Donner Party, with no food to speak of, spent four months during the winter of 1846 trapped by snowdrifts almost 20 feet high in the Sierra Nevadas west of Lake Tahoe. Theirs is a gripping story of starvation and desperation. Under a cerulean sky, almost 158 years later, it was hard to imagine their cruel fate as we contentedly gazed across the serene valley dotted with pine trees and watched the grasses sway gently in the breeze. In mid-September, the temperature in the mountains at altitudes around 8,000 ft. is still over 90 degrees during the day. And since this part of the California's Central Valley is high desert, not only is the sun searing, at times we choked on the dust. The "we" were nine PATC members under the leadership of Dave Appel to day-hike portions of the Pacific Crest Trail (PCT).

The PCT starts at Campo, Mexico, on the Mexican border and winds its way through

*See PCT, page 6*



*With Lake Tahoe pictured in the background, (l to r), Julie Durham, Stuart Scott, Mickey McDermott, Penny Haufe-Swope, Dave Appel, Nancy Holland, Jessy Oberright, and David Swope. Steve Reisinger was not there for this photo.*

Join us at the Blackburn for a Family Weekend!

## Calling All Families!

Save the Date: April 17-18

Fun for all will include - day and night hikes, scavenger hunts, music, Leave No Trace and hiking safely activities, and much more! Groups will be set up by ages. Come for the weekend (stay Friday and/or Saturday nights) or come for a day. Look for more information in the March PA.

**VOLUNTEERS NEEDED** to help with: activities, reservations, food planning and preparation, and more. Interested? Contact Jane Thompson, Supervisor of Information, Education, and Activities, ([jayteehike@yahoo.com](mailto:jayteehike@yahoo.com)) 301/349-2496.



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## Council Fire

The Potomac Appalachian Trail Club's regularly scheduled Council meeting was held at Club Headquarters on Dec. 14, 2004. President Tom Johnson spoke on computer infrastructure changes, noting the club's Web site would now be run from headquarters.

### Finance

Treasurer Gerhard Salinger distributed the monthly budget report for November 2004. Council approved the proposed 2005 PATC operating budget.

### Trails and Lands

PATC Tract Manager Kyle Williams updated Council on the planned subdivision development in Clarke County, near the AT in the vicinity of Mt. Weather. Kyle and Lee Sheaffer continue to work with the county, seeking protection for the land and the trail.

Guest speaker Bob Jordan presented on trail-building efforts in the Honduras National Park system. He asked PATC to consider sponsoring winter workshops to teach trail-maintenance techniques. Supervisor of Trails Liles Creighton will continue to talk to Bob on possible PATC assistance.

### Volunteerism

*Membership:* Supervisor of Membership Susan Nelson submitted the membership report for Dec. 14, 2004, reporting membership stood at 6,551. Susan noted that membership losses were higher in 2003 than 2004, so membership attrition may be stabilizing.

*Risk Management:* Council approved a motion to establish a Risk Management Committee.

*AT Corridor Management:* Tom Lupp reported about the Dec. 6 meeting of the committee on how to maintain the open area of the Ovoka Tract. Tom also announced the search for a PATC overseer for the

## DID YOU SEND AN E-MAIL?

The good news is that we are making progress on the installation of a new computer system at our Headquarters, a feat long overdue. The bad news is that everything is not functioning at 100 percent. Unfortunately, if you were one of the hundreds to tried to send an e-mail to almost any address ending with patc.net in the past few weeks, chances are your message did not get delivered. Please try again.

Annapolis Rock Campground, also approval for the fence at Fox Gap is awaiting an archeological assessment.

*Shenandoah Mountain Rescue Group:* Peter Pennington reported that SMRG participated in several searches in December. The group has signed an agreement to continue to work with SNP. Members are in contact with rangers at Great Falls Park, Va., to develop a similar agreement. Peter briefly discussed upcoming changes for SMRG, which include expanding its membership.

*Shelters:* Henry Horn expressed a need for better planning for shelter replacement. This is something that can be done during the winter months. The Shelters Committee would also like to develop an online map for shelters, with accompanying driving directions. Henry reported Scouts built four tent pads at Rocky Run Shelter.

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

—Georgeann Smale, Secretary

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

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

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

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

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

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

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

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

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

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

### STAFF: DURING REGULAR BUSINESS HOURS

**Director of Administration:** Wilson Riley (Ext. 11) e-mail: Wriley@patc.net

**Trails Management Coordinator:** Heidi Forrest (Ext. 12) e-mail: hforrest@patc.net

**Business Manager:** Monica Clark (Ext. 15) e-mail: mclark@patc.net

**Membership/Cabin Coordinator:** Pat Fankhauser (Ext. 17) e-mail: pfankhauser@patc.net

**Sales Coordinator:** Maureen Estes (Ext. 19) e-mail: mestes@patc.net

### *Potomac Appalachian*

**Chief Editor:** Linda Shannon-Beaver, PA@patc.net

**Features Editor:** Joanne Erickson

**Forecast Editor:** Vince Ferrari, PA-Forecast@patc.net

### Club Officers and chairs contact info:

www.padc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the PA.

## Tom's Trail Talk – The Usual Suspects ...

On the Tuesday evening before the annual meeting in November I was sitting in the Club Headquarters signing service awards. There was a stack of 150, with promises of more to come. I was looking forward to terminal writer's cramp, but it was a rewarding job. We were giving service awards to more people than many trails clubs have membership. In a way, these people represent the more than 1,000 active PATC volunteers.

As I turned over page after page, it occurred to me that I knew almost all these people, either personally or by reputation. They comprised all the usual suspects. I was seeing Karen Brown, Ed Brimberg, Chris Brunton, Liles Creighton, Bruce Glendening, Charlie Graf, Carol Niedzialek, Dave Pierce, Phil Paschall, Jim Peterson, Linda Shannon-Beaver, Lee Sheaffer, and on and on. Every Council member was on the list, and every district manager, and those awards are well deserved. Anyone who takes on a leadership role like that will be devoting significant chunks of time to PATC business.

It was no mystery to me why these folks were getting service awards. They get service awards every year. They make the club run. Without them we would cease to exist. They maintain our trails, repair our cabins, build our shelters, maintain our computers, staff the sales desk, keep our archives, make our maps, and sharpen our tools. And they provide the leadership to keep the rest of us going.

A few names were new to me. What, for instance, did Sam Schmuck (or Joe Blow) do to get a service award? I was curious to find out the stories behind those unknown people. They all did something, and it was evidently beyond what the typical volunteer would normally do. Are

they new to the club? What do they see in it? They are not out there working so they can get a service award, which is a piece of paper that won't even buy you a cup at Starbucks. Each one must have an interesting story to tell. All you folks who got service awards could e-mail me so that I would know what you did last year and why you were out there doing it. But that is not the point of this column.

Everyone in a club leadership position incurs an obligation to keep recruiting new people. The longer-range future of PATC probably rides on that 15 percent of the people whose names I didn't recognize. Through a filtering process that is still mysterious to me, some of them will continue on, and a smaller number will eventually take on leadership roles of their own.

Trail clubs – and this isn't just PATC, it seems to be true of trail clubs nationwide – tend to attract older people – people who have already been through child-rearing and are embarking on the next phase of their lives. We do have some exceptions, families like the Langs and the Sheaffers who begin at an earlier age and bring the kids into the mix. But generally we have a geriatric problem. We must recruit from an older population, and we must constantly refresh the group as some of us get too old to get out on the trail anymore. Everyone in a leadership position should have as a goal the recruitment of at least one long-term PATC volunteer every year. It helps maintain the health of the club.

And it is your exit strategy. □

—Tom Johnson



### **HOLD THOSE HOODLUMS BACK!**

*Hoodlum's Oktoberfest weekend is always productive. Above, Dick Dugan and George Walters plan the next Hoodlum weekend. Photo by Wayne Limberg.*

## PATC Trail Patrol Presents **Hike Leadership Training**

March 5 and 6, 2005

The Trail Patrol is hosting a Hike Leadership Training course on March 5 and 6 at the PATC HQ. The two-day course uses classroom and hands-on instruction to teach participants the essential skills for leading safe, enjoyable hikes with minimal environmental impact.

The topics to be covered include: Medical Emergencies, Planning, Personal Equipment, Leave No Trace, Leadership Skills, Standard Procedures, Emergency Procedures, and Navigation and Map Reading.

For more information, contact Greg Howell  
(TPHLT@patc.net) 571/215-1412.

# So, Just What is an Excursion? Steps for Planning

*Editor's Note: The feature article in this month's PA (page 1) is an example of a PATC-sponsored excursion. Each month we receive a variety of submissions, especially for the Forecast, some of which must be approved before being published. So just what governs whether an event must be approved before being advertised? Read on and find out.*

**P**ATC sponsors excursions with the goals of encouraging outdoor activities, outreach to the community, and providing a service to club members.

An excursion is defined in two forms: a.) as an excursion beyond a day's drive or outside PATC's jurisdiction – Pennsylvania, West Virginia, Virginia, Maryland, the District of Columbia, Delaware – but inside the contiguous 48 states, and b.) as an excursion outside the contiguous 48 states. Planning for an excursion is more elaborate than for a local outing, financing can be a major concern, and transportation must be arranged in advance. When an excursion is to be arranged, plans for it must be submitted for approval prior to actual departure: six months for an excursion outside the contiguous 48 states and a minimum of three months for all excursions requiring air transportation.

## **Responsibilities of the Excursion Organizer**

Only a member of PATC may organize and offer a PATC-sponsored excursion.

An excursion proposal must be submitted to the sponsoring section or committee. This will contain the location of the excursion, dates, departure points, transportation arrangements, visa and inoculation requirements, accommodations, financing, refund and cancellation policies, travel agent to be employed (if any), maximum group size, participant qualifications, equipment needed, and experience and qualifications of the organizer. The organizer will indicate any remuneration he or she is receiving (free seat, discounted hotel room, etc.). The sponsoring committee or section reserves the right to make any extra requirement it deems necessary. If approved, the proposal will be sent on to the Executive Committee for final approval.

The excursion organizer will set up the trip arrangements according to the agreed-upon plan. The organizer will advertise in the

*Potomac Appalachian* and take applications as the organizer would normally do for a local outing.

The organizer will require that all participants be club members.

For excursions outside the contiguous 48 states, full comprehensive insurance will be required of all participants. For all excursions all participants will be responsible for their own insurance and sign accordingly in the waiver. The excursion organizer may seek group rates through a travel agent or directly with the insurance company to lessen the cost to participants. Neither the excursion organizer nor PATC will be responsible for trip liability or cancellation.

All refund and cancellation policies and dates must be established by the excursion organizer for the trip and made explicit when participants sign up. These policies will further note if any refunds will be made for any registrants who cancel after a specified date.

The organizer will require that all participants sign a waiver of PATC's liability for the trip as follows:

## **PATC Excursion Liability Waiver**

The participant is aware that there are certain risks of injury or death that may occur on the trip. Hiking, skiing, and mountaineering are strenuous activities and involve a certain amount of risk. These activities and traveling to and from destinations may involve exposure to the forces of nature and to possible accident or illness in remote places without available medical facilities. It is up to the participant to make the final judgment as to his or her own suitability for any PATC activity or excursion and for his or her willingness to take risks.

The participant affirms that he or she is a member of PATC.

Participation in the excursion amounts to the participant's agreement to assume all risks and liabilities related to or resulting from all club hikes and excursions. The participant acknowledges that he or she is aware of those risks and is willing to accept those risks and further acknowledges that he or she is responsible for his or her own safety and insurance coverage. The participant of an excursion outside the contiguous 48 states confirms that he

or she has obtained full comprehensive insurance coverage for the excursion. By participation in this excursion, the participant agrees not to hold PATC or any of its leaders, officers, or representatives liable for any injury, loss, or damage to himself or herself or members of his or her family, pets, or property arising from a consequence of the excursion.

Prior to departure, the excursion organizer will report that all requirements have been met and give the PATC staff contact person a list of all participants, signed liability waivers, and emergency contact numbers, final itinerary, and flight information in case of emergency.

At the conclusion of the trip, a final report will be made including the list of participants, budgeting information (including complete accounting of trip or administrative expenses incurred and moneys collected from participants to cover such costs), the itinerary (including deviations, if any, during the trip), advertising, any trouble spots, a final assessment, points of contact, tour operators, and vendor businesses and travel agents used in establishing the trip.

## **Responsibilities of PATC**

Upon receipt of the excursion proposal, the sponsoring section or committee will either deny or give approval, and then forward the proposal to the Executive Committee where it will be vetoed or approved.

PATC will consider approval of the excursion based on the quality of the proposal and the experience and qualifications submitted by the organizer.

PATC will provide the excursion organizer a list of club contact persons and telephone numbers for emergency use during the trip.

PATC will maintain a file containing the final reports submitted by excursion organizers as well as the participant list, emergency contact numbers, itinerary, and insurance and flight information required. These reports contain valuable information and could be used as a pattern for other excursion organizers. PATC will maintain records of the activities and participants for liability protection. □

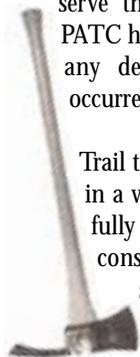
—Hikes Committee

## Tool Maintenance 101

**T**ool time! It is indeed that time of the year when we must get our outdoor tools ready, whether for garden or trail work!

For trail tools and others made of ferrous metal, one should adapt Genesis 3:19 and say, "Rust thou art, and unto rust shalt thou return." Truer words were never spoken, but it is still the nemesis of any Naval officer or any other service branch member who has had tons of ferrous metal on his watch!

The challenge to trail workers and ordinary homeowners during the off-season is to preserve these tools in which they and PATC have invested funds and to repair any deterioration that has already occurred.

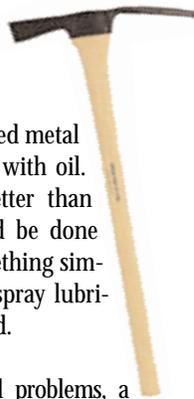


Trail tools could be stashed overnight in a work-camp environment (hopefully under cover) without serious consequences, but longer-term storage requires more careful preparation.

All dirt and superficial rust must be removed from the metal parts with a wire brush and simple washing – in a nearby stream if that is the only source of water available. The wire brush will work on tools that have been stored for too long and gotten rusty.

Lacking a wire brush, ordinary use would help to remove some of the rust. Just stick the tool into the ground or whatever! A flat or

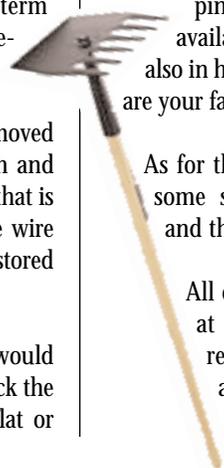
round file would help to sharpen up cutting edges as needed.



Prior to storage, unpainted metal parts need to be coated with oil. Any grade of oil is better than none. Application could be done with a small rag or something similar. WD-40 and other spray lubricants are sometimes used.

For serious rust removal problems, a reducing agent like Naval jelly would be effective. However, it is a caustic substance that includes phosphoric acid, and rubber gloves or other protective measures are required. Follow the instructions on the container.

Rust-Oleum and similar products can provide a layer of more permanent protection once the rust is removed, but it is subject to chipping and flaking over time. It is available in the classic satin black, but also in hunter green or Navy blue if those are your favorite colors!



As for the hardwood handles, try using some sandpaper (around 300 grade) and then some linseed oil.

All of these ingredients are available at your local big-box hardware retailers, and probably at the Mom and Pop stores as well. □

—Lloyd MacAskill

## Corrections

**O**h boy, do we have a lot of apologizing to do this month (and not a little pie in the face). Not all were the fault of your dedicated newsletter staff, but a couple were. Let's just group the errors by category:

### Wrong Award

The Bud Hyland award was actually given to George Swett. Our first source for news from the Annual Meeting sent incorrect information. We sincerely apologize to not only George, but also to Mike Kennedy for erroneously publishing his name as the recipient of the award.

### Spelling Errors

Lucas Woods  
Dave Jordahl

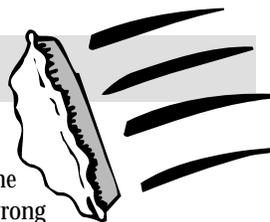
### Missing Awards

Falling into the same category as the wrong award, there were a few service awards given which did not make it onto the original Annual Dinner program. These recipients of Service Awards are:

Jim Denham  
Richard Vetland  
Pam Williams

### New Treasurer

Joseph T. (Mickey) McDermott, past vice president of volunteerism, has recently stepped up to serve as the new treasurer, making the position no longer vacant.



## Hiker's Notebook

**Common Name:** Wintergreen, checkerberry, boxberry, mountain tea, teaberry

**Scientific Name:** *Gaultheria procumbens*

**Potpourri:** Oil of wintergreen is a recognized medicinal in the United States pharmacopoeia. The primary active ingredient of the oil, methyl salicylate, is closely related to acetylsalicylic acid, popularly known as aspirin. The ingredients are also similar in the deleterious effects of overdose. Aspirin can be fatal in dosages as low as 10 grams (about 30 tablets). Wintergreen oil, though less ubiquitous, can kill with only about three grams.

Native Americans used wintergreen leaves to make a tea to treat aches and pains from any of a variety of ailments, including arthritis, rheumatism, lumbago, and gout. Early colonists adopted this practice, and wintergreen became an official medicine for arthritis in 1820. Making wintergreen tea requires that the leaves be soaked in water for 12 to 24 hours since the volatile oil is the result of fermentation, which requires this amount of time for the chemical reaction to proceed.

Wintergreen oil's pleasant aroma and taste, combined with its pain-killing attributes, made it a prime ingredient of patent medicines of the late 19th century. Factory distilling of wintergreen oil created a supply that was used as a flavoring for chewing gum, breath fresheners, candy, and root beer. Its therapeutic attributes as a skin lotion resulted in its use not only as a liniment, but as a treatment for leather to make it pliable for book-binding. Since it takes about a ton of wintergreen leaves to make a pound of oil, most commercial production today is a synthetic form made with twigs from birch trees. □

—William Needham

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

the Mojave Desert; the Sierra Nevadas; Yosemite; the Cascades, including Mt. Hood; the Columbia River Gorge; and the Northern Cascades and ends at the Canadian border over 2,650 miles of scenic trail later. During six days in September 2004, we managed to hike 50 miles of the trail in the California's Central Valley near Lake Tahoe.

## Setting Out

The first half of the trip, or the first three days, we hiked southwest of Lake Tahoe in high desert terrain. Our first hike started from Carson Pass, discovered by John Fremont and Kit Carson in 1849 and for many years, especially in winter, the main gateway from the East to California. The dry, sandy trail, at elevations well over 8,500 ft., covered an austere terrain of towering granite outcropping and volcanic rock punctuated with desert scrub. With the temperature in the 90s, not a cloud in the sky, hardly a tree in sight, and plenty of dust, the nine-mile hike was a good one for acclimation. At the end of the day, we weren't surprised when our stalwart sweep reported, rather dryly, that after lunch we'd been followed by a vulture.

Although we were on vacation and thought we had left commuting in Washington, getting to and from the trail sometimes involved driving an hour or more. Negotiating our morning departure went something like, "We'll leave at 8:00 sharp, so be at the van by 7:45." Since all of the hikes were linear, requiring shuttling the van from the trailhead to the pick-up point, our group fine-tuned its communication skills and map-reading abilities. One person's temporary puzzlement, as evidenced by: "Is this an old map, because I don't see the road?" was made up for by having really good trail leaders. Overheard on more than one occasion was this exchange between navigator and driver: "You want to go east." And the driver responded, "I thought this was east."

Each hike was distinct and memorable for the diversity of the landscape. On the second day, we started our 10-mile hike at Gardener Meadow and spent the day climbing sagebrush slopes to a ridge and into Noble Canyon. Then on to another ridge dotted with junipers and into Bull Canyon. According to the section description from our guide book, "This hike entailed first a climb of nearly 1,000 ft. and subsequent descent of 630 ft. without mention of the little ups and downs in between." We all agreed this was an understatement.

## Pines in the Picture

The next day we hiked the more forested Desolation Trail, which offered spectacular views of Emerald Bay and Lake Tahoe and introduced us to some of the many pine trees of the area, including Jeffrey



*Our leader, Dave Appel, and the author of the article, Nancy Holland.*



*The ranger station at Carson Pass, (l to r), Dave Appel, Jessy Oberright, Steve Reisinger, David Swope, Nancy Holland, Penny Hauffe-Swope, Stuart Scott, Mickey McDermott, Julie Durham.*

pine, which smells just like butterscotch; cedar; and whitebark pine. The trail descriptions teased our imagination with terms such as "granitic nodes," "lakelet," and "stringer."

On the second part of our trip, we stayed in the shadow of the Sierra Buttes in Sierra City, Calif., population 250. Hiking on this part of the PCT at the lower elevations was through more forested areas. In fact, there was ample evidence of logging, with patches filled with trees clearly planted to replace the ones that were cut down. The trails continued to be challenging without being overwhelming and were replete with awesome views; striking scenery; and vistas of mountain lakes, canyons, and waterfalls. Most days we had the trails entirely to ourselves, so much so that walking along a ridge as the autumn sun cast a bronze glow to the dead, dried leaves of the tobacco bushes, we felt at one with the hawk we saw gliding effortlessly over the valley.

The negotiations over our departure time had gone from "We'll leave at 7:15 but be at the van by 7:00," to a rather ambitious, "Let's leave at 7:00." We were about one-quarter of a mile from the Sierraville Motel one morning, congratulating ourselves on getting on the road so early, when a shout came from the back of the van, "Hey wait! I forgot my boots!" Thereafter, we left at 7:30.

## Scary Summit

For many, the highlight of the trip was the hike to the Sierra Buttes Lookout. We started at the Packer Lake trailhead, elevation 7,000 ft., and climbed, ever so resolutely, the three miles to the Sierra Butte Lookout, elevation 8,589 ft. The final climb up 170 steps on a "steep, airy ladder" to the summit, which is so small that the iron-grating deck juts out into space, is not for the faint of heart. However, the stunning views are well worth it.

Many thanks to Dave Appel for organizing the trip and for his able leadership. The accommodations were more than satisfactory. Each hike brought its own delight. What the group lacked in the way of botanical and geologic expertise was more than made up for by wit and good humor. Should you be contemplating hiking the PCT, we recommend "Pacific Crest Trail" by Jeffrey Shaeffer and "Day Hikes on the PCT" by George and Patricia Semb.

On a final note, Dave is organizing a trip to the Wind River Mountains in Wyoming in July or early August 2005. You can contact him at [dwappel@netnet.net](mailto:dwappel@netnet.net) for more details. □

—Nancy Holland

## A New Kind of Wilderness Proposal – Part II

*This is the second of three articles about the new wave of wilderness proposals developed by citizen groups in PATC's region as a means of protecting roadless areas of the national forests. The current protection is by management prescription in land use plans, which can be changed by administrators. The designation of an area as wilderness is done by an act of Congress and can be changed only by another act of Congress.*

### West Virginia

PATC members have long been active in seeking protection for roadless areas in the Monongahela National Forest, W. Va. Four of these gained wilderness protection in laws passed in 1975 and 1983: the Cranberry Wilderness, Dolly Sods, Laurel Fork, and Otter Creek. The protected areas, totaling 78,000 acres, represent less than nine percent of the Monongahela.

A re-study of the remaining roadless areas has been conducted by the West Virginia Wilderness Coalition, a newly formed campaign pooling the efforts of several West Virginia groups. Members identified areas that meet the criteria for wilderness designation, but lack permanent protection.

The proposed wilderness areas include expansions of the Cranberry and Dolly Sods and 12 new wilderness areas ranging in size from 3,000 to 24,000 acres. Among them are Roaring Plains (just south of Dolly Sods), Seneca Creek, Spice Run, and Cheat Mountain. The Seneca Creek Wilderness (24,000 acres) would protect most of Spruce Mountain north of Spruce Knob, the highest point in West Virginia. Cranberry would be expanded by 12,000 acres, making it one of the largest wilderness areas in the East, at 48,000 acres.

The coalition is currently asking the West Virginia congressional delegation to introduce legislation for these wilderness proposals.

For further information, the West Virginia Wilderness Coalition's Web site can be found at [www.wvwild.org](http://www.wvwild.org) (e-mail to [info@wvwild.org](mailto:info@wvwild.org), postal mail to PO Box 6, Masontown, WV 26542) or Friends of Allegheny Wilderness, [www.pawild.org](http://www.pawild.org) (e-mail to [kjohnson@pawild.org](mailto:kjohnson@pawild.org), postal mail to 220 Center St., Warren, PA 16365). □

—George Alderson, [george7096@comcast.net](mailto:george7096@comcast.net)

*George Alderson participated in PATC's wilderness study of Shenandoah NP in 1966, leading field studies of the Pass Mountain-Thornton Hollow area. He is retired from a career with the U.S. Bureau of Land Management and U.S. Environmental Protection Agency.*

### Don't forget



*The Club Headquarters will be closed on Presidents Day, Monday, Feb. 21. But our Web site will still be available for ordering items from the store. Go to [www.patc.net](http://www.patc.net).*

*Also, the PATC 2005, full-color calendar is available at [www.patc.net/resources/PA](http://www.patc.net/resources/PA). Download your copy now!*

Potomac Appalachian Trail Club — Trail Patrol presents

## BACKPACKING 101

### An Introductory Backpacking Course

Expand your enjoyment of the outdoors through the practice of backpacking. Provides basic instruction in equipment selection and use, information and techniques to enhance safety and comfort, and Leave No Trace methods to protect our fragile backcountry environment. Includes an overnight backpacking trip accompanied by experienced backpacking instructors. Designed for persons 18 years and older who have no prior backpacking experience, as well as former backpackers seeking to update their skills.

#### Introduction Night

Mon., April 4, 7:30 p.m. – 9:30 p.m.  
Headquarters, 118 Park Street, SE, Vienna, Va.

#### Instructional Weekend

April 9-10: 8:00 a.m. -7:00 p.m. Sat., 8:00 a.m. – 4:00 p.m. Sun.  
Prince William Forest Park, Triangle, Va.  
(Sat. overnight car camping in campground encouraged but not required)

#### Overnight Backpacking Trip

April 30 – May 1 (Sat.– Sun.)  
Trip destination and times TBD

Fee: \$75.00 for PATC Members; \$95.00 for Non-Members

For more information, contact John Browne  
([TPBackpack@patc.net](mailto:TPBackpack@patc.net)) 703/425-5645

Potomac Appalachian Trail Club — Trail Patrol  
Presents

## Leave No Trace Trainers Course

April 11

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

**Classroom:** Mon., April 11 - 7:30 p.m., PATC Headquarters, Vienna, Va.

**Weekend Field Program:** Sat. - Sun., April 16-17, SNP

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

**Registration:** Send payment to PATC, LNT Trainers Course, 118 Park Street, SE, Vienna, VA 22180-4609.

**Information:** Mark Holland ([TPLNT@patc.net](mailto:TPLNT@patc.net)) 540/636-3639  
(mornings only).



## Chapters

### Charlottesville Chapter

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

### North Chapter

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

### Northern Shenandoah Valley Chapter

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

### Southern Shenandoah Valley Chapter

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

### West Virginia Chapter

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

### Ski Touring Section

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

### Mountaineering Section

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

climbers. For further information contact Andy Britton, ([tallandyb@aol.com](mailto:tallandyb@aol.com)) 703/622-1920, or Mack Muir ([MackMuir@edisaurus.com](mailto:MackMuir@edisaurus.com)).

### PATC Hikes

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

### Other Clubs' Hikes

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

## KEY to Forecast Activities

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

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



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

## Meetings

### Meetings

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

### New Members (PATC) –

#### First Wednesday

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

### Mountaineering Section –

#### Second Wednesday

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

### Shenandoah Mountain Rescue Group

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

### PATC Council – Second Tuesday

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



# FEBRUARY

**1 (Tuesday)****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.

**1 (Tuesday)****CLASS – Southeast Asian Journeys (REI)****Fairfax, VA**

7:00 p.m. Join REI's adventure traveler and wilderness guide Ashby Robertson for a slideshow journey by raft, rock, and kayak through Southeast Asia. For the armchair traveler and those wanting to explore this part of the world. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

**1 (Tuesday)****HIKE – Family Hike****Leesburg, VA**

Come join us for a wonderful kid-friendly hike in Balls Bluff Regional Park, near Leesburg. This 1.5-mile circuit trail is barely jogging-stroller passable. We will hike along the perimeter trail, with views of the Potomac River, and down to the smallest national cemetery. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

**1 (Tuesday)****HIKE – Vigorous Hikers****Luray, VA**

In George Washington National Forest, VA, we'll hike the Camp Roosevelt Loop. Enjoy Kennedy Peak, loop back on Stephen's Trail to Duncan Knob rock scramble; 15 miles and 3300 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

**1 (Tuesday)****MEETING – Trail Patrol, 7:30 p.m.****2 (Wednesday)****CLASS – Map and Compass Basics (REI)****Bailey's Crossroads, VA**

7:30 p.m. Get the skills to stay found! This introduction to map and compass will cover interpretation of map data and symbols, compass function, orienting map and compass, declination adjustment, and reading terrain features. Participants are encouraged to bring their own compasses. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

**2 (Wednesday)****HIKE – Easy Hikers****Washington, DC**

The Easy Hikers will hike approx. 4 miles in Rock Creek Park. From Pierce Mill we will hike up the Melvin Hazen Trail to Connecticut Avenue then down the avenue to the National Zoo. After a couple of stops in the zoo and lunch in the Mane restaurant we will return via the Parkway Trail. Meet at Pierce Mill at 10:15 a.m. From the Beltway follow Connecticut Avenue inbound to Tilden St. NW. Turn left (east) on Tilden and go 0.5 miles to Mill parking area. Hike is canceled if DC Public Schools are closed due to inclement weather. INFO: Gary Abrecht (GAbrecht@AOL.com) 202/546-6089. Cell phone on day of hike: 202/365-2921.

**2 (Wednesday)****HIKE – Midweek Hikers****Location to be determined**

The PATC Midweek Hikers carpool each Wednesday from the Washington, DC area to various trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current infor-

mation, including meeting place, time, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

**2 (Wednesday)****MEETING - New Members (PATC), 7:30 p.m.****4 - 6 (Friday - Sunday)****XC SKI TRIP – Easy****Blackwater Falls, WV**

This trip to Blackwater Falls is for people who have been on cross-country skis before, but would still consider themselves relative beginners. There will be a chance for you to practice your skills on relatively easy trails each morning with an option to attempt intermediate trails each afternoon. Cost is \$105. INFO: Jim Tomlin (jtomlin@helix.nih.gov) 301/402-4153 days.

**4 - 6 (Friday – Sunday)****XC SKI TRIP – Laurel Highlands****Somerset, PA**

Stay at Somerset, PA in the heart of the Laurel Highlands and ski at Laurel Ridge, Laurel Mountain, Kooser State Park and other nearby areas. There are trails for skiers at all abilities. Cost is \$45. INFO: Elliot Brumberger (elliottb@comcast.net) 301/977-9706.

**5 (Saturday)****TRAIL WORK TRIP – Yankee Clippers****Fayetteville, PA**

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

**5 - 6 (Saturday-Sunday)****CLASS – Wilderness First Aid (WSC)****Alexandria, VA**

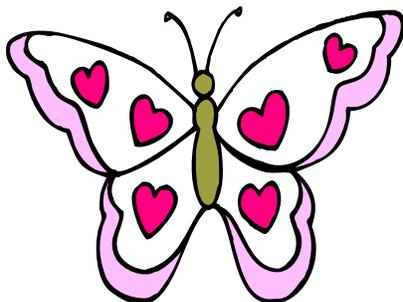
A program of the Wilderness Safety Council, this eighteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$160. INFO: Christopher Tate (<http://wfa.net>) 703/836-8905.

**8 (Tuesday)****HIKE – Family Hike****Rosslyn, VA**

Join us for a 2-mile loop on Theodore Roosevelt Island that is on a jogging-stroller friendly and regular-stroller passable loop. Designed for families with kids under five, but all are welcome. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

**8 (Tuesday)****HIKE – Family Hike****Thurmont, MD**

Get away from the hustle and bustle in this beautiful 5,800-acre park. This out and back hike is 2.8 miles long, and is not jogging stroller passable. The trail has lots of short ups and downs and lots of rocks for the kids to climb on. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

**8 (Tuesday)****HIKE – Vigorous Hikers****Great Falls, VA**

Starting in Riverbend Park, we'll hike a 20-mile out-and-back along the Potomac Heritage Trail upstream of Riverbend Park. Meet at Riverbend Park Nature Center, or as close to it as the entry gates will allow, at 8:30 a.m. INFO: Cliff Noyes (klyphord@aol.com) 540/373-8267.

**8 (Tuesday)****MEETING - PATC Council, 7:00 p.m.****9 (Wednesday)****HIKE – Easy Hikers****Mt. Vernon, VA**

Let's offer a February 2005 tribute to our country's first leader by marking the month when George Washington was born. We'll take a 6-mile hike along the Potomac River to his home. Meet at 10:15 a.m. in parking lot of Fort Hunt Park. Directions: 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. Group will return to starting point after lunch. No pets! INFO: Jim Flanigan (jflanigan@aol.com) 202/554-3775.

**9 (Wednesday)****HIKE - Midweek Hikers****Location to be determined**

See Feb. 2 event for more information.

**9 (Wednesday)****MEETING - Mountaineering Section, 8:00 p.m.****11 - 13 (Friday – Sunday)****XC SKI TRIP – Blackwater Gorge****Blackwater Falls, WV**

Stay at the rim of the Blackwater Gorge and ski out the door onto a network of trails, ranging from beginner to advanced levels, among spruce, laurel, and spectacular rhododendron. Ski at nearby Canaan Valley, Whitegrass, and Dolly Sods. Cost is \$100. INFO: Mary Vogel (maryvogel@yahoo.com) 202/547-7820.

**11 - 13 (Friday – Sunday)****XC SKI TRIP – Laurel Highlands****Somerset, PA**

Stay at Somerset, PA in the heart of the Laurel Highlands and ski at Laurel Ridge, Laurel Mountain, Kooser State Park and other nearby areas. There are trails for skiers at all abilities. Cost is \$45. INFO: Larry Doff (ldoff@juno.com) 703/615-3195.

**12 (Saturday)****HIKE – North Chapter, Black/Annapolis Rocks Smithsburg, MD**

We'll hike from Wolfsville Rd. to I-70/Rt. 40, a distance of 8.5 miles. This is a moderate hike. Elevation change 400 feet. We will be hiking the crest of a portion of the South Mountain in Maryland. After leaving Wolfsville Rd. we will be on a newly built section of the A.T. We will see views at Black Rock/Annapolis Rocks on this hike. INFO: Christopher Firme (bncfirme@innernet.net) 717/794-2855 (after 6:00 p.m.).

**12 - 13 (Saturday - Sunday)****CABIN WORK TRIP – Rosser Lamb****Stanardsville, VA**

We will be continuing our work on the Rosser Lamb House with an eye on getting the floor in the living room finished. There will be other jobs at the discretion of Park and Peg. INFO: Charlie Graf (cagraf@aol.com) 410/757 – 6053.

# FORECAST



12 - 13 (Saturday - Sunday)

✂ TRAIL WORK TRIP – Cadillac Crew  
Gainesboro, VA

Feeling like a bit of fresh air? Join the Cadillac Crew on Shocks Knob, west of Winchester, 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 (Tuesday)

👤 HIKE – Family Hike  
Great Falls, VA

Bundle up your child(ren) and come get some fresh air in this beautiful park. This kid-friendly circuit hike will follow the Matildaville Trail out to Sandy Landing and return along the Carriage Road. This 2-mile hike is jogging-stroller passable, with a few log stairs and roots to navigate. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

15 (Tuesday)

👤 HIKE – Vigorous Hikers

Central District, Shenandoah National Park, VA  
Climb Cedar Run to Hawksbill then north to the Crescent Rock Trail to descend Whiteoak Canyon. 14 miles and 3500 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

16 (Wednesday)

👤 HIKE – Easy Hikers  
Brandywine, MD

A four-mile, easy circuit hike with optional two-mile extension in Cedarville State Forest. From beltway exit 7, south on MD route 5 (Branch Ave.) merging with US 301 after 10 miles. Stay in left lane for 1.8 miles, left at Cedarville Road. Go 2.4 miles to intersection with Bee Oak Road. Turn right, proceed 1 mile to meeting place outside forest office at 10:15 a.m. Entrance fee \$4.00 per car. Bring lunch and water. INFO: Paul Van Order 703/536-4378.

16 (Wednesday)

👤 HIKE – Midweek Hikers

Location to be determined  
See Feb. 2 event for more information.

17 (Thursday)

👤 HIKE – In-Between Hikers  
Great Falls, VA

A moderately-paced 10-mile hike with a 5-mile option. From I-495, exit 44W onto Georgetown Pike for 4 miles to Old Dominion Drive. Turn right to park entrance. Fee is \$5.00 per car or National Park pass. Meet in front of Visitor Center. Starting time is 10:00 a.m. The hike will be canceled if schools in Fairfax County are closed for inclement weather. INFO: Ellen Glynn (jeg314@aol.com) 703/698-8740.

16 (Wednesday)

🏠 MEETING – West Virginia Chapter  
Gambrill State Park, Frederick, MD

7:00 p.m. at the Tea Room located at the High Knob Day Area of Gambrill State Park. INFO: Dave Jordahl (www.patc@hotmail.com) 304/876-7062 (evenings) or 240/777-7741 (days).

17 - 21 (Thursday – Monday)

✂ XC SKI TRIP – New Hampshire  
North Conway, NH

Enjoy the mountain sights and three full days on the beautiful ski trails of New Hampshire in the Glen/North Conway area of the state. Ski at the Jackson Ski Touring Center and the Bretton Woods Ski Touring Center. Cost is \$425 including air fare. INFO: Rob Swennes (robertswennes@hotmail.com) 703/532-6101.

18 - 21 (Friday – Monday)

✂ XC SKI TRIP – Canaan Valley  
Davis, WV

Stay at the modern Canaan Valley Resort and ski at Canaan Valley Park, Whitegrass Ski Touring Center, Dolly Sods Wilderness, and Blackwater Falls Park. Cost is \$210. INFO: Larry Doff (ldoff@juno.com) 703/615-3195.

18 - 21 (Friday – Monday)

✂ XC SKI TRIP – Ski Dance Weekend  
Jennerstown, PA

This trip has cross country skiing, sledding, dancing (contra and square dancing), and music making. We'll be staying at Camp Harmony in a beautiful rustic setting. Lodging is dormitory style, with 8 meals included. Cost is \$160, children \$75. INFO: Elliot Applestein (eliotapplestein@versizon.net) 301/984-6855.

19 (Saturday)

👤 HIKE – Snowshoeing  
Monongahela NF, WV

Given up hiking for the winter? Snow is no reason to put those hiking poles away. Get those winter boots and parkas out and see a different part of the Monongahela National Forest, from snowshoes! Olson Tower is located near Backbone Mountain MD, which is between Thomas and Parsons, WV. This will be an 8-mile circuit with warm-up hot chocolate afterwards at the Blackwater Falls Lodge. If no snow is available, we will hike in the Olson Tower area. Snowshoe rentals are available at Whitegrass Ski-Touring Center. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.)

19 (Saturday)

✂ TRAIL WORK TRIP – Yankee Clippers  
Tuscarora Trail, PA

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

22 (Tuesday)

👤 HIKE – Family Hike  
Leesburg, VA

Come explore Red Rock Wilderness Regional Park, with views of the Potomac River. This kid-paced circuit hike is 1.5 miles long, and is not jogging-stroller passable. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

22 (Tuesday)

👤 HIKE – Vigorous Hikers  
Woodstock, VA

We'll hike Great North Mountain, GW National Forest, WV and VA from Waites Run north on the County Line Trail to the shelter, down to Wilson Cove Trail, looping around via Old Mail Path, Tuscarora Trail and Pond Run Trail. About 16 miles and 3600 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

22 (Tuesday)

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



23 (Wednesday)

👤 HIKE – Easy Hikers  
Clarksburg, MD

Meet outside Little Bennett Regional Park, Montgomery County, MD, at 10:15 a.m. Directions: I-270 North past Germantown. Exit at Route 121, Clarksburg Rd. Turn right at the end of the ramp. Cross over Frederick Road (Route 355), and continue on Rt. 121. Turn right into the trail parking lot opposite a dirt road named Hyattstown Mill Rd. We'll have lunch at Jasper's in Germantown. INFO: Margaret Chapman (MargtChapm@aol.com) 301/977-8988 or 301/869-9291.

23 (Wednesday)

👤 HIKE - Midweek Hikers

Location to be determined

See Feb. 2 event for more information.

25 - 27 (Friday – Sunday)

✂ XC SKI TRIP – Blackwater Falls  
Davis, WV

Stay at the rim of the Blackwater Gorge and ski out the door onto a network of trails, ranging from beginner to advanced levels, among spruce, laurel, and spectacular rhododendron. Ski at nearby Canaan Valley, Whitegrass, and Dolly Sods. Cost is \$105. INFO: Bob Leaf (robert.leaf@mail.va.gov) 301/977-6561.

25 - 27 (Friday – Sunday)

✂ XC SKI TRIP – Canaan Valley  
Harmon, WV

Stay at the Mountain Retreat near Canaan Valley and Whitegrass. Bring acoustical instruments for a Saturday evening jam session. Lodge has a fully equipped kitchen and large cozy living/dining area. Potluck dinner on Saturday. Cost is \$50. INFO: Elliot Brumberger (elliottb@comcast.net) 301/977-9706.

26 (Saturday)

👤 HIKE – Natural History Hike

South District, Shenandoah National Park, VA  
Len Wheat, author of the PATC publication: *The 18 Cabins of Old Rag: A Field Guide for Bushwhackers*, joins Bob Pickett on another bushwhacking adventure along mountain road traces to find several cemeteries and old home sites around the Swift Run Gap area. INFO: Bob Pickett (pickett@us.net) 301/681-1511.

26 (Saturday)

👤 HIKE – NSVC  
Winchester, VA

The Northern Shenandoah Valley Chapter will hike through historic Winchester, Va., visiting Civil War history sites. INFO: Betsy Fowler (betsy.fowler@ngc.com) 703/556-3655.

26 - 27 (Saturday - Sunday)

🏠 CABIN WORK TRIP – Johns Rest  
Stanardsville, VA

Lots of little details to work on such as cabinets and door and window trim. This is a snug little cabin in a beautiful setting and we are making it even more attractive with the finishing touches we are putting on it. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

27 (Sunday)

👤 HIKE – Sunday Hikers  
Rushville, MD

We'll visit Blockhouse Point Conservation Park, on M-NCPPC land in Montgomery County, MD, to do a fairly strenuous 6-mile circuit. There will be superb views of the Potomac River for several miles. In case of icy trail conditions, we'll do an alternative hike along the C&O Towpath from the same starting point. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.



26 – 3/6 (Saturday – Sunday)

✿ XC SKI TRIP – Canada

Montreal, Quebec

Stay at the Far Hills Inn in eastern Canada, one of the east's premier cross-country ski areas. Trip is available to skiers at all levels, even those who don't know how to ski. Far Hills has 95 km of groomed ski trails, 25 km groomed for skate skiing, and 50 km of backcountry skiing. Ski school available. Superb French Canadian meals included. Cost is \$1,300. INFO: Bert Finkelstein (nfinkels@csc.com) 703/715-8534.

## MARCH

1 (Tuesday)

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.

1 (Tuesday)

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

2 (Wednesday)

HIKE – Easy Hikers

Brookeville, MD

We'll meet at 10:15 a.m., and hike 5 easy miles in Blue Mash Park, in Montgomery Co., MD. Bring lunch and water. Restaurant option if the weather warrants it. Directions: Follow Georgia Avenue (Rt. 97) north through Brookeville. Turn left to remain on 97 at the stop sign in Brookeville. Shortly after the stop sign, turn left on Brookeville Road. Turn right on Zion Road at another stop sign. Turn left at the Blue Mash Park entrance and park on the right hand side. INFO: Margaret Chapman (MargtChapm@aol.com) 301/977-8988.

2 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Feb. 2 event for more information.

2 (Wednesday)

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

5 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Fayetteville, PA

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

5 - 6 (Saturday - Sunday)

CLASS - Hiker Leadership Training

Vienna, VA

The Trail Patrol is hosting this two-day course, which uses classroom and hands-on instruction to teach participants the essential skills for leading safe, enjoyable hikes with minimal environmental impact. The topics to be covered include: Medical Emergencies, Planning, Personal Equipment, Leave No Trace, Leadership Skills, Standard Procedures, Emergency Procedures, and Navigation and Map Reading. INFO: Greg Howell (TPHLT@patc.net) 571/215-1412.

5 - 6 (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 certifi-

cation. The cost is \$160. INFO: Christopher Tate (http://wfa.net) 703/836-8905.

8 (Tuesday)

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

9 (Wednesday)

HIKE - Easy Hikers

Burke, VA

Five level miles around Burke Lake. Meet at 10:15 a.m. 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 Rd (Rt. 645). Stay with it and make the turn (don't worry about the misleading sign before the preceding left). Go 4.7 mi., then turn left onto Ox Rd. (Rt. 123). In 0.5 mi. (after passing the Golf Center), turn left into Burke Lake Park. Follow signs to the marina. Bring lunch and water. Phone leader if weather is questionable. INFO: Sue King 703/356-6659.

9 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Feb. 2 event for more information.

9 (Wednesday)

MEETING - Mountaineering Section, 8:00

p.m.

12 (Saturday)

TRAIL WORK TRIP – Cadillac Crew

Linden, VA

The Crew will open the Ovoka Farms AT relocation, between I-66 and Rt. 50. Activities will include finishing trail junction, reblazing old AT, and installing signs. The new trail network will provide open areas and views to the east. Bring water and a lunch for Saturday noon. Should only take a day so there are no overnight plans. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

12 - 13 (Saturday - Sunday)

CABIN WORK TRIP – Rosser Lamb

Stanardsville, VA

We may be trying to restore the indoor paneling that was removed during the renovation. There is work to be done in the kitchen and lots of other little tasks that Park and Peg will come up with. INFO: Charlie Graf at (cagraf@aol.com) 410/757-6053.

13 (Sunday)

HIKE – North Chapter, AT Trail Hike

Boonesboro, MD

Washington Monument/Lambs Knoll section. We'll hike from I-70/Rt. 40 to Crampton Gap/Gathland State Park, a distance of 12.3 miles. This is a difficult hike, with an elevation change of 800 feet. This section has the first monument built in honor of George Washington, our first president. We will also climb around Lambs Knoll with a view to the east of the Middletown Valley and the little town of Burkittsville to the southeast. We will hike south to Gathland State Park, home of a famous Civil War correspondent. INFO: Christopher Firme (bncfirme@ininternet.net) 717/794-2855 (after 6:00 p.m.).

13 (Sunday)

HIKE – Civil War History

Sharpsburg, MD

We'll do a moderate 10.5-mile hike on the historic Antietam Battlefield. The hike will feature all of the major points of the battle that took place here on September 17, 1862, known as the bloodiest single-day battle in American history. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

16 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Feb. 2 event for more information.

17 (Thursday)

HIKE – In-Between Hikers

Key Chain Circuit VA/DC

Celebrate St. Patrick's Day by hiking 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 nine miles. Stretches will be muddy if weather has been wet. At the end there will be an optional foray into Georgetown to join any St. Patrick's Day revelers who may already have assembled. 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). Easy walk from Rosslyn Metro station. Bring lunch and water. Joint hike with Sierra Club MWROP. INFO: Gary Abrecht (GAbrecht@AOL.com) 202/546-6089.

19 (Saturday)

HIKE – Natural/Cultural History Hike

North District, Shenandoah National Park, VA

Join Walt Smith and Bob Pickett to visit the home sites near Dickey Ridge Visitor's Center. We will hike the 1.5-mile (300' elevation change) Fox Hollow Loop interpretive circuit of the former Fox family homestead. After a lunch, we'll hike the three-mile Snead Farm/Dickey Hill loop (500' elevation change). Walt is the author of *The Last Orchard*, the story of the people who lived on Snead Farm. INFO: Bob Pickett (pickett@us.net) 301/681-1511.

19 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Tuscarora Trail, PA

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

23 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Feb. 2 event for more information.

26 - 27 (Saturday - Sunday)

CABIN WORK TRIP – Johns Rest

Stanardsville, VA

More trim work this weekend and varnishing, and finishing work of all sorts. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

26 – 27 (Saturday - Sunday)

TRAIL WORK TRIP – Cadillac Crew

Front Royal, VA

The Crew will be repairing the tread and adding erosion control to a popular trail on the north end of East Massanutten Mountain. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Rindt's house. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

29 (Tuesday)

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

30 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

See Feb. 2 event for more information.

## Bob Pickett's Appalachian Nature: Winter Opens Vistas to our Past

One of the positive attributes that winter has to offer is the ability to open up the green foliage draperies and get a good look at your surroundings. Perhaps most profound is the opportunity to follow old road traces in the park and allow them to take you back in time to when the last residents left their marks on the environment. Stove parts, wagon and carriage chassis, galvanized buckets and broken china, all relate to a way of life when man lived closely with the natural elements of nature.

Man has historically always been closely tied to the natural world, including geologically. In fact, one of the earliest known settlements in North America is in our area. Approximately 12,000 years ago, just south of Front Royal, a Paleo-Indian Clovis culture made a camp on the narrow floodplain near the confluence of Flint Run and the South Fork of the Shenandoah River, at what is now known as the Thunderbird site. At that time, with the recent Ice Age still in the process of releasing its grip, extensive grasslands and spruce dominated the valley, permanent snowcaps covered the peaks of Hawksbill and Stony Man, and mastodons roamed the valley. Evidence of at least one structure at Thunderbird is supported by the discovery of post molds, or circular earth discolorations where posts had been driven to support a framework. This is the earliest evidence of any type of structure on the North American continent.

### A Source of Tools, Weapons

These prehistoric Indians established a base camp at this site for several reasons. The Shenandoah River, entrenched in the soft Martinsburg shale formation, was a source of food, transportation, trading, and warring. The fertile valley was ideal for game. But, most important, it was where they could fashion tools and weapons from stone quarried from the jasper nodules found in the higher eastern bank within the older, yet more resistant, Edinburg and New Market limestones. Less than a mile upstream from the base camp was a hunting camp, now known as the Fifty site. Artifacts found in this area consist almost entirely of weapons and tools used to kill and butcher game and to process byproducts. A bog was located in the floodplain just below the Fifty site where animals were driven for the kill. The replacement of the spear by the more technologically advanced atlatl perhaps enabled the hunters to pierce the tough skin of the mastodon, adding it to their diet.

Native Americans became aware of the natural attributes of certain minerals for reasons beyond their flint knapping, or ornamentation, capabilities. Around 3000 BC, the use of the mineral steatite, or soapstone, was discovered to make the ideal cooking pot. You may be familiar with soapstone, used for chemical lab sinks in high school, because of its neutral reaction to various chemicals. Our grandparents were familiar with its use as foot warmers, stoves, griddles, and boot dryers. Soapstone was cut in large blocks and placed by wood fires, whence its heat-holding capacity enabled it to radiate heat for many hours after the fire had expired. Being closely related to talc, soapstone was relatively easy to carve into bowls, which would easily transfer its heat to cook foods without cracking. For the next 2,000 years (until the invention of kiln-fired clay pottery), the location and quarrying of soapstone had a profound affect on the village siting of Eastern North America.

Situated in Rock Creek, less than a mile and a half apart, are two Native American quarries, found in the 1890s by William Henry Holmes. Near the confluence of Piney Branch and Rock Creek, thousands of percussion-flakes of quartzite littered the site, byproducts of the process of creating stone projectile points, knives, and other tools. To the east, where Connecticut Ave. and the Bureau of Standards building exists, Holmes found a steatite quarry, with the shapes of incipient stone bowls clearly visible in the bedrock. These two quarries formed the basis of an industry that produced tools and implements that supported the lower Potomac River valley Native American populations for more than 2,000 years. In fact, it is very reasonable to imagine these people knapping crude tools from the quartzite site and traveling to the steatite quarry to rough out the soapstone for future bowls. The finished products would be traded with other tribes for copper from the Great Lakes region and gold and gems from North Carolina.

From the Gaspè Peninsula to Georgia, along the eastern flanks of the Appalachians, deposits of steatite can be found. Almost without exception, where steatite is found, a very closely related rock, serpentine, can be found. Both have similar origins. These rocks are metamorphosed igneous rocks from deep within the Earth's mantle, brought to the surface by tectonic plate movements. Steatite, a much softer rock than serpentine, has been

subjected to a deep, underground hydrous, or watery, thus cooler environment.

### Rocks Discourage Vegetation

Serpentine outcrops have long been known to botanists for their unusual and sparse vegetation. Near Baltimore is the protected 2,000-acre serpentine barrens known as Soldier's Delight. Here, due to the high levels of iron, magnesium, nickel, chromium, and cobalt, and conversely low levels of nitrogen, phosphorous, and potassium, vegetation is severely restricted. In addition to the chemical deficiencies, the structure of the soil is unfavorable to plant growth, being coarse and shallow, thus precluding moisture retention. In such a limiting environment, botanists search for rare endemic plants that find such edaphic conditions tolerable. The first description of the serpentine barrens was made by the famous botanist John Bartram in 1760.

To the Native Americans, these sparsely vegetated areas were known for briars and rabbits. Able to support only pitch pines and blackjack oaks, the early farmers found the land unsuitable for crops and not even adequate for pasturage or timber, so the barrens have remained relatively untouched by humans. The exceptions to this are the few chromite and magnesite mines that had only short-lived economic success, and the asbestos mines, a fibrous form of serpentine, most notably from the Belvidere Mines of northern Vermont.

Soapstone quarries have played a role in our lives in ways we might not have expected. The entrance footsteps to Independence Hall in Philadelphia are made of soapstone. After two hundred years of foot traffic, the worn steps were replaced a few years ago by soapstone quarried from the Alberene quarries at Schuyler, Va. The mantels in the White House were also replaced by Harry Truman with black steatite from the Schuyler quarries.

In fact, wood used for the boilers at the Alberene plant was cut and supplied by Colonel Earl Hamner, the father of Earl Hamner Jr., the creator of "The Waltons." The grandfather character in the TV series was based on the Colonel, except they'd changed it so he carved wood instead of cutting cordwood. □

—Bob Pickett

## TRAILHEAD

December had some winds and cold snaps, but we have managed to dodge the snow and ice temporarily. I'm not sure what the rest of winter has in store for us, but for now access to trails is not a problem. Although most trail maintenance is over for the winter, there is always the opportunity to remove blowdowns and litter from the trails. You know they are out there.

### Trails Activity Schedule

In response to requests, the trails 2005 activity schedule is being republished. The Sept. 14 district manager meeting has been changed to Sept. 28 due to a conflict.

*Summer Trail Crews:* Beginning in May, brave and hardy volunteers are urged to sign up for a week in the woods full of companionship, hard work, sweat, and fun. The SNP crews will be based out of the Pinnacles Research Station, while the Massarock Crew base has yet to be determined. Do take advantage of this opportunity to become a skilled trail worker by completing the sign-up form on the PATC Web site. We need your help and enthusiasm.

*Overseer Workshops:* For newly appointed trail overseers or those interested in becoming trail overseers, two weekend workshops are scheduled for this year in the SNP. These workshops are designed to cover trail maintenance basics and are a great way to meet other volunteers.

*Chainsaw Training:* Two chainsaw classes are scheduled for this year, with the potential for additional classes. Classes are limited to 15, so priority is being given to sawyers needing to recertify. New sawyers may have to wait for openings. In accordance with recent agreements, sawyers will need to be trained in first aid and CPR. PATC is working to establish its own instructional programs in first aid and CPR. Currently, ATC is working to set up a program to reimburse \$65 of training costs for certified sawyers who get training on their own. More information should soon be available at the ATC Web site ([www.appalachiantrail.org/protect/steward/training.html](http://www.appalachiantrail.org/protect/steward/training.html)).

#### January

29 (Sat.) - SNP-PATC meeting in Vienna. SNP PATC DMs attend.

#### February

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

#### March

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

#### April

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

#### May

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

#### June

4-5 - SNP Central District overseer workshop  
5-10 - Massarock Summer Crew  
12-17 - Massarock Summer Crew



Photo by Mary Gattuso

*Members of Cadillac Crew rebuilding a section of the rock wall behind Highacre House in Harpers Ferry, W. Va.*

#### August

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

#### September

11-16 - Massarock Crew  
18-23 - Massarock Crew  
17-18 - SNP North District Overseer Workshop  
28 (Wed.) - Fall DM meeting in Vienna

#### October

6-10 - ATC Mid-Atlantic Crew at Pinnacles

### A Day In The Life Of Maintainers

On a lovely sunny but quite windy and somewhat chilly weekday in December, Dick Dugan, Peter Harris, Stephen Osbrach, and Jim Tomlin tackled a series of blowdowns on Piney Branch and Pole Bridge Link trails in the North District of SNP. After what seemed like a Seattle winter's worth of gloomy drizzly days, the crew was treated to bright sunshine for a refreshing day in the mountains. The park was practically deserted otherwise, except for the lady ranger who welcomed us heartily at the entrance station at Panorama, thanking us for coming out to work.

The highlights of the trip were 1.) successfully removing all trail obstacles we encountered, with both crosscut saw (in the Wilderness area) and chainsaw (in the non-Wilderness); 2.) having a new blowdown occur a few yards away while we were engaged in removing an existing one (now that is a feeling we would rather never have again); and 3.) seeing the largest, fattest black bear (who "rippled" as he/she ran away) of the season on Piney Branch Trail. This settled the pre-outing ponderings: whether all black bears were already sacked out for the winter by Dec. 13.

*See Trailhead, page 14*

One particular blowdown removal was bitter-sweet for Peter. A living tree, which had become horizontal at eight feet over the trail but continued to live and sprout vertically for several years, had recently suffered the ignominy of having a dead blowdown fall directly on top of it, dropping it to a height that was within our concern. After several minutes of discussion, including Peter's remarks about having gotten to "know" that particular odd tree over the trail, Dick made the Executive Decision to take care of it rather than leaving it.

With two springpoles and two stacked trees, it made for an interesting sawing puzzle. Our excitement was enhanced by the loud crashing of an unrelated but extremely close-by new blowdown that occurred while we were working on the first one. We all practiced "synchronized cringing" while the crash took place. Luckily no one was affected, and the new blowdown did not cross the tread. Probably a good reminder that when working on one trail impediment, always be sure to take notice of any other pending hazards, related or unrelated.

As we hiked out in the mid-afternoon, a light snow began to fall, giving the park a special holiday appearance. Thanks to Dick, Peter, and Stephen for another rewarding day.  
—Jim Tomlin

### Blue and White Crew Starts in March

The Blue and White Crew '05 season will commence in March. The first trip will be a "sweep" of the SNP Central District AT, cutting over-winter deadfall. The crew will be staying with the Falk family at their home near Madison, Va. The Blue and White '05 schedule is posted at [www.blueandwhite-crew.org](http://www.blueandwhite-crew.org).

The crew will once again host an Overseer Workshop this year. The workshop is scheduled for the first weekend of June. Workshop details and a registration form will be posted on the crew's Web site as the date approaches. If you're interested in attending, you can also contact Kerry Snow at [kerry@trailcrews.net](mailto:kerry@trailcrews.net).

### Year-End Trip

An energetic crew got a head start on its New Year's Eve festivities with a day of cutting blowdowns in SNP's North District. Led by ND Side Trails District Manager Dick Dugan, crew members Jim Tomlin, Dave Nebhut, Dave's daughter Hillary, and her friend Emily Cook got in a final day of trail work for 2004. Their early arrival was rewarded just before they pulled into Piney River Ranger Station, when Emily spotted two bears. A vigorous walk down Tuscarora-Overall Run Trail to a blowdown near its junction with the Matthews Arm Trail dissipated the morning chill, and the bright sun had the crew shedding layers as they made the climb up Matthews Arm Trail. The other lay-

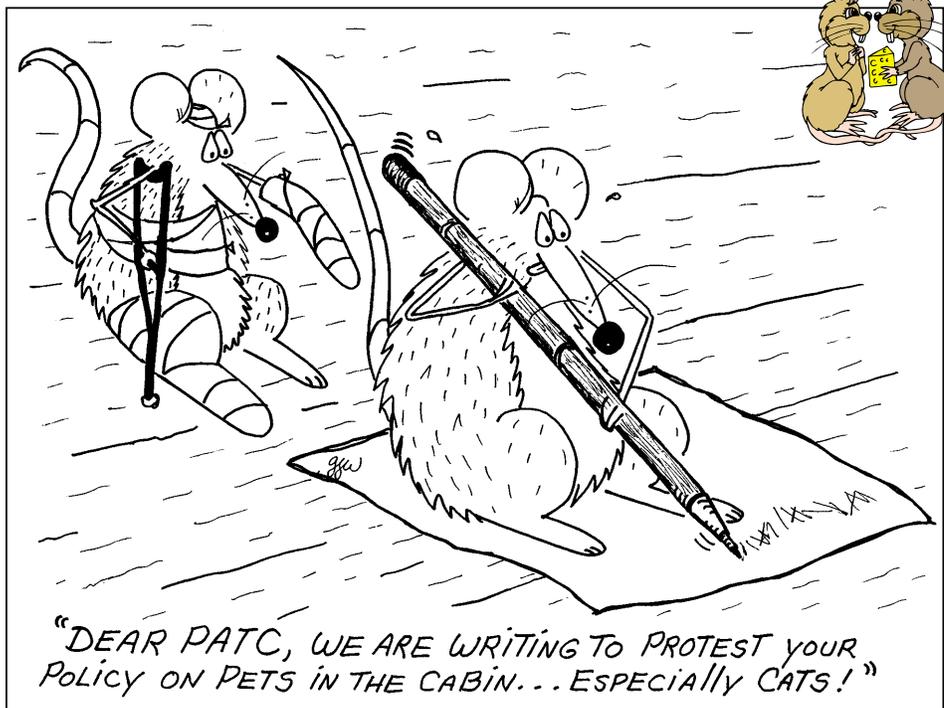
ers went back on as they stopped for lunch at the deserted campground. With the skies clear, and 2005 still 11 hours in the future, the crew decided to see what Elkwallow Trail had for them. As usual, it didn't disappoint, and they cut a half-dozen blowdowns and dragged countless limbs off the trail. All in all, a great way to end the year.

### Highacre Christmas

Good food and companionship highlighted the Cadillac Crew's annual work trip to Highacre house in Harpers Ferry. The crew's Friday night chore was to put up the traditional Christmas decorations so that a festive mood was established. The rest of the weekend the crew assisted Highacre head overseer Ben Mayock and Carol Niedzialek in accomplishing a number of small projects inside the house and some major yard work outside. Outside tasks included clearing hazardous trees along the rock wall separating Orville Crowder Grove from the cemetery (at the request of the cemetery caretaker), rebuilding a section of the rock wall behind Highacre, and removing brush from the side and front yards. Unlike last year when the crew awoke Sunday morning to four inches of ice and snow, departing via Highacre's steep driveway was not an extreme sport.

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

Tails from the Woods by George Walters



#### POTOMAC APPALACHIAN

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# VOLUNTEER OPPORTUNITIES

## HEADQUARTERS COMMITTEE

### WANTED: CHAIR AND MEMBERS FOR HEADQUARTERS COMMITTEE.

Ideal candidates include people with experience in commercial construction, office planning, or building maintenance. Contact Mel Merritt, PATC Supervisor of Facilities, (nannelmerritt@comcast.net) 410/703-6372.

## WATER-QUALITY MONITORING PROJECT

PATC owns 35 parcels of land that are five acres or larger in size. As part of the Forest Management Plans for these tracts, biological inventories are being conducted. Such inventories will include water-quality monitoring of the perennial streams. This monitoring will consist of netting bottom-dwelling larvae and insects and using standard field guides to determine their identity. From this, water quality can easily be deduced.

The club needs volunteer monitors interested in participating in these studies. Training will be provided through the Audubon Naturalist Society, and all materials will be supplied. It is anticipated that volunteers will be organized in teams and should expect to spend two days in each the spring and summer conducting the stream collections and identification.

If you are interested in learning about the water-quality monitoring program, training can be undertaken at various times during the late winter months. You are welcome to participate in the training and then decide if you want to join the monitoring team. For more information, please contact Bob Pickett, club naturalist, (pickett@us.net) 301/681-1511.



## TRAIL OVERSEER DISCOUNTS

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

## HIKING PARTNERSHIPS

### LLAMA TREK IN WYOMING.

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

### LOOKING FOR SOME WOMEN TO HIKE WITH:

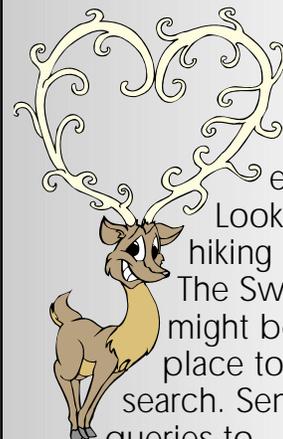
Are you interested in hiking sections of the AT – mostly by slackpacking, dayhiking, and occasional overnight? I've finished about half. Let's compare notes. INFO: Stacy (dslabare@corlink.com) 304/358-3154.

# PATC Swap Meet

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

## FREE TO GOOD HOME

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



Need some boots? Have an extra tent? Looking for a hiking buddy? The Swap Meet might be just the place to start your search. Send your queries to

PA@PATC.net.

# Trail, Shelter, and Corridor Overseers / Monitors Wanted

## CORRIDOR MONITOR OPENINGS

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

**Fox Gap - MD - PATC Map 5-6**  
**High Knob -VA - PATC Map 8**

**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

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

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

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

### Appalachian Trail

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

### Barking Dog Trail

AT to Barking Dog Spring/Rte 604

## SNP NORTH DISTRICT APPALACHIAN TRAIL —MAP 9

John McCrea, 610/352-9287  
mccreaif@aol.com

### Appalachian Trail — Co-overseer

Jenkins Gap to Hogwallow Gap (1.7 miles)

## SNP NORTH DISTRICT BLUE-BLAZED — MAP 9

Dick Dugan, 703/836-0391  
rdugan@bellatlantic.net  
**Knob Mountain Cutoff Trail**

Knob Mountain Trail to Jeremys Run Trail (0.5 miles)

### Dickey Ridge Trail

Front Royal Entrance Station to MP 2.1 (1.9 miles)

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

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

New overseer opportunities coming available soon. Choice trails rich in Shenandoah history.

Don't miss this rare opportunity to stake your claim.

### Roberts Mountain Trail

Old Rag Fireroad to Weakley Hollow Fireroad (2.4 miles)

## SNP SOUTH AT - MAP 11

Dennis DeSilvey, 434/295-8825  
dldesilvey@pcvmed.com

### Appalachian Trail

Riprap Trail Parking Area to Hairpin Switchback (1.5 miles)

## SNP SOUTH BLUE-BLAZED —MAP 11

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

### Wildcat Ridge Trail

Wildcat Ridge Parking Area to Riprap Trail (2.5 miles)

### Rocky Mt. Run Trail Co-overseer

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



## TUSCARORA CENTRAL —MAP L

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

### Tuscarora Trail

Yellow Spring Road to Capon Springs Road (3.7 miles)

### Tuscarora Trail

Larrick Overlook to Lucas Woods (3.7 miles)

## Tuscarora Trail - [on road/blazing only]

C&O Canal to Ruth Morris Forest (3.9 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

Cedar Creek to Ridge Crest (2.8 miles)

### Tuscarora Trail

Ridge Crest to Fetzer Gap (3.1 miles)

## GREAT NORTH MOUNTAIN —MAP F

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

### Gerhard Shelter Trail

Tuscarora Trail to Vances Cove (1.5 miles)

## SUBURBAN MARYLAND —MAP D

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

### Gold Mine Trail

Tavern to Tavern Gap (3.2 miles)

### Ford Mine Trail

Maintenance Area to Mine (0.5 miles)

### Billy Goat Trail - B

Cropley to Carderock (2.2 miles)



## The Potomac Appalachian

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