



The Potomac Appalachian

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

Volume 29, Number 4
April 2000



T r a i l w o r k



A Trail For All Seasons

To the itinerant out-on-a-lark dayhiker, a trail is a timeless and indestructible pedestrian conveyance from point to point. It exists by virtue of its direct route to a destination, having been beaten down over the decades by animal and human traffic. It is sustained by use, the encroachments of forest undergrowth being kept at bay by the bombardment of boots, hooves, and paws.

To the stodgy and stoic Overseer, a trail is a

fragile ecosystem that needs constant care. It is a path carefully constructed to provide access without unduly disturbing its natural setting. It is a garden of wildflowers, a clutch of ferns, a byway for man and beast. It is a part of the forest, the trees standing sentinel with overarching canopy to shield the sun and mitigate the rain.

I suppose there are as many reasons for being a trail Overseer as there are trails, as both are

genetically unique (the one zoological, the other botanical). But there is a singular *raison d'être*. It is the simple pleasure of familiarity, to know every rock, every stump, every turn in every season and in any weather. It is to know that it is your trail and that it depends on you just as much as you depend on it, a symbiosis of the spirit and the sycamores, a union of the will and the wild bergamot.

See Trail, page 5

Prevention of Lyme Disease

Lyme disease is one of the dangers in the minds of hikers these days and indeed of anyone who ventures into the outdoors for any length of time. Lyme disease, or Lyme borreliosis, is caused by a bacteria that is transmitted by the bite of Ixodes ticks, more commonly known as black-legged or deer ticks. These ticks can be found in nearly every part of the United States but are particularly common in the Northeast, upper Midwest, and the Northern Pacific regions of the country. Contrary to what many believe, the disease is not carried in nature by deer or other large mammals—it is most often found in the white-footed mouse. Deer, however, are important in the transmission of the disease, because they serve as the major food source for adult ticks.

What does Lyme Disease Do?

Lyme disease can affect many vital systems of the human body. Infection of the joints and tendons can cause disabling arthritis. In the nervous system, severe shooting pains and even paralysis can result from the bite of a disease-infected tick. Lyme disease also can cause extreme slowing or even complete stoppage of the heart muscle. Clearly, this is a disease to be avoided, but how best to do that continues to be a point of debate.

Lyme Prevention— Start with your Clothes

There are about 15,000 cases of Lyme disease reported annually in the United States. Obviously the first thing to do to avoid becoming another victim is to stay clear of ticks in the first place. However, limiting your exposure to tick-prone areas is not always easy or even possible if you enjoy hiking and camping. Staying away from tall, grassy fields is a good idea, as is avoiding rodent-infested territories. But it's difficult to know just where these are, and, even if you do, you will only marginally increase the likelihood of avoiding a bite. Thus, going on the defensive is the next-best plan.

If you wear long pants, tucking your cuffs into your socks is a very good prevention technique. Ticks love to hide under clothing before they bite. If you wear shorts, there is actually less of a chance of a bite on the exposed leg area for this reason. However, you should make sure that your socks fit snugly at the ankles.

Insect Repellents

Insect repellents are being increasingly used as a good preventative measure. The most commonly used repellent is DEET, or n-

diethyl-m-toluamide. DEET is found in many commercially available preparations. In fact, if you buy almost any pump, aerosol, or stick insect repellent at your local drug store, it will almost invariably contain DEET. It is found in concentrations of anywhere from 5 to 100

See Lyme Disease, page 13

In this Issue...

Council Fire	2
Walt's Notes	3
What Trail Tools Should I Take?	4
Dogwood 2000	5
The Cadillac Crew	6
Donations	7
Mike Karpies Photo Tips:	
Panoramic Cameras	7
Forecast of Events	8
Air Pollution	12
Notices	14
Overseers of Staunton River Trail ...	15
Frogs On the Patuxent	16
Working with the Girl Scouts	16
Last Chance Landscapes	17
Trailhead	18
PATC Membership Survey	19
Volunteers	19
Trail Overseers Wanted	20

Council Members, Chairs and PA Staff

Officers

President: Walt Smith, 703/242-0693,
Ext. 40, wsmith@visuallink.com

VP Operations: Tom Johnson

VP Volunteerism: Mickey McDermott

Supervisor of Trails: Pete 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: Greg Christopoulos

SMRG: Bud Hyland

Ski Touring Section: Katherine Stentzel

North Chapter: Steve Koeppen

N. Shenandoah Valley Chapter: Martha Clark

S. Shenandoah Valley Chapter: Michael Groah

Charlottesville Chapter: John Shannon

West Virginia Chapter: Judy Smoot

Standing Committee Chairs

(Council Members)

Blackburn Trail Center: Chris Brunton

Cabins: Mel Merritt

Cabin Construction: Charlie Graf

Conservation: Mary Margaret Sloan

Grants & Donations: Jack Reeder

Endowment: Dick Newcomer

Finance: John Richards

Hikes: Tom Johnson, 410/647-8554,
johnhts@erols.com

Internet Services: Stephen Raia

Land Management: Anita Canovas

Land Acquisition: Phil Paschall & Eric Olson

Legal: Eric Olson

Maps: Dave Pierce

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

Potomac Appalachian: Bianca Menendez

Public Affairs: Terry Cummings

Publications: Aaron Watkins

Shelters: Charlie Graf, 410/757-6053

Trail Patrol: Kumait Jawdat

Tuscarora Trail Land Management:
Lloyd MacAskill

Special Committees/Ongoing Activities

Archives & Library: Carol Niedzialek

Cabin Reservations: Darlene Wall

Deputy Supervisor of Trails: Rick Rhoades

Firestone Tract Management: Shirley Strong

Information/Sales Desks: Marguerite
Schneeberger

Medical: Dennis DeSilvey

Vining Tract Management: Howard Johnson

Vienna Chamber of Commerce: Patricia
Driscoll-Smail

Tuscarora Trail Shenandoah Valley Project:
Phoebe Kilby & Larry Bradford

Potomac Appalachian

Chief Editor: Bianca Menendez
jns-bianca@home.com

Features Editor: Joanne Erickson

Forecast Editor: Joe O'Neill
JJONeill@visi.net

Pre-press: Nancy Merritt,
MeritMktg@aol.com

Council Fire

The Council held its regular meeting on February 8, 2000 at the Club headquarters. The meeting was attended by 20 Council members, 3 staff, and 2 Club members. The PATC membership stands at around 7,000 with 100 new members registering in the month of January. The membership roles may be slightly in error due to problems with the membership database that are now corrected.

New Personnel

Kumait Jawdat is appointed the new Chair of the Trail Patrol, and Patricia Driscoll-Smail is the new representative to the Vienna Chamber of Commerce. Steve Raia has now taken over the reins as webmaster for PATC. Vice President Mickey McDermott will chair the committee to plan events for the Club's 75th anniversary in 2002/2003.

AT CD-ROM Set

The four-CD set of maps and related information on the AT from Maine to Georgia is now on the market. The information about the AT and shelters are separate layers of information laid over the relevant USGS 1:24,000 maps. This presents the AT in greater detail than heretofore; however, the underlying USGS maps contain outdated information.

Funding Decisions

The Council had no objection to the transfer of responsibility of lands along the Loudoun Heights and the Potomac Wayside from the Appalachian Trail Park Office to the Harpers Ferry National Historic Park. PATC has memoranda of understanding with both groups for trail maintenance.

Funds in the Shelters, Cabins, and Cabin Lands Fund was allocated to various projects: \$3,000 for Tulip Tree, \$5,000 to the Rosser Lamb (Per Lee) house; \$14,000 for a roof and new driveway for Highacre; and \$4,800 for a new kitchen for Meadows Cabin.

The Council approved the conceptual plan for the renovation of the Headquarters Building, developed by Bruce Berberick, a Club member and an architect in North Carolina. The renovation provides a Headquarters building that will be useful for the next ten to fifteen years. On the first floor, the tool room will be made to accommodate gasoline-powered tools, and the sales stockroom is enlarged by elimination of a hallway. On the second floor, the kitchen will be replaced by a meeting room and a Pullman kitchen to service it. There will be an exit from the second floor hallway by an outside staircase. The Council also voted \$8,000 for expenditures necessary to prepare the detailed bid package. □

—Gerhard Salinger,
Recording Secretary

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

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

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

Phone #: 703/242-0315

To receive an information packet: Extension 10

To leave a message for the Club President Walt Smith: Extension 40

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

Facsimile #: 703/242-0968

Club E-mail #: Wriley1226@aol.com

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

STAFF

DURING REGULAR BUSINESS HOURS

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) Email: patcsales@erols.com

Walt's Notes

Educating Bernice and Others

One of the objectives in the PATC Constitution provides for the education of the public "on matters including the protection of the Appalachian National Scenic Trail, other trails, and related lands and resources, proper skills related to the construction and maintenance of trails and trail-related structures, and camping methods." Another objective encourages us "to foster public appreciation and use of the national and state parks and forest and other natural areas." To what extent is there a need to address these objectives?

Bill Bryson, in *A Walk in the Woods* (Broadway Books, 1998), relates how a curious "tourist" reacted to the backpacks that he, Stephen Katz, and John Connolly were using while hiking in Shenandoah National Park.

"No kidding! Sixteen miles on foot? With those things on your back? Man—ain't that a kick.' He called across the lawn. 'Bernice, come here a minute. You gotta see this.' He looked at us again. 'So whaddaya got in there? Clothes and stuff, I suppose?'"

"And food," said Connolly.

"You carry your own food, huh?"

"Have to."

"Well, ain't that a kick."

"Bernice arrived, and he explained to her that we were using our legs to proceed across the landscape. 'Ain't that something? They got all their food and everything in those packs.'"

"Is that a fact?" Bernice said with admiration and interest. 'So, you're like walkin' everywhere?' We nodded. 'You walked here? All the way up here?'"

"We walk everywhere," said Katz solemnly.

"You never walked all the way up here!"

"Well, we did," said Katz, for whom this was becoming one of the proudest moments of his life."

Do you have friends who look at you incredulously when you explain that you don't just drive through Shenandoah National Park, that you actually walk in it?

The Happiness of Katz

Bryson continued to relate his experience at Big Meadows, "I went off to call home from a pay phone and use the men's room. When

I returned a few minutes later, Katz had accumulated a small, appreciative crowd and was demonstrating the use and theory of various straps and toggles on his backpack. Then, at someone's behest, he put the pack on and posed for pictures. I had never seen him so happy."

The Council has recently adopted a goal of identifying new opportunities for educating the public, adults and children, in order to meet the constitutional objectives. Is this something in which you might like to get involved? Do you have an interest in advancing protection of the trails or fostering an appreciation of natural areas in the vicinity, or teaching camping skills? Would you like to achieve the happiness of Katz? Then I recommend that you contact Mickey McDermott, Vice President for Volunteerism, who is organizing the effort in order to achieve this worthwhile goal.

Protecting Bear Rocks on Dolly Sods

Most of us who have been to the beautiful, high plateau setting of Bear Rocks on Dolly Sods in West Virginia probably thought that it was part of the Monongahela National Forest. However, we were actually the guests of Virginia Power, who had purchased the land in conjunction with building the Mount Storm Power Plant located many miles to the north. Therefore, it was a great joy to be able to recently attend a press conference in Richmond where it was announced that the 477-acre Bear Rocks parcel had been donated to The Nature Conservancy of West Virginia. The donation by Virginia Power and Dominion Appalachian Development Inc. means that

in the future we will be able to enjoy part of the largest expanse of heathland in the Central Appalachian region. Moreover, according to the announcement, we can continue to visit one of the best places in the mid-Atlantic to watch migratory birds, especially hawks and eagles. The cold, windswept setting is also home to such northern animals as the northern flying squirrel, snowshoe hares, fishers, and saw-whet owls. The Conservancy plans to create interpretive materials in order to enhance Bear Rocks for hiking and wildlife-watching.

We are indeed fortunate to be able to enjoy such diverse hiking environments as the piedmont and alpine wilderness areas that are within a day's driving distance of our homes.

Sprucing up for the Millennium's First Season

In the February edition of the Trailhead, Jon Rindt wrote that the Supervisor of Trails wants us to "Think Springtime...contemplate your plans to check your trails for blowdowns, to clear clogged drains, and to repaint faded blazes." Well, springtime is here! Let's finish sprucing up the trails, shelters, and cabins. As I hiked in various parts of our operational area and visited our privies (privies are the first thing I look at when visiting a shelter or a cabin) during the winter, I noticed that some overseers were ready for spring last fall. They had already cleared drains and repainted. Alas, some of us, however, have not reblazed in some years, and the inside of some privies leaves something to be desired.

Let us take a fresh look at our areas of responsibility and take a fresh coat of paint to our blazes and structures where needed. I plan to heed my own words and put fresh blue paint on the Snead Farm Loop trail blazes and white paint on the inside walls of the Tom Flood Wayside privy.

See you on the trail,

Walt



Photo by Walt Smith

Above the Clouds at Bear Rocks

“What Trail Tools Should I Take?”

Over the many years I've served as district trails manager for PATC, I have heard numerous and varied questions from new trail overseers, but the most frequent question and the one that keeps coming up, time and again, is the same: “What trail tools should I take when I go out to work on my trail section?”

It's a pretty basic question, and an obvious one too, but, I have to admit, it always catches me a little off guard. And that's why it sticks out in my mind. Why? Too soon perhaps, we become trail “veterans,” forgetting all the trials and tribulations of the first year as an overseer. But every veteran trail maintainer should be able to relate to that time when he or she just signed up as a new overseer...and had no clue as to what collection of tools would obtain the most efficient result on the newly acquired turf.

OK...all those who armed themselves with as many tools as they could carry into the woods on those early trips, raise their hands...I thought so...I was one of them, too!

The only trail tool you need to take on your first trail worktrip is...absolutely nothing! You come already equipped with the best possible trail tool you can have, your eyes.

Go out and hike your new trail section, and study it. Use your eyes and take mental notes. Is that rock step loose? Is there erosion on this switchback? Does that stream crossing need a little repair? Stop at every twist and turn in the trail and take note of everything you see. Will that section of brambles need frequent pruning back in the summer? Are some waterbars filling up? Are there trees down, blazes missing? Take inventory of the trail needs and plan from there.

On your next trip, take the tools. Like I said, most new overseers arm themselves with as many tools as they can carry. Not that there is anything wrong with that. Some overseers prefer carrying a small collection of tools with them to perform multiple tasks on their trail sections. I've certainly done that. Some folks prefer to take only one tool out on their section to perform a particular task. Are you starting to get the hang of this? Every overseer quickly learns what is right for him or her on their own trail section. Basically, there

are no set rules, but there are a few essential guidelines that should be followed.

Guidelines

Worktrips in late winter or early spring usually require saws first to remove the winter blowdowns. Remove what you can by hand and report chain saw needs to your District Manager. A fire rake should be the next tool to follow, to clean out the winter debris and leaves from the waterbars. Late spring and summer trips require weeders, loppers, and pruners to keep the trailside foliage at bay. Woody growth or areas lacking overstory may require power-weeder assistance. Fall brings out the fire rakes again and picks to clean out and rebuild any drainage devices needing work. Blazing is touched up every couple of years or so as needed.

This is an oversimplification, of course, but it will give you some idea of the normal routine followed by most overseers. Again, the collection of tools is up to the individual overseer. Combine tasks and tools, or go at it one task and tool at a time; it's your call, and

much depends on your time and energy. I've found the one-tool-at-a-time method to be more relaxing, but that's a personal choice. It often requires making more frequent trips to the trail section.

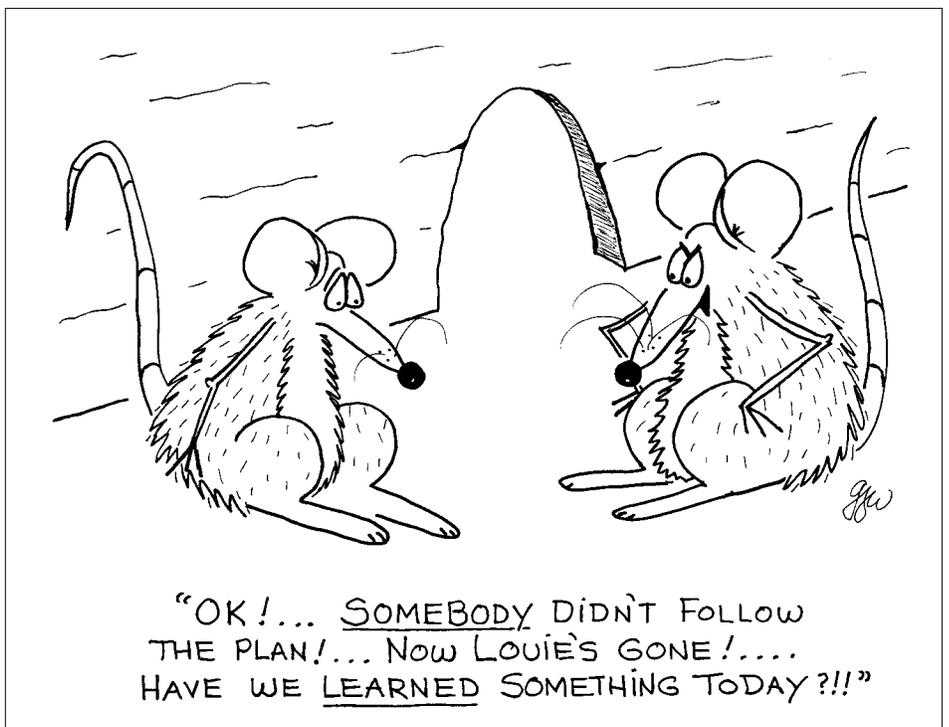
I believe most new overseers will find that the choice and selection of trail tools will come very quickly. Study the trail. Its needs will determine your course of action, and you can plan from there. Of course, if you are uncertain or have any questions, contact your District Manager; that's what he or she is there for.

“What trail tools should I take?” Your trail section will dictate that...you'll see. Just don't forget the eyes! □

—George Walters,
District Manager, AT, SNP - North

Correction: “The Potomac Heritage Trail” in the February PA was written by Tom Johnson, photos also by Tom.

Tails from the Woods by George Walters



Trail, from page 1

To the lowland layman, trail maintenance may seem trivial at best and drudgery at worst. To carry shovels and swing blades (the manual and blissfully silent version of the ubiquitous weed whacker) several miles in and hundreds of feet up for enjoyment is an oxymoron. But then again, venturing out into the forest to get bitten by insects, lacerated by greenbriar, and drenched by deluge and calling it a good hike is equally contradictory. It is all in how you look at it.

The fundamentals of trail maintenance are simple, as are those of gardening, to which they bear a syllogistic relation. In the spring you dig up the garden. You clear blowdowns from the trail. You plant seeds in the garden. Nature does that for you on the trail. But here the analogy ends. The cornucopia of nature's bounty and the tenacity of its constituents have stood the test of time. Things grow where they will because they have found their rightful place. There is no need to coax the recalcitrant seedling into fruition. It will burst forth at the right time for pollinators to find and propagate it in perpetuity.

The summer gardener weeds flower beds and battles the beetles and the bunnies for dominance with chemical (pesticide) and biological (feline) warfare. The summer trail maintainer keeps the undergrowth at bay, gently but firmly, cutting away only as needed to keep the trail passable, as that is the object. To a gardener, all but the roses and tomatoes are weeds. On the trail, all are equal. Take the dandelion, the anathema of the suburban lawn, for example. Its name derives from the French "dents du lion" meaning teeth of the lion. It is a beautiful flower. It is also a highly successful flower, hence its status as a noxious weed, which in the common lexicon is anything you don't want in your garden.

The fall is the harvest time for the gardener, collecting whatever remains from the depredations of the pertinent pests and planning the next year's endeavors. Perhaps a new fence and a healthy dose of fertilizer will work. The fall is leaves for the trail Overseer. The vibrant palette of reds and yellows is a harbinger of the inevitable cascade of dead leaves that signal the forest's regeneration. Dead leaves constitute the diet of the microscopic denizens of the soil, necessary constituents for ecological continuity. But in the interim between the leaves falling and their gradual consumption, waterbars become surfeit with congestion and cease to carry out their function.

Waterbars are constructed to subvert the natural erosion process by directing water off the trail. Erosion is the nemesis of trails. Since the geology of the Appalachians is a study of orogenic uplift followed by eons of wearing away by wind and water, this is hardly surprising. Trails are manmade conduits that invite erosion. Water follows the path of least resistance (as we all do), and a trail denuded of vegetation is an incipient stream, impeded only by the diversionary waterbars. So the fall is given over to frequent waterbar cleaning and reconstruction, admittedly a strenuous and never-ending task. Like cleaning the Augean Stables with Sisyphean resolve.

Winter is a time of introspection. All is quiet in the garden and on the trail. The rime-cov-

ered frozen ground is dormant, lying in wait for the warming rays of the spring sunshine. It is a time of rest and hibernation. It is quiet in the woods. The snow muffles the eerie creaking of chafing tree trunks blown by the wind. The solitary hiker becomes as one with nature, just another set of tracks in the snow.

Being a trail Overseer is for all seasons. The trail mirrors the passage of time, through each yearly cycle of growth and decay, heat and cold, dry and wet. It is a garden in its natural state. And like Monet's paintings of the cathedral at Chartres, it is the same but different in the sun and the rain and the fog. And each trip is a unique joy of discovery. Perhaps that is why we do it. □

—Bill Needham

Dogwood 2000 15th Annual Dogwood Half-Hundred Hike

The Fifteenth Annual Dogwood Half-Hundred long distance hike will take place Saturday, April 29, 2000, sponsored by PATC.

This year's hike will again take place in the Lee Ranger District of the George Washington National Forest, beginning at 6:30 a.m. Both the start and finish will be at the Powell's Fort Camp. A combination of the Tuscarora Trail and other trails in the Massanutten mountains will be used to form a hike totaling approximately 50 kilometers (31 miles), configured roughly in a figure eight. This is a tough hike! If you plan to participate, we strongly recommend that you spend several weeks training prior to the day of this hike.

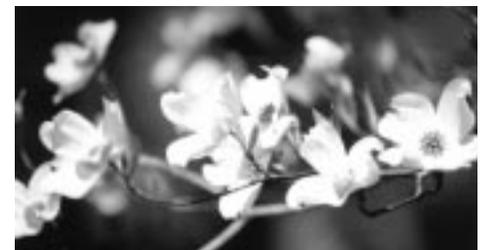
An information package and registration form are available at headquarters. Participation will be limited to the first 250 applicants received on or before April 7, 2000. The registration fee will remain \$25. The registration fee covers food, a Dogwood Half-Hundred patch, cost of mailings, etc. Participants will receive commemorative Dogwood patches. Finishers will receive a "finisher" rocker bar. Participants must be at least 15 years of age on or before the date of the event. Signed parental waivers are required for all participants under age 18.

Packages may be obtained by writing the PATC—Dogwood Half-Hundred, 118 Park St., SE, Vienna, VA 22180; faxing 703/242-

0968; calling: 703/242-0315 and leaving a voice mail request; or, on the web at the following URL: <http://www.patc.net>.

Volunteers are needed as checkpoint workers, trail sweeps, finish registrants, cooks, search and rescue, medical teams, and ham radio operators.

For more information on participating or volunteering call Ric Francke at 703/356-2106.



Dogwood 2000 Volunteers Wanted

The Dogwood Half-Hundred requires many volunteers for its successful running. If you are willing, we can use your help, whether for manning a checkpoint, helping to prepare breakfast, assisting in registration, transporting food and water, or manning the base camp. Please contact Ric Francke, either by phone (703/356-2106) or by e-mail (fbfrancke@aol.com). You will have fun and contribute to a memorable Dogwood.

The Cadillac Crew

The Cadillac Crew is unusual among PATC crews in that it is not tied to a single trail district, as some others are, or even to trail work alone. This has provided crew members with an excellent opportunity to become familiar with various aspects of trail construction and reconstruction as well as tract maintenance.

The Crew was started in the winter of 1994, when immediate past Supervisor of Trails Don White was asked to take on the so-called 725 relocation project on the AT, northward from I-66 and Manassas Gap in Virginia. He was assisted then by current Supervisor of Trails Pete Gatje and a handful of others.

Working conditions that first winter were so frigid that several years passed before the crew scheduled any more winter work trips. During the course of this first relocation project, one PATC notable commented that the trail was being built to Cadillac standards, thus providing the nickname that the crew has used ever since.

Although the crew maintains a large roster of alumni and currently active members, there has been turnover at all levels over the years. The current incarnation of the Cadillac Crew core membership started around March 1997 when, on the same fateful weekend, a handful of the present core members participated in their first worktrip with the crew.

A Typical Weekend

A Cadillac Crew weekend usually follows this pattern: some folks arrive at the work site on Friday night and camp overnight. The rest of the crew arrives on Saturday morning around 9:00 a.m. There is a break for lunch around noon, but the crew gets back to work at 12:30 and quits work for the day by 4:30 or 5:00.

In the evening, we have a community dinner that ranges from hamburgers and hotdogs to chili and cornbread to lasagna and salad. We've been known to have steak on occasion. There are those of us on the crew who swear we eat better on worktrips than we do at home!

About half the people leave after dinner, but the other half stays overnight to work on Sunday. Sunday is a short day. We work in the morning, eat lunch, and leave after lunch.

We don't think it's an accident that one of the reasons the crew works so well is that we're what you'd call "an Internet crew." We do most of our

planning and discussion over the Internet. There aren't a lot of phone calls involved. So, by the time the worktrip starts, everything has been planned. It's only a matter of following the plan. All this planning over the Internet includes: 1) figuring out who's coming to the worktrip; 2) who is volunteering to bring what food; 3) directions to get to the work site; 4) arrival times; and 5) coordination of who has the keys to get in.

Current Activities

The main focus of the Cadillac Crew's activities over the past four years has been building a stretch of Tuscarora Trail relocation near Shockeyville, Va. Worktrip after worktrip, the crew has traveled to Byron Brill's property and worked on the trail that crosses the Brill Easement. In the evenings, the crew stayed at the cabin on the property (also used by the local hunt club).

This July, the Cadillac Crew will host the grand opening of this Tuscarora Trail relocation near Shockeyville. We're very excited to be nearly done with the project.

Does this mean we will soon disband? Of course not!

During the last year and a half the focus of the crew has shifted to include working on other trails in the SNP and GWNF and sprucing up the cabin grounds of many of the cabins in the PATC rental system. There are lots of cabin and trail overseers who are happy to use our trail building and grounds clearing expertise.

So why not come out and join the Cadillac Crew for a weekend? There's a lot to learn and a lot of fun to be had. □

—Aimee Kratts and Lloyd MacAskill

Alert!

Those who park at Rte. 9 off the AT on the WV VA border on overnight trips: a car was torched beyond recognition there recently. This had been an intermittent problem at this location for some time. ATC is looking into the situation. For more information contact Laurie Potteiger, lpotteiger@atconf.org at ATC.

club day

Don't Miss Club Day at EMS!

As a member of an outdoor organization, we know you love the outdoors as much as we do—and Club Day is our way to thank you for your contribution to the outdoor community. Stop by on Thursday, April 27 and gear up for another great season of fun in the outdoors.

20% Off Everything Thursday, April 27

Just bring proof of membership in an outdoor organization or this ad, and we'll take 20% off your entire purchase at EMS that day.
It's just our way of saying—Thanks



Toll-free Customer Service (888) INFO-EMS (463-6367)
www.emsonline.com

Donations

April Donations

PATC wishes to thank the following members and supporters who have given donations to the Club. 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.

CONTRIBUTOR (\$25 to \$99)

George and Susan Bergmann
Cynthia Borchardt
William S. Dunnivant, Jr.
Michael B. Fraser
Leslie and Richard Harps
Russell C. Johnson
Benita and Walter Kaplan
Hallie M. Kugler
Carol L. MacKinnon
Paul and Rita Marth
Tom and Carol McIntosh
Robert Wilson Mobley
Patrice Monell-Gonc
Kathy Patrick
Janna Pereira
Dick and Karen Platte
Ann Satterthwaite
Robert Shaw
John S. Shepherd
Steve Weiss and Amy Crumpton
Katrinka L. Westendorf

SUPPORTER (\$100 to \$499)

Paul D. Brettschneider
Deborah Decker
Patricia Decker-Phillips
John E. Dent
Eugene A. Groshong
Patrick and Judith Hanlon
Mitchel S. Hyman
Katherine Horn and Robert McConnell, Jr.
Barbara S. Morris
Philip Niccolls
Eric and Susan Olson
Hugh T. Robinson
Steven and Beverly Smith
Lillian Warfield
Cynthia and Charles Webb
Donald Lewis Wright
Fannie Mae Foundation

FRIEND OF THE TRAIL (\$500 to \$999)

Chase Manhattan Foundation

PATC PARTNER (\$1,000 to \$9,999)

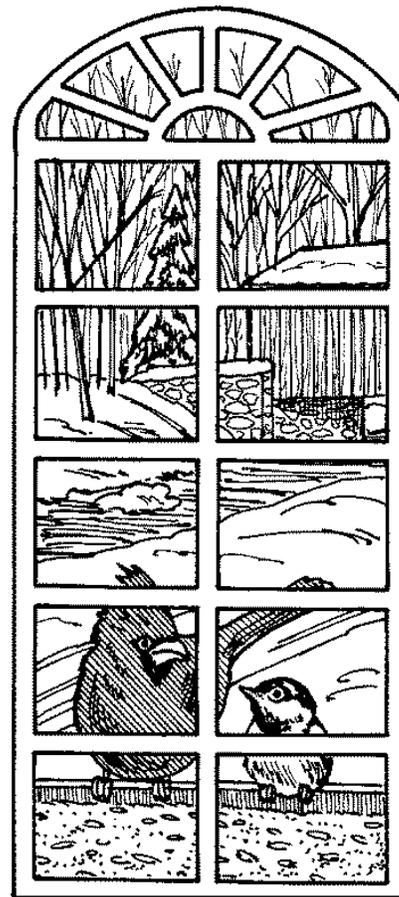
Eastern Mountain Sports
Maureen Harris
Recreation Equipment Incorporated

LIFE BENEFACTOR (\$10,000 to \$49,999)

Sam Moore

PRESIDENT'S CLUB (\$50,000 and above)

Clifford Firestone
Philip Stone
Bert and Elizabeth Vos



**Deadline for the
May newsletter
is 1 April—
we're not fooling!**

Mike Karpie's Photo Tips: The Truth About "Panoramic" Cameras

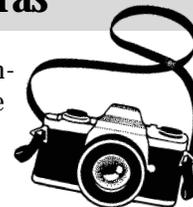
Most everybody has seen them, or at least the ads for them...cameras with the special panoramic feature. Most of the advertisements imply that this feature will allow you to take in much wider scenes than an ordinary camera.

Actually, this is a fallacy. Here's how it works: when the "panoramic" setting is chosen, a pair of louvers located inside the camera flip down over the top and bottom thirds of the film. The center portion of the negative is all that is exposed thereby making a "long" image on the negative. When the negative is printed, the lab uses a larger piece of photographic paper and enlarges the image to fit. Since

the focal length of the lens is never varied, the angle of the image is never changed.

Let's say you were to take two photos of the same scene, one using the panoramic setting and one with the normal setting. If you later compared the two negatives you would see that they are exactly alike with one exception. Both will have taken in exactly the same amount of the scene from side to side, but the negative from the shot taken with the panoramic setting, however, would be blank on upper and lower thirds! So with the panoramic setting, you actually get LESS of the scene! The exception to this is the APS cameras. They will still give you the same angle

of view but the "panoramic" cropping is done in the printing instead of during the exposure.



Still, it is a fun format to play with. Sometimes your subject may call for a long and narrow format. One example that comes to mind is the Washington Monument taken with the camera turned on its side. It also works well at family reunion group photos.

Next month: A Word About Film Choice. Previous articles and sample photos may be found at: <http://www.geocities.com/mkarpie/tips.html> □

—Michael Karpie

FORECAST

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 Mark Mitchell (mdtrail@yahoo.com), 301/461-7048 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday—contact Charlie Irvin, 301/447-2848 or Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday night stay at the Gypsy Spring cabin. Dinner, breakfast, and camaraderie available. For information on upcoming hikes, contact Chris Firme (bncfirme@innernet.net) 717/765-4833. For general chapter information, contact chapter president Steve Koeppen (patcnorth@mail.com) 410/756-2916 or visit the North Chapter home page (www.patc.net/north_ch.html).

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

Southern Shenandoah Valley Chapter

See **Forecast** (or our link from PATC website) for work trips and hiking events sponsored by the Southern Shenandoah Valley Chapter. Hikers from the DC area should allow about 3 hours to get to our region. INFO: in Harrisonburg, call Alvin 540/434-6244 or Lynn 540/234-6273; in Waynesboro, call Michael 540/943-8695; in Staunton, call Doris 540/885-4526.

West Virginia Chapter

Chapter meeting at Highacre on the first Wednesday of the month. See Forecast for upcoming activities. For information about the chapter or to receive the newsletter, contact Judy Smoot at 540/667-2036 or wvpatc@hotmail.com.

Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: Katherine Stentzel 703/781-3249.

Mountaineering Section

We're a diverse group of local Washington, DC area climbers. Young and old, male and female, crag rat, sport climber, and alpinist, active and arm-chair types — we all enjoy climbing in its many varieties. We also share common interest in promoting safe climbing, conserving the outdoors, developing new climbers' skills, representing the Washington area climbing community, and having fun! We provide instruction for those who want to learn the basics — we're not a school, but we can get you started. We go climbing, either locally or further afield, nearly every weekend. In the winter we organize trips to the Ice Festivals in the Adirondacks and the White Mountains for beginning and advanced ice climbers. For further information contact Greg Christopulos at greg.christopulos@do.treas.gov.

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 Sunday 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
-  Earth Day

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!

Meetings

Meetings

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

Trail Patrol - First Tuesday

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

New Members (PATC) - First Wednesday

7:30 p.m. Curious about the Club? Want to learn more? The best way is to attend a New Members Meeting (but you don't have to be new to qualify). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt. 123 into Vienna, VA and turn east on Park St. (Rt. 675) to 118 Park St. on your left. INFO: Terry Cummings (TCIVP@mindspring.com) 410/489-4594.

Shenandoah Mountain Rescue Group (New Members meeting) - Second Monday

7:30 p.m. New members meeting. INFO: SMRG Operations 703/255-5034, then press #5.

PATC Council - Second Tuesday

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. INFO: Wilson Riley (wiley1226@aol.com) 703/242-0693 x11.

Mountaineering Section - Second Wednesday

8:00 p.m. Second Wednesday of every month. INFO: Greg Christopulos (greg.christopulos@do.treas.gov) or see PATC's website (http://www.patc.net/mtn_sect/).

The Futures Group - Third Tuesday

7:00 p.m. Meets to research, develop, and recommend to membership changes to PATC organization, constitution, and bylaws in order to meet challenges of the new century. PATC members welcomed. INFO: Gerhard Salinger (evger@erols.com) or Walt Smith (wsmith@visuallink.com), Co-Chairs.

Shenandoah Mountain Rescue Group (Business meeting) - Last Tuesday

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

April

1 (Saturday)

DEADLINE - May 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 jnsbianca@home.com. Allow one week for postal service delivery.

1 (Saturday)

HIKE - WV Chapter, Massanutten East series Massanutten Mountain, VA

Our next to last hike in the Massanutten East series will involve some more grand views of the surrounding countryside. Don't miss out on this 9-mile hike as we approach Camp Roosevelt, one of the last remaining Civilian Conservation Corps camps. INFO: Susan Bly (sbly@shepherd.edu) 304/258-3319.

1 (Saturday)

TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

Don't be fooled, this is a work event of the South Mountaineers. But it's also a hobby ... maintaining the trails for hikers since 1993. Join our ranks and have fun with us in the woods; novices welcome. Bring water, lunch, gloves and boots. Tools provided. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

1 (Saturday)

HIKE - Rattlesnake Den Shenandoah National Park, VA

Dr. Isa Lye, a renowned herpetologist whose work on the Asian cobras is the world standard among scholars, and who is now a visiting professor at the University of Virginia, has agreed to take us to explore a rattlesnake den in the Shenandoah National Park. Depending on the progression of spring, the snakes should just about be active at this time. Hike is limited to 15 adults, and some strenuous bushwhacking will be required. All participants must wear sturdy boots, leather work gloves, long pants, and long-sleeved shirts. Dr. Lye will provide valuable information on the life and habits of the eastern United States' most famous pit viper. All interested inquiries should be made via e-mail only to: isalye@uva.edu or thumpers@visualink.com.

1 - 2 (Saturday - Sunday)

CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA

The weather has not been cooperating with us and our standing-seam metal roof is still sitting on the front lawn!! However, the weather man assures me that there is no doubt in his mind that, for the next several weekends, the sun is going to shine. (Is this April fool's day?) So come on out and see how this unusual type of roof is installed. Even better come on out and help us install it!! And if by some slim chance the weatherman is wrong, come on out anyway as we still have lots of inside jobs to do, floor sanding and varnishing, building bunks, framing and building a new stairway and we always can use extra help in the kitchen. Reservations/INFO: Chis Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.

1 - 2 (Saturday - Sunday)

TRAIL WORK TRIP - North Chapter Appalachian Trail, PA

Join the North Chapter April Fools trail crew and cure that cabin fever you caught over the winter. We will 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.

1 - 2 (Saturday - Sunday)

CLASS - Wilderness First Aid Annandale, VA

A program of the Wilderness Safety Council, this eighteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$140. Registration is limited to 25 people. More information and registration at: <http://wfa.net>. INFO: Christopher Tate 703/836-8905.

4 (Tuesday)

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

4 (Tuesday)

HIKE - Vigorous Hikers Massanutten Mountain, VA

13-mile end to end hike along the western ridge of Massanutten Mountain, following the now traditional Dogwood route. We'll try for a brisker pace than normal on this one (17-18 minute mile). INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

5 (Wednesday)

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

8 (Saturday)

HIKE - North Chapter Link Trail, PA

Link Trail Series #2. Meadow Gap (Pa 475) to State Games Land parking area for the Butler Knob section. (Pa 829). 6.0 miles with an elevation change of 300 feet. This is a short hike and for those who might be train buffs, there will be a stop at Orbisonia to see a narrow gauge steam engine in action. Also still in existence is the round table for turning steam locomotives in the yard. Hike followed by supper at a local restaurant. Come on out and enjoy the local history at its finest. INFO: Chris Firme 717/765-4833 after 6:30 p.m.

8 (Saturday)

TRAIL WORK TRIP - Massanutten Crew Massanutten Mountain, VA

We're rebuilding the sidehill tread of the Massanutten East Trail between Waterfall Mountain Trail and Scothorn Gap. INFO: Wil Kohlbrenner (wmaxk@shentel.net) 540/477-2971.

8 (Saturday)

TRAIL WORK TRIP - Maryland Metrolites Cabin John Trail, MD

Join the Maryland Metrolites for a work trip in Cabin John Park, Montgomery County. We meet at 9:30 a.m. at the Nature Center parking lot (also site of enclosed tennis courts) off Democracy Boulevard near Montgomery Mall. Bring lunch, gloves, water, and high spirits. INFO: Liles Creighton 410/573-0067.

8 (Saturday)

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

8:15-11:30 a.m. This is it! We're kicking off the year 2000 Rock Creek Trail Crew season on this day. Get limber and ready to tackle a long list of trail projects this year with this popular series of work trips on D.C.'s hidden trail gems. Also, come help us come up with a formal name for our crew. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

8 - 9 (Saturday - Sunday)

CABIN WORK TRIP - Vining Tract Crew Lydia, VA

The Vining Tract crew meets the second weekend of every month to work on various projects, ranging from cabin repairs on any of the four rental cabins, to trail work and land management projects, to shoring up historic structures around the property. We're now relocating and rebuilding an old barn for eventual use as an overseers' refuge. Come join us and raise a hammer, a paintbrush or loppers, as well as a beer or two, in the cause. Overnight at Conley and Wineberry. INFO: Larry Lang 703/631-9278 or Hugh Robinson 703/525-8726.

8 - 9 (Saturday - Sunday)

CABIN WORK TRIP - Tulip Tree Cabin Shaver Hollow, VA

We're raising the roof! It's hard to predict exactly what we will be doing this weekend but it is a pretty sure bet that it is going to be mostly on the roof. If you are inclined to be fearless and like high places have we got a job for you! There will be a few jobs on the ground too for those of you like me that have a healthy respect for heights. Wherever you end up working, you can be assured that it will be interesting, exciting, and fulfilling. INFO: Charlie Graf 410/757-6053.

8 - 9 Saturday - Sunday

TRAIL WORK TRIP - Cadillac Crew Sugarloaf Mountain, MD

Join the Cadillac Crew to help repair trail tread. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at the local campground. INFO: Fran Keenan (outdoorsnow@mgfairfax.rr.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

10 (Monday)

MEETING - New members (Shenandoah Mountain Rescue Group), 7:30 p.m.

11 (Tuesday)

MEETING - PATC Council. POSTPONED.

The PATC Council meeting has been moved to Saturday, April 15, 10:30 a.m. at the Vining Tract.

11 (Tuesday)

HIKE - Vigorous Hikers Massanutten Mountain, VA

A 13-mile brisk (17-18 minute mile) end to end hike along the eastern ridge of Massanutten Mountain south of Elizabeth Furnace. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

12 (Wednesday)

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

12 (Wednesday)

HIKE - Easy Hikers Washington, DC

The Easy Hikers will hike about 5 miles in Battery-Kemble and Glover-Archbold Parks in the District of Columbia. Meet at 10:00 a.m. in the parking area of Battery-Kemble Park. To reach the parking area from the intersection of Arizona Ave. and MacArthur Blvd., proceed toward downtown on MacArthur Blvd. Turn left at the second street (Chain Bridge Rd., DC) and then right into the Park to the parking area. Bring lunch and water. INFO: Shirley Rettig 703/836-0147.

FORECAST

14 (Friday)

▲ HIKE - Advanced Hikers

North District, Shenandoah National Park, VA

Fast hike on an approximate 15-mile Hull School, Piney Branch, Piney Ridge and AT circuit. This is a great workout hike with lots of variety in terrain. The leader is in training for the Dogwood so speed is the objective for this hike. Meeting place is in Northern Virginia. INFO: Donna Brother 703/435-8315, before 9:30 p.m.

15 (Saturday)

➤ MEETING - PATC Council, 10:30 a.m.
Vining Tract

Lydia, VA

This meeting was rescheduled from Tuesday, 4/11.

15 (Saturday)

✕ TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

You may find this day less taxing if you spend it in the woods with the South Mountaineers. Trail maintenance is FUN, a hobby for many, certainly not like doing taxes. Novices welcome. Bring water, lunch, gloves and boots. Tools provided. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

15 (Saturday)

CLASS - Outdoor Leadership & Wilderness
Risk Management (REI)

REI, Baileys Crossroads, VA

10:30 a.m. - 4:30 p.m. This class looks at the other side of wilderness survival skills: avoiding the survival situation. This class covers planning, preparation, safety management, risk assessment, time control planning, and leadership. The class is taught by Christopher Tate, Director, Wilderness Safety Council. The course fee is \$75, and includes text, course materials, and a copy of *Outdoor Leadership*, by John Graham. Registration/INFO: REI 703/379-9400.

15 (Saturday)

▲ HIKE - Mason-Dixon Trail Series #3
North of York, PA

A moderately paced 20-mile hike from Conewego Heights to Wrightsville, PA. A car shuttle is required. Mason-Dixon trail map 3. INFO: Jack Thorson 703/339-6716 or William Needham 410/884-9127.

15 - 16 (Saturday - Sunday)

✕ TRAIL WORK TRIP

Central District, Shenandoah National Park, VA

Having a hard time getting out of the winter doldrums? (Want to know from whence came that term, "doldrums?") Well, at least you've built up your upper body strength, shoveling snow. Come out and help a crew of trailbuilders rebuild a section of the Appalachian Trail in Shenandoah National Park! That's right! Dig, again! Have fun, moving and sifting dirt back into the treadway. Meet at 9:30 a.m. on Saturday at the Timber Hollow Overlook on Skyline Drive. Reservation/INFO: Don White (whitedh@hotmail.com) 703/443-1572.

15 - 16 (Saturday - Sunday)

CLASS - Chainsaw Certification (ATC)
Round Hill, VA

PATC Overseers: ATC will be holding a chainsaw class April 15-16 at Blackburn Trail Center near Round Hill, Virginia. Anyone who still wishes to use a chainsaw on the AT and has not gone through a course in the last two years must complete the two-day class and be tested on their skills in the field. If you have chainsaw experience and are interested please call me ASAP. Class space is limited to 15 people. INFO: Heidi Forrest 703/242-0693 x12.

15 - 16 (Saturday - Sunday)

✕ TRAIL WORK TRIP - Blue & White Crew

Central District, Shenandoah National Park, VA

The Blue and White Crew will welcome spring in the Central District of Shenandoah National Park. The crew will be overnighing at the Rock Spring Cabin. Weekend work will include a trail rehab project and some spring cleaning at the cabin. Saturday dinner and Sunday breakfast will be pot-luck. Visit the Blue and White website at <http://sites.netscape.net/kerrysnow> for a Crew calendar and overseer information. INFO: Kerry Snow (KerrySnow@prodigy.net) 301/570-0596 or Charles Hillon (hillon@erols.com).

15 - 16 (Saturday - Sunday)

✕ Cajun TRAIL WORK TRIP - North District Hoodlums
North District, Shenandoah National Park, VA

Jambalaya! Come and help work on the trails in the North District of SNP and be rewarded afterwards with some of the best Cajun cookin' this side of N'arlin's, I garantee! No experience necessary — tools provided. Bring work gloves, lunch and a smile. Overnight stay at Indian Run Hut within the park. Come for the day, stay for the evening meal, or spend the entire weekend. The crew meets at 10:00 a.m. at Piney River Ranger Station in the North District. RSVP/INFO: George Walters (gjwalters@erols.com) 410/426-2724.

18 (Tuesday)

➤ MEETING - The Futures Group, 7:00 p.m.

18 (Tuesday)

▲ HIKE - Vigorous Hikers
Route 55, VA/WV line

An 18-mile circuit hike from the Rt. 55 VA/WV line south down the valley to Waites Run and then north on the Tuscarora Trail with one foot in West Virginia and the other in Virginia. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

19 (Wednesday)

▲ HIKE - Easy Hikers
Great Falls, VA

Hike 4 or 5 miles on a loop from Great Falls to Difficult Run and back. Meet at Great Falls parking lot at 10:00 a.m. Bring food and water. INFO: Paul Van Order 703/536-4378.

22 (Saturday)

➤ SPECIAL EVENT - Earth Day
Waynesboro, PA

Earth day activities at Renfrew Park, Waynesboro, PA. INFO: Kathy Seiler 717/794-5628.

22 (Saturday)

▲ HIKE - Northern Shenandoah Valley Chapter
North District, Shenandoah National Park, VA

The Peak. Join the NSVC on a six-mile hike of moderate difficulty: four miles on unmaintained trails and roads and ascending 2000 feet. We will hike the Mt. Marshall Trail from the Rt. 625 trailhead, west of Washington, VA, until we reach Thoroughfare Gap. We then follow abandoned trails up to the summit of The Peak, stopping at viewpoints. We will descend toward the trailhead by using old logging and farm roads on the south ridge of The Peak, passing through the site of the old "Peach Valley Orchard", and stopping enroute to see the ruins of the cottage Aubrey Miller Wood built around 1900. Sketch map and historical information provided. INFO: Walt Smith, (wsmith@visuallink.com) 540/678-0423.

22 (Saturday)

▲ HIKE - White Oak Canyon/Cedar Run

Central District, Shenandoah National Park, VA

Hike the White Oak Canyon-Cedar Run loop for an excellent wildflower display. This 9+ mile trip has an elevation gain of approximately 2000 feet and will be taken at a moderate pace suitable for hikers in decent shape. See *Circuit Hikes in Shenandoah National Park* for additional details. RSVP/INFO: Janet Dombrowski 703/243-4232 before 9:30 p.m.

22 (Saturday)

▲ HIKE - Natural History Wildflower hike
Turkey Run Park, VA

Here's that traditional PATC hike that we do every April. This five mile hike will take us along the Turkey Run Creek, where some of the most varied and striking spring ephemeral wildflowers in the DC area can be seen. Up to 50 species can be found. Please note, this is a wildflower identification hike, but several stream crossings and some rough walking will be required. Reservations/INFO: Bob Pickett 301/681-1511.

22 (Saturday)

✕ TRAIL WORK TRIP - Maryland Metrolites
Cabin John Trail, MD

Join the Maryland Metrolites for a work trip in Cabin John Park, Montgomery County. We meet at 9:30 a.m. at the Nature Center parking lot (also site of enclosed tennis courts) off Democracy Boulevard near Montgomery Mall. Bring lunch, gloves, water, and high spirits. INFO: Liles Creighton 410/573-0067.



22 (Saturday)

✕ TRAIL WORK TRIP - Rock Creek Trail Crew
Rock Creek Park, Washington, DC

8:15-11:30 a.m. No need to skip a work trip this weekend because of Easter Sunday. The Rock Creek Trail Crew, which by now will have a hip new name, will be working on the trails on Saturday morning, leaving plenty of time for Easter outfits and egg hunts on Sunday. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

22 - 23 (Saturday - Sunday)

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

As we approach each new stage of construction of this beautiful cabin there is a sense that the hard part is over now and the next phase will be much easier and go much faster. WRONG! It is all hard work and it is all complicated by the fact that we are doing things that modern man has forgotten how to do. Join our crew in the final stages (last 2 years) of the construction of this marvel of ancient engineering. INFO: Charlie Graf 410/757-6053.

22 - 23 (Saturday - Sunday)

 **CABIN WORK TRIP - Cadillac Crew Highacre, Harpers Ferry, WV**

Join the Cadillac Crew as we continue landscaping and weed control on the grounds at Highacre House. We'll also finish removing the last of the undesirable trees according to the overseer's plan. Bring a lunch and water for Saturday noon. Community dinner on Saturday night. Overnight at Highacre. INFO: Fran Keenan (outdoorsnow@mgfairfax.r.com) 703/938-3973 or Jon Rindt (jkrindt@erols.com) 540/635-6351.

25 (Tuesday)

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

25 (Tuesday)

 **HIKE - Vigorous Hikers Carderock, MD**

A 16-mile out and back hike along the tow path from Carderock — to get the kinks out before the Dogwood. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181 before 9:30 p.m.

26 (Wednesday)

CLASS - Edible Wild Plants (REI) REI, Baileys Crossroads, VA

7:30 p.m. Boiled nettle, cactus pulp, and ground nuts may actually be edible, but they don't sound real tasty. And what happens if you made a mistake and pulled up the wrong plant? Strangely enough, edible, tasty, nonpoisonous plants can be found in the forests and meadows of the Mid-Atlantic throughout the seasons. Earth Connections' Tim MacWelch will detail identification and preparation for some local favorites that you can find in the spring. INFO: REI 703/379-9400.

26 (Wednesday)

 **HIKE - Easy Hikers C&O Canal, MD**

Meet 10:00 am at Carderock Recreation Area parking lot (west up river). We will hike 6.3 miles to Great Falls and back. Bring lunch and water. INFO: Irene Kramm 703/780-8568.

27 (Thursday)

CLASS - Edible Wild Plants (REI) REI, College Park, MD

Same as 4/26 except at College Park. INFO: REI 301/982-9681.

29 (Saturday)

 **HIKE - WV Chapter Massanutten Mountain, VA**

Okay guys, you've made it this far. Now for the final hike in the MME series. We'll start at Camp Roosevelt (a Civilian Conservation Corps camp) and finish in New Market making this a 9.3 mile hike. 600 foot elevation gain. INFO: Susan Bly (sbly@shepherd.edu) 304/258-3319.

29 (Saturday)

 **TRAIL WORK TRIP - North Chapter Tuscarora Trail, PA**

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

29 (Saturday)

 **HIKE - Family Hike Roosevelt Island, VA**

Great close-in spring hike for families with children ages 7-12. Hike along the Potomac River from Roosevelt Island to Cabin John Bridge. Moderate activity, 4+ miles, rock hopping, great for kids. Will

need to shuttle vehicles. Bring lunch, water, sturdy boots, and hat. Meet at Roosevelt Island parking lot at 9:00 a.m. near trail head of Potomac Heritage Trail. INFO: Terry Cummings 410/489-4594.

29 (Saturday)

 **SPECIAL EVENT - Dogwood Half-Hundred Powells Fort Camp, GWNF, VA**

The fifteenth annual 50km one-day hike will again be on the Massanutten Mountain course. But this year it has a new twist. The course is now in a sort of figure eight configuration. Any way you look at it, it is always a fun way to spend a spring day. To help with checkpoints, registration, transportation, food, etc. contact Dogwood 2000 coordinator Ric Francke and he'll be glad to have you. INFO: Ric Francke (fbrancke@aol.com) 703/356-2106.

29 - 30 (Saturday - Sunday)

 **CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA**

This weekend we will be undertaking a very exciting and highly technical job requiring great skills. The moving of a pit privy!! Even better, this job will be directed and led in person by the Trailboss. Don't miss this once in a lifetime opportunity; as openings for this project are limited call now for reservations. Actually, if this does not really sound appealing, we do have many other jobs underway including the new metal roof, building bunks, some paint, sanding and varnish work all of which will be under the capable eye of Bruce. Reservations/INFO: Chis Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.

May

1 (Monday)

DEADLINE - June 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 jnsbianca@home.com. Allow one week for postal service delivery.

2 (Tuesday)

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

3 (Wednesday)

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

6 (Saturday)

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

Enjoy a comfortable weather day with the South Mountaineers. Get dirty and have fun as we maintain the AT, giving back to our treasured resource. Novices welcome. Bring water, lunch, gloves, and boots. Consider sunscreen; foliage has not appeared on the trail yet. INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

6 (Saturday)

 **HIKE - Natural History Trillium Hike G. Richard Thompson WMA, VA**

Join Bob Pickett for a seven-mile hike along the Appalachian Trail near Sky Meadows, VA. This is botanically rich area, known for its famous white trillium display. Yellow lady slippers and showy orchis should also be in flower. The warblers should be calling, the snakes crawling and we might even find some moles! Reservations/INFO: Bob Pickett 310/681-1511.

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 Annandale, VA

A program of the Wilderness Safety Council, this eighteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$140. Registration is limited to 25 people. More information and registration at: <http://wfa.net>. INFO: Christopher Tate 703/836-8905.

8 (Monday)

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

9 (Tuesday)

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

10 (Wednesday)

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

13 (Saturday)

 **TRAIL WORK TRIP - Massanutten Crew Massanutten Mountain, VA**

We're rebuilding the sidehill tread of the Massanutten East Trail between Waterfall Mountain Trail and Scothorn Gap. INFO: Wil Kohlbrener (wmaxk@shentel.net) 540/477-2971.

13 (Saturday)

 **TRAIL WORK TRIP - Maryland Metrolites Cabin John Trail, MD**

Join the Maryland Metrolites for a work trip in Cabin John Park, Montgomery County. We meet at 9:30 a.m. at the Nature Center parking lot (also site of enclosed tennis courts) off Democracy Boulevard near Montgomery Mall. Bring lunch, gloves, water, and high spirits. INFO: Liles Creighton 410/573-0067.

13 (Saturday)

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

8:15-11:30 a.m. Because of the Leap Year, we were only able to work in one work trip during the month of May. Don't miss this once-this-month chance to help improve Rock Creek's hiking trails. Meet at the Rock Creek Nature Center. INFO: Mark Anderson (mhacca@starpower.net) 202/462-7718 or Ranger Ken Ferebee 202/426-6834 x31.

13 - 14 (Saturday - Sunday)

 **CABIN WORK TRIP - Blackburn Trail Center Round Hill, VA**

We will be continuing to work on the jobs listed for our April trips. Plan now to join us and give a little back to the Club while enjoying the beautiful May weather in the Blue Ridge. Reservations/INFO: Chis Brunton 703/560-8070 or Bruce Clendaniel 410/820-7550.

16 (Tuesday)

 **MEETING - The Futures Group, 7:00 p.m.**

20 (Saturday)

 **TRAIL WORK TRIP - North Chapter Tuscarora Trail, PA**

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

FORECAST

20 (Saturday)

✕ TRAIL WORK TRIP - South Mountaineers
Appalachian Trail, MD

You have seen our ads, why not join us? We are a fun-loving social group that goes home happy and tired — like when you were a kid. Bring water, lunch, gloves, boots, and sunscreen (foliage still not out along the trail). INFO: Mark Mitchell (mdtrail@yahoo.com) 301/461-7048.

20 - 21 (Saturday - Sunday)

✕ TRAIL WORK TRIP
Central District, Shenandoah National Park, VA

Having a hard time getting out of the winter doldrums? (Want to know from whence came that term, "doldrums?") Well, at least you've built up your upper body strength, shoveling snow. Come out and help a crew of trailbuilders rebuild a section of the Appalachian Trail in Shenandoah National Park! That's right! Dig, again! Have fun, moving and sifting dirt back into the treadway. Meet at 9:30 a.m. on Saturday at the Timber Hollow Overlook on Skyline Drive. Overnight accommodations at Pocosin Cabin.

Reservation/INFO: Don White (whitedh@hotmail.com) 703/443-1572.

27 - 28 (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.

30 (Tuesday)

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

Air Pollution in Appalachia: Spotlight on all Species

Along ridges, especially on westward facing slopes of the Appalachian Mountains (from Maine to Georgia and Alabama) trees of every major species are in decline. Symptoms include very slow growth, early leaf drop, snap-offs, root decay, discolored foliage, and premature death. Ground-level ozone and acid rain are the likely culprits. These pollutants acidify the soil and cause a deadly chain reaction. Nutrients are leached from the soil, toxic aluminum poisons the trees, and the health of the forest collapses. With a weakened immune system, the trees become much more vulnerable to drought, frost, and attacks from pests like the woolly adelgid and the gypsy moth. The majority of air pollutants are caused by emissions of sulfur dioxide and nitrogen oxide from coal-burning power factories of the Ohio and Tennessee Valleys, the industrial heartland. Because the Appalachian forests are downwind, we are reaping the bleak effects of serious forest decline and high mortality.

An increasing number of Eastern lakes and streams have also become acidic and can no longer support life. The pollutants that damage and kill trees have caused the disappearance of freshwater fish and invertebrates and contribute to the decline of amphibians. Visibility (the distance and clarity that one can see landscape features) is seriously degraded because of sulfate particles, originating from sulfur dioxide emissions.

The air pollution affecting ecosystems is also threatening human health. From maple syrup production to tourism to recreation to healthcare, an increasingly diverse number of interest groups are concerned about air pollution's effects on the eastern United States.

Here are some facts concerning coal burning power utilities and their impact on Appalachian forests:

- * Despite the fact that air pollution emissions decreased nationwide due to Clean Air legislation, the Appalachians are seeing higher rates because the demand for electricity has increased and because prevailing winds carry emissions from high smoke stacks of the Midwestern utilities to the East.
- * Power factories are responsible for 70% of sulfur dioxide emissions and 35% of nitrogen oxide emissions.
- * Requiring the nation's older power factories to meet current coal-burning factory standards would reduce utility-generated air pollution by 75%.
- * In the Great Smoky Mountain National Park, sulfur particles, which impair visibility, rose 21% from the years 1984 to 1995.
- * In fifty years, visibility in the Southern Appalachians has decreased from an average of 93 miles to 22 miles due to human activity.
- * With present legislation, it will take 300 years for the view shed to return to normal visibility.
- * According to the Appalachian Forest Action Project, upland forests are losing trees at 3-5 times the rates documented in the '60's and 70's.

- * The average pH of rain in the East is < 4.5, which is about 10X more acidic than normal (5.5), due to emissions of sulfur and nitrogen oxides.
- * Over the past 15 years, ground level ozone has caused agriculture and forestry losses of about \$40 billion per year.

What You Can Do to Reduce Air Pollution

Influence Congressional action. Contact your representative and senators and let them know how you stand on the issues of regional haze, ground-level ozone, and acid rain. And don't forget to send letters to local and state decision-makers as well.

Reduce Energy Production. Energy production is the greatest source of air pollution. At home and work we can all conserve energy by reducing, reusing and recycling. By reducing our use of energy, we help decrease the amount that is produced, and the pollution created by utility factories.

Change Transportation Habits. Automobiles are another major source of air pollution. By buying more fuel-efficient vehicles, consumers can change the attitudes and practices of the automobile industry. These kinds of decisions could help encourage the production of cleaner electric cars. Also, carpooling, bicycling, and mass transportation decrease air pollution, especially at peak times. Keeping tires sufficiently filled and automobile pollution control devices in proper working order are two important ways to help.

Education is vital to any attempt to improve our air quality. There are many options.

See Pollution, page 15

Lyme Disease, from page 1

percent, but strengths of over 40 percent should be avoided. Repellents are usually effective anywhere from four to 12 hours, depending on the formulation and such conditions as evaporation, perspiration, and water exposure. As with any chemical, there are precautions that should be taken. DEET is poisonous if taken by mouth, leading to shock, seizures, and coma. Problems have also resulted from absorption through the eyes or open cuts. Twenty percent of the dose applied will be absorbed into the bloodstream, and it is found in the urine for days after use. If used in high concentrations over a period of several days, individuals may experience sleep disturbances, irritability, and memory impairment. After using DEET, you should wash it off with soap and water when the day in the outdoors is finished. DEET should not be used under clothing or by pregnant or nursing women. Still, for all its precautions, DEET is considered safe if used as directed, even on children. And you don't need to entirely cover the exposed skin with DEET. A little here and there is usually enough to ward off most insects, including ticks.

The only other commonly used and effective chemical for prevention of tick bites is permethrin. Permethrin is a synthetic product manufactured from pyrethrins, a natural compound found in the head of chrysanthemums. Unlike DEET, permethrin is an insecticide, meaning that it not only causes insects to avoid you, but it actually kills them. Permethrin is sold in a concentration of 0.5 percent as a spray and is meant only for use on the clothing. It should not be applied directly to the skin. The chemical has a strong attraction for fabrics, and thus little of it moves from clothing to the adjacent skin. However, it will remain on the clothing for some time, even after washing. There is risk of skin irritation, contact dermatitis, asthma, and nerve damage, but the risk is low if used according to directions. The risk of contact dermatitis is increased in individuals allergic to ragweed, marigolds, daisies, and, of course, chrysanthemums. All of these plants are from the same family, and, if allergic to one, it is likely that you are allergic to all. Permethrin is listed as a possible cancer-causing agent, but the jury is still out on that one.

No matter which repellent you use, you must adhere to certain precautions. The U.S. Environmental Protection Agency has issued the following guidelines on the safe use of insect repellents:

- Use just enough repellent to lightly cover the skin. Don't saturate it.
- Apply repellents only to exposed skin, clothing, or both. Don't apply under clothing.
- Avoid contact with eyes and mouth. Don't apply to children's hands, because they are likely to touch their eyes or mouth. And be sure to wipe the palms of your hands.
- Never use over cuts or on irritated skin.
- Don't breathe in aerosols.
- Don't reapply frequently.
- Once inside, wash hands and treated areas well with soap and water.

Lyme Vaccine

The newest weapon in the arsenal against Lyme disease is not an insect repellent at all, but a vaccine. The product is marketed by Smith Kline Beecham under the trade name Lymerix, and requires a doctor's prescription. It is given as a course of three injections, and it is important to get all three shots for the vaccine to be effective.

Recently, an accelerated dosing schedule has been released for Lymerix. Originally, the series of shots was given at zero, one, and 12 months. This has now been updated to zero, one, and either two or six months after the initial dose. This is good news, as the vaccine is only 50 percent effective after the second dose, but 78 percent effective after the third dose. Experts also recommend booster doses to maintain immunity. The first booster should be given 12 months after the first dose, then repeated every other year, depending on the level of antibodies in your system. The vaccine works by stimulating antibodies in the gut of a feeding tick. Therefore, a person needs to have acquired adequate antibody levels at the time of the bite in order to be protected. The vaccine is also being approved for use in children as young as four years old.

Always Perform a Tick Check

Whenever you have been out in an area that you suspect may have ticks present, it is always advisable to do a complete "tick-check" when you get back from your day's outing. Remove all clothing and check yourself (or

be checked by a friend) carefully, being especially mindful in areas such as the armpits, behind the knees, the groin area, and anywhere else that you think ticks might hide. Even if you are bitten, transmission of infection from a tick to you is not likely to occur for at least 36 hours after the tick attaches itself to you. If you find any ticks, they should be removed using fine-tipped tweezers. **DO NOT** use petroleum jelly, a hot match, nail polish, or other such items. Grasp the tick firmly and as closely to the skin as possible. With a steady motion, pull the tick's body away from the skin. The tick's mouthparts may remain in the skin, but do not be alarmed. The bacteria that cause Lyme disease are not located in that part of the tick's body.

What to do if You're Bitten

Experts do not recommend using antibiotics to prevent Lyme disease after a known or suspected tick bite. Studies have shown that antibiotics provide little or no benefit since even if the tick is infected, there is still a low probability of it passing the infection on to the individual bitten. It is better to remove the tick and watch for any signs of possible infection, such as a red inflammation at the site of the tick bite after seven to 10 days. This inflammation will expand over a period of days to weeks. If you see this occurring, now is the time to get to your physician. Lyme disease can be successfully treated with antibiotics, but the earlier the treatment begins, the better. □

—*Vincent Ferrari, R.Ph.*

Vince Ferrari is a pharmacist. If you have any questions about Lyme disease prevention or treatment, ask your doctor or pharmacist or check out the CDC website (see the resources box.)

Resources

Barbour, Alan G., MD
Lyme Disease: The Cause, the Cure, the Controversy, The Johns Hopkins University Press, 1966 Update on Infectious Diseases, *Lyme Disease. Pharmacist's Letter*; February, 2000. The Lancet: Volume 352, Number 9127 15 August 1998

Web Sites

The Centers For Disease Control
<http://www.cdc.gov/od/oc/media/fact/lyme.htm>

Helix Healthcare Education, Learning And Information Exchange
<http://www.helix.com/>

Lymerix, Smith Kline Beecham
<http://www.lymerix.com/>

NOTICES

NEW NOTICES

WANTED: USED WORKING CAROUSEL SLIDE PROJECTORS. If you have a working carousel projector you no longer use, PATC could use it for meetings and classes held at HQ. The last working projector disappeared more than a month ago and has not returned. If interested please drop it by HQ or give us a call at 703/242-0693 ext. 11 or 12.

SLOW HIKER (10 MILES PER DAY) who has done 1200 miles of AT seeks companions for sections of the southern half: Catawba to Daleville, Va. (June 5-7), Daleville to Glasgow (June 8-13), Glasgow to Tyro, Va. (June 14-18), Tyro to Rockfish Gap VA (June 19-21), Franklin to Nantahala River NC (June 27-30), Nantahala R. to Fontana (July 1-3), Fontana to Davenport Gap (July 4-11), Davenport Gap to Allen Gap (July 12-16), Springer Mt. To Hiawasse, Ga. (Aug 2-9), Hiawasse to Franklin, NC (Aug 10-14), Allen Gap to Erwin, Tenn. (Aug 15-20), Erwin to El Park, NC (Aug 21-24), Elk Park to Damascus, Va. (Aug 25-31), Damascus to Troutdale, Va. (Sept 11-15), Troutdale to Atkins VA (Sept 16-17), Atkins to Bland VA (Sept 18-22), Bland to Pearisburg, Va. (Sept 23-26), Pearisburg to Catawba, Va. (Sept 27- Oct 3), Rockfish Gap to Front Royal, Va. (Oct 4-14). George Meek ("Poet") 703/875-3021 or gmeek@mciworld.com.

PAIR OF PETER LIMMER BOOTS: These are widely recognized as the best hiking boots made in the U.S., built to measure by Peter Limmer & Sons in Intervale, NH. I have a pair of men's boots, sized around 13 or 13 1/2, made for me some years back and completely rebuilt recently. Sad to say, my aging feet no longer fit in them since the rebuild, so they're available at the \$100 cost of the rebuilding. The payment will be donated directly to PATC, so we will all benefit. Call Richard Frankel, 202/547-3118, to arrange a try-on.

SNP-PATC TRAIL CREW WEBSITES. The trail crews in the three Districts of Shenandoah National Park are on the web. Visit the sites to find out about upcoming worktrips, to see photos of previous projects, or to learn about opportunities in the Park. The addresses for the web pages are: North District: <http://www.patc.net/hoodlums/index.html> Central District: <http://sites.netscape.net/kerrysnow/homepage> and South District: <http://www.geocities.com/mkarpie/districtnews/index.html>

VOLUNTEER OPPORTUNITIES

PA INDEXER WANTED. Is there any member out there with a computer at home and e-mail who can type the indexes for each month's newsletter? I have done January & February and can e-mail you a copy to see how it is done. I would prefer to just have each month's list kept together. I can work the year's index together. You could e-mail the list back to me at the end of each month. Also needed is someone to type onto computer diskette the index from cards that already are in alpha order. Call Carol Niedzialek, Archivist, 301/439-1654.

WANTED: PATC MEMBER WITH SALES EXPERIENCE to review the PATC sales effort at the Vienna headquarters. For more details please call John Richards at 703/642-1296 or email to LDAPCR@aol.com

FINANCE COMMITTEE SEEKS VOLUNTEER with grant writing experience. If you have some experience writing grants and would like to help PATC, please contact John Richards, 703/642-1296 or ldapcr@aol.com.

FOURTH YEAR OF THE KEystone TRAIL CREW. Keystone Trail Crew, sponsored by KTA, will be having three weeks of TrailCare in June. The workweek runs from Thursday through Monday. The dates are June 8 through 12, Quehanna Trail; June 15 through 19, Chuck Keiper Trail and June 22 through 26, Mid State Trail Southern Extension. Meals and lodging will be provided. If you can spare a week, volunteer a week-end, or come for just a day or two, please think about signing up. No volunteer will be turned away. Forward all inquiries to Joe Healey, 93 Cedarwood Drive, Laffin, PA 18702, e-mail jnlhealey@aol.com, or feel free to call him at 570/655-4979. Detailed information and a map directing you to the respective campsites/campsites will then be forwarded.

A COOK IS NEEDED FOR THE ABOVE TIME FRAMES. This is a paid position and all pots, pans, etc. will be supplied, although the cook will be responsible for the purchase of the food. Cost of the food can either be reimbursed after purchase or given up front as a lump sum. If you are interested or know of someone who is, please contact Joe at 93 Cedarwood Drive, Laffin, PA 18702, e-mail jnlhealey@aol.com, or feel free to call him at (570) 655-4979.

NEEDED: VOLUNTEER COORDINATOR—a Club member to coordinate volunteer opportunities and place volunteers in jobs. There is currently no placement system to match volunteers with open tasks; you can devise and implement one. No experience needed, just a general understanding of Club activities and a willingness to work. Most work will take place at the headquarters in Vienna. Call Tom Johnson, vice president for volunteerism, at 410/647-8554, or e-mail him at johnhts@erols.com.

THE SALES OFFICE is looking for volunteers interested in working as little or as long as you can manage it—Monday through Friday between 9 and 5 p.m. If interested, please contact the Sales Coordinator, Maureen Estes, by either calling headquarters at 703/242/0693, ext. 19, or by e-mail at patcsales@erols.com.

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 (wrliley1226@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/ Tide-water)-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: SMRG Operations 703/255-5034, then press #5.

HIKING VACATIONS

HIKING PARTNERS WELCOME to join PATC member for July-August trip to Colorado Weminuche Wilderness. Two or three night trip over continental divide trail with probable bushwhacking down drainage to hot springs. Dates approximately 7/31-8/3. Denver nearest airport. INFO: J Christian Adams, e-mail jcadams@erols.com.

MISCELLANEOUS

LLAMAS FOR SALE: a trail companion to help carry your gear. Please contact Noel Dingman for a visit to our farm. 301/831-1131, or halfaloaf@access.net.

CONSERVATION BUYERS WANTED: PATC's Trail Lands Committee has a need for individuals interested in acquiring wilderness land to help insure the permanent protection of the trails in the PATC system. These private properties would be set aside for either the trail path itself or buffer land naturally preserving the trail environment. The buyer would have the option of placing a cabin on the land for the buyer's use and enjoyment, but the cabin would be sufficiently distant from the trail to insure privacy for both the cabin owner and the trail hiker. Donating a conservation easement over the property would result in the conservation buyer being entitled to take a significant tax deduction, while gaining the satisfaction of contributing to the perpetual preservation of a PATC trail. Inquires should be address to Phil Paschall, PATC Trail Lands Committee, 118 Park St, SE, Vienna, VA 22180.

LOST and FOUND

LOST: SILVER ARROWHEAD NECKERCHIEF SLIDE, 2 1/2" long, 1" wide, made with turquoise and coral. Lost Saturday, January 15 between Pen Mar Rd. and High Rock. If found, please contact or send to: Jeff Hollis, Rt. 4, Box 261, Martinsburg, WV 25401, 304/263-6974 day, 304/263-6140 evening.

PAID OPPORTUNITY

RIDGERUNNERS WANTED: PATC is seeking a self-reliant individual to work from mid-May to Labor Day weekend along the Maryland section of the Appalachian Trail. Anyone, 18 years or older, may apply. Contact Wilson Riley at 703/242-0693 x11 or see our web page at patc.net/trailpatrol for additional information.

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



Pollution, from page 12

Appalachian Voices has an educational clean air video and excellent books published on the issue. For a firsthand education, take a hike in the Appalachian Mountains and see the forest decline and visibility reduction yourself. Teach people what you have learned; inspire them to take action.

In our ongoing work to preserve Virginia's natural heritage, it is vital to understand the interconnections of wildlife and wildlands. Often the spotlight is shone on an individual threatened or endangered species, but air pollution threatens all species. We don't know—we cannot know—which link in our Appalachian forest chain will be the one that irrep-

rably modifies the lands that we are striving to protect. Do your part. □

—Jennifer Tetterton and Jennifer Nalbore
Excerpted by permission from Ancient Mountain Sentinel (Summer 1999), a publication of the Shenandoah Ecosystems Defense Group.

The Overseers of the Staunton River Trail

It was a warm, sunny day in June 1995, when I received a breathless call from an old buddy of mine. “Snow, you’ve got to get down here. It looks like an atom bomb hit. You won’t believe it.” My pal, Jay Poole, owned a small farm near Graves Mill, Virginia (he lived in the house now immortalized on the cover of *Lost Trails and Forgotten People, The Story of Jones Mountain*). When I finally saw the damage from the “Great Flood of ‘95”, I had to agree with my friend. The change in the landscape around the Rapidan and Staunton watersheds suggested a cataclysm of biblical proportions. Rushing waters had taken bridges out, floated houses away, and had dumped tons of dirt, boulders and uprooted trees onto the roads and pastures of Graves Mill. Significantly, for hikers, the Staunton River trail was gone.

In the months that followed, the National Park Service pronounced the trail dead, the PATC edited the Guide to SNP to reflect the loss of the boundary trailhead, and Club volunteers advised Jones Mountain Cabin users that the lower access to the Staunton watershed was now closed. Little did we know that a well-maintained and carefully cared-for footpath was inching its way back up the mountain.

The Mystery Trail Crew

In the spring of 1997, the Club began to receive anecdotal information that hikers were once again using the Graves Mill area to access the Jones Mountain Cabin. That summer, the Blue and White Crew scheduled a trip to the area, with the idea of assessing the social trail and making recommendations to the NPS. The Crew found a path that would put many “official” trails to shame. The unknown trailblazers had established a firm treadway (utilizing remaining sections of the old Staunton River Trail where possible), had cut large blowdowns away from the path, and had carefully (and regularly) weeded the new trail section. Through the rest of that season, our Crew and NPS crews assisted the “Mystery Crew” in the effort to reopen a route

to the upper Staunton River area. Though our crews put in many hours of hard work, it always seemed that the “Mystery Crew” was working harder (and with a little more skill).

The Mystery Crew joins the Club

An early spring work trip in 1998, to the White Oak Canyon Trail, gave the Blue and White Crew the opportunity to finally meet the hard workers of the “Mystery Crew.” Mike Dyas (Central District overseer-at-large) arranged the get-together and wisely suggested that we sign up the industrious “Crew” as PATC members and overseers of the “new” Staunton River Trail. At the White Oak parking lot we learned that the group that had been outworking the PATC and NPS crews on the lower Staunton consisted of two people, Mr. and Mrs. S.V. Dove, a gentle, soft-spoken couple who lived in nearby Brightwood, Virginia. Mr. Dove explained that he and his wife loved to walk the banks of the Staunton with their grandchildren and that he’d worked through the flood damage with that in mind. He and Mrs. Dove, a direct descendant of the Nicholson family who once occupied the hollow of the same name, expressed their enthusiasm for joining the PATC, to take on the overseer job of the Staunton River Trail, and to join forces with the Blue and White Crew. All three (the Club, the trail, and the Crew) have benefited more than I can say.

The Doves were appointed overseers of the Staunton River Trail (from the boundary trailhead to the Jones Mt. Trail) in June of 1998, and from that date through December of 1999, they reported sixty-one work trips and 605 hours of trail work. These hours don’t include the many weekends that the Doves have spent on Blue and White Crew trips and at various workshops that the Club has sponsored. The reported hours, however, don’t tell the whole story. Where many overseers report work hours for “inspecting” their trails, the Doves’ hours were spent building 20 ft long waterbars, building rock steps onto eroded slopes, cutting large old-growth



Photo by Kerry Snow

blowdowns, weeding several miles of trail, and clearing a treadway through hundreds of yards of flood-strewn debris. And a work hour, for the Doves, is a 60-minute hour. On an AT rehab project last summer, I asked my Crew co-leader, Charles Hillon, to make sure that Mr. Dove took a break once in awhile. Charles astutely replied, “What do you want me to do, tie him down?”

While hikers and fishermen who enjoy the Staunton River Trail have much to thank the Doves for, the Blue and White Crew has even more. The couple invariably produces a cooler of cold soft drinks at the end of a crew day (even on trips they couldn’t attend), and always has a kind and encouraging word for other crew members. S.V. Dove has spent his 70-odd years accumulating a wealth of skills that he generously shares at every opportunity. A natural teacher by example, his axe and saw skills, and his construction savvy are central to every Blue and White project. Back at the cabin, a Blue and White pot luck would be much the worse without Janet’s home-cooked contributions.

Before I submitted this short appreciation, I called the Doves to ask their permission. Mr. Dove, with characteristic humility and humor, simply asked that I not credit them with too much. On the contrary, Mr. and Mrs. Dove, I can’t say enough. □

—Kerry Snow

Frogs on the Patuxent

I do a frog calling survey for the NAAMPS (North American Amphibian Monitoring Program Survey) where you stop along the road and listen for three minutes per stop. My route is along the Patuxent River from Route 214 north to Laurel.

I went out one Sunday night for the first run of the season, and, with the misty weather that had occurred throughout the day, and the past five days in the 60's, it was an ideal evening for amorous froggin'.

When the roads are wet (and always warm compared to the soil), the herps sit on the roads. It was interesting to see a number of flying insects also sitting on the road, presumably for the same warmth. The hot spot was at the Governor's Bridge Road crossing

of the Patuxent, near the Bowie Baysock's stadium. I saw about a dozen American toads, five pickerel frogs, four southern leopard frogs, and a spring peeper within a mile of the bridge. At the bridge, I heard a raucous horde of spring peepers, a number of southern leopard frogs and, one or two pickerel frogs.

For the total route, I saw 23 American toads (no Fowlers yet), 5 pickerel frogs, four southern leopard frogs, a spring peeper and a spotted salamander.

Of the 12 sites I visited, I heard spring peepers at almost every one. Actually, two were dead silent, and those were perplexing as to why. They were both excellent sites. I wonder if a predacious animal was in the area?

Wood frogs and chorus frogs were heard at two sites, the southern leopard and pickerel only at the one mentioned site.

Then, I drove over to Rock Creek, across the street from the Audubon Naturalist Society headquarters at Woodend to check for the spotted salamanders. It was raining, and the spotted salamanders were doing their thing!!! Numerous "Congresses" of a dozen or so salamanders each were found throughout the pools (as were three wood frogs).

A glorious evening! Perfect timing to catch such a bounteous display. Spring is here! Get out and catch the display/fever/spirit! □

—Bob Pickett

Working With Woodstock Girl Scouts

In December 1996, Girl Scout Troop 284 from Woodstock, VA, began to maintain a one-mile-long trail on Massanutten Mountain, called the Mine Gap Trail. I was invited by Bill Kruszka of the Forest Service to accompany them on their first trip, and I've been working with them ever since. I want to share with you some of my experiences with this great group of girls.

Initially, the Scouts reblazed the trail, brushed it out, cleared the debris, and built some waterbars. Their work trips are sandwiched among soccer games, band practice, and cross country, so they only get to work a few Saturdays each fall and spring.

In building new waterbars, one girl showed a real talent with a pick mattock and a fire rake. She took over the heavy picking and raking. I asked her if she had done this before. She said, "No, but it's like mucking out stalls in my grandfather's horse barn, and I do that a lot." I now think of waterbar cleaning as "mucking out."

The upper portion of the trail is on a steep but well-graded old wagon road cut into the side of the mountain. On one of the early trips, we came upon a dead limb that had fallen onto the road. I thought the girls could move it, so I left it for them. They said it was too big. I said if four of them worked together they could easily lift it and drop it over the

edge of the road onto the downslope. I told them that one of them had to be the leader and give the commands: to get ready to lift, then to lift together, then to walk to the edge, then—on command—to all let go at the same time. If any girl got into trouble, she would have to say so and they would all lower it together: They were in this together. They got ready. I could see what was coming but I kept silent.

They got the log into the air, started walking toward the edge, with one girl backing up—she was on the wrong side of the log! She got a panicked look as she realized that she would have to go over the edge with the log. She shouted and they all lowered the log. With four on the same side, they again went through the ready, lift, walk, and drop sequence, and successfully dumped the log off the trail.

After they had the trail in pretty good shape, Bill Kruszka pointed out that there was a 900-foot section of extremely steep tread. Bill suggested that they might want to build a relocation. They agreed. Bill got Forest Service approval, and he and I laid out a 1,700-foot long switchback at an average 10 percent grade. The terrain is a rocky hillside covered with low brush and saplings, under an open canopy of mixed hardwoods.

The girls went to work with pick mattocks

and fire rakes. They were 11 and 12 years old when they started, and even lightweight pick mattocks were a challenge. Now they're 14 and 15: bigger, stronger, and more experienced.

The trail building called for digging everything out of the ground for a three-foot-wide tread—wide enough for foot, bicycle, or horse traffic. The brush to either side was cut back, but all saplings in the tread had to be removed. At first, even a half-inch-diameter sapling was a challenge to dig out. Most girls got bogged down and discouraged after 10 minutes of no progress. I told the girls to leave them behind—go for the easier stuff. We cut the saplings off at about 18-inches and left them in the tread.

This year, two of the girls decided they would like to grub out those saplings, and now there's no stopping them. Liz and Allison are sapling demons and have cleaned up most that were left behind. Picture Allison, brandishing a sapling in the air over her head, "Look at the roots on this one, Mr. Kohlbrenner!"

For safety, the girls are spread out, each with a section marked by pin flags. No one is swinging a tool next to anyone else. They say, "Coming through," when they need to pass someone else who is working. I noticed that one of the girls would start working on her

See Girl Scouts, page 17

Girlscouts, from page 16

section, and a half hour later I would find her flat on the ground watching a grub or beetle digging its way back into the exposed earth. Snapping my imaginary whip in the air, I would urge Elena to get back on task. After a while, I realized that Elena wasn't just shirking, she was studying what she found in the duff—better than watching it on TV, I thought. Maybe building new trail isn't the only priority task ...

On one trip, the Massanutten Crew joined the Scouts to work on some of the tougher tasks. One of the crew members, Kelli Watts, is a sign-language interpreter for the deaf. During lunch, Kelli talked about her work. Then I gave my usual spiel about safety and tool use (which the girls hear on every trip—boring by now). This time, Kelli simultaneously signed what I was saying. They “listened” to Kelli!

As they have gotten older, they've matured in other ways. Randy Buie, the PATC District Manager, worked with us a few times, moving large rocks in drains and removing the largest of the saplings. Randy is a handsome, single, 30-year-old. He found himself the object of much flirting from a couple of girls. Sara still calls Randy her “good buddy.” Alas, Randy recently moved to Nevada, and I'm no substitute—I'm old enough to be Sara's grandfather.

What have the Girl Scouts accomplished? They have cut sidehill tread and cribbed it with small logs from trees that they felled and trimmed with handsaws. They drilled the logs with brace and bit and pinned them with sections of rebar. They have outslopped the tread to drain runoff over the logs and built grade dips to handle any water that gets trapped in the tread.

They have about 700 feet to go, and a little more than a year to get it done.

The troop leader, Laura Fogle, says the girls will all earn their Silver Award for this work, but it is a more ambitious project than most girls do even for the Gold Award—the Girl Scout equivalent of the Boy Scouts' Eagle.

When the Scouts complete the trail and open the relocated section, they plan to stay with it, do a project write-up, and erect trail signs and interpretive signs along the trail—as their Gold Award project.

I'll be there to tell them how to firmly plant an eight-foot post two feet into the ground and attach a sign. Then I'll stand back and watch them do it. □

—Wil Kohlbrenner

Scenic America Announces 'Last Chance Landscapes'

In late November 1999, Scenic America released its first annual report naming 12 of what it refers to as “Last Chance Landscapes.” These endangered landscapes are places of beauty or distinctive community character that face a pending threat that potentially can be solved. Challenges facing these sites such as rapid and unplanned growth, billboard blight, strip malls, and new and poorly designed roads are common to thousands of communities and scenic landscapes around the country.

“This report highlights a dozen places across our land that typify problems we all see in dozens of other places,” says Meg Maguire, President of Scenic America. “But for every problem, there is a solution [that] other communities have adopted, showing once again that change is inevitable but ugliness is not.”

The “1999 Last Chance Landscapes” report lists places ranging from the South Coast Foothills in southern California to Walden Woods in Massachusetts. Local individuals or groups nominated each area, and Scenic America's report proposes remedies for each threat. This is the inaugural report in what will be an annual announcement. The report includes a scenic highway, coastal lands, historic towns, a state park, and other places treasured for their natural beauty and distinctive character.

The “Last Chance Landscape” program is an annual recognition of the work being done

by people in all kinds of communities to preserve their heritage and beauty for generations to come. “Americans want to save natural beauty, protect open space, and live in well-designed communities,” says Meg, referring to over 200 ballot initiatives that voters approved within the past year to protect open space. “People everywhere need to look around, identify what they love, and demand better scenic conservation and land-use practices as their communities grow.”

For information on submitting your “2000 Last Chance Landscape,” visit Scenic America's Web site at www.scenic.org. The deadline for submissions is June 15, 2000. “Last Chance Landscapes” for the year 2000 will be announced at a press event in November 2000.

Shenandoah to Catoctin Mountains (Portions of Virginia, West Virginia, Maryland) Threat: Unplanned, chaotic development; new highway construction. This Last Chance Landscape consolidates several nominations from the region, all of which highlight the challenges and drastic consequences of unregulated growth. This endangered swath stretches from Shenandoah National Park, across the northern Virginia Piedmont and the tip of West Virginia's panhandle, and up through central Maryland's Catoctin Mountains. Approximately 80 miles long and 30 miles wide, this region consists of farms, small towns, rural roads, and an incompara-

bly rich heritage. Explosive growth westward from the Washington, DC metropolitan area is rapidly spilling over into neighboring states. Unplanned development is consuming farmland, overwhelming historic towns, and erasing the long-revered beauty and heritage of land west of Washington. Citizen coalitions throughout the region seek more effective land-use controls; greater protection for scenic, natural, and historic landscapes; and an end to transportation projects that threaten to perpetuate sprawl and destroy this cherished landscape. □

—Reprinted with permission from *Scenic America's Booklet*, “Last Chance Landscapes: 1000 List of Twelve Endangered American Landscapes.”

1999 Last Chance Landscapes

- * South Coast Foothills, CA
- * Swan River Wild Mile Corridor, MT
- * Moab Rims, UT
- * Guanella Pass, CO
- * The President George Bush Turnpike, TX
- * The Missouri Ozarks, MO
- * Liberty Prairie Reserve, IL
- * Gateway to the Mackinaw Bridge, MI
- * Walden Woods, MA
- * Kennett Pike, DE
- * Downtown Fort Pierce and Indian River Lagoon, FL
- * Shenandoah to Catoctin Mountains (Portions of Virginia, West Virginia, Maryland)

Trailhead

Early February was not conducive to trail work with snow covering most trails. However, warmer weather later in the month melted the snow cover, and a number of overseers couldn't resist checking their trails and seeing what presents winter has left. As usual, reports of blowdowns seemed to be the most prevalent problem. Precluding late winter snows in March, most trail crews will break out of the winter doldrums and begin this season's activity in earnest.

Join A Trail Crew

PATC members who would like to become active volunteers but aren't sure where to start should consider working with a trail crew. PATC has a number of crews that work in different locations and do a variety of tasks. No experience is required. The crews welcome new volunteers and will gladly teach you how to do trail work and provide all the necessary tools. If you would like to become a PATC trail overseer, working with a crew is a great way to learn the fundamentals and meet experienced trail workers.

Check the Forecast section of this newsletter for scheduled work trips and see if there is one that interests you. Most crews schedule work trips on a selected weekend each month during the March to November season. PATC-sponsored crews include the Hoodlums Trail Crew, SNP North District; Blue and White Trail Crew, SNP Central District; Stonewall Brigade Crew, Great North Mountain; Massanutten Trail Crew, Massanutten Mountains; Cadillac Crew, roving band of renegades; and the South Mountaineers Trail Crew, Maryland Trails. Other trail districts such as the District of Columbia, the North Chapter in Pennsylvania, the Charlottesville Chapter, and the West Virginia Chapter organize work trips as well. PATC also organizes the SNP and Massarock summer work crews that feature weeklong work trips.

Most crews are eclectic mixtures of individuals of all ages and genders with a common desire to do trail work and enjoy the outdoors. Each crew has a unique style and personality, and you can surely find one that matches your interests. Some crews schedule a day work trip while others spend the night at a nearby maintenance hut or PATC cabin. For those that spend the night, the crew evening meal (feast) is an event in itself.

Incident At Keys Gap/Route 9

Two hikers reported leaving a pickup truck at the Keys Gap/Route 9 AT hiker parking lot Tuesday, February 22 and returned the next day to find it burned beyond recognition. The '91 Ford Ranger with Alaska plates and "Recycle" and "Support your National Wildlife Refuge" decals on it ignited at about 4am Wednesday morning. The hikers reported the incident to the local police and filled out an incident report at ATC headquarters.

Although many people have used this trailhead parking area with no problems, the ATC would like to warn hikers that this may not be a safe place to leave a car overnight. There were only two reports of vandalism on file for this location last year, but it has a history of problems.

The nearby Sweet Springs store (.3m east) has sometimes allowed hikers to park cars on their large lot, but, as a courtesy to the owners, permission should be requested first. To help maintain goodwill toward hikers, it is also suggested that hikers offer to pay a few dollars for the privilege of parking or patronize the store.

Blue And White Plans

Kerry Snow and Charles Hillon will kick off the Blue and White Trail Crew season on March 25/26 (report to follow in the May Trailhead). The Crew calendar for the upcoming season includes the 2nd Annual Central District Workshop (June 3/4) and the 2nd Annual Hoodlums/Blue and White Joint Worktrip (in November). For quick reference, the Blue & White Crew schedule may be found at http://sites.netscape.net/kerry_snow/homepage. In the meantime, Charles asks SNP Central District overseers to report trail conditions as soon as possible, and, while you are on the trail, you might as well clean waterbars and clear blowdowns (ask for help if needed).

Snow At Firestone

In spite of the weather, the Cadillac Crew managed to conduct two successful work trips in February. The first trip involved clearing the infamous Ailanthus trees (a true forest weed) from around Firestone Cabin. This non-native tree is prolific and quickly crowds out the worthy trees if left unchecked. Saturday's prediction of a light dusting resulted in three inches snow at Firestone, but

this didn't hamper the busy beavers, no pun intended. Jim Denham, the cabin overseer, joined the crew for the weekend and entertained the crew with stories about longtime PATC'er Cliff Firestone who donated the cabin to PATC when he passed away a few years back. Thanks Cliff, it's a great cabin.

The prediction of sunshine and temps in the high 60's for the work trip at Shockey's Knob was a ringer as well as we encountered a heavy overcast with drizzle and temps in the low 50's. A crew of seventeen, including five first timers, endured the drizzle and dug 150 yards of tread on the southern end of the relocation project. Saturday's chili supper, courtesy of Fran Keenan, came in two versions, red hot (for real men) and mild (for wimps). Plans to open the Tuscarora relocation project in July are still intact.

Bar Nuts At It Again

Bernie "Bar Nuts" Stalman, suffering from too much road time at work, finally got a chance to exercise his neglected chainsaw in SNP North District. Dodging between Skyline Drive closings in February, Bernie, John McCrea, Pat Stark, and Dick Dugan managed to clear reported blowdowns on the AT near Jenkins Gap and from Neighbor Mountain to Elkwallow and on the Elkwallow Trail. Bernie suggests that overseers should not be surprised if they have some old oaks across their trails. The gypsy moth casualties from the past years are beginning to fall in greater numbers.

SNP Trailhead Issues

As reported last month, SNP boundary trailheads and related issues such as parking and trail access were a topic at the PATC/SNP Trails meeting in January. Kerry Snow and George Walters are organizing an ad-hoc group within the Club to address some of these problems. Their first meeting is scheduled for late March at PATC HQ.

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

An "Old Timer" Says Thanks for the Recognition

I want to thank the Club for sending me the beautifully framed Honorary Life Membership certificate and attractive patch and rocker. I really appreciate it very much.

Evelyn and I were active in PATC for many years, and knew all those you refer to as old timers. We went mostly on work trips in the old truck driven by Bill Mersch and did a lot of work restoring the trails that had to be abandoned during WWII for lack of man (and woman) power.

We were sponsored in joining the Club by

Frank Schairer, of whom you have undoubtedly heard many stories. Both Jean Stevenson and Charlie Thomas coached me in trail maintenance. One would tell me to clip the overhanging branches so they would not drag on you when wet. The other would tell me not to clip them because they provided shade. Fortunately they walked at opposite ends of the hiking group, so I could accommodate them both when I was near them.

We read with sorrow about the deaths of Frank Shelburne and Peg Keister. They were both active, friendly people, as you know, and

we liked them very much. I was surprised that one of Peg's major accomplishments was omitted from her obituary. Peg was the first woman to climb Devil's Tower in Wyoming, an extremely difficult climb.

We do enjoy receiving the Potomac Appalachian even though news of our old friends is becoming less and less. I still walk over a mile each day (with my new hip), but I know I'm 80 when I finish. □

—Mike Klein

www.patc.net

PATC Membership Survey Report

In September 1999, the Club randomly surveyed 600 of its 6,500 members in attempt to learn:

- Who we are?
- Why we joined?
- What do we want to do?

Of the 600 members surveyed, 275 (46%) replied. Not every respondent answered all questions, but the information received has provided some insight into the current composition of the Club, what members believe is important, what we are doing right, and what might be improved.

Who are we? Male: 64%; Female: 36%; Married: 67%; Single: 33%; Have children: 61%; No children: 39%

Members Ages: 18-34 years old: 12%; 34-49 years old: 39%; 50-64 years old: 39%;

65+ years old: 10%

Length of Membership

< 1 year: 15%; 1-5 years: 38%; 6-10 years: 18%; 11+ years 29%

Reasons for Joining

Meet other people: 11%
Go on Hikes: 18%
Rent Cabins: 27%
Do Volunteer Work: 14%
Learn about Outdoor Activities: 18%
Other Reasons (most often to support trail maintenance): 13%

How is the Club doing in meeting members' expectations?

Overall Satisfaction

Very Satisfied: 51%
Satisfied: 39%

Neither Satisfied nor Dissatisfied: 8%
Dissatisfied: 2%

What do members think is important?

Volunteer Work Activities: By an extremely wide margin, members identified trail maintenance and protection of trail lands, i.e., their acquisition and monitoring, as the two most important volunteer activities. On a scale of 1 to 5 (1 being highest in importance), 87% rated trail maintenance either 1 or 2 and 83% rated conservation of trail lands 1 or 2. Nothing else was close. Cabins and Shelters construction and maintenance were rated 1 or 2 by 70% of those surveyed.

Recreational Activities: The survey results were starkly clear. Hiking is the most important activity—93% of those who responded rated hiking #1 or #2 in importance—followed by backpacking. Cabin Rentals was also high. 68% rated Cabin Rental either #1 or #2.

33% of those responding said they had hiked with PATC, and of those responding "yes" males outnumber females slightly. Backpacking was similar. The activity was highly ranked (1 or 2) by 72% of those who provided a rating.

So, who does the work?

When asked to describe their volunteer activities with the Club, either work or recreation, 33% gave no response. Of those who did respond, 40% cited trail work as their volunteer activity, and nearly one-third of those who did trail work said they had led an activity for the Club. Hikers made up 44% of participants in volunteer activities, but in

See Survey, page 20

Volunteers - Appointed April 7, 2000

Trail Overseers

Jennifer Betts
Charles & Donna Stange
Bob Sihler
Ron Wiley
Jack Magarrell
Zoe Sollenberger

Morgan Run Trail
Crescent Rock Trail
Bettys Rock Trail
Saddleback mountain Trail
Millers Head Trail
Massanutten Mt. East Trail -
Milford to Indian Grave Ridge Trail

Shelter Overseers

Brennan Harmuth Co-overseer of
Steve Spring Co-overseer of
Carolyn Komich Co-overseer of
Kim Grutzik Co-overseer of

Rock Spring Hut
Cowell Shelter Brian Garrett
Cowell Shelter
Manassas Gap Shelter
Manassas Gap Shelter

TRAIL OVERSEERS WANTED

Trail Overseer Openings March 7, 2000. Contact the District Manager for the region that interests you.

SNP NORTH BLUE-BLAZE (Map #9)
[CALL BERNIE STALMANN AT 301/725-8876 or
E-mail: Bstalmann@aol.com]
Big Devil Stairs Trail (co-overseer)
Bluff Trail to Harris Hollow Trail [2.30 miles]

GREAT NORTH MOUNTAIN (Map # F)
[CALL "HOP" LONG AT 301/942-6177
or E-mail: theFSLongs@erols.com]
White Rock Trail
Tuscarora Trail to White Rock Cliff [0.20 mile]
Gerhard Shelter Trail
Tuscarora Trail to Gerhard Shelter [0.10 miles]

MASSANUTTEN NORTH (Map # G)
[CALL WIL KOHLBRENNER at 540/477-2971
or E-mail: wmaxk@shentel.net]
[Massanutten North District Manager]
Massanutten Mt. East Trail
Habron Gap to Kennedy Peak Trail [3.60 miles]

MASSANUTTEN SOUTH (Map # H)
[CALL BILL SCHMIDT AT 301/585-2477
or E-mail: weschem@gwis2.circ.gwu.edu]
Massanutten Mountain South Trail
Pitt Spring to Morgan Run Trail [3.3 miles]

Survey, from page 19

that group only 6% had led a hike. Cabins and Shelters made up 8% of active participants, but 40% said that they had organized and led a cabin or shelter worktrip. By far the most frequent reason given by all surveyed for not leading an activity is lack of time.

What does the survey tell us to do and where do we go from here?

From a first analysis, the survey points to continuing to stress PATC's fundamentals: trail construction and maintenance, protecting trail lands, cabin construction and maintenance, and hiking. Many submissions bore the no-

tation "support PATC's mission" as the reason for continuing membership in the Club. Some members do that by volunteering, others who may not have the time feel that it is important to provide financial support in the form of annual dues payments and donations. □

—Wilson Riley

A Good Place for a Trial Run at Trail Work

Are you interested in doing volunteer trail work but not sure what's involved and a little intimidated about investing a weekend-long trip before you know what you're getting yourself into? Then, coming to PATC half-day work trips in Rock Creek Park may be a good first step for you.

The Rock Creek Park and D.C. trail crew meets one or two times a month from April to October (the first trip is Saturday, April 8) and requires a Saturday time commitment

that gets you out before lunch. We do all manner of trail maintenance on around 25 miles of hiking trails located in and near Rock Creek Park. We do everything from routine maintenance of the trails to large projects such as a trail relocation or serious erosion repair. You can wield clippers to cut back vegetation, or, if heavier manual labor is your thing, you can shovel dirt or swing a sledgehammer.

Overall, what we do is similar to what you would do in Shenandoah National Park. And,

the park is beautiful to boot. Rock Creek Park was protected by Congress over a 100 years ago, and the tree growth is impressive. There are places in the park where you can't tell you are in the middle of a major city. We have a steady group of regulars and all the trips feature a few fresh faces. Anyone and all are welcome to come on our popular work trips.

Contact Mark Anderson: 202/462-7718 or mhacca@starpower.net □

POTOMAC APPALACHIAN

(USPS-440-280) © 2000, 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