



The Potomac Appalachian

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

Volume 28, Number 2
February 1999

Don't Get Cold Feet! Tips for Winter Hiking

There are two types of hikers; those that hike in "nice" weather and those who would never let the weather interfere with a good hike. The winter is perhaps the premiere hiking season for those who enjoy hiking regardless of the weather. In order to truly understand nature in all its glory, beauty and fury you must see it in all its moods. Winter is an important part of that glory. Winter hiking is also the most dangerous and unpredictable time to hike, but with the right precautions winter hiking can be the most enjoyable time as well.

A Word About The Weather

As you already know, winter weather is at best unpredictable. From Indian summer to blizzard you can get it all. Therefore, a little more attention and preparation needs to be made for a winter hike. If you are fond of mountains, then particular attention needs to be paid to current and predicted weather patterns. However, certain characteristics of mountains during the winter are very predictable. It begins to snow on the mountaintop long before snow falls in the valley. The snow gets much deeper on the mountain tops and last much longer than in the valley. A little

snow is a delight to walk on. A deep snow is almost impossible to walk on without the proper equipment. The wind blows more and harder on the mountaintop. The temperature is always colder on the mountains than in the valley. Be prepared! Know generally what the weather conditions are like before you leave and don't be afraid to change or cancel your plans if the weather turns nasty.

A Word About Clothing

The object is to stay warm and dry. Warm is easy to achieve; dry is harder and far more important. Let's start with the easy one first. Hiking, at least the way I do it, is physical exercise. You produce heat as a by-product of exercise. The trick is to retain the right amount of heat while you are hiking and also to stay warm during breaks and other period of inactivity. The best way to do this is the tried and true layering system. Place a thin layer next to your skin, and layer outward with progressively thicker clothing as you go. After you have reached the right amount of clothing for you, throw an extra layer or two in your daypack as needed. The beauty of this system of course is that you can adjust the amount of clothing and thus the insula-

tion you wear as conditions change. Also layering is generally less constraining than the massive winter coat so that you have more freedom of movement.

Now the hard part—warmth is quickly lost when things get wet. Exercise produces heat and sweat. Even during the coldest weather most people perspire during physical exertion. One simple rule for winter hiking: COTTON KILLS. Cotton loves water. It will absorb and hold far more than its own weight in water in the fabric itself. Water in the cotton clothing against your skin will eventually cool and rob you of your precious body heat. Clothing made of wool and polyester is able to wick the sweat and other water away from your skin, thus keeping you dryer and warmer. If you must wear that flannel shirt your grandfather gave you, make sure that at least two other layers are between you and the beloved shirt.

The outer layer is the layer you place between the elements and you. It should protect you against the wind and provide at least rudimentary protection against rain and snow. If

See Winter Hiking, page 14

Why Do I Sweat Every Weekend

Tom Sawyer would be flummoxed.

Mark Twain's fictional scamp made his reputation by getting others to do his work. He extolled the pleasures of whitewashing Aunt Polly's fence in such a silver tongued fashion that the other kids bribed him for a chance to try their hand while he relaxed in the shade.

So what would he make of an organization whose purpose is to work unpaid so that uncounted strangers can spend their free time hiking and enjoying our great outdoors?

How would Tom—how would anyone—explain 970 miles of trail across four states (and the District of Columbia) built and cared for by volunteer hands and volunteer sweat? What accounts for the 31 shelters kept ready for any weary traveler, or the 28 cabins (with more on the way) that make a rustic weekend available for individuals, families and groups?

There is no way to explain it; no way in the world—unless one is a hiker.

See Sweat, page 2

In this Issue...

Council Fire: Budget Approved	2
Volunteer of the Year Award	3
Walt's Notes	3
Commitment and Dedication	4
Student Meets Power Tools	5
Volunteer Committee	6
The Craft of Trail Work	7
Forecast of Events	8
Notices	13
The Year 2000	14
Promote Trails	15
Beneath the Blue Shadows	16
Trailhead	18
Winter Stresses	19

PATC's website is now at: www.patc.net

Council Members, Chairs and Staff

Officers

President: Walt Smith, 703/242-0693,
wsmith@visuallink.com

VP Operations: George Still

VP Volunteerism: Tom Johnson

Supervisor of Trails: Peter Gatje

Email: PJGatje@aol.com

Supervisor of Corridor Management: Tom Lupp

General Secretary: Warren Sharp

General Counsel: Eric Olson

Membership Secretary: Terry Cummings

Treasurer: Dick Newcomer

Recording Secretary: Gerhard Salinger

Sections/ Chapters

Mountaineering Section: Tony Sanders

SMRG: Randy Rupp

Ski Touring Section: Katherine Stenzel

North Chapter: Steve Koeppen

N. Shenandoah Valley Chapter: Martha Clark,
mclark@visuallink.com

S. Shenandoah Valley Chapter: Lynn Cameron

Charlottesville Chapter: John Shannon

West Virginia Chapter: Jane Thompson

Standing Committee Chairs (Council Members)

Blackburn Trail Center: Chris Brunton

Cabins: Matt Ogorzalek

Cabin Construction: Charlie Graf

Conservation: Mary Margaret Sloan

Corporate Donations: Jack Reeder

Endowment: Bill Ladd

Finance: Vacant

Hikes: Tom Johnson

Internet Services: Andy Hiltz

Land Management: Ed McKnew

Lands: Phil Paschall & Eric Olson, co-chairs

Legal: Eric Olson

Maps: Dave Pierce

**Maryland Appalachian Trail Management
Committee:** Charlie Graf

Public Affairs: Terry Cummings

Publications: Vacant

Shelters: Vacant

Trail Patrol: Mickey McDermot

Tuscarora Trail Land Management: Lloyd MacAskill

Special Committees/Ongoing Activities

Archives & Library: Paula Strain

Cabin Reservations: Marilyn Stone

Deputy Supervisor of Trails: Rick Rhoades

Firestone Tract Management: Vacant

Information/Sales Desks: Marguerite Schneeberger

Vining Tract Management: Howard Johnson

Potomac Appalachian

Chief Editor: Bianca Menendez

bianca@moon.jic.com

Features Editor: Joanne Erickson

Forecast Editor: Joe O'Neill

Joe_ONeill@prodigy.com

Pre-press: Nancy Merritt,

MeritMktg@aol.com

Headquarters

Tel: 703/242-0693

Fax: 703/242-0968

Email: WRiley1226@aol.com

24-hour Activities Tape: 703/242-0965

Staff

Director of Administration: Wilson Riley (Ext. 11)

Email: WRiley1226@aol.com

Trails Management Coordinator: Heidi Forrest

(Ext.12) Email: heidif@erols.com

Business Manager: Regina Garnett (Ext. 15)

Email: rgarnett@erols.com

Membership/Cabin Coordinator: Pat Fankhauser

(Ext. 17) Email: pfankh@erols.com

Sales Coordinator: Maureen Estes (Ext. 19)

World Wide Web URL: <http://www.patc.net>

Council Fire: 1999 Budget Approved

The Council of the Potomac Appalachian Trail Club held its regular monthly meeting on December 8 at the Club headquarters. Attending were 21 Council members, one standing committee chair, three staff, and two PATC members. Vice President George Still chaired the meeting.

PATC membership now stands at 6,455, with 130 new members and two new Life Members in November.

The Treasurer's report showed that the sales figures at the end of November exceeded the amount anticipated for the full year, in part due to the work of the Sales Coordinator. The 1998 budget is somewhat underspent.

The major part of the meeting was the discussion of and approval of the 1999 budget. Blair Staley, Chairman of the Finance Committee, described the major features of the budget. The balanced budget increases by 9% to \$441,636. The budget funds five professional staff, the maintenance of 960 miles of trail, including the Trail Patrol and Ridge Runner programs, increased maintenance for shelters and cabins, increased membership activities including a survey of the membership. Several special items were voted on for the Shenandoah Mountain Rescue Group, a video demonstrating PATC activities, electronic commerce, and a program to increase donations for land acquisition. In addition to the operating budget, distribution from the endowment is used to provide for funding of capital items in cabins, shelters, and the head-

quarters building and acquisition of land protecting the trails. This amounted to \$115,856.

The Council approved Honorary Life Memberships for Marjorie Dexter, Jean Golightly, Sandra Marra and Randall Minchew for performing long and honorable service to PATC.

The Council also approved the establishment of a Volunteer-of-the-Year Award for clearly extraordinary service in any area of the Club's activities.

A memorandum of understanding between the National Park Service, ATC, PATC and the Central Maryland Heritage League (CMHL) was approved, subject to counsel review, permitting the CMHL to maintain the lands surrounding the Appalachian Trail in Fox's Gap in Maryland in Civil War condition.

In other business, the Council approved the re-printing of a book on Pioneering Ascents, which was dropped by another publisher. The profits are donated to the Club. The Council voted bonuses for the professional staff. Mickey McDermott was appointed as head of the Trail Patrol. Pete Gatje received word that the Shenandoah National Park is nominating PATC for the SNP Partnership Award for the support given in removing ice storm damage last spring. The meeting adjourned at 9:30 pm. □

—Gerhard Salinger,
Recording Secretary

Sweat, from page 1

Anybody who has ever laced on a lug-sole boot and spent a morning, a day, a weekend or better walking on natural ground serenaded by pine-scented breezes in a forest whose trees are selected by the whims of nature and not the needs of the plywood industry will have a clue. The work is done because without it the opportunity for that priceless experience goes away. Maybe for good.

"It is a labor of love, of course," says George Walters, overseer for Indian Run Maintenance Hut, AT North District Manager and leader of the infamous North District Hoodlums (and this newsletter's resident cartoonist). "I've never been asked to put into words why I do it, it just seems to come naturally."

"Basically it's pay back time for me," explains Jim Stauch, overseer of Quarry Gap Shelter and a stretch of the Pennsylvania AT. "I'm giving something back to the hiking community to repay all the great experiences I had growing up hiking and hunting in these hills."

And there are other reasons.

"I like the people I get to meet," says Bruce Clendaniel, overseer for Jim and Molly Denton Shelter and the "straw boss" for the Blackburn Renovation project. "I know you are supposed to say that you do this to help the Trail or the through-hikers, but along with that I think the biggest thing I get out of these projects is the people—the cross-section of

See *Sweat*, page 4

A New Way to Recognize Volunteers—the Volunteer-of-the-Year Award

Sharpen your pencil and get ready to nominate! There is now a way to recognize that PATC worker whom you have admired for so long. The PATC Council, at its December meeting, approved an annual award for the outstanding Club volunteer.

The criterion is simple—it is “service to PATC in any area of Club endeavor—cabin or shelter construction, trail maintenance,

sales, planning and coordination, etc.” Service must be of a “clearly extraordinary nature.” Anyone in PATC is eligible except for members of the Executive Committee, and anyone in the Club can nominate.

Send the name of your favorite PATC volunteer to the Club headquarters before the last Tuesday of October. All names will be considered by the Executive Committee at its Oc-

tober session. The award will be made at the general membership meeting in November of each year.

A plaque will be hung in the headquarters building, inscribed with the names of the recipients. The award also carries with it forgiveness of a year’s membership dues and some suitable form of memorabilia, depending on the nature of the work done. □

—Tom Johnson

Walt’s Notes

Thanks for a Job Well Done

As this issue of the *Potomac Appalachian* reveals, there are plenty of examples of how volunteerism works to achieve the objectives of the Club. One group of members who is responsible for attaining those objectives is the Council. They spend many hours as officers or committee chairs, sometimes in addition to another volunteer duty, such as being an overseer, in order to ensure that the activities and programs run smoothly.

I should like to recognize some Council members who have recently fulfilled their obligations and left the Council:

■ Jean Golightly recently completed thirteen years as Chair of the Publications Committee, responsible for editing and coordinating the Club’s many publications. We can

be grateful for all of the excellent publications that Jean got to the printers during that period and also that she has agreed to remain as Assistant Chair for awhile, in order that the transition goes smoothly.

■ John Andrews stepped down last fall as Shelter Committee Chair after a very productive period of conducting a complete inventory of shelter maintenance needs and following through on the action required. I also personally remember his example of how a parent can volunteer to lead a group and be a father at the same time. His two young daughters occasionally joined us at a meeting.

■ Blair Staley finishes a very successful tour as Finance Chair. Thanks to Blair for establishing a first-class budget process and also for spending the time to reconcile the many needs of committees that didn’t have sufficient funds. The next chair will be able to step into the

position with a very efficient budget system already in place.

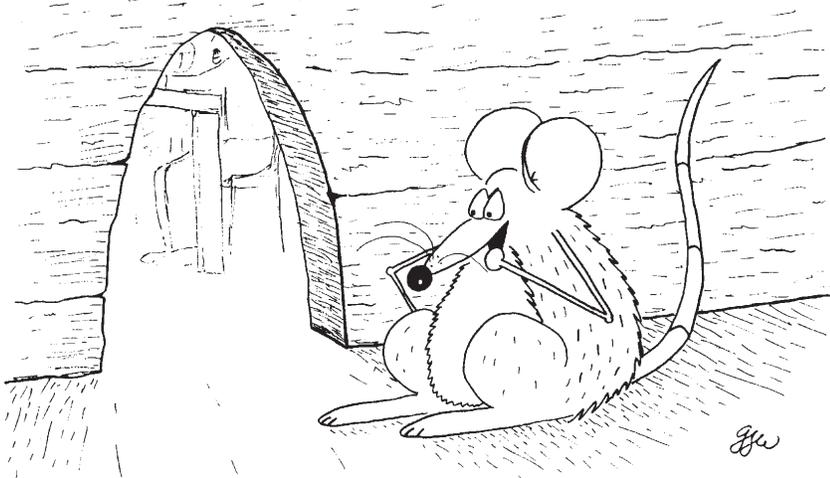
How Can Volunteers Communicate?

Is communicating different as a volunteer than as an employee in your regular job? I suspect that one difference is that you can normally count on talking with a fellow employee during a certain time of the work week. As a volunteer we sometimes have to double our efforts in order to arrange a meeting or a work trip, or to accomplish some other task. Chances are that a volunteer is not as accessible as a fellow employee.

One of the best ways to communicate in the PATC is to join one of the committees, thus ensuring that you have a voice in what goes on. The established committees are printed in the *PA*; please watch the Forecast Section for meeting arrangements, or call the Club for information. I also invite you to address Council upon occasion if you have information you wish to share. The Forecast indicates the procedure: simply call Wilson Riley for a five-minute slot. It is to your advantage to be able to provide a handout of your remarks to Council, especially if your information exceeds five minutes.

See Walt’s Notes, page 6

Months of observing board games in the cabin produces an interesting effect on the mice:



“THE NAME OF DOROTHY’S DOG... WAIT A MINUTE! I KNOW THIS ONE!”

Volunteerism

Noun dating from 1844

1. also Voluntarism, the principle or system of doing something by or relying on voluntary action or volunteers
2. the act or practice of doing volunteer work in community service

Commitment and Dedication: the backbone of volunteer trail maintenance

Or, how a District Manager Survived the Ice Storm of '98

Over a year ago I signed on as a Trail Overseer for Sams Ridge—a trail that not many people like to hike, much less think about maintaining. It was the first trail that I climbed on an organized Sunday hike shortly after becoming a member of the Potomac Appalachian Trail Club (PATC). I knew that a trail with Sams Ridge's elevation, stands of mountain laurel, patches of weeds and rather rocky tread is not a Trail Overseer's dream. But I signed on with the desire to accept the challenge and do the best that my time and energies would allow me to do.

Not long after that, Pete Gatje, our Supervisor of Trails, asked me if I had an interest in being a District Manager. Not good at saying no, I agreed on the spot without understanding the full impact of what I had signed on for. As Pete put it, if you like to hike trails, which I do, it will be fun as all you have to do is hike your trails and every now and then motivate an Overseer or two.

Unforeseen Challenges

Going into last winter I did hike quite a bit, and for the most part the side trails in the North District of the Park looked pretty good, and it was FUN! Then our now infamous ice storm struck in early February, and I discovered just how much of an effort was required for storm damage cleanup. It was continuous from mid-February through mid-May for me, every weekend except Easter. It was then that I learned new meanings for the words commitment and dedication.

As summer arrived, I thought that all the North District trails were in reasonable shape after the cleanup, and that each and every trail

by then had had at least two visits by the designated Overseer. As I later discovered, some blue-blazed trails in the North District had not seen an Overseer subsequent to the storm, and, although other trails may have entertained an Overseer's visit, it had not happened often enough.

“Being a District Manager meant a lot of fun hiking around, then the ice storm struck in early February.”

Job Requires Determination

When I agreed to be a Trail Overseer and subsequently a District Manager, I committed myself to giving whatever was necessary, both of my time and physical tasks, to get the job done. I did it with a dedication that told my inner self that anything less was not fair to hikers who used the trails, fellow trail Overseers, and the PATC-Shenandoah National Park partnership.

Is this the way all Overseers approach their trail responsibilities? For the majority the answer is yes, for a very small number the answer is no, and for still others there is an in-between response. In PATC's *Overseer Handbook*, Section 7 spells out the effort required to maintain a trail. Six times per year may be more than needed for some trails and not enough for others.

But once or twice a year is not sufficient for any trail that I have hiked in the Shenandoah. Back to commitment and dedication. Overseers who are doing the job understand these terms. Those who are not need to take an in-

ward look and ask themselves if they need to renew their dedication. If this is not possible, ask for help in the form of a Co-Overseer or putting together a weekend work trip, or take a leave of absence until that time you can make the time available to do it right.

How Can You Help?

My purpose in writing this article is not to turn off those of you who are doing trail maintenance with pride and a joy in your heart. My focus is twofold: first, to rekindle the flame for those Overseers whose flame is about to go out; and second, to those considering volunteering to become an Overseer, to let you know that a lot of effort is required to take on a challenging trail. If you have the time, understand the effort needed to maintain a trail and want to make a commitment, then call one of the District Managers seeking Overseers, listed on the last page of the *Potomac Appalachian*. Before calling, it may be prudent to hike the trail to visualize what you think will be required in the way of effort. If after talking with the District Manager, you think it is too much of a time commitment, volunteer to be a Co-Overseer for that or another trail that needs help.

Another approach is to join one of the several weekend trail crews that meet on a monthly basis during the non-winter months of the year. Maintaining a trail is a wonderful way to spend time in the outdoors and enjoy what nature has to offer, while achieving a sense of accomplishment as a volunteer that allows others to come after you to enjoy their day in the woods. □

—Bernie Stalman

Sweat, from page 2

society who comes out to help and the friendships that develop from working these projects together.”

Many PATC volunteers say that getting involved in making the Trail happen gives them a perspective that other hikers never experience. Just as the steamboat captain knows the meaning of every ripple on the river, so too do trail maintainers get a unique understanding of the paths they tread. Every cut blow down, every water bar or painted blaze,

every brush and bramble trimmed back from the trail reveals something about the spirit and commitment of the maintaining organization and the individual overseer.

And how do people who have an interest in the trail get started? Some run into overseers or maintenance groups on a hike and ask questions or pitch right in; others might answer an ad run in a publication like this one. And others...

“I got started as I guess a lot of members do,” Walters explained, “by using the cabins and then just getting involved in the service aspect of the Club. I got my first stretch of Trail from Jimmy Denton, and it just grew from that. I guess you could say I just found my niche. I think that if new members would come out on just one worktrip they would also catch the bug.”

Here's to whitewashing that fence. □

—George Still

College Student Meets Power Tools

Somewhere I read the following quotation in regards to members who are not the most active participants in club activities: "Can't live with 'em. Can't live without 'em. Can't shoot 'em." Once you volunteer, you realize how apt this statement is! For the six months after I joined PATC, I was just such a member. I figured that the financial assistance I had given was enough for now, until I could find some time to actually participate (as an undergrad in college, this is a very precious commodity!). I hid behind these excuses ("when the weather gets better," "when I have more time," "when I feel like it!").

Summer crept up on me, and suddenly those excuses were gone. My co-workers, who were veteran PATC-ers, kept talking about this cabin in the mountains called Blackburn. So finally one weekend in early summer found me at Blackburn Trail Center. I arrived late at night but was duly impressed with the cabin itself. It was pretty comfortable for a log cabin (not that I am an expert, but I never guessed they would be high on the comfort scale). There were a lot of friendly people to meet, and the next morning I watched the sun rise over the valley.

Morning also brought with it more people and, suddenly (eek!)-power tools! First of all, let me tell you that the "handiest" I've ever been was with a hammer and a screwdriver (and no, not at the same time!). So I tried to stay out of the way of anyone who appeared to be competent with a tool requiring electricity (if I failed in this I hope no one ever lets me know!). When I ran out of things to do or people to talk with, the Appalachian Trail was only a hop, skip and jump away. However, I found that the more I went to Blackburn, the less I ran out of things to do. There were always new people to meet and new jobs to try and get done before dinner (though I must say the after-dinner music was one of my favorite parts!).

After several work trips to Blackburn I decided to try trail work (I suppose this "volunteering" thing can be catching!). A friend of mine had just taken charge of the Fisher's Loop Trail not too far from the cabin, so one weekend a few of us headed out there to clear the path. That was a trip I will definitely never forget! It was a long time before I ever wanted to see a pair of loppers again. It was tedious,

tiring work to clear the trail of the overgrowth and fallen-down trees (but it was fun), and I found myself wondering many times how long it had been since anyone had walked along it. However, the woods are full of surprises (including Day-Glo caterpillars), and we found some evidence of people who had been there long before us. If you were to hike the loop you might find an overturned tree on what appears to be an old logging road, the sizeable trunk of which nearly consumes a gate hinge whose better days passed by ages ago. You might even find things we missed.

Outdoor labor may not be your bottle of mountain spring water. Fortunately PATC offers other ways to volunteer. I had a taste of administrative tasks when I helped former Membership Secretary Lisa Still plan the PATC Kids & Family weekend last October. I had never really considered how much pre-planning goes into an event like this. We started coming up with ideas and scheduling in the summer, meeting occasionally at Headquarters to get on track with the rest of the "Planning Committee" (all four of us!). Despite the time commitment, I had a lot of fun working on this project. How can you not have fun when kids are involved! The hardest part for me was when I returned to school at the end of August and still had a lot more work to go for Kids & Family. I was in charge of coming up with crafts, and I was never more relieved than when we finally got the materials in and everything was settled. Would I do it again? Maybe. Still, I learned a lot from that experience.

For me, I found work in which I can look back and see a physical difference is the most rewarding (of course, this usually requires a lot of physical input!). When I looked back that day at Fisher's Loop, I thought about who might come along next and enjoy the trail, with its varying landscapes and sweet-smelling blueberry bushes. And at the end of the summer, Blackburn nearly had a completely new roof (though I will admit I stayed close to the ground every time!). Volunteering for the Club has its own rewards. There will always be an abundance of people to appreciate what you have done, no matter how small. And in some cases, your hard work and donation of time may be observed by future generations. □

—Laura Horstkamp

PATC's New Website Address Ready to Buy Maps Online? Secure Online Ordering to Appear Soon!

PATC's website address is changing, but it will be a final change, since the Club will have its own unique domain name. The new domain name is "patc.net", and the new website address is <http://www.patc.net/>

Acquisition of PATC's very own Internet domain is the first step in a process to bring secure online ordering to PATC's website. Secure online ordering will make it possible for visitors to order maps, guidebooks, and publications through PATC's website.

Each sale visitors complete through the website provides an added benefit to the Club, since PATC is able to receive full value on each Club publication sale. This extra money directly supports PATC's trail, shelter, and cabin volunteer efforts.

The online "storefront" used by PATC employs the most secure ordering system available on the Internet. Order processing and personal credit card information will be heavily protected using a 1024-bit Verisign digital signature and 40- or 128-bit encryption (depending on your browser). The Verisign signature enables visitors to securely exchange information with the PATC website through a private and trusted Secure Socket Layer (SSL) channel. Secure orders will be downloaded directly to PATC HQ on a daily basis, and typically turned around in 24 hours.

A specific launch date has not yet been established, but expect the service to become active during the first quarter of 1999. The exact launch date will be announced through PATC's "Members Only" email list. If you're a PATC member and would like to be added to the Member's Only list, please email your request to hiltz@mindspring.com

—Andy Hiltz
Internet Services Committee Chairman

Walt's Notes, from page 3

Getting in Touch with Walt

I recall that expectations for my communication techniques increased once I agreed to run for Club President. "Walt, you can not be president without having e-mail!" Gee whiz, I had gone through the transition of learning word processing back in the '80s. Now what scary thing was I being asked to do?

For some of us, born before World War II, the telephone was the most complicated device we ever had to deal with; the toughest communication problem then was how to get in touch with your girlfriend when someone else was tying up the party line!

I must admit now, after having an e-mail account for a few months, that they were right. You can't be PATC President without e-mail. The telephone and fax are still handy, but there is too much to be done to be relying on other volunteers returning phone calls by the

time you need the requested information. Therefore, my e-mail address is printed in the *PA*. I will normally be in Winchester to respond to any e-mail messages from Friday to Monday. If you would like to speak with me in the middle of the week, the Club telephone number is the best bet; leave a message on the voice mail if I'm not there.

Sharing with Others

So far I have been discussing communicating within our organization without mentioning means for promoting our goals and activities outside the PATC through such media as the press or the Internet. We have made great strides over the years in this medium. The web page becomes more popular all the time. After secure online ordering from the website becomes effective, what will Andy think of next? But communication with nonmembers is another message in itself. I close with a few words on what each of us may have to relate to each other.

I have noted that some members seem to be somewhat reticent when it comes to telling their story, as if what they have to say doesn't matter. I encourage all of us to take that first step and share your experiences on the trail with others in PATC. There are so many talents evident among us. To name just a few: a cartoon in the *Potomac Appalachian*, a poem in the newsletter of the Northern Shenandoah Valley Chapter, a ballad sung around a campfire, or an explanation of an aspect of nature provided during a hike.

Please don't be bashful. We appreciate your talent. Sometimes we say thanks; sometimes we forget to, but as we look back we realize that the offering made a difference in our lives.

See you on the trail,



The Volunteerism Committee: What We're Talking About

With 6,500 members and still growing, PATC contributes thousands of hours a year to the trails movement and is one of the most active trail-maintaining clubs in the nation. Still, when Club members get together, the topic frequently turns to how to get members more active. There is always much hand-wringing about how only one-fifth of the membership does 99% of the work, and how we need ways to get more members involved. All of this is true, but with a varied membership with different family and community obligations, it is inevitable that the load is carried by a few. The trick is to entice a constant infusion of inactive members into the active ranks. This was a hot topic of conversation at the long-range planning meeting at Highacre on December 5, 1998. A special committee was formed to discuss volunteerism and propose new initiatives. The committee is comprised of Tom Johnson, Terry Cummings, John Luck, Pete Gatje, Becky Swinehart, Randy Rupp, Jane Thompson, Shirley Strong, Mickey McDermott, Martha Clark and Pat Fankhauser.

What are we really talking about—getting more members involved, or training members for leadership positions? There was consensus that PATC is adequately discharging its responsibilities for trail stewardship and

that, in terms of numbers, we seem to have enough volunteers. The debate seems to be over how to grow new leadership to move the volunteers forward into doing the right jobs in the right way. As we looked around the room, we were seeing the Club leadership—the same faces, year after year. There is a profusion of talented individuals in the Club who could be moving into leadership positions with the right kind of encouragement.

The committee recognized that it was important to establish initial contact with new members. The new member survey and the new member meetings are an important first step. The *Potomac Appalachian* is the way that we maintain continued contact with the existing membership. These first contacts should be followed up with telephone calls to get the new members involved. Since there are so many new members every month, a single person cannot keep up with all the calling required, and the Membership Secretary will need help.

Shirley Strong emphasized mentoring as a forgotten PATC art. She reminded us that most of us became active in the Club as the result of one or two individuals who encouraged us to take new roles. This, in her view, was the best way to grow leaders.

Several people mentioned the need to provide geographically dispersed activities in new or less unusual venues. As the Club membership becomes stronger in outlying areas, we should be more creative about location focus. For instance, the Club intends that Blackburn Trail Center take on a new role as a center of social activity, as an adjunct to its original purpose as a haven for through-hikers.

There was much discussion about the need to provide activities that would attract new members—"magnet" events like the annual pig roast, family weekend, and Dogwood Half Hundred hike. We need new ideas and new people to take the lead. This discussion dovetailed with the talks about geographical dispersal of activities.

Most important, perhaps, was the discussion about volunteer appreciation. Volunteerism flags when no one seems to appreciate the effort. It is important for leaders of Club activities to make sure that the most active volunteers are recognized. One suggestion was to establish a program of gift certificates, T-shirts, mugs and other tangible symbols of a volunteer's work. A second idea was to give volunteers a "leg up" on cabin rentals as a reward for service. Both ideas will be pursued at future meetings of the Volunteerism Committee. □

—Tom Johnson

Potomac Appalachian

The Craft of Trail Work

To those of us who've inquired about such things, the answer heard most often to the question "What got you into trail work?", is almost universal. After years (or decades) of day hikes, backpacking trips, cross-country skiing adventures, family picnics, etc., the outdoor aficionado decides it's "time to give something back." And most of us realize that the vast network of wilderness trails in this country was not built (and cannot be adequately maintained) by government agencies.

The answers to the question, "What keeps you involved?" are, I believe, different and more diverse.

My personal reasons include contemplative time in the outdoors and a good excuse to organize group outings with like-minded individuals. And a third, (for me, more compelling) aspect of trail work: that of the craft of trail design and construction.

While proponents exist for either extreme, to me a recreational footpath should neither appear to be overly "natural" nor solidly "functional." Trails are human creations and should reflect the craft and ingenuity of their builders, i.e., they need not be transparent to the wilderness visitor. They are not, on the other hand, utilitarian means to an end, such as the asphalt turnpikes built to tourist attractions in popular National Parks. A well built trail stands on its own, a creative achievement in harmony with its natural surroundings.

The best trails speak to this aesthetic. The path from Panorama to Mary's Rock in Shenandoah National Park is an excellent example. The builders, CCC master craftsmen, fashioned their trail on a steep ridge by building high crib walls of dry laid stone. They filled the treadway and carefully outsloped it to shed ground water with almost no need for run-off devices. The grade was designed to remain even and manageable from the Gap to the summit, with viewpoints and switchbacks incorporated "naturally." The effect is of an incredible engineering effort, only noticeable to those interested in such things. To the casual hiker, it is simply a lovely mountain trail through oak and laurel to a spectacular view.

The craftsmanship that was brought to bear in the construction of this and other trail sections is the enduring interest of many who

stay involved with this sort of volunteer work. What the PATC offers is the chance to learn these skills by instruction and practice. Rock work, timber construction, cribbing methods, erosion control and rigging techniques are some of the crafts we employ. Our tools range from modern (winches and chain saws) to traditional (crosscut saws and draw knives). Crews include a diversity of energy and muscle types that would make Walt Whitman proud, with men and women, retired folks and college students, all contributing, advising, straining, pushing and building together. Our instructors are other Club members with particular areas of expertise (rock wall construction, Griphoist rigging, crosscut sharpening, etc.) and government partners with long years of experience.

This opportunity, the chance to learn the subtle crafts and traditional skills involved in trail building and to practice these tech-

niques in the beauty of the Appalachians, is the gift the PATC offers its members.

When I first took on the position of District Manager for trails in the Central District of Shenandoah and was struggling to fill the numerous overseer vacancies in the Park, Pete Gatje advised me to be patient and fill the positions with care. "A good overseer", he said, "will know that the Club is doing him a favor and not the other way around". I can't say it any better. □

—Kerry Snow

Kerry Snow would like to dedicate his remarks on volunteerism to Mark Stowell, a volunteer in the true spirit of the word. Mark loved the mountains of Shenandoah and labored, with his wife JoAnn, as overseer of the Corbin Hollow Trail in the Central District of the Park. Mark died unexpectedly on the 26th of December. He was 45 years old.

Corridor Monitoring Workshop

A corridor monitor workshop will be held on March 20, 1999 at Bears Den Hostel from 9:00 a.m. to 5:00 p.m. This will be the first corridor monitor workshop held in five years and there are currently several areas that need monitors. This workshop will be necessary to learn the technical skills needed to be a successful monitor.

Registration is required to attend the workshop as space is limited. The hostel will provide free overnight lodging Friday and Saturday nights. Please send your registration form to Heidi Forrest, 118 Park Street, S.E., Vienna, VA 22180 or fax to 703 242-0968 by February 28, 1999. □

Hiking in Shenandoah Park this Winter?

The Shenandoah National Park Communications Center has resumed posting Skyline Drive closures in PATC's Trails Forum. If you intend to visit the Park, and are wondering if the Drive is opened or closed, the Park posts current status in "near real time" through their internet connection. To find the PATC Trails Forum, visit the Club's main web page (<http://www.patc.net>) then follow the link.

1999 Dogwood Half Hundred Scheduled for April 24th

This event still needs a volunteer to coordinate the day's activities.

If we do not have a volunteer by February 15, we will have to cancel the Dogwood for this year.

Please call Chris Brunton, 703/560-8070 or Tom Johnson, 410/647-8554, to volunteer.



Chapters

Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday, summer, winter and in between. Hikes are about 8 miles. Trail maintenance is usually done 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. We hike trails in the Southern, Central and occasionally Northern Districts of Shenandoah National Park, and in George Washington National Forest. INFO: Jere Bidwell 804/295-2143, John Shannon 804/293-2953 or Lois Mansfield 804/973-7184.

North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the Appalachian Trail (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 Rick Canter (rbcanter@erols.com), 301/824-4942 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday—contact Charles Irvin at 301/447-2848. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Springs cabin. Dinner, breakfast, and camaraderie available. For information on upcoming hikes, contact Chris

Firme at 717/765-4833. For general chapter information, contact chapter president Steve Koeppe (skoeppe @qis.net) 410/756-2916.

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 to Martha Clark (mclark@visuallink.com) 540/665-2101.

Southern Shenandoah Valley Chapter

See **Forecast** for work trips and hiking events sponsored by the Southern Shenandoah Valley Chapter. Most trips meet in Harrisonburg at the Cloverleaf Shopping Center at 8:00 a.m. Hikers from the DC area should allow about 3 hours to get to our region. INFO: in Harrisonburg, call Suzanne 540/269-4341; in Staunton or Waynesboro, call Vernon 703/886-9218, or Doris 540/885-4526.

West Virginia Chapter

Chapter meeting at Highacre on the first Wednesday of the month; see **Forecast** for up-coming activities. For further information on chapter activities or to receive the chapter newsletter contact Jane Thompson 301/865-5399.

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: Katherine Stentzel 703/781-3249.

PATC Midweek Hikes

PATC's **Vigorous Group** hikes 8-10 miles at a fast pace; and the **Easy Hikers** hike 5-8 miles on trails with little elevation change. See below for scheduled trips; check the weekly tape (703/242-0965) on Thursday or Friday for any changes or additions.

Other Clubs' Hikes

Capital 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 Clubs 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.

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 Wednesday evening for the following seven days. The *Forecast* can also be found on PATC's Web site at <http://www.patc.net>

-  Hiking Trips
-  Backpacking Trips
-  Trail Work Trips
-  Cabin/Shelter Work Trips
-  Special Events
-  Meetings
-  Cross-Country Skiing

Note to all hike leaders: Please ask nonmembers 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!

January

30 (Saturday)

MEETING - Chapter Presidents with Club President Glass House, Fort Valley, VA

10:00 a.m. Purpose is to strengthen organization and membership of the chapters, and to provide input for the Futures Group. INFO: Walt Smith (wsmith@visuallink.com) 703/242-0693.

February

1 (Monday)

DEADLINE - March Potomac Appalachian Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the PATC newsletter must be submitted on disk if possible to headquarters, or via e-mail or e-mail attachment to bianca@moon.jic.com. Allow one week for postal service delivery.

2 (Tuesday)

MEETING - Trail Patrol Headquarters, Vienna, VA

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, 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: Mickey McDermott, 703/866-0928.

2 (Tuesday)

HIKE - Vigorous Hikers

A fast paced hike of about 12-17 miles for strong hikers who enjoy a fast paced workout in the clear winter air. INFO: Cliff Noyes 703/451-5181.

3 (Wednesday)

HIKE - Easy Hikers Bethesda, MD

Meet at 10:00 a.m. in the Little Falls Library parking lot. The Library is at 5501 Mass. Ave. in Bethesda, just after the Westbard/Fort Sumner intersection. We will walk 3 miles on pavement to MacArthur Blvd. and back, with an option to continue on the Crescent Trail toward Bethesda. There are some hills on this walk. INFO: Sylvia 301/229-0438.

3 (Wednesday)

MEETING - West Virginia Chapter Highacre, Harpers Ferry, WV

7:00 p.m. Enjoy slides of local hikes, New Hampshire and the Mahoosic Notch (the hardest mile on the AT). Kurt Rowan will share some of his shots over the past few years. INFO: Jane Thompson 301/865-5399 before 9 p.m.

4 (Thursday)

CLASS - Backpack Cooking and Nutrition REI, College Park, MD

7:30 p.m. Backpack Cooking and Nutrition. Tired of all those old recipes? AT Through-hiker and NOLS graduate Jeff Judkins will demonstrate new approaches and recipes that are lightweight, simple to prepare and taste like the best home cooking. INFO: REI 301/982-9681.

4 (Thursday)

MEETING - New Members Headquarters, Vienna, VA

7:00 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 first meeting of the year and find the mysteries of PATC revealed in full. Refreshments will be served. INFO: Terry Cummings (TCIVP@aol.com) 410/489-4594.

5 - 7 (Friday - Sunday)

SKI TRIP - Ski Touring Section Canaan Valley, WV

Ski Touring Section X-C ski weekend. Canaan Valley/White Grass. Ski Canaan Valley that has an annual average snowfall of 150 inches. For beginners, for additional cost, leader will arrange for cross country ski instruction from the expert staff of the White Grass Touring Center. Accommodations will be at suites in the Village Inn Chalet, holding a total of 13 people, which is very close to White Grass and backcountry skiing. Cost for two nights lodging is \$75. INFO: Mitch Hyman 202/244-0148.

5 - 7 (Friday - Sunday)

SKI TRIP - Ski Touring Section Crystal Lake, PA

Ski Touring Section X-C ski weekend. Stay at the cozy White Pine Cabin and ski out the door on the camp's well-maintained trails in the snowy Endless Mountains of Northern PA. \$90 covers two nights lodging, breakfasts, Saturday night dinner, and the trail fees. INFO: Greg Westernik 301/839-1762.

6 (Saturday)

HIKE - Northern Shenandoah Valley Chapter Manassas National Battlefield Park, VA

Enjoy both nature and history as the NSVC hikes through the Manassas National Battlefield. This five mile hike will trace the Battle of First Manassas, the first major battle of the Civil War. Join us as we step back into history to a turbulent time in our past when brother fought brother and a general held back the Union surge just like a stonewall. Leader/INFO: Catherine Pipan (Pip1atfc@aol.com) 703/263-0420.

6 (Saturday)

SHELTER WORK TRIP - Inspection

Shelters inspection trip. This is the easiest way to get your feet wet with Shelters activities. INFO: George Still 703/425-3884.

6 - 7 (Saturday - Sunday)

CABIN WORK TRIP - Tulip Tree Cabin Shaver Hollow, VA

Tulip Tree Cabin is really starting to look like a cabin now. It has doors and windows cut out of the walls, which are up to full height now. Joists for the second floor are going on now, and before long we will be putting up rafters. Don't worry though there is still plenty of interesting work to be done. If you still haven't had an opportunity to hew a log there is still time. INFO: Charlie Graf 410/757-6053.

6 - 7 (Saturday - Sunday)

TRAIL WORK TRIP - North Chapter Appalachian Trail, PA

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin 301/447-2848.

6 - 7 (Saturday - Sunday)

CLASS - Wilderness First Aid Alexandria, VA

This sixteen-hour class includes classroom study, hands-on practice and results in a two-year certification. The cost is \$125. Registration is limited to 25 people. Additional information on the Internet at: <http://wfa.net>. INFO: Christopher Tate 703/836-8905.

7 (Sunday)

HIKE - Southern Shenandoah Valley Chapter Augusta County, VA

Hike in Briery Branch/Little River area — 6 miles. Hikers should plan for a full day of hiking and bring lunch, water and raingear as well as sturdy shoes. INFO: Lynn Cameron (camerosl@jmu.edu) 540/234-6273, Doris True 540/885-4526 or Vernon Garber 540/886-9218.

8 (Monday)

MEETING - Shenandoah Mountain Rescue Group

Headquarters, Vienna, VA

7:30 p.m. New members meeting. INFO: Martin Juenge (mjuenge@pihq.com) 703/255-5034 then press #5.

9 (Tuesday)

MEETING - PATC Council Headquarters, Vienna, VA

7:00 p.m. - sharp. The PATC Council meets the second Tuesday of every month to conduct business of the Club. All members are welcome, but members wishing to address the Council should call two weeks prior to the meeting in order to be included on the meeting agenda. INFO: Wilson Riley (wriely1226@aol.com) 703/242-0693 x11.

9 (Tuesday)

HIKE - Vigorous Hikers

A fast paced hike of about 12-17 miles for strong hikers who enjoy a fast paced workout in the clear winter air. INFO: Cliff Noyes 703/451-5181.

10 (Wednesday)

MEETING - Mountaineering Section Headquarters, Vienna, VA

8:00 p.m. Second Wednesday of every month. INFO: Tony Sanders 202/362-3819 or see PATC's website (http://www.patc.net/mtn_sect/).

10 (Wednesday)

HIKE - Easy Hikers

Theodore Roosevelt Island, VA

Meet at 10:00 a.m. in the parking lot of Theodore Roosevelt Island for THEODORE ROOSEVELT ISLAND-WINDY RUN VALLEY hike of 6 miles. Roosevelt Island parking lot is accessible only from west bound lanes of Washington Memorial Parkway in VA, traveling towards Rosslyn. INFO: Elizabeth Cook 202/265-0747.

11 (Thursday)

MEETING - Publications Committee Headquarters, Vienna, VA

7:00 p.m. The Publications Committee is looking toward the future. What kind of publications should be developed and produced? Are you interested in researching for, writing, editing, or producing publications? Join us as we begin to develop the future look. INFO: Walt Smith (wsmith@visuallink.com) 703/242-0693.

11 (Thursday)

HIKE - In-between Hikers

Wakefield/Lake Accotink Parks, Fairfax, VA

A moderate/fast mostly flat 8-9 mile circuit hike. Meet at Wakefield Park at 10:00 a.m. Beltway exit 5, Braddock Road, west then 1/8 mile right to the park entrance road and meet at the first parking lot on left. INFO: Hank Comeau (hankcomeau@aol.com) 703/451-7965.

11 (Thursday)

CLASS - Geology of Great North Mountain REI, College Park, MD

7:30 p.m. The Geology of Great North Mountain. West of the Blue Ridge, across the Shenandoah Valley, Great North Mountain rises as the eastern rampart of the ridge and valley geologic province. Long ago this ridge was an ocean shoreline. On Saturday, February 13, Ed will lead a hike to the area to view rock formations and fossil sites. INFO: REI 301/982-9681.

12 - 15 (Friday - Monday)

SKI/HIKE/DANCE Laurel Highlands, PA

Escape to the Laurel Highlands of western Pennsylvania to cross-country ski out of your cabin. Evenings will be spent singing and folk dancing. Bring both your "left feet" as we will teach you how to cross-country ski and folk dance. A complete children's program is provided. This event is cosponsored by the Sierra Club and the Folklore Society of Greater Washington. Costs: \$142 adults, \$55 for children. This covers all instruction, music, accommodations and lodging. INFO: Bob Mathis (Robert_Mathis@fc.mcps.k12.md.us) 301/589-7539.

12 - 15 (Friday - Monday)

SKI TRIP - Ski Touring Section Laurel Highlands, PA

President's Day Weekend, Friday-Monday, Ski Touring Section X-C ski weekend. Join us for a trip to the Laurel Highlands of Pennsylvania. We've expanded the trip to three nights (Friday, Saturday and Sunday) this year. We'll be staying at the Laurel Manor and the Ligonier Inn. Costs estimated to range from \$55-\$90 per room per night. We'll be skiing at Laurel Mountain, Hidden Valley and Laurel Ridge. INFO: Kathy McDermott or John 703/846-9207.

13 (Saturday)

TRAIL WORK TRIP - Massanutten Crew Massanutten Mountain, VA

Call 5 days ahead. INFO: Wil Kohlbrenner, 540/477-2971.

13 (Saturday)

HIKE - North Chapter, Tuscarora Trail Hike # II-9 George Washington National Forest, VA

Massanutten East Elizabeth Furnace (Va. Rte 678) to Va. Rte 340. 14.7 moderate-to-difficult miles with an elevation change of 1640 ft. INFO: Chris Firme 717/765-4833 after 6:00 p.m.

13 (Saturday)

SHELTER WORK TRIP - Inspection

Shelters inspection trip, PATC Shelters (and their overseers) need a checkup from the neck up. Come give us a hand. INFO: George Still 703/425-3884.

13 - 14 (Saturday - Sunday)

CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA

Work continues through the dark and cold Winter months at many of the Clubs cabins but Blackburn is a bright and warm spot on the side of the Blue Ridge with a modern kitchen, hot and cold running water, and warm wood-burning stoves to sit around in the

FORECAST

evening. We are working on the inside of the cabin doing dry wall and carpentry work that requires both skilled and non-skilled workers. Reservations are limited and required, so don't miss out on this exciting Winter trip. Reservations/INFO: Chris Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.

13 - 14 (Saturday - Sunday)

CABIN WORK TRIP - Cadillac Crew

Highacre, Harpers Ferry, WV

Come stay at Highacre House in scenic Harpers Ferry to help get this historic site's landscaping and shrubbery into top shape for the early (we hope!) Spring. Bring a lunch and water for Saturday noon. Saturday night community dinner. Please call by February 5 to let us know if you're participating! INFO: Fran Keenan (frannanc@erols.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 703/573-2261.

14 (Sunday)

HIKE - Valentine Day Family Hike

Cabin John Regional Park, MD

Cabin John Trail up to 5.8 miles (depending on experience). Pack your child up the Cabin John Creek Trail. Suggested age 6 months to 4 yrs. Meet at Cabin John Rec. Center (Parking lot nearest to the bridge) at 9:30 a.m. 2 miles per hour pace. Weather dependent. Possible picnic lunch at Cabin John Regional Park. Limit 12 participants. INFO: John Butler (JohnButler@msn.com) 301/263-0141.

15 (Monday)

MEETING - Conservation Committee

Headquarters, Vienna, VA

7:00 p.m. INFO: Mary Margaret Sloan 703/807-0746.

16 (Tuesday)

MEETING - The Futures Group

Headquarters, Vienna, VA

7:00 p.m. (third Tuesday of each month). Meets to research, develop, and recommend to membership changes to PATC organization, constitution, and by-laws in order to meet challenges of the next century. PATC members welcomed. INFO: Walt Smith (wsmith@visuallink.com) 703/242-0693.

16 (Tuesday)

HIKE - Vigorous Hikers

A fast paced hike of about 12-17 miles for strong hikers who enjoy a fast paced workout in the clear winter air. INFO: Cliff Noyes 703/451-5181.

17 (Wednesday)

MEETING - Shelters Committee

Headquarters, Vienna, VA

7:30 p.m. (third Wednesday of each month). Why stay home and build a ship in a bottle when you can get fresh air and exercise building shelters outdoors? Help the Shelters Committee finalize plans for 1999 and chart a course for 2000. INFO: George Still 703/425-3884.

17 (Wednesday)

HIKE - Easy Hikers

Burke Lake, VA

The Easy Hikers will hike 5 level miles around Burke Lake, VA. Meet at 10:00 a.m. at the marina snack bar. To reach Burke Lake from the Beltway, take Braddock Rd. West to Burke Lake Rd, left to Ox Rd. (VA 123), left to park entrance on left. From I-66, take VA 123 south to park entrance on left. INFO: Shirley Rettig 703/836-0147.

18 (Thursday)

35 mm screening work party

PATC HQ, Vienna, VA.

1:30 pm. Spend 2-3 hours sorting labeled, colored slides in Club archive by decade of when they were taken. Bring magnifying glass or hand-held slide viewer, if you have them. INFO: Paula Strain, 301/340-6895.

19 - 21 (Friday - Sunday)

SKI TRIP - Ski Touring Section

Laurel Highlands, PA

Ski Touring Section X-C ski weekend. Ski Laurel Highlands which usually has the best snow conditions within a few hours drive of DC. Stay at a modest motel in Jennerstown, PA which is less than ten miles from Laurel Mountain and also close to Hidden Valley and Laurel Ridge. Cost is \$55 for two nights lodging. INFO: Erma Cameron 703/273-4578.

20 (Saturday)

TRAIL WORK TRIP - North Chapter

Tuscarora Trail, PA

For meeting place and other details, call Charlie Irvin 301/447-2848.

20 (Saturday)

CLASS - Outdoor Leadership and Wilderness Risk Management Seminar

REI, Baileys Crossroads, VA

10:30 a.m. - 4:30 p.m. Much has been written over the years about wilderness survival, first aid, and outdoor skills. Comparatively little has been written about accident prevention, proactive planning and organization, wilderness safety management, group dynamics and decision making and effective outdoor leadership. This seminar will cover concepts and protocols that assist individuals in planning and preparation and running of outdoor trips and events, safety management and risk assessment. It will also introduce participants to preventative search and rescue, time control plans, confrontation and intervention techniques, and setting people up for success. This is a timely and excellent class for youth leaders, hiking club members and leaders and any outdoor enthusiast. The seminar will be conducted by Christopher Tate, Director of the Wilderness Safety Council. The seminar fee is \$60 and includes course materials and a copy of Outdoor Leadership, by John Graham. Space is limited. Early registration is advised! Registration/INFO: REI Customer Service 703/379-9400 or 301/982-9681.

20 (Saturday)

HIKE - Tuscarora Trail Series #10

Shanghai, WV

A moderately paced 12 mile hike on the Tuscarora Trail between Whites Gap and Hampshire Grade Road in Sleepy Creek Mountain. There will be a water crossing. Elevation gain is 900 feet. Car shuttle is required. A 22 mile circuit is optional for those who want to avoid the shuttle. PATC map L. Meet at Vienna Metro, Nutley Street North at 7:30 a.m. INFO: Jack 703/339-6716 or William 703/256-6735.

23 (Tuesday)

MEETING - Shenandoah Mountain Rescue Group

Headquarters, Vienna, VA

7:30 p.m. Meet in conference room. INFO: Martin Juenge (mjuenge@rpihq.com) 703/255-5034 then press #5.

23 (Tuesday)

HIKE - Vigorous Hikers

A fast paced hike of about 12-17 miles for strong hikers who enjoy a fast paced workout in the clear winter air. INFO: Cliff Noyes 703/451-5181.

24 (Wednesday)

HIKE - Easy Hikers

Seneca Creek, MD

10:00 a.m. Five to six slow miles. Bring lunch. Park along the generous shoulders of Riffle Ford Road at its crossing point over Seneca Creek. If the skeet shooters are silent, we'll hike through pines, forest, and ridge to Black Rock Mills, otherwise we'll hike to Seneca Creek State Park. I-270 North. Take the second of two exits onto Rte. 28, west towards Darnestown (don't go east towards Rockville). Cross Rte. 124, Quince Orchard Road. Watch for and turn right onto Riffle Ford Road, also marked by a sign to Smoky Glen Picnic Farm. Stay on Riffle Ford about a mile, before parking alongside it at Seneca Creek. Please call only if you need further information. INFO: Margaret Chapman 301/977-8988.

25 (Thursday)

HIKE - In-between Hikers

Burke Lake, VA

Burke Lake Virginia - Fairfax County South Run Rec. Center to, and around, the lake and return. A mostly flat, moderate/fast 9 miles. Meet at South Run Center (703/866-0566), 7550 Reservation Drive (off of Fairfax County Parkway) at 10:00 a.m. at the front door. Hank Comeau (hankcomeau@aol.com) 703/451-7965.

26 - 28 (Friday - Sunday)

SKI TRIP - Ski Touring Section

New Germany State Park, MD

Ski Touring Section X-C ski weekend. Ski the well-maintained trails right outside of the door for the bargain price of \$20. Close to other ski areas of MD, PA, or WV. INFO: Steve Brickel 703/920-9535.

27 (Saturday)

CLASS/HIKE - Outdoor Leadership Workshop & Hike

North District, Shenandoah National Park, VA

For new and established outdoor leaders, this workshop and day hike discusses leadership types, setting people up for success, and modeling behavior. It covers 8 miles and 1,500 feet of climb at a moderate pace in Shenandoah National Park! Instructor/INFO: Christopher Tate 703/836-8905.

27 (Saturday)

HIKE - Southern Shenandoah Valley Chapter Central Section, Shenandoah National Park, VA

Hike the Rose River loop in SNP — 6 miles. Hikers should plan for a full day of hiking and bring lunch, water and raingear as well as sturdy shoes. INFO: Lynn Cameron (camerosl@jmu.edu) 540/234-6273, Doris True 540/885-4526 or Vernon Garber 540/886-9218.

27 (Saturday)

SHELTER WORK TRIP - Inspection

Shelters inspection trip. Can you hold a tape measure? Snap a picture? Give completely unsolicited advice? If so, you are more than qualified to inspect PATC Shelters and plan their repair. INFO: George Still 703/425-3884.

27 - 28 (Saturday - Sunday)
CLASS - Land Navigation
Baileys Crossroads and Prince William Forest Park, VA

Back By Popular Demand! This comprehensive two day course teaches the skills necessary to use map and compass in an integrated land navigation system, through classroom lecture and exercise, followed by a full day of practical field exercises on and off-trail in Prince William Forest Park. Participants will be taught to plot positions by latitude and longitude and UTM coordinates; point and self location techniques; topographic map interpretation and terrain association; taking compass bearings; correcting for declination; and how to factor time and distance. The course fee is \$60 and includes workbook text, course materials, compass, map, and grid reader. Space is limited to ensure individual attention. Register Early! Registration/INFO: REI Customer Service 703/379-9400.

27 - 28 (Saturday - Sunday)
 **CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA**

See Feb. 13 - 14 listing for details. Reservations/INFO: Chris Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.

27 - 28 (Saturday - Sunday)
 **TRAIL WORK TRIP - Cadillac Crew Shockeyville, VA**

Shockeys Knob. Start the new season by helping to prepare trail tools and check the trail in advance of the summers outdoor work trips. Bring a lunch and water for Saturday. Saturday night community dinner while we listen to tall tales around a warm woodstove. Please call by February 20 to let us know if you're participating! INFO: Fran Keenan (frannanc@erols.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 703/573-2261.

March

1 (Monday)
DEADLINE - April Potomac Appalachian Headquarters, Vienna, VA

5:00 p.m. All items for the next issue of the PATC newsletter must be submitted on disk if possible to headquarters, or via e-mail or e-mail attachment to bianca@moon.jic.com. Allow one week for postal service delivery.

2 (Tuesday)
 **MEETING - Trail Patrol Headquarters, Vienna, VA**

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, 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: Mickey McDermott, 703/866-0928.

3 (Wednesday)
 **MEETING - West Virginia Chapter Harpers Ferry, WV**

7:00 p.m. at Highacre. Terry Cummings, who was chairman of Public Affairs and is now Membership Secretary, will talk about the PATC — who we are, what we do and the benefits of membership and volunteering. INFO: Jane Thompson 301/865-5399 before 9:00 p.m.

4 (Thursday)
 **MEETING - New Members Headquarters, Vienna, VA**

7:00 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. INFO: Terry Cummings (TCIVP@aol.com) 410/489-4594.

5 - 7 (Friday - Sunday)
 **SKI TRIP - Ski Touring Section Crystal Lake, PA**

X-C ski weekend. Stay at the cozy White Pine Cabin and ski out the door on the camp's well-maintained trails in the snowy Endless Mountains of Northern PA. Cost of \$90 covers lodging breakfasts, Saturday night dinner and the trail fees. INFO: Dave Holton 202/364-7055.

6 - 7 (Saturday - Sunday)
 **SHELTER WORK TRIP - Blackburn Trail Center Round Hill, VA**

What better way to spend a spring day than jumping right into a privy — workshop! Come and help us measure and cut, hammer and nail, paint and stain four or more brand new privies for installation at shelter sites along the AT. Prefabrication, prevarication and on-the-job training are the order of the day. To reserve your bunk and a place at the communal dinner table, call George 703/425-3884.

6 - 7 (Saturday - Sunday)
 **TRAIL WORK TRIP - North Chapter Appalachian Trail, PA**

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Charlie Irvin, 301/447-2848.

8 (Monday)
 **MEETING - Shenandoah Mountain Rescue Group Headquarters, Vienna, VA**

7:30 p.m. New members meeting. INFO: Martin Juenge (mjuenge@pihq.com) 703/255-5034 then press #5.

9 (Tuesday)
 **MEETING - PATC Council Headquarters, Vienna, VA**

7:00 p.m. - sharp. The PATC Council meets the second Tuesday of every month to conduct business of the Club. All members are welcome, but members wishing to address the Council should call two weeks prior to the meeting in order to be included on the meeting agenda. INFO: Wilson Riley (wiley1226@aol.com) 703/242-0693 x11.

10 (Wednesday)
 **MEETING - Mountaineering Section Headquarters, Vienna, VA**

8:00 p.m. Second Wednesday of every month. INFO: Tony Sanders 202/362-3819 or see PATC's website (http://www.patc.net/mtn_sect/).

11 (Thursday)
 **MEETING - Section Leaders with Club President Headquarters, Vienna, VA**

7:00 p.m. Section Leaders and Club President meeting to provide input for the Futures Group. INFO: Walt Smith (wsmith@visualink.com) 703/242-0693.

11 (Thursday)
 **HIKE - In-between Hikers Great Falls, VA**

A scenic 9 mi. hike at a moderate/fast pace. Meet at Great Falls Visitor Center at 10:00 a.m. \$4 vehicle fee. Hank Comeau (hankcomeau@aol.com) 703/451-7965.

13 (Saturday)
 **HIKE - North Chapter Link Trail, PA**

Come join us while we take a break from the Tuscarora/Appalachian Trail Series hikes and hike the 1000 Steps — the Pride of the Link Trail. This will be a difficult 8.2 mile round-trip hike with the highest point at an elevation of 2321 ft. on Jacks Mountain — an elevation change of 1723 ft. Wow! The climb to the top will give us some fantastic views of the Juniata River and its valley below. We will get to see what it was like to hike these steps like our ancestors did in their early years while quarrying the mountain. For those who purchased steps to help preserve this part of the Link Trail, let's go and check them out! There are still more steps available for purchase so if you don't own one, come out with us and find one that you like. INFO: Chris Firme 717/765-4833 after 6:00 p.m.

13 (Saturday)
 **TRAIL WORK TRIP - Massanutten Crew Massanutten Mountain, VA**

Call 5 days ahead. INFO: Wil Kohlbrenner 540/477-2971.

13 - 14 (Saturday - Sunday)
 **CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA**

Blackburn continues to grow and change before our eyes. Will you lend a hand to make this the most memorable Trail Center along the Appalachian Trail? Already we have built a new kitchen and bunk room, replaced the old roof, added huge sun-loving windows, and replaced the old porch roof. Still needed are stone work, porch extension and re-screening, the installation of crimped-metal roofing and much, much more. No special skills are needed; we offer on-the-job training. Just bring a lunch, work clothes and work gloves, your sleeping bag (if staying the night) and lots of enthusiasm. We provide the Saturday dinner and Sunday breakfast — the meal cost is shared, and is usually between \$7 and \$10 per person. Please be sure to call by Wednesday prior to the trip so we can tell the cook to buy your portion too. Reservations/INFO: Chris Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.

13 - 14 (Saturday - Sunday)
 **TRAIL WORK TRIP - Cadillac Crew Shockeyville, VA**

Shockeys Knob. Last time we prepared the trail tools and checked the trail. This time we're going to work! We're still making our way across the rock patch on the side of Shockeys Knob. Come on out and help! As a bonus, come see Fran Keenan lift car-sized rocks with one hand and place them gently by the side of the trail. Overnight at a local cabin. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Please call by March 5 to let us know

FORECAST

if you're participating! INFO: Fran Keenan (frannanc@erols.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 703/573-2261.

13 - 14 (Saturday - Sunday)
CLASS - Wilderness First Aid Alexandria, VA

This sixteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$125. Registration is limited to 25 people. See course description and print registration from <http://wfa.net/>. INFO: Christopher Tate 703/836-8905.

15 (Monday)
MEETING - Conservation Committee
Headquarters, Vienna, VA

7:00 p.m. INFO: Mary Margaret Sloan 703/807-0746.

16 (Tuesday)
MEETING - The Futures Group
Headquarters, Vienna, VA

7:00 p.m. (third Tuesday of each month). Meets to research, develop, and recommend to membership changes to PATC organization, constitution, and bylaws in order to meet challenges of the next century. PATC members welcomed. INFO: Walt Smith (wsmith@visuallink.com) 703/242-0693.

18 (Thursday)
HIKE - Northern Shenandoah Valley Chapter
Kennedy Peak, Massanutten Mt., VA

The view from Kennedy Peak is perhaps one of the best views in the whole area. Join the Midweek Stompers of NSVC on a ten-mile circuit hike up a new trail to Kennedy Peak on Massanutten Mountain. This very late winter hike should provide great views and clear weather before the Spring foliage appears. Leader/INFO: Lee Sheaffer (thumpers@visuallink.com) 540/662-1524.

20 (Saturday)
HIKE - Tuscarora Trail Series #11
Siler, VA

A moderately paced hike of 16 miles on the Tuscarora Trail west of Winchester, between Hampshire Grade Road and Gainesboro, VA. Elevation gain is 600 feet. A car shuttle is required. PATC map L. Meet at Vienna Metro, Nutley Street North at 7:30 a.m. INFO: Jack 703/339-6716 or William 703/256-6735.

25 (Thursday)
HIKE - In-between Hikers
Fountainhead Regional Park, 10875 Hampton Rd., Fairfax, VA

A moderate/fast paced 9 hilly miles. Meet at first parking lot on right off entrance road at 10:00 a.m. INFO: Hank Comeau (hankcomeau@aol.com) 703/451-7965.

27 (Saturday)
TRAIL WORK TRIP - North Chapter
Tuscarora Trail, PA

For meeting place and other details, call Charlie Irvin 301/447-2848.

27 (Saturday)
HIKE - Northern Shenandoah Valley Chapter
Northern District, Shenandoah National Park, VA

Fork Mountain Circuit, SNP. Join the NSVC for an early spring walk along one of the most picturesque streams in the Shenandoah area. We will hike up the lovely Piney Branch Trail and around the base of Fork Mountain in the Shenandoah National Park. Early spring flowers and wildlife will be visible and if time permits we will take a short side hike to the

wonderful waterfall on Piney Branch. Leaders/INFO: Al & Toni Mitchell 540/459-4366.

27 - 28 (Saturday - Sunday)
CABIN WORK TRIP - Blackburn Trail Center
Round Hill, VA

Blackburn continues to grow and change before our eyes. Will you lend a hand to make this the most memorable Trail Center along the Appalachian Trail? Already we have built a new kitchen and bunk room, replaced the old roof, added huge sun-loving windows, and replaced the old porch roof. Still needed are stone work, porch extension and re-screening, the installation of crimped-metal roofing and much, much more. No special skills are needed; we offer on-the-job training. Just bring a lunch, work clothes and work gloves, your sleeping bag (if staying the night) and lots of enthusiasm. We provide the Saturday dinner and Sunday breakfast — the meal cost is shared, and is usually between \$7 and \$10 per person. Please be sure to call by Wednesday prior to the trip so we can tell the cook to buy your portion too. Reservations/INFO: Chris Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.

27 - 28 (Saturday - Sunday)
TRAIL WORK TRIP - Cadillac Crew
Big Blue/Sleepy Creek, WV

Come help us complete the trail over Beacon at Big Blue/Sleepy Creek. Overnight at a local campground. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Please call by March 20 to let us know if you're participating! INFO: Fran Keenan (frannanc@erols.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 703/573-2261.



28 (Sunday)
CLASS - Land Navigation Class
Sperryville, VA

The first day of a three-day event featuring classroom study in the use of topographical maps and compass, with practical hands-on outdoor exercises using basic tools of land navigation. See course description and print registration from <http://webmentor.com/mwop/welcome.html>. INFO: Mike Gingerich 703/590-3188.

30 (Tuesday)
MEETING - Shenandoah Mountain
Rescue Group
Headquarters, Vienna, VA

7:30 p.m. Meet in conference room. INFO: Martin Juenge (mjuenge@rpihq.com) 703/255-5034 then press #5.

31 (Wednesday)
HIKE - Passover/Spring Break Family Hike
Central District, Shenandoah National Park, VA

Stony Man Mountain, Central Shenandoah. 5 miles. Pack your child. Suggested age is 6 months to 4 yrs. Pack lunch — eat at lookout. 2 miles per hour pace. Limit 12 participants. INFO: John Butler (JohnButler@msn.com) 301/263-0141.

PATC's website is now at:
www.patc.net

Do you Know??

Do you know? Who was the Club's first honorary Life Member?

Answer on page 17.

ARE YOU MOVING?!!

Did you know that the Post Office charges PATC 50 cents every time they let us know a member has moved? You can help save money and get information to you faster just by telling us yourself.

Please fill out the following form and mail it to 118 Park Street, S.E., Vienna VA 22180-4609. You can also call Pat Fankhauser at 703/242-0693 or e-mail her at pfankh@erols.com.

Name: _____

Effective date of New Address: _____

Old Address: _____

New Address: _____

New Phone Number: _____

BACKPACKING 101

A course for BEGINNING BACKPACKERS presented by the PATC Trail Patrol. Learn how to enjoy overnight hiking in the backcountry safely, comfortably, and with minimum impact on the environment.

Classroom instruction—Monday evening, April 12, 1999 at PATC headquarters.

Practical instruction—Saturday/Sunday, April 17 - 18, 1999, at Prince William Forest Park.

Weekend outing—May 15 - 16, 1999, location TBD.

For information, call Alexandra Lampros, 703/719-7846 weekdays, 7:00-9:00 PM.

NOTICES

NEW NOTICES

RIDGERUNNERS NEEDED ALONG THE APPALACHIAN TRAIL. Promote Leave-no-Trace principles. Four positions available in PATC territory, two in Virginia and one each in Maryland and Pennsylvania. Seasons: Memorial Day through Labor Day. 18 years or older, experienced hiker, personable, self-reliant. Need first aid certification, strong communications skills. Familiar with AT maintenance, camping experience. EOE. Send resume and cover letter by February 28. To: PATC Seasonal Programs Coordinator, 118 Park St., SE, Vienna, VA 22180. For more information contact Wilson Riley at 703/242-0693 x11 or wriley1226@aol.com.

LOST AND FOUND. Small knit "hiker doll" found on AT in Pennsylvania, south of Birch Run Shelter on South Mountain. Contact ATC Lost and Found at ATC, P.O. Box 807, Harpers Ferry, WV 25425.

SUGARLOAF MOUNTAIN. House to share on the mountain (access from Rte. 270 Urbana exit). Enjoy the mountain culture, the wildlife, and the view. Walk 10 minutes to blue trail. Drive 10 minutes to downtown Frederick. Non-smoking male/female. INFO: John, 301/253-3050.

PHOTOGRAPHS WANTED! Relieve the pages filled only with text in the PA! Please send in any photographs you take of Club events or even great views along your hikes, along with a caption or short paragraph about the picture. Photographs will be returned to you. Tips for photographs you take for the PA: Black and white is preferred, but color is fine, too. Please USE FLASH, even in daylight (it smoothes out the contrast). If you scan your photo, please scan at no higher than 75 dpi (send to bianca@moon.jic.com). Send photos to PA Editor, 118 Park Street, SE, Vienna, VA 22180 (put a piece of cardboard in the envelope to protect your photo).

VOLUNTEER OPPORTUNITIES

CORRIDOR MONITORS. Trail corridor monitors are needed in MD, VA and WV. Although the work is not as visible as other trail related jobs, corridor monitoring is no less important. Corridor monitors are responsible for the inspection and protection of lands owned by the National Park Service along the AT corridor. Corridor monitors get to explore off the trail and play detective locating property boundaries. Strong map and compass skills are needed as well as good people skills to deal with trail neighbors. For more information contact Tom Lupp at 3010-271-7340 or email at mdacent@erols.co.

FINANCE COMMITTEE CHAIR. Seeking person to oversee the financial administration of the Club to include preparing the annual budget. Reviews annual budget proposals and supplemental requests and makes recommendations to the Executive Committee and the Council. For information contact Walt Smith: wsmith@visualink.com or 703/242-0693.

A WINTER WEEKEND JOB FOR A HOME MOVIE HOBBYIST. Archives has 7000 feet of 8mm movies (some on reels, some not) of PATC activities made between 1935 and 1950 that need to be reviewed for possible transfer to VCR format. Do it at Headquarters on PATC equipment or at home. INFO: Archivist Paula Strain, 301/340-6895.

SUMMER CARETAKER JOB IN THE BLUE RIDGE. Perfect summer job for a couple who enjoy the sometimes quiet but always beautiful Blue Ridge mountains of Northern Virginia. Meet and greet hikers stopping at the Blackburn Trail Center located on the AT 12 miles south of Harpers Ferry. Duties include some light maintenance of the house, the hiker's hostel, and the camp ground. Prefer April through October stay, but dates are negotiable. Knowledge of the AT a plus. Modest stipend provided. For more information, write PATC, 118 Park Street, SE, Vienna, VA 22180. Att: Chris Brunton or call Chris at 703/560-8070.

PATC DOGWOOD HALF HUNDRED: The premier endurance hike on the east coast needs your help. Give something back to the trail by volunteering to watch a checkpoint, arrange logistics, cook, make phone calls, assemble and mail packets, or just clean up afterward. This unique trails happening WILL NOT HAPPEN in 1999 unless volunteers are found NOW! Please take one small step now to make this 50-K hike a reality. Phone Tom Johnson for additional information or to volunteer. 410/647-8554

PUBLICATIONS CHAIR is seeking person to oversee all major PATC publications to assure professional editorial and production standards. A great opportunity to use your creative mind! Works closely with the Appalachian Trail Conference, the National Park Service, the US Forest Service, the PATC Council, and the Maps Chairperson. Handles administrative requirements as well as editing and design of publications. Please contact Walt Smith: wsmith@visualink.com, or 540-678-0423.

THE PATC SHELTERS COMMITTEE is looking for trouble-please get involved and help us find it. Volunteer opportunities abound for EVERYONE. Overseers are needed for more than 10% of PATC-maintained shelters, and volunteers are sought for administrative duties and for renovation and construction trips. This dormant club function will set an active and vigorous pace in 1999 and will provide a mark that other Trail Maintenance Organizations will strive to meet. Committee meetings will be held monthly on the third Wednesday of the month (see the Forecast) and are open to anyone ranging from the rabidly interested to the morbidly curious. Club members in good standing may vote on any raised issue, non-members are free to participate in an advisory capacity. For information, or to satisfy your Shelters Cravings, contact George Still at (703) 425-3884 or email at "Still2@aol.com".

DEAF TRAIL WORKERS. PATC's Massanutten Crew has an interpreter who will volunteer her time if there are deaf members who want to maintain trails with us. We work the second Saturday of the month. Call a week ahead so that we can send our usual newcomer material about what to expect on a work trip. Interpreter: Kelli Watts 202/543-4618 (tty). Crew leader: Wil Kohlbrenner: 540/477-2971 (relay).

PATC MEDICAL COMMITTEE Looking for Help Newly-appointed medical committee chair for PATC needs assistance with computer presentations for wilderness medicine classes. Will work at PATC HQ in Vienna. No equipment needed - just some time and expertise with computers. Call Dr. John McNamara at 703/528-4519.

NOT INTERESTED IN WORKING OUTDOORS? PATC has a continuous need for Headquarters Volunteers willing to help out with a variety of tasks — from manning the sales desk in the evening, to providing typing or office support. It takes a lot more than trail workers to keep the Club going! INFO: Wilson Riley (wriley1226@aol.com) 703/242-0693, Ext. 11.

PATC OVERSEERS get BIG discounts from the following merchants who support our volunteer programs: -Blue Ridge Mountain Sports (Charlottesville/Tidewater)-20% -Hudson Trail Outfitters (DC Metro Region) 15% -The Trailhouse (Frederick, MD) 15% -Casual Adventures (Arlington, VA) 10% -Campmor (Mail Order via PATC HQ) 10% Check the back page of the PA for the latest trail, cabin, and shelter overseer opportunities. And 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.

SHENANDOAH MOUNTAIN RESCUE GROUP (SMRG) is seeking people interested in wilderness search and rescue. New member orientation meetings are held every month at PATC headquarters. NO EXPERIENCE IS NECESSARY. INFO: Martin Juenge 703/255-5034, then press #5.

TOOL ROOM VOLUNTEERS NEEDED to help sharpen and maintain tools at PATC Headquarters. INFO: Pete Gatje 703/242-0693 x13.

THE INTERNET SERVICES COMMITTEE is searching for an individual interested in doing two small video authoring projects for the PATC website. The goal is to develop two short streaming video movies that will appear on PATC's opening page. Interested individuals should have a video camera, computer, and video authoring tools that produce content that can be viewed without external plug-ins (such as Real Audio G2). Contact Andy Hiltz (hiltz@mindspring.com) 703/764-0121.

HIKING VACATIONS

DISCOVER THE LAKE DISTRICT IN ENGLAND. An invitation to fellow PATC members. Come and enjoy a leisurely guided hiking and sightseeing holiday in this beautiful corner of England. It is an area of outstanding natural beauty - land of Wordsworth, lakes and mountains. For more details contact Derek Teasdale on DTeasdale1@aol.com or write to 25 Queens Drive, Whitley Bay, NE26 2JU, England (tel 0191-2520752) Call John Mason at 703-450-5009 for local reference.

MISCELLANEOUS

THE PATC WEBMASTER MAINTAINS A SPECIAL "MEMBER'S ONLY" EMAIL LIST. The list is used to distribute special information of interest to the PATC membership, special volunteer opportunities that miss the regular issues of the Potomac Appalachian, and other items of note. If you'd like to be added to the list, send an email to PATC Webmaster Andy Hiltz (ahiltz@idsonline.com), and you'll be included following membership confirmation.

THE PATC STORE would like to ask our members for their opinion. We would like to have your suggestions as to what you would like to see available for sale in our store. You can send your suggestions to the PATC Headquarters to the attention of Maureen Estes, Sales Coordinator. We appreciate your feedback and hope to receive some helpful suggestions.

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. PLEASE let us know when your notice is no longer applicable.

The Year 2000 Hits the Trail The Millenium Trails Program

The Millennium Trails program will recognize and promote trails to “honor the past and imagine the future.” The Clinton administration has directed the Department of Transportation, the USDA Forest Service, and the U.S. Postal Service to develop partnerships with several nonprofit organizations including Rails-to-Trails Conservancy and American Hiking Society to lead the effort. In honoring trails and the trail legacy, the administration will highlight 12 “nationally significant trails on public lands.” These will be “large, visionary projects that allow people to walk or bike to national wonders, trace historic canals and commercial routes, or commemorate trails of discovery and migration.” The Millennium Trails Council will also select 52 “Millennium Legacy Trails,” one from each state plus the District of Columbia and

Puerto Rico. And 2,000 local trail projects will be recognized as “Community Trails 2000.” Each trail will receive a special Millennium Trails marker and be promoted on the MT website. In addition, some of the trail projects will receive funding.

Although it is unclear as of this writing how the funding process will work and what the criteria will be for funding, the DOT has already asked the state governors and their trail councils to apply for MT projects as part of their annual funding process. The budget for the program is \$5 million, with \$1 million going to administration and \$4 million going to trails and the “campaign.” The funds will come from existing programs within the recently passed highway bill, “TEA-21”.

As the national sponsor of NTD, American Hiking Society is advising trail organizations to develop a proposal and submit it to your state trails council specifically for the MT initiative, and then follow-up with phone calls and visits to the governor’s office. There will be much competition for the funds, and the more they hear from you the better your chances. Be sure the proposal ties the project to some historic or cultural aspect of the trail. Or give a reason why the project is a link to the future (creates a recreational asset that families will be using for the next hundred years, protects trail lands in perpetuity for future generations, etc.). For more information about the project, call Terry Cummings at American Hiking, 888/766-4453 ext. 121, e-mail: ahsterry@aol.com, or Jeff Olsen at 202/366-4045, e-mail: trails2K@aol.com. □

—Terry Cummings

Winter Hiking, from page 1

you are in the mountains during the winter, the wind always seems stronger and colder on the top of the mountain. Protection against the wind can mean the difference between an enjoyable hike and misery.

Since we now have the torso warm and dry, unless you are Venus deMilo you have a few other concerns about warmth, specifically your head, feet, and hands. Your head can be one of the major sources of heat loss and your ears will protest painfully if they become too cold. A warm fleece or wool hat that covers your ears is a necessity on all but the warmest winter days. A hat with a brim coupled with a fleece headband protects the eyes from the sun’s glare while keeping your ears warm. For extremely cold weather a fleece neck warmer helps to keep your neck mouth and nose warm and dry and can easily be rolled down when those parts become too hot.

Everyone can remember how cold and numb your hands can get when not covered by gloves. Cumbersome gloves impede the use of your hands during scrambles and steep ascents where you need your hands for balance, but your hands only need a thin covering. I like to have free movement and feeling of my hands while I’m walking, and I’ve found that for all but the coldest weather fleece fingerless gloves keep my hands warm. An inexpensive pair of cloth work gloves with the fingertips cut out are a satisfactory alternative. The one problem with fingerless gloves is that any time you are in snow

any advantage you gain in grip is lost in finger numbing chills. For snow, a full fingered, preferably waterproof glove is desirable.

Last but certainly not least are the feet. Your feet are in the unenviable position of having to put up with winter weather at its worst. I prefer a good hightop boot for my winter hiking, because it can stand up to harsher conditions and give greater support. I am also a firm believer in Gore-Tex, however, any waterproofing will do-check your waterproofing before going out in snow and mud! Gaiters can extend the water and cold protection of your boots all the way up to your knees. This is a great comfort if you experience deeper snow than you anticipated.

The Joys of Winter Hiking

Winter hiking is different—shades of brown dominate the forest, and the plants that stay green add an elegant touch to this seemingly lifeless and dormant world. Without snow the trail is often littered with leaves that give that unmistakable crunching sound when you walk. Animals are rarer during the winter but still present and even more of a joy to see. For some reason views are even more spectacular during the winter than at other times of the year. Part of the reason is of course that the air is simply clearer in colder weather. Hiking also is more of an effort and less shared than during warmer weather.

Snow, while it poses hazards, is a world unto itself. There is something magical about hik-

ing through the woods during a snowfall. The area takes on a new look as every thing is slowly covered in white. What little sounds there are in the woods are muffled even more by the encompassing blanket of white. The enveloping whiteness gives the forest a new serene and more peaceful feeling. It seems that everything stops. But in fact nothing stops! While snow gives you the sensation of quiet stillness, snow actually is one way that the forest reveals its hand to those who go and look for it. In the blanket of white, anything that moves leaves a mark. Animals that you never or rarely see reveal their routes and habits.

Frozen water creates a fantasy world of its own. Ice, of course, stands still, but to see a waterfall stand in place or what once was just a wet rock become an ice palace is a sight to behold. Ice reveals the hiding places of water in the forest. Ice crystals shoot out of loose earth, cracks in rock are filled to overflowing with ice, and ice sickles drip off of all nearby trees. Ice can distort light that filters through the forest giving the whole area a glitter feel. Finally, ice makes streams even more interesting as it alters it flows and locks up the more shallow stagnant areas of the stream.

Get out there and enjoy the winter.

As always LEAVE NO TRACE. □

—Lee Sheaffer,

reprinted from the winter '99 Northern Shenandoah Valley Chapter Newsletter.

PATC Presidents - the Historical Lineage

The top volunteer job in PATC is the president. When the Club was formed in 1927, its first president was a Maine lawyer named Myron Avery, who had just moved to Washington to work at the U.S. Maritime Commission. In 1931 he also became ATC chairman, and in the ten years in which he headed both ATC and PATC, it was difficult to tell where ATC left off and PATC began. Here is the lineage:

Myron Avery	1927-1940
Lawrence F. Schmeckebier	1941-1946
Egbert Walker	1947-1948

Victor A. Howard	1949-1950
Fred Blackburn	1951-1954
Lawrence Gage	1955-1956
Wallace H. Walker	1957-1958
Dorothy M. Martin (Mason)	1959-1961
Grant Conway	1962-1964
Ruth Blackburn	1965-1967
John Oliphant	1968-1969
Paula Strain	1970-1971
Edward Garvey	1972-1973
Robert O. Wolf	1974-1975
Raymond Fadner	1976-1977
M. Scott Johnson	1978-1979

William E. Hutchinson	1880-1982
Jack S. Reeder	1983-1985
Warren C. Sharp	1986-1989
Phillip Barringer	1990-1991
Jack S. Reeder	1992-1993
Charles Graf	1994-1995
Sandra Marra	1996-1998

In November, Walter Smith was elected the 23rd president of PATC. □

—Tom Johnson
with assistance from Paula Strain

“Reinventing Education” with the PATC Website

In December 1998, the PATC website was selected by the West Virginia Public Schools as a reference site for their “Reinventing Education” program. The program, a partnership between the West Virginia Public Schools and IBM, seeks to provide an online instructional development environment that supports the West Virginia Reinventing Education Model.

PATC’s write-ups on “What happened to the Virgin Forests of West Virginia”, additional information on early Native Americans in the region, and other West Virginia resources earned it a place in the program. Congratulations Andy Hiltz and the Internet Services Committee! □

Help Get Money to Promote Trails!

ATC Announces 1999 Outreach Grants Program

This, year, for the sixth year running, the Appalachian Trail Conference will fund grants for outreach programs for trail-maintaining clubs. So what is an outreach grant? It is one that provides trail-related opportunities for youth groups (with emphasis on at-risk groups), inner-city residents, senior citizens, minorities, people with disabilities, and other “non-traditional” groups. Over the past six years, PATC has obtained funding for three

events, all targeted at youths with disabilities. So we KNOW it can be successful.

This year’s deadline is April 1. If you have a good idea for such a program, but lack the wherewithal to get it started, call Tom Johnson (Vice President for Volunteerism) at 410/647-8554, e-mail him at johnts@erols.com, or reach him at his box at PATC headquarters. But don’t delay—time is short. □



The largest black bear ever recorded in the Great Smoky Mountains National Park was shot by a poacher in early December on the Tennessee side of the park. The four- to eight-year-old bear weighed 620 pounds (versus an average weight of around 300 pounds for adults) and measured 89 inches from nose to tail. He was discovered by a ranger about 110 feet inside the park. The bear was a longtime garbage scavenger with no record of causing trouble. The poacher, found hiding in the woods near the bear, was charged and released on \$1,500 bond. He faces a maximum penalty of six months in jail and a \$5,000 fine. He may also lose his hunting privileges and be barred from the park. (from “Record-sized bear poached in Smokies” in the December 11, 1998 *Asheville Citizen-Times*)

—news items compiled by Lynn Witwer

'99 ATC to Meet in Roanoke

The 32nd meeting of the Appalachian Trail Conference membership will include eight days of hikes, excursions, workshops, and entertainment for the whole family at Radford University in Radford, Virginia—along I-81 south of Blacksburg in central and southwest Virginia.

“The Appalachian Trail, An Inspiration for Generations” is the theme of this conference, which begins Friday, July 9, 1999 and will be hosted by eight clubs with Trail sections in Virginia: the Old Dominion AT Club, Tide-

water AT Club, Natural Bridge AT Club, Roanoke AT Club, Outing Club at Virginia Tech, Piedmont AT Hikers, Mt. Rogers AT Club, and Tennessee Eastman Hiking Club.

The featured entertainment will be singer/storyteller John McCutcheon. The sponsors also will conduct a silent auction for the benefit of the Appalachian Trail Conference, with half of the contributions to be earmarked for general operations and half for the Trust for AT Lands program. The general meeting of the Conference will be held on July 10, with

reports from ATC officials and major agency partners and the keynote address, followed on July 12 by the biennial business meeting and elections of ATC officers and members of the Board of Managers who will serve for the next two years.

Full details on the conference, chaired by V. Collins Chew of the Tennessee Eastman club, will appear with registration materials in the March/April edition of the *Appalachian Trailway News*. □

—Terry Cummings

Beneath The Blue Shadows—A Tribute to Shenandoah National Park

*Beneath the blue shadows,
Rain lingers on hemlock branches
And snow-chilled waters lay lifelines down the mountainsides.
Wildflowers shyly emerge from trees past
And salamanders scurry to the water's edge.
Beneath the blue shadows
There is no beginning and there is no end;
Only circles of change.
Beneath the blue shadows,
Fog gently embraces me
As I walk softly on the moss-covered ground.
I breathe deep and my lungs welcome the bitter air,
Like a soul misplaced for ages gone by.
Beneath the blue shadows,
The mystery of the mountains is clear to me;
For I am at home and my heart has found peace.*



In the heart of the Blue Ridge, soft hazy blue mountain peaks rise between the Shenandoah River and the rolling Virginia piedmont. This is Shenandoah country—a land of sloping hillsides, small towns, farms, underground grottos and mysterious mountains.

While the agriculturally rich lowlands remain privately owned, the rougher mountain terrain is designated as Shenandoah National Park. For me, the parklands are the heart of Shenandoah country. Not only can one explore the wildness of the mountains, but one is almost always reminded of the valley below.

I began my exploration of this land as a child, traveling on weekends to my family's hometown of Harrisonburg in the middle of Shenandoah country. Since then, I have explored almost every inch of this land, either by foot or by car. Residing in a small suburb of Baltimore and only 100 miles from Shenandoah, I continue to return to this area season after season. It has almost become a second home.

A Unique Skyline Drive

The National Park was established in 1935. It is unique in that a 105-mile scenic highway, Skyline Drive, runs the length of the park. In addition, 500 or so miles of hiking trails traverse the terrain, including 95 miles of the Appalachian Trail paralleling Skyline Drive on the journey from Georgia to Maine.

Even though Skyline Drive can offer spectacular views, the wonder of this land is best appreciated off the beaten path. The central section has always been my favorite—for it boasts the highest peak, the wildest waterfalls and oldest forest. Shenandoah is an Eastern deciduous forest that is home to hundreds of tree, bird, plant and wildlife species. There are some 30 streams and 17 named waterfalls. The face of the land has gone through many changes since man arrived—and will probably continue to do so. However, the spirit of the land remains constant. I spend my favorite days backpacking along Jeremy's Run, writing beside Doyle's River Falls or scrambling over rocks for a 360 degree view from Bearfence Mountain.

Continued on the next page

Beauties Of The Park

The first Europeans settled the mountains in 1716. One can still hike to old homesites, mission ruins and cemeteries. However, the mountains hold memories from long before man first stepped on this ground. The mountains of Shenandoah are older than the Rockies or Sierras. They were formed billions of years ago from granite and metamorphosed volcanic rock. Wind, rain, and time have worn away many ancient ridges exposing basement granite. Hiking Old Rag Mountain is an exhilarating trip back in time. Hawksbill Mountain reveals slopes of greenstone, formed from volcanic lava. Surges of lava also formed a mountain meadow on Stony Mountain. Today, it is better known as Big Meadows and hosts a plethora of wildflowers, amphibians and wildlife.

The weather in Shenandoah is as mysterious as the mountains themselves. Oceans of fog can engulf the forests suddenly as air masses attempt to cross the mountain ridges. The temperature can quickly drop, then rise again. Spring bloom begins in April with a sizable wildflower collection. My favorites are the pink and yellow lady's-slipper orchids, bicolor birdfoot violets, purple clematis, hepatica and a parade of others. Summer brings the arrival of newborn fawns and birds. Fall settles in with the ever-popular show of color.

Winter is a special time in Shenandoah. Gone are the crowds and cars as the snow settles peacefully on the land. I become lost in the wonder and mystery of these mountains. From the valley of Thornton Gap to the peak of Hawksbill, it is a land of cycles and change and of survival and rebirth. Shenandoah is said to mean "Daughter of the Stars." For on a peaceful night, one can lie on a mountain ridge and almost touch her namesakes in the distant sky above. It is a land that nurtures all who find refuge there. It is a land in which I am constantly humbled and awed. Beneath the blue shadows, Shenandoah is truly God's country. □

—Pam DeVier

Answer:

Charles (Charlie) P. Thomas was presented with the Club's first Honorary Life Membership at the Annual Meeting, August 1946 "for continued conspicuous service in promoting the objective of the Club." Charlie is remembered by old-timers for creating a trail over Doubletop Mountain in SNP during 1936-1938; for the coffee he made at the end of a hike; for his carpentry skills in cabins, shelters, and HQ; and for cooking support during the Justice Douglas hike in 1954.

Donations

Our heartfelt THANK YOU to those members who have given additional donations with their dues renewal fee to the individual funds listed below. Our mission of protecting the Appalachian National Scenic Trail and side trails throughout Virginia, West Virginia, Maryland, and Pennsylvania, is assured through generous donations from you. It also helps greatly to insure that these protected trail lands can be enjoyed by future generations.

Donations received in December

Funds: G - General; T - Trail Lands; S/C - Shelters, Cabins, Cabin Lands; HQ - Headquarters Capital Repair; E -Endowment

Anonymous	G	Michael Mull and Kathryn Quigley	
Capital Hiking Club	T	In honor of John and Janet Bailey	T
Steve and Jill Dryden	T	John Restall and Mary Lee	T
Michael B. Fraser	E	Roger E. Sheffer	G
Barbara A. Heazel	T	Penny Wald	G
Donald I. Hirschfeld	G	Jane Washburn	
Robert L. Humphrey	S/C	In honor of Anne Eggers	G
William Hutchinson	T	Katrinka L. Westendorf	T; S/C

A brief note about DUES RENEWAL NOTICES. The expiration date on your membership card reflects the month in which I generate the dues notices. Your membership will not expire exactly on the date shown, but it will shortly thereafter if the dues notice remains unpaid after that month. I normally generate the dues notices sometime after the 10th of the month, so please be patient if you think your membership has passed the expiration date. If it passes a couple of months, then please contact me as there is a problem we need to correct.

—Pat Fankhauser, Membership Coordinator

Cabin Tip of the Month

Family-oriented cabins seem to have a generous supply of big wash basins. We pick one to do duty as the "wash station." We put it in an outdoor (a must if kids are using it, too!) spot all family members can reach, which means Mom and Dad bend over, pour in an inch or two of water and leave the jug next to it for easy refills. Then we produce the pump-version-anti-bacterial-hand-soap, and set it next to the basin and find a clean hand towel to complete the set up. The whole trip kids and parents both rinse off hands and sweaty faces dozens of times a day! When the water is dirty, we dump it and refill. Cooks love being able to rinse off hands, too. The wash basin comes in very handy! □

—Nancy Merritt

Trail-hater alert: the 105th Congress adjourned without the House having passed the National Discovery Trails Act of 1998 (HR588). Congressmen Don Young and Jim Hansen would not allow the bill to be brought to the House floor for a vote. Congressman Richard Pombo, who represents California's Stockton and Sacramento areas, succeeded in getting two amendments added to the bill that would have made it effectively impossible to implement the bill and create new National Discovery Trails. Pombo is the self-described "leader of the property rights movement," and has made it clear that he hates trails. (from the *Appalachian Hiker*, newsletter of the Tidewater Appalachian Trail Club)



Trailhead

As you read Trailhead in the cold, dreary days of February, you should reflect on the delightful, clear, colorful, sixty-degree days in October and November when it was such a pleasure to be outdoors working the trails. Although most of the trail maintenance and crew work has stopped for the winter, now is a good time to hike some of those trails you have been interested in but never hiked or return to some of your favorite trails. Most trails have a distinctly different character depending on the season. Winter offers extended visibility, since views normally blocked by foliage are clear.

Volunteerism

This month's issue of the *Potomac Appalachian* has been dedicated to the subject of volunteerism. PATC has changed greatly in many ways since it was founded by a handful of people over 70 years ago. Back then, everyone knew everyone else, and, until recently, they at least knew someone else, since they could not have become members of the Club if they didn't!

With the elimination of the sponsorship requirement, it has become more common to see folks surfing in off the Internet and signing up as PATC members in record numbers, albeit rather anonymously. Although this might be great for building mailing lists and a database of potential financial donors, one has to wonder how the recent trends will relate to the volunteer traditions upon which the Club was founded.

New members are given an opportunity to check off their interests on the application form. While these interests are sorted out into computerized lists that are given to district managers, chapter presidents and others, people are often busy, so follow-up calls might not always result. The best way for new members to become involved in the trails program is to attend one of the newcomers meetings that are scheduled on a regular basis and announced in the Forecast. Try to become an active member of one of PATC's local chapters, interest sections, or work crews. Most of these activities are still relatively small and do a good job of recapturing what the Club must have been like during its early days.

Although the hard core of trail work is often thought of as maintenance and construction,

this might not appeal to everyone. In fact, the whole PATC trail system is supported by a surprising array of people who answer telephones, do research for our excellent trail maps and guidebooks, maintain the cabins and shelters, etc. If an inside job is really more your cup of tea, we have those as well.

PATC does differ from the average hiking club in its dedication to trail maintenance. There is certainly room for both kinds of folks in the trails community. But after gypsy moths, hurricanes, and ice storms pass through, and trails on private lands are lost to developers, people begin to appreciate what it takes just to keep a trail system like ours in existence.

"After gypsy moths, hurricanes, and ice storms, people appreciate what it takes to keep our trail system in existence."

Crusher Ridge Cleared

On December 12th, the Blue and White Crew tackled the last remaining pocket of damage from the Great Ice Storm of '98 in the Shenandoah Central District. The damage had not been previously noted, since it was on the Crusher Ridge Trail, which does not get a great deal of hiker traffic. The Crew turned out 13 folks, including 6 recently certified chain sawyers and cleared the trail from top to bottom. We were honored by a brief visit with Mr. Darwin Lambert, the first employee of SNP, who thanked the Crew for helping make the trail hikeable again. After work on Saturday, the Crew retired to the Conley Cabin for dinner and fireside banter. Our Sunday project, an AT rehab project near Swift Run Gap, was postponed due to some much needed rain. As of this writing, the Blue and White Crew is planning a January outing to the Powell Mt Trail (and the Firestone Cabin) where we'll do some trail maintenance and bid farewell to our previous leader and good friend, Anneliese Ring.

Cadillac Christmas

The Cadillac Crew celebrated another productive year at their annual Christmas Party at PATC's Highacre House in Harpers Ferry. Absentee crew chief Don White was able to fly in from Atlanta and attempted to motivate the crew to higher achievements.

Crewmembers checked the Christmas scene in Harpers Ferry and attempted to complete last minute shopping. After a hike of the Maryland Heights Civil War historical sights, Becky Creighton's delicious turkey dinner and Lloyd MacAskill's gluhwein completed a joyous occasion. Weather permitting, the crew plans to revisit Highacre in February to help Pat Fankhauser do some landscaping and prepare the grounds for spring.

Chainsaw Certification

This past November, chainsaw instructors CT Campbell, Roger Dovel, Don Harvey and Charlie Ruducille certified George Walters, Kerry Snow, Charles Hillon, Patrick Stark, Bill Spach, Dan Dueweke, Hal Hallett, George Swett, John Hebbe, Mike Ritoli and Chris Tejirian as ATC sawyers. Previously tested and certified sawyers include Jon Rindt, Rufe Harris, Bill and Tina Beckett, Bernie Stalman, Lloyd Parriott and Robin Watson. These are the first certified ATC Chainsaw Operators that are allowed to "buck" blowdowns in the SNP under the new ATC criteria.

Heidi Forrest reports that SNP may be cutting back on the number of chainsaw classes from once a year to every other year. Tentative date for the next SNP chainsaw class is April 17-18 this year. Pinnacle Research Center will be used for the overnight accommodations. Since applicants usually exceed the spaces available, a registration fee may be required to reduce no shows, and if the fee is not received by the cut off date, those on the waiting list will be offered an opportunity to attend the class. Priority will be given to SNP trail overseers. Additional priority will be given to SNP overseers who operate chainsaws but did not attend the 1997 or 1998 classes. Overseers with chainsaw experience and willing to cut blowdowns on other trail sections will have second priority.

Anyone who has operated a chainsaw in the Park and has not gone through the 1997 or 1998 classes and been certified by the Park staff in the field will not be allowed to cut in the Park after this spring's class.

Please send any interesting tale, technical advice, individual or group accomplishments, and trail maintenance questions to Trailhead, c/o Jon Rindt, 7861 Colonial Village Row, Annandale, VA 22003 or to jkrindt@erols.com □

Winter Stresses on Animals and Plants Part I

The stresses of winter are upon us. Life isn't so bad for us humans, since we've pretty well mastered how to modify our environment to our advantage. The rest of the natural world doesn't have it so good.

The stress on plants and animals in the winter is usually founded, not so much by the cold itself, but by the lack of available food or water. Animals have three basic strategies for surviving the rigors of winter: migrating, hibernating, and developing resistance.

Migration and hibernation are very costly strategies. A majority of animals have had to evolve their own methods for dealing with the cold, and, since evolution hasn't seen fit to work flying plants into the master plan, plants can only respond with their own form of hibernation or dormancy.

Through genetic mutation, time and the dynamics of the physical habitat, all of nature's life forms have evolved their own adaptations to winter that enable them to survive.

This month, I deal with plants, insects, and amphibians.

Plants

In the case of plants, the roots obtain nutrients and water from the soil through osmosis in a watery solution at the root-soil interface. These nutrients and water eventually work their way up to the leaves and are used in the leaf chloroplasts for the production of food through photosynthesis. When the soil is frozen, this uptake can't occur, resulting in conditions much like a desert. From the plant's perspective, winter is an extended drought, and maintaining a favorable water balance is critical to a plant's survival.

Some plants avoid winter stress altogether through the strategy of producing seeds in the fall and then dying (annuals like impatiens and smartweeds). Others allow all of the above-ground plant parts to die back in the fall, storing much of next year's food in a

dormant underground root system (herbaceous biennials such as mullein or Queen Anne's Lace or herbaceous perennials).

Our deciduous trees meet this seasonal challenge by dropping their leaves, which, without the nutrients and water normally obtained through the roots, cannot conduct photosynthesis and otherwise are a source of water loss through transpiration and evaporation. Many evergreen plants conserve moisture by having narrow leaves (needles), covered by a waxy cuticle.

Broadleaf evergreens, like rhododendrons, will curl their leaves in cold periods to help prevent moisture loss from the stomata located on the leaves' undersides.

Although most plants are dormant this time of year, some have evolved to take advantage of winter conditions. For example, skunk cabbage will bloom in January (or earlier in mild winters). The flower, through respiration, generates its own heat, literally melting its way through the frozen soil.

Insects

In the insect world, most of the species have entered a dormant period called diapause. Such a state of dormancy can be entered into during any period of stressful conditions, including dry, hot, or wet seasons. Many insects will seek refuge by burrowing down into the ground, others will enter wood, and others will just find a protective site under a rock or piece of bark. In the case of our native species of bumblebees, hornets and wasps, only fertilized queen bees will survive the winter in rotting logs or under rocks.

Overwintering spider egg sacs contain hundreds of spiderlings, with the strongest and largest surviving by cannibalism. Aphids give birth parthogenetically (females giving birth without male mating) to live young in the summer, as do many hymenoptera insects, including ants and bees and our hemlock woolly adelgids, but lay eggs instead in late fall to remain in a state of diapause for the winter.

We are all familiar with the 2,000-mile migration of our monarch butterfly, which travels from as far north as Ontario to a small 30- to 60-square-mile region in central Mexico. But migrations of a lesser distance are known among two of our common anglewings species in the brushfoot family: the question mark and hop merchant. Both of these spend their summers in Canada and the northern United States and migrate hundreds of miles to eastern and southern sites in the United States, including our local region. Although nonmigratory, two other Appalachian anglewings, the green and gray commas, also overwinter as adults.

Only one other species, the mourning cloak (in the tortoise genus of the brushfoot family), is known to overwinter as an adult butterfly. The mourning cloak is perhaps the longest-living adult at 10 to 11 months, with adults emerging in June or July. Take a hike in late winter and pay attention to the warm sunny sides of tree trunks for these basking winter surprises.

Amphibians

Amphibians and reptiles exhibit a range of winter adaptations. Many seek deeper soil, well below the freeze line, like the terrestrial red-backed salamander and toads. However, the tiger salamander not only tolerates cold temperatures but will seek water bodies as early in the year as the first week of January to breed (remember the 70-degree temperatures of the new year just two years ago?).

Tiger salamanders will migrate over snow and ice to get to their breeding pool and can even be seen swimming under the ice. The advantage here is to have large larvae by the time the spring crop of other salamander eggs (like spotted and Jefferson) hatch, providing ideal food for the larger tiger salamanders. Of course, the fall broods of marbled salamanders have the same advantage over the mid-winter tiger salamander young.

Cold tolerance is characteristic of the seal and southern two-lined salamanders, members of a group of amphibians called streamside salamanders. They are active nearly all year long and can be found even in the coldest times of the winter just under ice-covered rocks.

See Winter Stress, page 20

Volunteers - Appointed in December

Trail Overseers

Regina Roe

Rebecca Swinehart

Carol & Bill Jones

Timothy Young

Tuscarora Blue South - Glass House to Elizabeth Furnace

Tuscarora Blue South - US 340 to the SNP boundary

Sunset Rocks Trail

Dead Woman Hollow Trail/The Blueberry Trail

TRAIL OVERSEERS WANTED

Trail Overseer Openings December 29, 1998. Contact the District Manager for the region that interests you.

VIRGINIA SOUTH AT & BLUE-BLAZE (Maps # 8 & 9) NEW AT SECTIONS

[CALL ED MCKNEW AT 540/622-6004 or
E-mail emcknew@aol.com]

Appalachian Trail

Ashby Gap to Second Logging Road (creek crossing) [1.7 miles]

Appalachian Trail

Pipeline to the Davenport Meadow [1.2 miles]

Appalachian Trail

South end of the waterline to Bear Hollow Creek [0.9miles]

Appalachian Trail

Bear Hollow Creek to Route 522 [0.8miles]

SNP NORTH BLUE-BLAZE (Map #9)

[Call Bernie Stalman at 301/725-8876 or
E-mail: Bstalman@aol.com]

Dickey Ridge Trail

MP 2.1 to Snead Farm Road [2.60 miles]

Tuscarora Trail

SNP Boundary to Thompson Hollow Trail [2.30 miles]

Elkwallow Trail

Mathews Arm Campground to Elkwallow Wayside [2.00 miles]

SHENANDOAH SOUTH BLUE-BLAZE (Map #11)

[CALL LOIS MANSFIELD at 804/828-0476 or
E-mail: lem@Virginia.edu]

Gap Run Trail

Rte. 638 Access Trail to the Rocky Mount Trail
(lower end) [.8 miles]

MASSANUTTEN NORTH (Map # G) [

CALL DAVID & NANCY CAREY at 703/538-2418 or
E-mail: nancyc@his.com]

Massanutten Mt. East Trail

Scothorn Gap Trail to Waterfall Mountain Trail [3.4miles]

Massanutten Mt. East Trail

Waterfall Mountain Trail to US Rte. 211 [1.0 mile]

MASSANUTTEN SOUTH (Map # H)

[CALL BILL SCHMIDT AT 301/585-2477
or E-mail: weschem@gwis2.circ.gwu.edu]

Massanutten Mountain South Trail

TV Tower Road (FR375) to Pitt Spring [3.4 miles]

Massanutten Mountain South Trail

Pitt Spring to Morgan Run Trail [3.3 miles]

Morgan Run Trail

Cub Run Rd. to Massanutten Mt. South Trail [1.4 miles]

TUSCARORA BLUE - SOUTH (Maps # 9, F, G & H)

[CALL RICK RHOADS AT 703/239-0965 or E-mail:
RTRhoades@aol.com or rick.rhoades@leadscorp.com]

Tuscarora Trail

US 340 to SNP boundary [1.10 miles]

Tuscarora Trail

Glass House Trail to Elizabeth Furnace [2.20 miles]

Winter Stress, from page 19

The champions of cold tolerance are wood frogs and tree frogs (spring peepers, eastern gray tree frogs and upland chorus frogs). The wood frog, whose range extends from the Smokies to north of the Arctic Circle, is well known for its ability to be frozen in an ice cube and, after the ice melts, hopping away uninjured. In a situation analogous to the evergreens noted above, the wood frog sur-

vives by increasing blood sugar levels up to 200 times normal concentration. This glucose acts like an antifreeze so that temperatures just below freezing can be tolerated.

However, temperatures much below freezing will cause ice to form in the body of the frog. By removing water from the interior of cells to the body fluids (and dehydrating the vital organs), the intercellular fluids can freeze to

the point where the frog's body fluids are up to 70 percent frozen. Other types of tree frogs have been shown to tolerate temperatures as low as 21 degrees and freezing of over 50 percent of their body water.

Next month, I discuss reptiles, birds, and mammals. □

—Robert Pickett

POTOMAC APPALACHIAN

(USPS-440-280) © 1999, Potomac Appalachian Trail Club, Inc.

Published monthly by the Potomac Appalachian Trail Club, 118 Park Street, S. E., Vienna, VA 22180.

Periodical class postage paid at Vienna, VA. Postmaster: Send address changes to Potomac Appalachian Trail Club, 118 Park Street, S.E., Vienna, VA 22180.

Subscription: \$6.00 annually; \$.50 single copies.



The Potomac Appalachian

118 Park Street, S.E.
Vienna, VA 22180-4609

Telephone: 703/242-0315
Mon.-Thurs. 7:00 p.m. - 9:00 p.m.
Thurs. & Fri. 12:00 noon - 2:00 p.m.

Periodical
Postage
PAID
Vienna, VA