



The Potomac Appalachian

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

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Tulip Tree Dedication Shows Off Latest PATC Cabin

It's 1:00 p.m., May 30, 2004, Morningstar Drive, and no one at the Tulip Tree dedication is happier than Charlie Graf. Tulip Tree was the fulfillment of Charlie's dream. Charlie had wanted to build a log cabin since childhood, after watching his grandfather build one. Only Charlie, no doubt, exceeded the quality and craftsmanship of his ancestor, and possibly that of the master PATC cabins builder, Bob Humphrey. It was a case of the student transcending the master. Bob taught Charlie the now-famous art of PATC "cabinship," and Charlie did him proud.

Built the Old-Fashioned Way

Building Tulip Tree Cabin was not only a masterpiece in technical achievement, it was built using all antique tools and on-site trees, much in the same fashion that cabins were built 200 years ago. Yet, it is a wonderful piece of architectural glory – simple but beautiful, early American but with touches of contemporary luxury. It's a delight to both heart and mind, a masterpiece in both form and function.

One jarring modern touch, no doubt required by code and insurance, is a shiny double-jacketed stainless steel insulated stove pipe protruding from the hand-crimped tin roof – a wise innovation and one that doesn't intrude too much on the cabin's authentic look.



Photo by John Akeley

The green-painted tin roof is echoed by green window frames, setting off a jovial and fun atmosphere, as if its inherent cheerfulness was intended. The cabin sits well on the site, as if it had always been there, its rough hand-hewn tulip logs blending in with the surroundings.

See Tulip Tree, page 4

It's Pig Roast Time Again!

Join us for the 21st Annual Blackburn Pig Roast, scheduled for Saturday-Sunday, Oct. 9-10, 2004. The organizers will be the same as always – Rick Portal with help from Tim Rahn and Nancy Hughes. Registration this year is once again being taken by Trailboss Chris Brunton and Sandi Marra.

As is the tradition, black beans and rice, potato au gratin, and apple crisp will accompany our Cuban-styled roast pig. Happy hour will lead off the evening with Rick's famous tamales. In addition, Tim will make sure anyone waking up Sunday morning still hungry will be taken care of with his quality breakfast fare.

In keeping with our family-oriented events, we will have planned activities for children of all ages, culminating in our annual jack-o-lantern contest, complete with scary stories and prizes for all. Of course all attendees can



take a hike along the AT or simply enjoy the changing leaves from our front porch.

Dinner will be served early evening on Saturday, but anyone wanting to participate in the Friday night Pig Grease Down and Seasoning (an event worth experiencing at least once in your life) are welcomed! Dinner on Friday and breakfast and lunch on Saturday are up to each individual.

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N. Shenandoah Valley Chapter: Lee Sheaffar

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Maps: Dave Pierce

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Shelters: Frank Turk

Trail Lands Acquisition: Phil Paschall

Trail Patrol: Holly Wheeler

Tuscarora Trail Land Management:

Vacant

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Cabin Reservations: Shakuntala Ghare

Club Naturalist: Bob Pickett

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Deputy Supervisor of Trails: Jon Rindt

Headquarters Facility: Orron Kee

Information/Sales Desks: Annetta DePompa

Medical: Vacant

Shelters, Cabins, & Cabins Land Fund: Larry Marcoux

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Council Fire

The Potomac Appalachian Trail Club's regularly scheduled Council Meeting was held at PATC Headquarters on May 11, 2004. President Tom Johnson reported from the May 1 meeting at Blackburn Trail Center, called by Past President Walt Smith, to formulate plans to protect and maintain the Tuscarora Trail. Tom reported proposals will be developed and presented to Council regarding 1.) standards for the Tuscarora Trail, including a general management plan, and 2.) long-range plans for the Tuscarora Trail. In other business, Tom noted the annual new members' picnic at Blackburn had been canceled as a result of a lack of new leadership for the event. And Tom announced the members of the Nominating Committee for the next term's Executive Committee: Jean Golightly, Kumait Jawdat, Mark Holland, Ben Mayock, and Jon and Katherine Rindt.

Finance

Treasurer Salinger distributed the monthly budget report for April 2004, noting revenue is five percent below anticipated levels. According to the new procedure to review accounts on a monthly basis, Gerhard also led a review of the Trail Lands Fund.

Sales Committee Chair Tim Hanlon assessed the club's inventory and reviewed his findings for Council. Tim introduced some ideas and recommendations to improve sales. In particular, he advised the club to consider producing a photo catalogue of items (particularly an online photo catalogue), to analyze new pub-

lication prices in light of cost, to consider increasing shipping and handling charges, and to move slow-moving inventory into long-term storage.

Computer Services Committee

The Computer Committee was re-organized into the new Computer Services Committee. Jose Rojas and Steve Koeppen have been appointed as co-chairs for the new committee, which will have one Council vote. The current Internet Committee will no longer have a Council vote and will become a subcommittee of the Computer Services Committee. The tasks of the new committee will be to provide leadership, guidance, and technical expertise on computer service matters; to manage Internet services; and to ensure the proper integration of the various components of the computer structure. The committee shall focus on the Internet services and such other technical efforts as the chairpersons may determine.

Other Business

Club Naturalist: In accordance with a request from Club Naturalist Bob Pickett, PATC will become a member of the MAGIC organization, a Maryland organization supporting continuous greenways for ecological health of native plant and animal species.

Grants and Donations: Susan Nelson, as chair of the Grants and Donations Committee, reported holding the first annual luncheon

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HEADQUARTERS

HOW TO CONTACT 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

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

To receive an information packet: Extension 10

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

Club e-mail: info@patc.net

Facsimile #: 703/242-0968

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

STAFF

DURING REGULAR BUSINESS HOURS

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

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

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

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

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

Bus/Metro Directions to Headquarters: For more information about Metrobus routes or Metrorail lines, schedules, fares, and parking fees, call the Metro at 202/637-7000. The TDD number is 202/638-3780.

Tom's Trail Talk

Tulip Tree is Also a Poplar

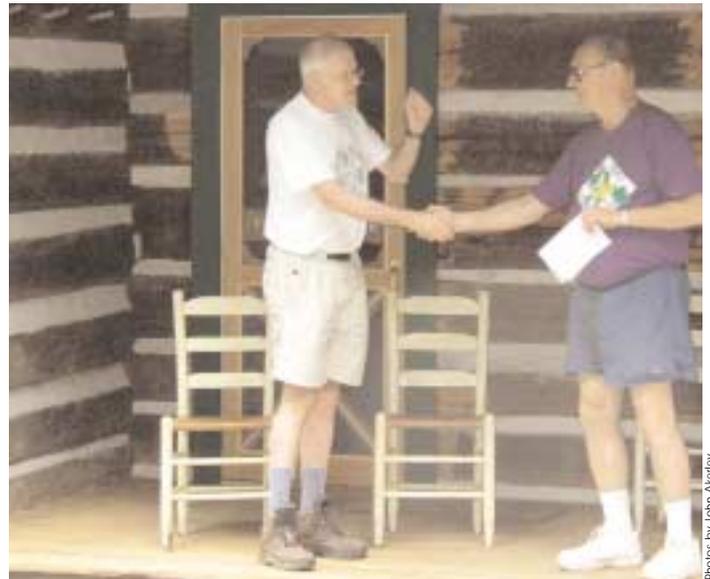
Tulip Tree Cabin, dedicated just yesterday (May 30) (*see related article, page 1*), is our 30th rental cabin. Every PATC cabin has a uniqueness about it that engraves it in the mind. It might be the setting, the view, the recreational opportunities, the architecture, even the type of stove, that endears it to hikers. But this cabin is "special" in a way that marks it apart from all the others.

The very idea of this cabin makes it unique. The land on which it sits was donated to the club by Darwin and Eileen Lambert, who live just up the hill. They wanted a place where the club could pursue a way of life that has been virtually lost to modern America. It should be a place where people can learn about nature, about the forest, about the kind of life that the first settlers to the mountains experienced. It should be a place where people can learn, in the way that Benton MacKaye envisioned. It should be close to the idea of a "forest camp" that he propounded in his writings.

The first step would be to construct a primitive cabin in the manner of the settlers, using designs, tools, and techniques that they used. Charlie Graf, then the club president, took on the project in 1995, and he and a



Only hand tools were used in constructing this cabin.



Tom Johnson (left) accepts the cabin key from Charlie Graf.

Photos by John Akeley

dedicated band of assistants have been working on it ever since. They used no power tools. They built the cabin out of poplar logs felled on site. Each log was hewn into flat sides with broad axes, each log was fitted together in the old style, places where we might drive a nail today are held together with pegs made by hand. The cabin rests on a rock foundation built by Bill Ladd and his assistants; the chimney is the same. The entire cabin is hand-crafted. In the eight and one-half years Charlie recorded well over 300 volunteers who came to help. Every one learned something about primitive construction

The 60 acres that Darwin and Eileen own have been willed to PATC. Bob Pickett, the club naturalist, has begun education programs to carry on the mission that they have in mind. In the future this area will become the focus of club educational activities. People who come will not just learn specific skills, or about certain aspects of nature. What they will be learning is a value system. It is up to PATC to keep those values alive. □

—Tom Johnson

Pigs, from page 1

Members and friends interested in attending the event should complete the registration form below and send a check for \$25 per adult and for children 11 and over to: Sandra Marra, 6245 Walkers

Croft Way, Alexandria, VA 22315. PLEASE make checks payable to: SANDRA MARRA. For more information contact Chris Brunton, 703/924-0406 or e-mail trailbossbtc@msn.com.

Blackburn Pig Roast — Saturday and Sunday, October 9-10, 2004

Name: _____
Address: _____
Phone: (day) _____ (evening) _____ Number of reservations: _____ @ \$25.00 each
Total enclosed: _____
I will also be bringing _____ # children aged 10 and under (for whom there is no charge)

Include a \$25.00 payment per person for each reservation with checks payable to Sandra Marra and mail to:
Sandra Marra, 6245 Walkers Croft Way, Alexandria, VA 22315.

IMPORTANT: Please be sure to make your check payable to Sandra Marra.

Tulip Tree, from page 1

Even the landscaping (yes, landscaping!) makes use of indigenous plants and adds a "lived-in" look. Native trees were left standing inasmuch as possible, placing the cabin in shaded seclusion much of the day.

One can imagine the years ahead with Tulip Tree echoing with peals of laughter.

Charlie Has Help

Yet, Charlie Graf, the "project manager," didn't accomplish all this single-handedly. Or quickly. What he thought would take two years to build turned out to be almost a nine-year process, requiring 206 work trips every other weekend since September 1995 (excluding a few winter weeks). It required the loving help of 332 people altogether, some of whom devoted lavish attention to detail and delight.

During all that time, Charlie's wife supported him, tolerated his absences, and kept track of his many phone calls while he was away. Charlie, who lives in Annapolis, wore out two 4wd trucks in the process of commuting and hauling tools and equipment.

Only two work trips had to be canceled, one for deep snow and one for a hurricane that turned the access road into a miniature Grand Canyon. Even though that work trip was called off, Charlie and a few hardy workers were able to cut a temporary mud road through the woods. It took a year for the gutted half-mile of original road to be restored by the Federal Emergency Management Agency.

During the dedication ceremony, Darwin and Eileen Lambert also spoke. It was Eileen's idea in the first place for PATC to further the desire of AT founding father Benton MacKaye to

give city people a place to visit that is close to nature. The Lamberts donated the six-acre tract to the club for the cabin and made weekly, and sometimes daily, trips to view its rising.

Without the Lamberts' dream, the club would not have its 30th cabin in the rental system, making it the largest cabin-rental organization in the Appalachian Trail Conference.

To enhance MacKaye's and the Lamberts' dream, Bob Pickett is turning the Lamberts' property into an educational naturalist enclave, with plans to bring in club members as well as outsiders to teach them the wiles and ways of nature and to continue to make the Lamberts' homestead a headquarters for learning how to live in harmony with the natural environment.

Present were Charlie's wife and two sons: David and his wife, Heidi, and their daughters, Emma and Sara from Woodstock, Ga., and their other son, Daniel, from Arnold, Md. Charlie's younger brother, Terry, from Midland, Mich., also attended.

Near the end of the ceremony, Charlie gave PATC President Tom Johnson the key to the cabin door, and after the cabin gets a few more finishing and administrative touches, it will be open for business. Charlie was so happy, he forgot to tell folks that there was a cake in the outdoor kitchen to enjoy as part of the ceremony. But his wife, Kathryn, reminded him. And the cake didn't last long, either.

As for Charlie, he wasn't long out of there to begin a much-needed hiking vacation with his brother, Terry, in the Cumberland Gap of the Kentucky Appalachians. □

—Jack Reeder

A Word About the Interior

Tulip Tree Cabin has clear white pine floors, polyurethane-coated, bleached interior logs, white double-glazed window sashes, a stone fireplace, a large wood stove, and two stone porches, one of which is soon to be screened. The screen doors are themselves works of art, handmade with hand tools.

The furnishings, all handcrafted with human-powered tools and loving hands, include two-bunk ensemble beds downstairs and two double beds in the upstairs loft (sleeping eight), with a handmade bed stand between them. The picnic-style kitchen table is something equal to or better than those \$1,000 tables sold by Antique Tables Made Daily in Sperryville. Our master craftsman cabin table maker, Robert Hilbish made it especially for Tulip Tree. It has a lantern hook overhead.

The "pie safe," well, let's say I've never seen anything like it for size and authenticity. It fits well into the corner as if it had lived there since Colonial times. It is so tight that George Walter's mice family will go mad from frustration!

In another corner of the kitchen is – get this: a concrete counter top "el." The latest fashion!

The interior ceiling of the cabin is cathedral-style, finished in tongue-and-groove light wood with insulation behind it.

The loft's banister overlooking the living/work area is made of native trees and branches, complete with their original quirks and curves.

Last, the stairway is a unique and original engineering feat, as well as being a work of art. □

—Jack Reeder

Volunteers of Note

Awards for dedicated work on Tulip Tree Cabin were given to the following volunteers in recognition of their frequent work trips: Bill Ladd, who received special recognition for his masonry work; Tom Carroll; Dave Holton; John Akerley; Marcia McFadden, Mark Chapin (the pie safe builder); Elena Carroll; Randy Skeirik; Jack and Mary Luksik; Thomas Buford (for that magnificent stairway); Christine Sauers; and Pat Fankhauser (for the dedication cake). Please forgive if your name is misspelled or omitted.

Rental Information

The cabin will be available for rental, by members only, June 21. Rental fees are in line with the standard "Primitive" designation rates; \$35 per night Thursday - Saturday and \$25 per night Sunday - Wednesday. There is a short hike-in to the cabin. It can be rented up to two months in advance in accordance with the new cabin rental guidelines.



Photo by John Akerley

L to R, front row: Mary Jewell, Bridget Chapin, Mark Chapin, Charlie Graf, Stan Turk, Eileen Lambert, Darwin Lambert. Second row: Thomas Buford, John Akerley, Bob Edmonds. Standing in rear: Rob and Linda Obenreder.

North District Crew Tackles Sam's Ridge

Legend has it that Sam's Ridge in Hazel Country was named after an early settler who was something of a hermit. Maybe. Members of the May 17-21 North District Crew suspect the ridge should have been named Steep and Muddy. After a day of playing in the mud on Dickey's Ridge building a 70-foot lateral drain and doing 110 feet of sidehill, the crew – Jay Fellows, Scott Miller, David Nebhut, Jane Weiland, and crew Chief Wayne “Muddy” Limberg under the guidance of SNP Ranger Don Harvey – started up Sam's Ridge. Despite the grade, heat, and a storm that cut one day short, by Thursday the crew had covered half the trail's 1.9 miles, constructing over 45 water-bars and checkdams. Friday saw the crew back in the mud, completing a 70-foot lateral drain and a log-and-rock culvert at the start of the Buck Hollow Trail just in time for use by a busload of Springfield Elementary students on a field trip. When one of the students asked the mud-covered crew members if they were auditioning for a TV



North District May Crew: Don't ask.



SNP North District May Crew: (l to r) Jane Weiland, Jay Fellows, David Nebhut, Wayne Limberg, Scott Miller, and Don Harvey. They say they only appear every 17 years.

reality show, he was told, “No. This is what happens to you when you feed the deer in SNP.”

But it wasn't all work. Each evening found the group sampling the local cuisine, searching for towel racks (don't ask), and investigating the Luray vs. Loo-ray linguistic phenomenon. Rumor has it that a certain crew chief left his hat at Rainbow Hill in order to have an excuse to return for another helping of that worthy eatery's ice cream and pie. The fried dill pickles also come highly recommended. □

—Wayne Limberg

Council, from page 2

for PATC donors at Charlie Chang's. The event was a success, with attendance estimated to be in the 20s. Susan is also working on a major donor program to acknowledge large gifts and donations to the club.

Cabins: Mel Merritt reported Tulip Tree and Gypsy Spring would be in the cabin reservation system within a month and that the Rock Spring Cabin project was winding up. The Catoctin Cabin renovation was progressing and would be completed next month, he said.

Southern Shenandoah Valley Chapter: John Held reported on the ongoing efforts of Lynn Cameron, SSVC conservation chair, in consulting on a conservation strategy for the Shenandoah Mountain area of the George Washington National Forest.

MD AT Management Committee: Regarding Annapolis Rock Campground, Charlie Graf announced the ridgerunner would start May 27. This is the last season in the original pro-

posal to place a ridgerunner at the campground. Maryland Department of Natural Resources, as a member of the Maryland AT Management Committee, recommends continuing the ridgerunner presence through 2005, because there is still some resistance to Leave No Trace policies at the campground, particularly the campfire ban. Charlie concurs with that recommendation.

Hikes: Karen Brown and Lee Sheaffer announced a successful Capitol Hill hike, in conjunction with the American Hiking Society. About 20 congressional staffers joined a PATC/AHS hike of the Potomac Heritage Trail on April 24, 2004.

Trail Patrol: Holly Wheeler reported Trail Patrol would host its second annual National Trails Day Expo, this time at Big Meadows. Holly also announced the completion of the Backpacking 101 course, attended by 24 students. Holly announced there would be four ridgerunners in 2004, one in SNP, two in Maryland (alternating their assignments

between the Annapolis Campground and the Maryland AT), and one in Pennsylvania.

Maps: Dave Pierce presented information on using Geographic Information System (GIS) for PATC Hiking Map Production. Currently, PATC uses negative engraving to produce maps. This system, though economical, is becoming outdated. Dave advised the club to look into the possibility of using GIS to produce PATC maps. This would be a major change and would involve substantial cost, as well as other considerations. Dave has outlined some the options for GIS conversion as well as some production concerns. He recommends the proposal to convert to GIS be considered as part of the club's business plan. Costs could be offset through grants.

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

—Georgeann Smale, Secretary

A Visit to Scotland – The Land of Skye

A little over a year ago we ran another article on hiking in Scotland – yet it seems to be a favorite destination for lovers of the outdoors. Following is Part I of a two-part series sharing one person's visit to the wet and mild old country.

Skye is a land of superlatives. Beautiful, stunning, challenging, Senthralling ... no one word is enough to describe this mountainous and sea-locked landscape.

Our trek was organized by Bespoke Tours as a nine-day feast of hiking in hills and resting in bed & breakfasts on the Isle of Skye. Judy Smoot, Jason Rainville, and I began our trek across Skye in the hills above Calligarry and ended at Duntulm Castle seven glorious hiking days later. We experienced nearly the full gamut of weather conditions: sun, clouds, rain, wind, and snow on the tops of the mountains.

Day 1:

We began our 10-mile-plus trek by hiking uphill from Calligarry through sheep fields, following a farming track that became more indistinct the higher we went. After reaching the end of any visible trail, it was nearly all cross-country hiking. Navigation is very easy to do in this part of the world due to the lack of great stands of trees. But is the hiking truly easier? We would disagree as the knee-high heather bushes slowed our progress, and hidden boggy spots caused wet boots. But this only slowed us down so that we could soak in views of the distant Cuillin (a mountain range) and lose our breath to the beauty of it all.

Upon the skyline to the west was the Isle of Rum, with its intriguing jagged mountain terrain. After descending the hill, we came to the MacDonald Clan enclosure, which prevents the sheep from destroying the centuries-old trees, while enabling young ones to take root. Skye and Scotland were not always bare, but those cute woolly animals have helped reduce the hills to bare open heath. The trees in the enclosure are quite large, and one cannot help but think of the ancient fabled forests of Caledon.

We encountered our first brief shower, which in this open land you can spot coming ... and going ... as the end is usually in sight on a sunny day. The wind after the shower quickly whisks away any remaining moisture left on your pack.

The history portrayed in the moss-covered stone fences (6-700 years old), crofting house remains (small farms), and burial mounds boggles the American mind, because most of our historic structures are just under 300 years old even though the Native Americans have a much longer history with remains of it scattered sporadically across America.

Toward the end of our hike, we were able to luxuriate in warm sunshine on the tops of cliffs, looking down at adventurous sheep munching grass in the ravines below us. We eventually had to leave the unmarred cliffs and do some road walking into Tarskavaig. This town's name is Norse as the Vikings conquered a lot of Skye way back when.

While attempting to reach the very much ruined ruins of Dunscaithe Castle, Judy and I ceased to function after the 10th mile or more and let Jason march on. He was eventually accosted by our B&B taxi and we were all turned back toward Kilmore for much needed stretching and a hot shower.



Day 2

Today's nine-mile walk contained the type of gloom we had anticipated Scotland to hand to us, consisting of glowering gray clouds and periods of rain. This was quite a switch from our previous day. We hoped for the best and set off from Ord after being dropped off by our B&B hosts. We went through the "kissing gate" (not exactly sure of the meaning behind that) and on to a grassy knoll. The trails and cross-country right-of-way hiking rules are quite relaxed here, with the belief that open country should be available to all. I like and embrace that philosophy. America seems stuffy and selfish compared to our UK brethren, with all of our No Trespassing signs.

We crossed the knoll and descended to a shingle beach containing a white house tucked back in the inlet. We worked our way around the slippery rust-, orange- and mustard-colored seaweed until we ascended the next grassy hill. We didn't have any rain until two hours into our hike, so we were able to enjoy the mists sweeping along the higher hills behind us, with a limited view of the coast below and distant coastline. Fog obscured the hills on the distant shore but we were able to get glimpses of two waterfalls that we would see up close the next day.

Our biggest challenge of the day was circumventing the glens or gullies between the hills. A couple of times we went straight down and up the other side. Another time we went downhill, nearly to the sea, and another, uphill to the beginning of the glen to cross. We waged war against the sporadic rain with waterproof jackets and pants. In this type of weather (wind blowing rain at your back, working up a sweat at times, getting colder while standing around) it would be very easy to become disgruntled and snippy about conferring as to which path to pursue. But we agreed that the weather would be nasty at times so you just live with it and concentrate on that warm B&B at the end.

Late September is an ideal time to visit Scotland as the miserable midges have nearly all been vanquished by the early frost. We did manage to encounter them once in a sheltered glen near a waterfall and I understand why 100 percent Deet is sold in stores there. I would not want to encounter a full-fledged swarm of the little beasties. You hardly know they are on your skin (or see them for that matter) until you feel the bite. One wonders how such a tiny insect can pack such a powerful bite.

We strolled through a forest that has been protected from the sheep invasion (not as old as yesterday's), which is a lovely place for contem-

See Skye, page 7

Skye, from page 6

plation. The forest contained up to 80-year-old elm and linden trees, which sheltered mosses, ferns, shamrock, and green grasses growing around them and on their roots. The twisted branches and gnarled tree roots with their green fur coats reminded us of what a fairy glen must look like. Magical. Speaking of ferns, they grow them about waist high over here.

We were not the only Looney Tunes roaming the moors. A 20-something man was yelling fiercely at his border collie as he worked the sheep. From the tone of desperation in his voice you would have thought the dog was herding the sheep over the edge of a cliff. I bet he was hoarse by the end of the day.

More spongy sphagnum moss springs, heather bounces, and slips in muddy sheep tracks were encountered before we spotted a road below us. In spite of all the mess, I enjoyed watching the wind ripple through the brown grasses, which looked like waves on the ocean.

Crossing a couple of fences, we passed several large beef cattle (they look bigger close up) and headed up the paved road from Drumfeign toward a pay phone about two miles hence. This type of weather would keep most folks in the United States indoors, but we spotted more folks out working on a truck. Tough Scots.

Day 3

Today's weather was not much better than yesterday's although we had more rain-free spaces, with plenty of wind. We were dropped off outside of Broadford (our B&B town) and started an ascent up an older (1800s) limestone quarry site. We supposed they may have used the rocks for roads and such. This 10-mile hike was touted as being very scenic with the Cuillin hills to be seen all around. Unfortunately, the hilltops were mostly socked in. Nuts.

Once we topped the rise above the small quarries, the land before us looked like a barren waste beneath the gray clouds. The brown surface contained scant waving grass and shin-high heather. We crossed a stile and entered into a reforestation project. The tiny trees are native species planted in 2000 by a conservancy group trying to regain what Skye used to look like before decimation by the sheep.

After crossing the second stile, we rounded a bend and saw the shore before us. And yes, we were on the shore opposite to yesterday's hike as we spotted the white house and private beach in the distance. We descended to the remains of a crofting village named Boreraig. This contained about 10-15 stone buildings, most ruins only reaching chest height. This would have been a magical area to photograph under better weather conditions but mist was blowing in from the sea so the camera was used sparingly. More fishing debris lay about, which seems to be prevalent in any shore area. We took shelter from the blowing mist in one of the bigger croft houses and had a snack. Jason decided to relive his youth and so swung on a rope swing over a small stream.

With heads hunkered into rainjackets, we faced into the horizontal rain, which lashed against our cheeks. The wind was blowing from the same direction as yesterday, except that we faced the opposite direction. We stayed near the cliffs, making our way along the muddy shale path.

When we came to a more sheltered inlet, we ate lunch again standing up. According to a somewhat erratic schedule, the rain stopped for a couple of hours as we continued our trek. We came across the two gor-



geous pencil-thin waterfalls we had seen yesterday from the opposite shore. Snap, snap. We encountered our first hiker on our Skye trip, as this path is truly a trail and not a bushwhack like the previous two days. The trails in Scotland are not way marked (for the most part) as ours are with blazes. When you think about it, what's the use for markers when you are traveling through open country most of the time and the path is quite obvious? One of our B&B hosts commented on how hardy we Americans are for getting out in this type of weather. Americans are tough. Good image to have as truly the majority of Americans would rather only cope with a stroll around the mall. I must say that most "natives" we saw were not overweight. With only four channels of standard TV and excellent public transport, why not roam your country?

We eventually ascended to the top of the cliffs. The wind was so fierce that we were afraid to stand anywhere near the edge of the cliffs for fear of being swept over. We descended off the other side of the hill and passed a farm to the paved road beyond. Then our spell of dryness was over, and it was non-stop rain until the end. We survived the vehicles passing us by narrow margins on the single-lane roads and walked near the Elgol marble quarry, which is famous for its distinctive marble.

We were so glad to plop our wet selves down in the tearoom in Torrin as we were worn out from fighting the wind and rain. A mug of tea and some leftover shortbread from the previous B&B perked our spirits up considerably.

—Susan Blye

Part two, Scotland – the Land of Skye, in next month's PA.



38 Degrees North, 77 Degrees West

The summer after I graduated from high school, my family loaded up the Coleman stove and tent and headed to the backcountry for one last pack trip.

My folks raise llamas as pack animals, and so our summers were always spent camping and fishing in the Colorado Rockies. I was heading to the Midwest for college, and what worried my dad was not the idea that I might experiment with boys and drugs and alcohol, but the possibility that I would forget all the things he had spent 18 years teaching me: namely how to execute a perfect roll cast and build a smokeless campfire.

It was for this reason the trip was designed to be memorable, and it lived up to expectations. The combination of five green animals, a boulder field, an avalanche scar that obliterated two miles of the trail, my dad's insistence that we never set up camp within at least one mile of passing someone on the trail, and his propensity to ford each stream at least twice sent me to college with a list of "why the outdoors is great" as long as my sunburned arm.

In August when my folks dropped me off in front of the freshman dorm, when the bush-whacking scars had nearly healed and the knots in my back that had been tied by the rocks under my sleeping bag had loosened a bit, I looked back on that trip fondly. New friends loved the photos of the llamas and the peaks and the lakes because they were just the sort of oddities college life had promised them, like having a foreign exchange student as a roommate or sharing a bathroom with 20 other people.

Hiking Here and Now

That was eight years ago, and although I'm sure my roll cast is a bit shaky from disuse, my love of the outdoors is not. The weight of my backpack has become oddly comforting.

I have been in D.C. for nearly three years and am still not accustomed to the extravagance of city life. I could eat a different country's cuisine every night of the week for months without repeating a meal. I could make my way through every museum and head back through again for the new exhibits without pause. Every night of the week something is happening, and for a girl from a one-stoplight town it can be a bit overwhelming.

But when I throw my pack into the backseat of my car and pull out the highway and topo maps, I'm heading home. When the sun pulls me out of my tent in the morning, everything is simple and straightforward. Everything I need, I have – and I'm not carrying any extra baggage. I could hike for weeks and I would hardly be missed.

Maybe I just get heady from the elevation change, but when I whittle everything down to a tent and a few cans of tuna fish, things just seem to make more sense to me. I suppose that makes me simple. But when I crawl into my bag at night, muscles tight and shoulders sore, and fall asleep to the sound of the rainfly brushing against the tent and an owl calling in the trees above me, I know I got everything I could out of that day. And how often can any of us say that? □

—Alexa Hackbarth



Alexa and brother Andy packing with llama assistance in the Rockies.

Potomac Appalachian Trail Club - Trail Patrol presents

BACKPACKING 101

An Introductory Backpacking Course

A second chance in 2004 to take this popular class. The class provides those persons, 18 years and older, who have moderate or no backpacking experience with the opportunity to expand their enjoyment of the outdoors through the practice of backpacking. The class provides basic instruction in equipment selection and use, information and techniques to enhance safety and comfort, and Leave No Trace methods to protect our fragile backcountry environment. It also provides more experienced backpackers an opportunity to hone or renew their skills and adapt their backpacking techniques to the Leave No Trace wilderness ethic. The students will then use their new skills on an overnight backpacking trip accompanied by experienced backpacking instructors.

Introduction Night

September 13, 2004 (Monday)

7:30 – 9:30 p.m.

Headquarters, 118 Park Street, SE, Vienna, Va.

Instructional Weekend

September 18- 19, 2004

8:00 AM Sat. – 4:00 p.m. Sun.

Prince William Forest Park, Triangle, Va.

(Sat. overnight car camping in campground encouraged but not required)

Overnight Backpacking Trip

October 2 - 3, 2004 (Sat.- Sun.)

Trip destination and times TBD

\$60.00 PATC Members; \$75.00 Non-Members

For more information, contact John

Browne: 703/425-5645,

e-mail: back2_packing@cox.net

Potomac Appalachian Trail Club - Trail Patrol presents

Backpacking 202

How to Plan and Enjoy a Backcountry Outing

An Intermediate Course Focused On Planning Small Group Trips

Working in groups of eight or less, participants can expand or renew their skills by planning and executing a three-day group backpacking trip. The course covers equipment selection and use, route planning, food planning, safety and comfort in challenging conditions, and Leave No Trace (LNT) principles. Experienced instructors facilitate group planning sessions and accompany the weekend trip.

Group Planning Sessions

Three Monday nights, 7:30-9:30: Sep 13, 20 and 27, 2004

Headquarters, 118 Park Street, SE, Vienna, Va.

Weekend Outing – Location TBD

Three days, two nights: Columbus Day weekend, Oct 9 - 11, 2004

\$40.00 PATC Members; \$55.00 non-members

Pre-registration is required. Applicants must know the basics and have some backpacking experience.

To receive a registration form and for all other information, call or e-mail

John Browne: 703/425-5645,

back2_packing@cox.net

Volunteers Appointed in May



Trail Overseers

Shawn Green
Steven Kurt Neumiller
Shirley & Herschell Blevins

Kathy & Steve Sharp

Margie Knott
George Schubert

Keith Dailey

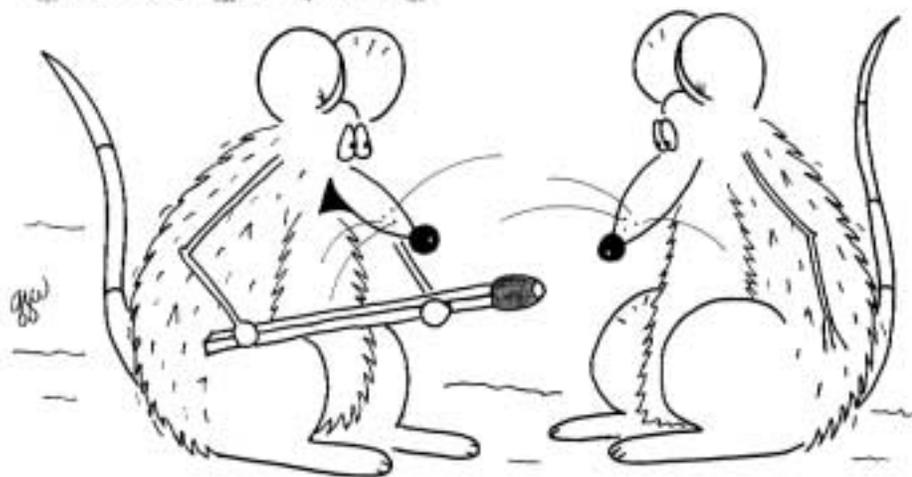
John Bridges
Dan [Skip] Banks
Cynthia & Steve Watson
Pablo Gutman
Christian Frazar
Evan Clark

AT - Simmons Gap to Pinefield Gap
AT - Trans Mountain Trail to Duke Hollow
AT - 4H Center Trail to Tom Floyd Wayside
Tom Floyd Wayside & Ginger Spring Trails
Tuscarora Trail - Gore to Hunters Cabin passes
by Howze Campground
Tuscarora Trail - High Rock to VA 671/ 681 Jct.
Tuscarora Trail - Hunters Cabin to Northern
Rockfield
Tuscarora Trail - Northern Rockfield to
Southern Rockfield
Tuscarora Trail - Shanghai Road to High Rock
Deadmule Trail
Passamaquoddy
Fishers Hill Loop Trail
Piney Branch Trail (lower)
Thornton River Trail (upper)
Cat Rock Trail
Old Misery Trail

Tails from the Woods by George Walters

The History of Louie, Part 6

THE PRACTICAL JOKER — —
AND OF COURSE, WE WOULD BE REMISS
IF WE DID NOT MENTION LOUIE'S FONDNESS
FOR PLAYING PRACTICAL JOKES.



"OK!... Now BITE THE TIP AND WATCH WHAT HAPPENS!"

From a PATC AT shelter log book:

*"If you can carry your bottles and cans up the mountain full,
can't you take them back down empty?" ...*

—by a man who picked up 55 bottles and cans



Hiker's Notebook

Common Name: Mayapple, Wild
Lemon, Mandrake, Umbrella Plant

Scientific Name: *Podophyllum peltatum*
(from Greek *podos* meaning foot, *phyl-*
lon meaning leaf and *pelta* meaning
shield; all refer to the shape of the leaf)

A distinctive umbrella shaped plant
that grows in large colonies in decidu-
ous forests throughout the eastern
United States.

Potpourri: The roots, leaves and stem
of the Mayapple are poisonous, causing
inflammation of the eyes and severe
dermatitis. Alkaloids in the root struc-
ture that protect the plant from para-
sitic diseases are the source of the poi-
son. The only edible part is the fruit
that grows at the juncture of the bifur-
cated stem. Its appearance in May gives
the plant the primary generic name,
Mayapple, and its lemon taste the
name "Wild Lemon."

The Mayapple was used by Native
Americans as a medicine: the root was
dried and ground into a powder to
make a laxative tea to treat intestinal
worms and as an insecticide, the liquid
directly from the root protected corn
seeds from insects. It was also used by
the Iroquois and Huron to commit sui-
cide, death occurring in hours.

Mayapple has been recognized as a
pharmaceutical since the 1820s. It is not
grown commercially, but about 300,000
pounds are collected in the wild for the
drug Podophyllin and its derivatives
which interfere with cell division by poi-
soning the cell during mitosis. Podophyl-
lotoxin is used in creams as a
treatment for genital warts and
Etoposide is administered intravenously
or orally mainly to treat testicular can-
cers and small cell lung cancers. □

—William Needham

Visit the Hiker's Notebook Web site at:
mwrap.org/W_Needham/h_notebook.html.

My Favorite Trail Tool?

What's your favorite trail tool? Each time I'm asked, it's harder for me to answer – there are so many from which to choose, after all.



What's this picture doing here? Is an animal my favorite trail tool? Hardly. I don't personally know many animals, but this one may, like Gollum, yet play a role in this tale.

Some have described trail crews as "a bunch of animals!" I don't believe we are. I don't even know that many trail crew people who look all that scary, even after a day's work. Or before. Of course, there is the occasional exception.



But, back to the question: What's a Trail Tool? There's always the smart aleck who'll jump up and shout: "People Are Our Strongest Asset!" in answer. Does that mean that everyone in a trail crew is strong? (Aleck Jr. might point out the truth in this, particularly with a crew returning from a day hacking duff and moving rock. But, that's another tale.) Now, this is going to anger some HR types, but, well, I don't know anyone on a trail crew, least of all me, who claims to be an



"asset" or a "resource." We are often called many things – some beginning with an "A" – as am I, but "asset" is hardly one of these.

I mean, do these folks look like "resources" to you?

What is a resource to a trail crew? Right: a Trail Tool. What are Trail Tools? Somethings like these:



Trail tools are things like a

- Pulaski,
- McLeod,
- Cutter mattock,
- Pick mattock,

and a

- Truck to carry them.



People who populate trail crews do so for very specific reasons, for they are very discerning folk. They work hard during each week, and they value their recreation time. They know how to relax and enjoy themselves when the time comes (usually, on weekends). Each knows that

her or his contribution is invaluable and should be recognized as such. They are not cogs in a machine, but individuals whose individual efforts are unique unto themselves. Assembly-line labor is not for them, as you can see.



It takes careful, compassionate, and sensitive persons to lead such elite groups of people. Leaders who know what to do and when to do it. Leaders who gauge the seasons and the weather correctly to avoid problems and allow the individuals on the crew to work and contribute effectively. Leaders of crews eschew the idiosyncratic and eccentric. They are always calm, cool, and collected. They are, after all, inspired by the demeanor of those whom they purport to lead.



But, what has this to do with my favorite Trail Tool? For that, I turn to a corollary of the Pythagorean Theorem. We all know that Pythagorus claimed that $a^2 + b^2 = c^2$, where "c" is the hypothetical and "a" and "b" are triathletic. The less-known corollary holds that $c = l h + r h$, and it seems simple enough, when "c" equals any tool that the "left hand" and "right hand" are able to grasp at any given moment. In my case, in most circumstances, "c" would be a dram of Scotch. But, that's me. (By the way, I excelled at Geometry in high school. Carried me right into Algebra II.)



Trail crews typically apply this corollary in ways both routine and remarkable. I have, after all, been a Keen Observer of Trail Crew Phenomena (often confused with the paranormal) over the years. In fact, I can claim to be an Expert Observer, so extensive is my experience. I have observed trail crews first make soup of mud and convert that, magically, into Tread.

What is Tread, you ask? What happened to the Trail Tool thing? I used to think that tread was what I walked on as I hiked, like what you see here. I learned that this type of tread isn't "Tread." It is, in fact, Tread Gone Bad, and that's a horrid thing.





What is Tread? It is, I discovered, that, and much more. It is the goal, the epitome of a Trail Crew. It lies at the end of the journey, but is as important as the journey itself. Is it pretty? Yes. No. Maybe. Is it obtained in a pretty manner? No. Probably not. Don't ask.

Who would mangle the Zen mysteries so, and get away with it? Yes: Trail Crews. What type of person will you meet on a Trail Crew? Are you Looking to Meet People? Looking To Meet Someone? That person, or persons, may very well be on a Trail Crew.

"Trail Crew" is a much misunderstood and, occasionally, maligned genus. In the first place, there's hardly any genius to the composition of a trail crew. Many of the multitudes who throng the woods in search of their first Trail Crew find themselves guilty of Heightened Expectations. For instance, it is not true that



Trail Crew members dine al fresco on nuts, berries, and grubs. They do not (often) chew on pemmican of their own making. As disappointing as this must be, it gets worse. I caution the faint of heart that Trail Crews rarely cohabit in rustic caves, recording their ventures and victories with raw pig-

ments smeared on the rock walls. Nay, the dirty little secret is that most Trail Crews live the Life of Wryly, feasting at catered banquets and residing in luxurious mansions hidden from known paparazzi.



Trail Crew members spend their time, when not wreaking havoc on Mother Nature, engaged in a variety of activities, most of which are suspect at best. Consider, for instance, their insistence upon Cleaning Tools (Tools? Are we back on that, again?)

(I have it on Good Authority that the Department of Homeland Defense is particularly interested in following up on this.) It is true that Trail Crews are notorious in their sleeping habits; they habitually cohabit their Luxurious Mansions under coed-type conditions. Some even use Tents. They rarely leave clues behind after they move on. Bear in mind that Trail Crews are nomadic by nature. They are never satisfied with any one place; they often move from one area to another.



Trail Crews are also nefarious in their non-chauvinistic attitudes toward traditional gender roles. They don't seem to care about such normally-encountered social baggage.

One young woman in particular is renowned for her ability to move rocks faintly resembling boulders (and recalcitrant crew members) with hardly a shrug of her dainty shoulders.



It is true, of course, that these people work hard and produce outstanding results as they create Tread (remember that?) from nothing. Nothing, that is, but bramble and vine and poison ivy (!) and (dare it be said) mis-placed rock. They go out on weekends of their own choosing, do what they do best, and go home. Their praises have been sung by hikers and

bureaucrats alike. They care not what happens to them, so long as they can do what they do best on their own terms. Is the work difficult? Is it tiresome? In most cases, no one can answer questions such as these on behalf of an entire culture (and, Trail Crew is a distinct culture as well as genus).

On the other hand, it's hard not to notice the condition of most Crew members as they return from The Trail and contrast that with the memory of the group as they gaily and gleefully approached their work in the morning.



But, What's MY favorite Trail Tool? The one for which I LUST? I just can't think of it right now, but it's on the tip of my tongue ... □

—D.H. White

Chapters

Charlottesville Chapter

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

North Chapter

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

Northern Shenandoah Valley Chapter

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

Southern Shenandoah Valley Chapter

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

West Virginia Chapter

Chapter meetings at Highacre are on the second Wednesday of Feb., Apr., Jun., Aug., Oct., and Dec. See Forecast for upcoming activities. For information about the chapter or to receive the newsletter, contact Judy Smoot 540/667-2036 or e-mail wvpatc@hotmail.com.

Ski Touring Section

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

Mountaineering Section

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

PATC Hikes

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

Other Clubs' Hikes

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

KEY to Forecast Activities

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

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

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

Meetings

Meetings

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

New Members (PATC) – First Wednesday

7:30 p.m. Curious about the club? Want to learn more? The best way is to attend a New Members meeting (but you don't have to be new to qualify). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt. 123 into Vienna, Va. and turn east on Park St. (Rt.675) to 118 Park St. on your left. INFO: Jane Thompson 301/565-6704 x208.

Mountaineering Section – Second Wednesday

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

Shenandoah Mountain Rescue Group

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

PATC Council – Second Tuesday

7:00 p.m. sharp. The PATC Council meets every month to conduct business of the club and once a year for a Dinner meeting. All members are welcome. Come see how we make decisions about your club. INFO: Wilson Riley (wriley@patc.net) 703/242-0693 x11.

Trail Patrol – First Tuesday

7:30 p.m. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, educating the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications, and personal equipment. All patrol volunteers are also expected to become certified in a recognized basic first aid course. Some equipment and uniform items are provided upon completion of training. INFO: Holly Wheeler (trailpatrol@patc.net) 301/486-1598, or see our section in PATC's Web site: www.patc.net/volunteer/trailpatrol.

JULY

1 (Thursday)

DEADLINE - August Potomac Appalachian

Material due to editors

5:00 p.m. All items for the next issue of the newsletter due. Send Forecast events to PA-Forecast@patc.net and all other articles to the editor at lindashannonb@mac.com. NOTE: Do not send photos or articles to headquarters. E-mail for address.

6 (Tuesday)

HIKE - Family Hike

Quantico, VA

Prince William Forest National Park. Escape the hubbub of everyday life in this beautiful 17,000 acre park. We will hike about 1 1/2 miles round-trip up to a waterfall. There is a bike path around the park road so bring your bikes, scooters, etc. and we can go for a ride after the hike. We'll picnic along the way and wade in the creek if water level and weather permit. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

6 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Climb Robertson Mountain, visit upper Whiteoak falls, do the Whiteoak Fire Road to Bettys Rock, return via Crescent Rocks and Corbin Hollow. About 16 miles with 3500 foot climb. INFO: Dave Kennamer (dkennamr@yahoo.com) 301/299-9563.

6 (Tuesday)

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

7 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

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

7 (Wednesday)

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

10 (Saturday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

If you like it hot, come out on this event and bring plenty of water. Some of our best work is done with sweat on our brows, moving rocks or weeding. Expect to work into early afternoon (if conditions are reasonable) and hike 1-4 miles. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

10 (Saturday)

TRAIL WORK TRIP - Rock Creek Park Crew

Rock Creek Park, DC

8:15 a.m. - noon. Rain date July 24. Jules Jusserand, an early 1900s French ambassador, has the only memorial in Rock Creek Park. Come find out where they put it. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson (dc.trails@verizon.net) 202/462-7718 or Ranger Ken Ferebee 202/895-6221.

10 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Appalachian Trail, PA

Join the North Chapter trail crew for an all out attack on weeds, greenbriars, and other such trail nemeses. We will meet at US 30 and PA 233 at the park-



ing lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

10 - 11 (Saturday - Sunday)

CABIN WORK TRIP - Southern Slackers

Harpers Ferry, WV

Highacre House. Put the roof and siding on the old privy. Maybe clean up the barn. Get off your duff and let me know when you can help out. \$10/weekend/person for the 3 meals. Need cooks. Need workers. Need help. INFO: Thomas C. Jorgensen (hairtheart@aol.com) 540/456-4760.

10 - 11 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC)

Alexandria, VA

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

10 - 11 (Saturday - Sunday)

HIKE - WV Chapter

Ohiopyle, PA

Laurel Highlands Trail in western Pennsylvania, Section 1; Ohiopyle State Park to Maple Ridge Summit, 11 miles. Depart Saturday morning, July 10, car camp at Ohiopyle State Park. Hike starts 10:00

An Introduction to Leave No Trace

The last Sunday of each month during the 2004 summer, July 25, August 29, from 9:00 a.m. to noon, on the Billy Goat Trail, section A.

Join a hike along the Billy Goat Trail A for an introduction to Leave No Trace (LNT). We'll stop at points along the hike to learn about the seven LNT principles and discuss how Leave No Trace practices help protect the surrounding conservation area, known as Bear Island. The LNT hike will conclude midway along section A, hikers can then choose to return to their cars or to finish the trail. The Billy Goat Trail is a strenuous hike and some restrictions will apply for registration. Pre-registration is required.

For inquiries and to register, contact Georgeann Smale gsmale99@yahoo.com or call the Great Falls Tavern Visitor Center 301/767-3714.

a.m. Sunday July 11. INFO: Dave Jordahl (dave.jordahl@askdep.com) 240/777-7741.

10 - 11 (Saturday - Sunday)

TRAIL WORK TRIP - Blue and White Crew

Shenandoah National Park Central District, VA

The crew will perform maintenance on trails in the Central District of SNP. Overnight accommodations are at the Pinnacles Research Center, just off Skyline Drive. INFO: Kerry Snow (kerry@trailcrews.net) 301/345-9408

11 (Sunday)

HIKE - Rose River Circuit

Central District, Shenandoah National Park, VA

Strenuous. Join us for this popular 12-mile circuit that includes bushwhacking along the Rose River for 1.8 miles. We'll hike to Rose River Falls, and later take a side trail that leads to Dark Hollow Falls. We may even stop to cool off in the clear waters of Rose River to top off this hot July hike. There is a total elevation gain of 2,000 feet. PATC Map 10. INFO: Vince Ferrari (ferrari3@ix.netcom.com) 301/249-2210.

13 (Tuesday)

HIKE - Family Hike

Great Falls Park, MD

Berma Rd to C&O Canal, Near Great Falls Park, Maryland side. Come join us for an almost-4-mile hike on the Berma Rd. to the C&O Canal path. This hike is barely jogging-stroller friendly. There are stairs over the canal and a rock scramble area for the kids. We usually see a lot of wildlife on this hike, birds, turtles, salamanders, etc. We will have a picnic lunch along the way. INFO: Jennifer Chambers (jpckjkkc1@starpower.net) 301/588-1716.

13 (Tuesday)

HIKE - Vigorous Hike

Central District, Shenandoah National Park, VA

Vigorous Hike along AT in Central SNP. Get up on the ridge where it should be cooler with maybe a breeze. Out and back from Thornton Gap to lunch at Skyland. Eat in or bring your own. 20 miles. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

13 (Tuesday)

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

14 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

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

14 (Wednesday)

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

14 (Wednesday)

MEETING - West Virginia Chapter, 7:00 p.m.

Highacre Cabin, Harpers Ferry, WV

17 (Saturday)

HIKE - WV Chapter

Front Royal, VA

Shenandoah National Park, Section 3, Central District, Thornton Gap to Skyland; 9 miles. INFO: Dave Jordahl (dave.jordahl@askdep.com) 240/777-7741, 304/876-7062.

FORECAST

17 (Saturday)

**HIKE - Waterfall and Wild Flower Series
Massanutten Mountain, VA**

The twelfth hike of the series will be a 16-mile circuit on the Sherman Gap, Massanutten Loop and Milford Gap Trails. Total elevation gain is 3500 feet. Be prepared to ford the South Fork of the Shenandoah River. If the water level or temperature is not favorable the August hike of the series will be substituted. Contact leaders for details on the fording. PATC Map G. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen, (thorsen4@Juno.com) 703/339-6716 or William Needham, (Needham82@AOL.COM) 410/884-9127.

17 - 18 (Saturday - Sunday)

CLASS - CPR

Vienna, VA

The Trail Patrol is hosting a CPR and First Aid course on July 17 and 18 at the PATC Headquarters. The two day course covers American Heart Association Adult, Child, and Infant CPR and First Aid. The students will learn basic first aid skills with hands on time. Books and certifications are provided. The afternoon portion of the first aid class is designed with wilderness situations in mind. Time will be spent going over items in our first aid kits and packs. The students learn how to do basic splinting and bleeding control with supplies from their packs. The cost of each class is \$40 per day (\$80 for both days of CPR and 1st aid). The deadline to register for this class is July 10. INFO: Ben Fernandez (3ferns@adelphia.net) 703/327-9788.

17 - 18 (Saturday - Sunday)

BACKPACK TRIP - Natural History

George Washington National Forest, VA

Three Ridges Loop, George Washington National Forest. Join Bob Pickett and Jane Thompson on this moderate 13.3 mile loop trail along the AT and Mau-Har Trail just south of the SNP. Found on PATC Map 12, we'll hike 4.7 miles on Saturday, and 8.6 miles on Sunday before returning Sunday evening. Great views and a deep forest and waterfalls make this a super overnighter. INFO: Bob Pickett 301/681-1511.

17 - 18 (Saturday - Sunday)

TRAIL WORK TRIP - Acme Treadway Co.

Lydia, VA

It looks like the Crew has (finally!) lived down to its expectations and earned respect it does not deserve. We have been asked to deploy a Chain Gang in the wilds of somewhat western Virginia near Lydia. Okay, so the work site is on the Vining Tract; so what? It ain't no big deal. We're forced to eschew tents; instead, we'll just have to stay overnight in one of the cabins on the Tract. INFO: Don White (jamesrivercom@comcast.net) 804/795-2914.

17 - 18 (Saturday - Sunday)

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

Hoodlum's BBQ. Come join the crew for summer fun on the trail and on the grill! The North District Hoodlums Trail Crew works on the Appalachian Trail and Blue-Blazed Trails in the north section of the park. We work hard and enjoy the fruits of our labor afterwards via the theme meal and good company at a facility within the park. Newcomers are always welcome. Come for the day, stay for the evening meal, camp out overnight in SNP - lots of options. Not a bad way to spend a weekend! We meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 10:00 a.m. on Saturday morning. INFO/RSVP: George Walters (gjwalters@starpower.net) 410/426-2724.

20 (Tuesday)

**HIKE - Family Hike
Fairfax, VA**

Van Dyck Park. Come join us for a 2-3 mile, kid-friendly hike in Fairfax. We will meet at Van Dyck Park, which has a farmer's market, and a wonderful playground, with a big sandbox. Come early if you want to shop at the farmer's market, which is open from 8-12. We will cross Old Lee Highway, and head to Daniels Run Park. The trails are regular-stroller passable with paved and crushed stone. We will picnic at Van Dyck Park after the hike. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

20 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Climb Rose, or Rowes, River Fire Rd. connecting to Rose River Loop Trail. Climb to AT south to the Lewis Falls. Return via Rapidan Fire Rd. & Dark Hollow Falls Trail - 18 miles 4300 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

21 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

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

23 - 26 (Friday - Monday)

BACKPACK TRIP - Family Hike

Dolly Sods, WV

Family Backpacking Trip. We will hike about 3 miles in and set up a base camp on Friday, day hike and swim in Red Creek on Saturday and Sunday, and hike out on Monday. (If you need to leave Sunday, that's fine) Each family will be responsible for their own gear and meals. Designed for families with young children, older children welcome. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

24 (Saturday)

**HIKE - Bears Den
Bluemont, VA**

Guided Hike with REI at Bears Den. An AT hike for beginners. Tame the Appalachian Trail's 'Roller Coaster. Discover nature on the Blue Ridge; and experience trail magic. Four-hour guided hike led by experienced guides and naturalists, trail snack,



sunset at Bears Den Overlook, and dinner at Bears Den Lodge included. 2:00 p.m. - 7:00 p.m. \$15 per person. RSVP Rob Carey, Bears Den manager (www.bearsdencenter.org) 540/554-8708.

24 (Saturday)

**TRAIL WORK TRIP - Yankee Clippers
Tuscarora Trail, PA**

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

24 - 25 (Saturday - Sunday)

**CABIN WORK TRIP - Cadillac Crew
Round Hill, VA**

It may be hot but Blackburn Trail Center is a cool place. One task is build steps to the fire pit the crew constructed a couple years ago. And there is always trail work on the nearby AT and access trails. Don't forget Blackburn's sun shower to refresh after a hot day. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Blackburn Trail Center. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

25 (Sunday)

HIKE - LNT

Great Falls, MD

9:00 a.m. to noon. Billy Goat Trail, section A, C & O Canal National Historical Park. Join a hike along the Billy Goat Trail A for an introduction to Leave No Trace (LNT). We'll stop at points along the hike to learn about the seven LNT principles and discuss how Leave No Trace practices help protect the surrounding conservation area, known as Bear Island. The LNT hike will conclude midway along section A, hikers can then choose to return to their cars or to finish the trail. The Billy Goat Trail is a strenuous hike and some restrictions will apply to register for the hike. INFO: Georgeann Smale (gsmale99@yahoo.com) 301/581-9584.

27 (Tuesday)

HIKE - Family Hike

Manassas, VA

Manassas Battleground, Stone Bridge. Come on out for a 2.5-mile circuit hike. The trail has lots of variation - a long boardwalk, then up through a wide open meadow, then into the woods and back along the stream. The trail is jogging-stroller passable, with some log stairs and roots to navigate. Bring your sunscreen and lots of water. INFO: Lauren Lang (at94L@netzero.net) 703/631-9278.

27 (Tuesday)

HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA

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

27 (Tuesday)

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

28 (Wednesday)

HIKE - Midweek Hikers

Location to be determined

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

30 - 31 (Friday - Saturday)

HIKE - Bears Den

Bluemont, VA

Full Moon Hike at Bears Den. Ever take a mid-night hike? Join this guided trek for an unusual and marvelous full moon experience. We'll soak in the peace and quiet, call owls to find wildlife and roast marshmallows by a campfire. \$30 per person for guided hike, trail snack, breakfast and overnight lodging at Bears Den. Hike starts at 9:00 p.m. on Friday. You can opt to hike on your own on Saturday. Limited to 10 people. RSVP: Overnight stay check-in at 5:00 p.m. Check-out by 10:30 a.m. the next morning. RSVP with Rob Carey, Bears Den manager (info@bearsdencenter.org) 540/554-8708 INFO: (www.bearsdencenter.org).

30 - 1 (Friday - Sunday)

SPECIAL EVENT - Acme Treadway Co.

Little Orleans, MD

It IS time ... time, that is, for our First Ever Annual Picnic Party! We plan to base ourselves at the Famed Little Orleans Cabin by the C&O Canal east of Cumberland. This is NOT a work trip: the surrounding area offers plenty of hiking, biking, and canoeing. All who have worked with the Crew at least once this year are eligible to participate. INFO: Don White (jamesrivercom@comcast.net) 804/795-2914.

31 - 1 (Saturday - Sunday)

CABIN WORK TRIP - Southern Slackers

Lydia, VA

Johnson Cabin. Cooking Shed. Flatten the ground and lay the groundwork for the cooking shed. Get off your duff and let me know when you can help out. \$10/weekend/person for the three meals. Need cooks. Need workers. Need help. INFO: Thomas C. Jorgensen (hairatheart@aol.com) 540/456-4760.

AUGUST

1 (Sunday)

DEADLINE - September Potomac Appalachian Material due to editors

5:00 p.m. All items for the next issue of the newsletter due. Send Forecast events to PA-Forecast@patc.net and all other articles to the editor at lindashannonb@mac.com. NOTE: Do not send photos or articles to headquarters. E-mail for address.

3 (Tuesday)

HIKE - Vigorous Hikers

Great North Mountain, WV

George Washington National Forest, WVA & VA From Cedar Creek pick up the Tuscarora Trail west, visit White Rock, see the puncheon, descend superbly maintained Pond Run Trail returning on the Old Mail Path. Around 15 miles with 3000 foot climb. INFO: Dave Kennamer (dkennamr@yahoo.com) 301/299-9563.

4 (Wednesday)

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

7 (Saturday)

HIKE - Natural History

North District, Shenandoah National Park, VA

Bob Pickett leads a hike from the Tom Floyd Shelter and along the Appalachian Trail to Compton Peak and returns through Hickerson Hollow. This approximately 9-mile hike passes old homesites and the most spectacular columnar jointing rock formation found in the Park. INFO: Bob Pickett 301/681-1511



7 (Saturday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

The anniversary date of the South Mountaineers Trail Crew, now 11 years old. Meet at 9:00 a.m. in Frederick County. Please bring lunch, water and gloves; expect to hike 1-4 miles. Work on the AT in Maryland and celebrate another fine year of volunteer stewardship. INFO Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

7 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Appalachian Trail, PA

Work trip followed by Charlie's annual corn roast (reservations required). We will meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

7 - 8 (Saturday - Sunday)

CABIN WORK TRIP - Southern Slackers

Lydia, VA

Johnson Cabin. Finish up the cook shed. Look at the list of cabins you can visit this summer. Get off your duff and let me know when you can help out. Deal the same. \$10/weekend/person for the meals. Need cooks. Need workers. Need help. INFO: Thomas C. Jorgensen (hairatheart@aol.com) 540/456-4760 (home), 540/248-7009 (work), 540/248-7046 (fax).

10 (Tuesday)

HIKE - Vigorous hike

Central District, Shenandoah National Park, VA

Vigorous out and back Hike along AT in Central SNP. Stay high from Skyland to Big Meadows and back with an eat in or bring-your-own lunch at Big Meadows. 15 miles. INFO: Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

14 (Saturday)

TRAIL WORK TRIP - Rock Creek Park Crew

Rock Creek Park, DC

8:15 a.m.-noon. It might be sweltering on Pennsylvania Ave., but we can offer shade among the trees of Rock Creek Park. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Mark Anderson: (dc.trails@verizon.net) 202/462-7718 or Ranger Ken Ferebee 202/895-6221.

14-15 (Saturday-Sunday)

TRAIL WORK TRIP - Cadillac Crew

C&O Canal, MD

Near Potomac. The Crew will assist overseer Georgeann Smale in trail repairs on the popular Billy Goat Trail. Always an adventure, the trail provides a challenge and many views of the Potomac River Gorge. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at nearby C&O Camp site. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

17 (Tuesday)

HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA

Knob Mountain loop climbs Neighbor Mountain, AT to off trail descent to Jeremys Run, Knob Mountain trail. Dip at end. About 17 miles, with 4100 foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

21 (Saturday)

HIKE - Waterfall and Wild Flower Series

North District, Shenandoah National Park, VA

The thirteenth hike of the Series will a 14-mile circuit on the Bluff, Marshall and Appalachian Trails to include the 2 miles of bushwhack to the fall on Waterfall Run. Total elevation gain is 3600 feet. PATC Map 9. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen (thorsen4@juno.com) 703/339-6716 or William Needham (Needham82@aol.com) 410/884-9127.

21 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Tuscarora Trail, PA

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

21 - 22 (Saturday - Sunday)

TRAIL WORK TRIP - Blue and White Crew

Shenandoah National Park Central District, VA

The crew will perform maintenance on trails in the Central District of SNP. Overnight accommodations are at the Pinnacles Research Center, just off Skyline Drive. INFO: Kerry Snow (kerry@trailcrews.net) 301/345-9408

24 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Climb from Broad Hollow on the Hazel Mountain Trail to Meadow Spring, return down Hannah Run, up Hot-Short Mountain Trail to Pine Hill Gap. About 16 miles with 3500 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

28 - 29 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew

Fauquier County, VA

AT between I-66 and Rte. 50. Join the Crew as we attempt to complete the Ovoka Farms AT relocation project. The relocation, on land recently purchased by the ATPO, will provide open areas and views to the east. The environmental impact analysis has been completed and we are able to dig tread on the proposed route. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at project site. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

29 (Sunday)

HIKE - Leave No Trace

Great Falls, MD

9:00 a.m. to noon. Join a hike along the Billy Goat Trail A for an introduction to Leave No Trace (LNT). See hike on July 25 for more information. INFO: Georgeann Smale (gsmale99@yahoo.com) 301/581-9584.

31 (Tuesday)

HIKE - Vigorous Hikers

Massanutten Mountain, VA

Bring back memories of past Dogwood Events. Signal Knob Trail then down to Tuscarora Trail on Three Top Mountain returning via Powell Fort Camp and Mudhole Gap Trail 15 miles and 3000 foot climb. INFO: Chris Nolen (chrishiker@erols.com). □

Bob Pickett's Appalachian Nature: July - the Month of the Orchid

As we enter the heat of mid-summer, the gaudy displays of spring are long past. The spring ephemeral wildflowers that shouted their existence in April and the calls of the brightly colored warblers that permeated the air in our deciduous forests of May have had their day. Insects, heat, and humidity are the signs of the season. It can make us rethink our plans of hiking through the woods, or even dinner on the deck.

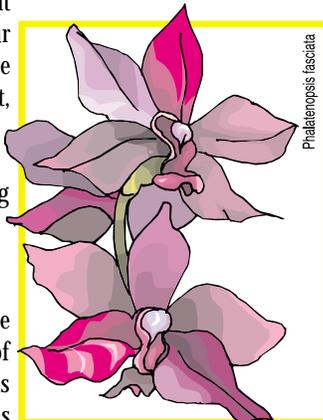
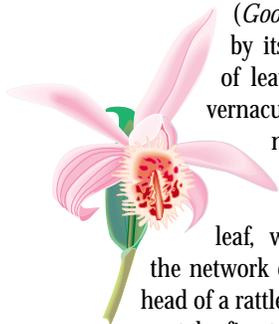
Enter the world of the orchids. Of all the flowers of our Eastern deciduous forests, there is nothing as beautiful and bizarre in form than many of our native orchids. Every month of the growing season, members of this class can be found; some are very subtly colored and camouflaged, while others are outrageously colorful and obvious.

Orchids are the most advanced and most numerous of the monocots. Over 25,000 species worldwide have been named, with many more yet to be discovered. However, most of these species are found in the tropics. In fact, only about 150 species are known in North America (not including Mexico and the subtropical parts of Florida) and, in our southern Appalachians (south of the Potomac River), we can list just over 50 orchids as part of our native population.

Specialties in July

Although the yellow and pink lady slippers and showy orchids of May are gone, July has its own species. For example, we all know the rattlesnake plantain

(*Goodyera pubescens*) by its winter rosette of leaves. It owes its vernacular name to its network of white markings on each leaf, which resemble the network of scales on the head of a rattlesnake. While it may take five to six years for a plant to conserve enough energy to produce a flower spike, this is the time to find it in bloom. It is the most prolific species we have in our southern Appalachians. In fact, like the pink lady slippers, it is probably found in



Phalacrotopis fasciata

every county of our Appalachians from southern Pennsylvania to Georgia. Look for a foot-tall spike of little white flowers on a green stem rising from the white-veined leaves. After flowering, the leaves, along with the flowers, wither away.

In mid-July, look for the crane-fly orchid (*Tipularia discolor*), also more readily identified in winter by its single green leaf with dark purple underside. The flower stalk of this common orchid may be 15" to 18" tall with flowers that may be brownish, greenish, or a subtle purple color (although all flowers on a given plant will be the same color). The petals and sepals of the flowers are long, narrow, and widely spread on the stem.

Another woodland orchid that makes its appearance in early July is the large round-leaved orchid (*Plantanthera orbiculata*). Approaching 12" to 15" in height, the white and green flowers stand above basal leaves that can reach 8" in width. Look for them in cooler climates of upper elevation acidic woods, often associated with hemlock and rhododendron.



Odontocidium

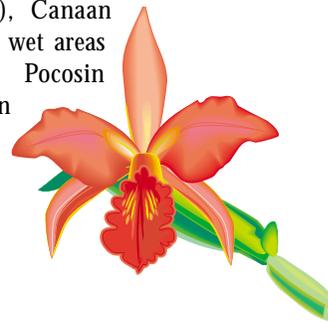
Bogland Beauties

But if you want the true aristocrats of the orchids, you must leave the woods and enter the wet meadows and bogs. And one place you can't miss is the Cranberry Glades of West Virginia.

If you take the boardwalk at the Cranberry Glades around the first of July, you will find both rose pogonia (*Pogonia ophioglossoides*) and grass-pink (*Calopogon tuberosus*) in bloom. Nearby Droop Mountain has grass-pinks but no rose pogonias. Rose pogonia sports a single rose-colored flower atop an 8" to 12" stem while grass-pink may hold six or more magenta flowers on a 12" stem.

If you're lucky, you might also find a few of the beautiful large purple fringed orchids (*Plantanthera grandiflora*) still in bloom along roadsides and ditches, with their 30" flower racemes covered with close to a hun-

dred individual flowers on the top third of the stem. These are also found along Owen's Creek in the Catoctin National Park (late June), Canaan Valley, and wet areas along Pocosin Hollow in the SNP, among other sites.



Best In Show

But, among orchidophiles, there are two orchids that can be found in July that vie for the title of most beautiful of all orchids. These are the purple fringed orchid (*Plantanthera peramoena*) and the yellow fringed orchid (*Plantanthera ciliaris*), both found in wet meadows, bogs, and ditches.

The purple fringed orchid stands 20" to 36" tall, containing 60 or more shocking bubblegum pink flowers. This orchid often grows in company with tall phlox (*Phlox paniculata*), which greatly resembles the orchid in color, shape of the inflorescence, and in choice of habitat. It's found in scattered small colonies throughout eastern West Virginia and the mountains of Virginia.

The yellow fringed orchid is a much more cosmopolitan and colonial species. All parts of the flower are a bright yellow or orange color with a deeply fringed lower flower lip. Most plants are about 15" high, but in an ideal habitat this orchid may reach 20 or more inches. The flowering raceme itself may reach 8" to 10" in length, with dozens of flowers standing out horizontally from the stem. By late July, this orchid makes its appearance throughout the southern Appalachian Mountains, including open wet meadows of SNP. This orchid is relatively common and can be found populating meadows by the hundreds.

To really appreciate these orchids, you have to see them. So, as you're driving along mountain roads this month, pay attention to the color in the wet ditches. You might just find a jewel in the rough. And don't forget the sun-tan lotion and bug spray. □

—Bob Pickett

K9 Trailblazers Hike Catoctin Mountain Park

Our April 24 K9 Trailblazers hike at Catoctin Mountain Park represented yet another milestone for our group. Back in March we celebrated our fifth anniversary, and this month we celebrated our first hike entirely planned and led by our two newest hike leaders! Alice and Jenifer both completed PATC hike leadership training and co-led three hikes in order to earn the coveted K9 Trailblazers Hike Leader hat. And so it was that after planning and replanning, previewing the hike, and dealing with potential trail closures due to presidential visits to Camp David, Alice and Jenifer met their group of six eager human hikers (and six even more eager dog hikers) at the trailhead.

The morning started out a bit cool with a touch of fog in the valley as Alice gave an orientation speech to the hikers. We welcomed back Marcos and Peanut, who had joined us for the first time on our March hike. It was also good to see Nancy and Callie back on the trail with us again. They even brought along friends Jill and Brooks, who were joining us for the first time. Returning friends also included Karen and Loki, Shirley and Princess, and Jeff and Katy.

With introductions out of the way and everyone raring to go, we headed up the trail with Alice and Diva in lead and Jenifer and Gigi sweeping. The trail started out rocky and steep at times. There were a few blown-down trees still left across the path from the past fall and winter storms, but they were easily navigated by two- and four-footed hikers alike.



Photos by Jeff Bolognese

Arriving at Chimney Rock.

Scenic Stops

Our initial climb was rewarded as we came into view of Chimney Rock, the first of our scenic overlooks. The sky was blue and the sun bright. We all soaked in the sun and scenery with dogs striking scenic poses on the rock outcroppings.

Our next stop, just down the trail, was Wolf Rock. Several hikers who had had enough rock scrambling at Chimney Rock stayed back on the trail, while Shirley and Princess, Karen and Loki, and Jeff and Katy climbed up to see

if they could get a look at the rock formation that gave Wolf Rock its name. The rock looks a bit like the profile of a seated wolf (or maybe a dog!). Unfortunately, the crags and crevices between us and our goal were a bit too much to navigate with our dogs, so we had to head back, just a bit disappointed.

From there the trail leveled out a bit and became somewhat less rocky. The trails were lined with mountain laurel, still a month or so away from blooming, and we could see the dogwoods just starting to flower.

We stopped for lunch at Thurmont Vista. The day had warmed up, and it was a bit hazy, but we could make out the road and the town of Thurmont below. The dogs were somewhat more interested in the food than the view, but we all got up after the break refreshed and ready for the last leg of our hike.

Dogs Bumped by President

We had learned earlier in the week that our original plan for an eight-mile hike had to be trimmed down to five miles. When the president is visiting nearby Camp David, portions of the Catoctin trail system are closed for security reasons. Obviously the administration has yet to recognize the untapped political power of the "Dog Hiker" voting block.

See K9, page 20



Callie and Nancy strike a pose.

GOAL!

Our six month campaign to raise funds to replenish the land acquisition fund has concluded with a total of \$41,586 contributed/pledged. Contributions from nearly 300 donors stand at \$33, 161. An additional \$7,000 in outstanding pledges from individuals who sponsored the \$12,000 matching funds challenge bring the total to over the \$40,000 goal. The names of those who have contributed are listed below.

The funds raised will now be available to PATC to use in purchasing cabin and trail

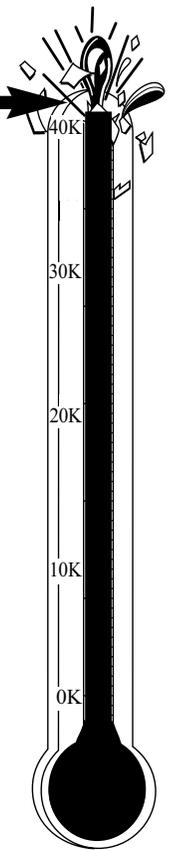
lands vital to our goal of providing wilderness experiences to our members, and protecting these lands from development.

Our heartfelt thanks to everyone who contributed to this campaign.

It's never too late to contribute to this important mission of preservation and education. Please send your contribution to: **Tom Johnson, President, PATC; 118 Park St., SE, Vienna, VA 22180-4609.** We thank you for supporting this worthy cause.

\$41,586 - June 15

Many thanks
to all
contributors!



Land Acquisition Fund Donor List

George and Frances Alderson
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Mary Ellen Cunningham
David L. Cureton
Anita DeFranco
Robert A. Dooling
Robert Edmonds
Anne Eggers
Susan D. Eisenfeld
Neil J. Heinkamp

Philip Eliot
Susan Cunningham
Elton Ellison
Melanie Falk
Aksel Falk
Craig and Donna Farabaugh
Peter Farrell
Vincent Ferrari
Lea H. Fischbach
Thomas L. Floyd
Joe Gareri and Holly Wheeler
Robert Garner
Gerard and Jane Gold
Lotte Goldman
William and Jean Golightly
Eugene A. Groshong, Jr.
Charles Hagelgans
Nancy Hammond
Ken Hawes
Maureen Harris
Mark Haynes
Leo Hebert
Katrina Hedlesky
Robert Hendricks
Charles and Naomi Hillon
Robert Holley
David Horwitz
Richard E. Hostelley, Sr.
Walter D. Housman
Joseph T. and Mary Howard
Craig Howell
Mitchell Hyman
Andrea Illig
Dean Gardels
Cora Ingram
Charles Irvin
Janet Irwin
Suzanne Izzo
Thomas R. Johnson
Gary Kellman
Russell Knaub
Gregg and Amy Kneipp

Karen Krehbiel Brown
Robert Lewitt
James Lipscomb
Joel and Sharon Marcus-Kurn
Jeffrey Marks
Sandra Marra
Paul and Rita Marth
Judith V. Mason
Mary C. Massey
Ed Mautner
Dan McGill
Jack P. Meiners
William H. Miller
Andrew Moore
Ronald D. Morgan
Robert Mroczek
Barbara Nash
David Nebhut
William Needham
Jeffrey Norman
Joseph J. O'Neill
Marie J. Oakberg
Bill Olson
Stephen Osbrach
Peter J. Oswald
Joan G. Paull
Richard B. Peacock
Charlie and Lou Per-Lee
James H. Peterson
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Richard W. Redick
Jack and Carolyn Reeder
Edward Reis
John W. Restall
Shirley Rettig
Hugh T. Robinson
Emmett Roden
Linda Johnson Rudy
John Mosby Russell
Gerhard and Evelyn Salinger

Ann Satterthwaite
Paul Schelp
Ann I. Schneider
Christopher Schul
Helen Scully
J. Eric Seaborg
Ellen Dudley
Sidney and Mildred Secular
Lee Sheaffer
Mary Hellen Shortridge
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Shirley Strong
Shirley Strong
John and Chris Sutton
Warren Tracy
Paul Van Order
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James Warfield
Elizabeth K. Weisburger
Charles and Margaret Wettling
John and Val Wheeler
Ken and Pam Williams
Dean Worcester
Linda and Tom Worthington
Ian J. Yarmus

AT's Comprehensive Plan Stands the Test of Time

Last month, we discussed the unique status of the Appalachian Trail under the 1968 National Trail Systems Act (NTA) and the 35-year history of acquiring land and conservation easements to protect it. This month we'll review the September 1981 Comprehensive Plan for the Protection, Management, Development, and Use of the Trail.

The 1978 amendments to the NTA mandated the development of the comprehensive plan, which had to include discussion of the specific objectives and practices for management of the trail, details of any anticipated cooperative agreements with other entities, an acquisition or protection plan for lands, and general and site-specific development plans, including costs. The 1981 plan was prepared by the Appalachian Trail Project Office within the National Park Service, approved by its director and the chief of the Forest Service, and forwarded to the appropriate congressional oversight committees.

While one might be tempted to dismiss a 1981 comprehensive plan as outdated (undoubtedly parts of it could be revised), that would be a mistake. Like the U.S. Constitution, the plan's key provisions have stood the test of time and still govern the trail today. Readable and focused, the plan sets out the overall management philosophy for the AT and highlights the flexible cooperative system between government agencies, the Appalachian Trail Conference and its 31 trail maintaining clubs like PATC, and volunteers to implement it.

Plan Overview

At the outset, the plan recognizes that the AT is a special recreational resource whose "unique history and traditions require a management approach quite different from that in national parks." The plan then contains sections on the resource to be protected, management philosophy, the cooperative management system and its operation, trailway protection and use, and development of facilities. The sections on trailway protection (corridor acquisition) and use (number of hikers, carrying capacity) are dated or have been overtaken by events, and the section on development of facilities is short and less important. The remaining sections of the comprehensive plan, however, remain highly relevant.

Like the U.S. Constitution, the plan's key provisions have stood the test of time and still govern the trail today.

Resource to be Protected

Needless to say, the plan lists and describes the AT as the resource to be protected. However, the plan lists a second resource, "The Volunteer Resource," and gives it equal status.

Citing the 1978 Senate Report on the NTA amendments, the plan highlights the efforts of private individuals and trail club members in creating and maintaining the AT and the "51-year tradition of cooperative efforts with local, state, and federal land management agencies, which has resulted in extensive savings to the taxpayer and protection of the resource." The plan then recognizes the coordinating role of ATC and the importance of the 31 trail maintaining clubs. The plan concludes, "This array of trail clubs, diverse in membership and size, represents a human resource [that] is fundamental to the preservation of the traditions and integrity of the trail."

Management Philosophy

The section on management philosophy is the centerpiece of the plan and contains nine core principles and related policies. Four short principles deal with hikers (hikers responsible for own safety; hiker regulation to be as unrestricted as possible and only as necessary to protect the trail and the interests of adjacent landowners) and trail maintenance, construction, and marking standards (construction per ATC manual; trail continuously marked and open to all). The remaining five principles are:

1. Management will be through the Cooperative Management System, based on the following policies.
 - ❑ The management system will strengthen and preserve the role of the volunteer.

- ❑ Local partnerships between trail clubs and agencies will be the basis for management.
- ❑ Among cooperating partners, management decisions will be by mutual agreement to the extent possible.
- ❑ Management will be decentralized to the extent possible.
- ❑ The stewardship of private landowners and the involvement of local townspeople will be reflected in the management system.

2. The AT will be managed to favor those values that have been traditional as goals within the AT community. Related policies include keeping the trail a simple footpath and retaining its primitive quality in relocations and reconstructions and recognizing the diversity in appearance of the trail and related facilities, the traditional importance of shelters on the AT, and the unacceptability of commercial endeavors in the trail corridor.

3. Diversity in the character and use of AT lands will continue. Related policies include managing wilderness areas in accordance with the Wilderness Act, continuing to manage for multiple use on federal and state lands so designated, preserving open areas and vistas, and supporting zoning and donation of conservation easements to preserve a desirable trail environment.

4. Incompatible activities will be controlled by educational efforts and, failing that, by enforcement of laws and regulations.

5. Under the heading of special issues, the plan notes that motorized vehicles are prohibited on the AT footpath under the NTA, except in emergencies and for authorized landowner access. Educational efforts and trail design modifications will be used to eliminate illegal motorized vehicle use. Horseback riding will be limited to sections of the AT that have traditionally accommodated such use.

The Cooperative Management System

The Cooperative Management System operates at several levels. The plan states that the NPS may delegate to states, private organizations, or individuals the responsibility to operate, develop, or maintain portions of the trail and that the active role of volunteers in management, which has been one of the trail's

See Plan, page 20

Tuscarora Trail Section Detour for Four Months

The Tuscarora Trail will be closed between US30 and PA16 near McConnellsburg, Pa., from about the end of July 2004 through the end of November 2004. Texas Eastern Transmission is planning construction work on a natural gas pipeline not too far from where the trail crosses PA16. During construction, the normal route of the trail across the pipeline will be closed. However, the company proposes to set up a detour of about 1,100 feet for hikers to safely pass the area. If you are hiking southbound, you will be routed along the edge of the pipeline right-of-way to PA16 and then along PA16 to where the trail normally crosses the highway. Northbound hikers will follow the same route in the reverse direction. The company plans to install fencing and signs to clearly mark the detour route. □

—Pete Brown, Pennsylvania Trails DM

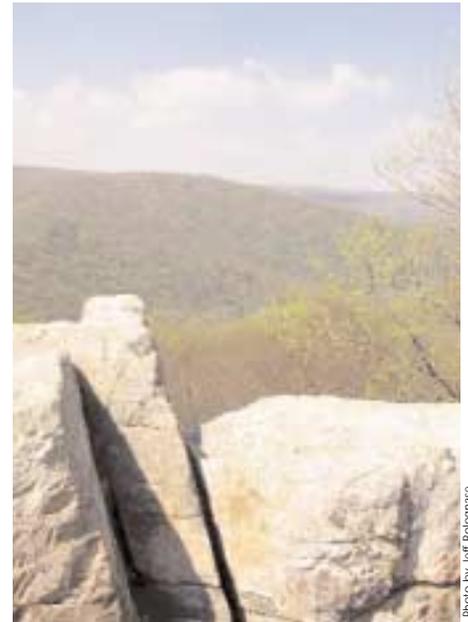


Photo by Jeff Bolognese

The view from Chimney Rock.

K9, from page 17

Otherwise I'm sure the president would have rescheduled his visit for another weekend.

But with such a nice day, a beautiful trail, and good company, no one complained about a shortened hike as we headed back down past the Charcoal Trail toward the visitors center. It did give us a chance to see some of the displays on charcoal production that the Park Service has placed along the trail. Logging and charcoal production were significant industries in the Catoctin Mountains. The fuel was needed for iron production at the nearby Catoctin Furnace and resulted in much of the land being cleared of trees.

Fortunately for us as modern visitors, the forest has recovered from that extensive logging. Thanks to the work of the Civil Conservation Corps and the National Park Service, Catoctin is now an oasis away from the nearby hustle of urban life. It's no wonder the Catoctin Mountains have been such a haven for our nation's chief executives since Franklin D. Roosevelt's administration! And as we reached the parking lot and headed back to our cars, we were all glad to have such a natural resource so close to home and welcomed the opportunity to come back again and see more of the park. Many thanks to Alice and Jenifer for putting together what we hope will be the first in a long line of excellent hikes!

For more information and pictures from the hike, please visit www.k9trailblazers.org. □

—Jeff Bolognese

Plan, from page 19

great assets, should continue. ATC, in turn, represents the volunteers at a trailwide level.

The "basic building block" remains the "relationship between the individual trail club [that is, the 31 clubs] and the designated government agency," which allows the "decentralization of decision making and responsiveness to local problems and needs." As a practical matter, for any section, this means that the volunteer organization and the agency/agencies can divide AT responsibilities to reflect local needs and available resources. The comprehensive plan lists, by state, all the trail maintaining clubs and government agency partners (federal and state), as of July 1, 1981, and an appendix shows trail mileages and the paired partners for each trail section.

ATC, in turn, represents volunteers at a trailwide level. To quote the plan, cooperative management must also reflect "broader relationships" the NPS has with ATC and with land-holding agencies and state management agencies and specifically notes ATC's "agreements with the NPS and the Forest Service."

Operating the System

The plan calls for "local management plans" for each trail section. The local plans describe and assign management tasks and responsibilities and cover matters related to the physical trail; significant scenic, natural,

and other resources and their protection; trail uses; facilities; land ownership; and working relationships. They are reviewed by NPS and ATC and, as applicable, the Forest Service. ATC is responsible for coordinating the local planning of the 31 clubs and serves as a clearinghouse for trailwide issues and information.

The second component, which results from the planning process, is cooperative agreements. State-level agreements define the relationship between clubs and cooperating agencies, plus ATC and NPS. Broader agreements address mutual consultation and cooperation on the entire trail.

Of significance, the process for issue identification and resolution under the plan "emphasizes consultative approaches over line authority and local solutions over central direction." Steps to identify and resolve issues "should be initiated at the most local management level," and only those issues that "cannot be resolved or appear to have wide-ranging consequences" will be "filtered" to higher levels.

The AT comprehensive plan has legal status under the NTA and fundamentally describes how the trail is to be managed. The unique cooperative, inclusive, and largely decentralized approach to AT management is very much in keeping with its creation, traditions, and history. □

—Bob Nelson

NOTICES

NEW NOTICES

HELP WANTED: We need volunteers with experience in creating sales materials and/or catalogs. If you are interested please send a note to Tim Hanlon, Sales Chair, care of Maureen Estes at MEstes@patc.net.

HIKING PARTNERSHIPS

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

TREKKERS WANTED to round out a group trekking in **Nepal** for three weeks from Oct. 14 to Nov. 7. This will be in the Annapurna region of Nepal, moderate to strenuous hiking. The highest pass will be ca. 17,000 ft. INFO: David (dsaah@cox.net) 703/352-4685.

HELP WANTED

PUBLICATIONS COMMITTEE needs someone proficient in desktop publishing (Quark and/or Pagemaker) to work with chairman in updating guidebooks. Adobe Photo Shop also helpful for scanning photos. Need to prepare final disk for printer. Minimal time requirement - only 2 or 3 publications per year would require your expertise. If you are interested or have questions, call George Meek, publications committee chair, (george@meekconsulting.com) 703/875-3021.

ARE YOU LOOKING TO GET AWAY to the mountains for the day or weekend, have fun and meet new people all while doing something worthwhile? If so, we have the perfect opportunity for you. We are forming a new crew to work on and around the Blackburn Trail Center. Meeting on a monthly basis, we will carry out work projects at the Center and along the AT in the Northern Virginia/West Virginia District. Work at the Blackburn Center will include new construction, day-to-day maintenance and painting, and grounds and road upkeep. Trail projects will be at the request of the trail volunteers as needed. We are looking for a few good members willing to put in a good day or a weekend's worth of work and we welcome all skill levels. Each trip will end with a community meal made up of good food and good company. INFO: Chris (trailbossbtc@msn.com) 703/924-0406.

BEARS DEN TRAIL CENTER is in need of immediate part-time assistant managers and has openings for two summer internships that include on-site housing. Bears Den is located right on the A.T. near Bluemont, Va., and offers accommodations to A.T. hikers, hostellers, families, youth groups and other organizations. The primary responsibility is to welcome guests and provide them with a pleasant and comfortable visit. Guest registration, house keeping, and store sales are some basic roles. For more information, please email info@bearsdencenter.org or call 540/554-8708.

FREE TO GOOD HOME

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

LOST AND FOUND

FOUND: Two trekking poles left at Glass House sometime prior to April 2. Contact Sam Perdue, 703/241-8664, sam_perdue@yahoo.com.

VOLUNTEER OPPORTUNITIES

DAYTIME RESERVATIONISTS NEEDED If you are available during the day to work a busy reservation desk, I've got an opening for you on alternate Thursdays. I really need to secure a volunteer every other Thursday afternoon between 12 noon and 2:00 p.m. Will train. No pressure calls. Please call Pat Fankhauser at 703/242-0693, Ext. 17 if you can help us out.

DAYTIME AND EVENING CABIN RESERVATIONISTS NEEDED: Openings are available to any individual who can give attention to detail, work independently, and work under pressure some seasons of the year. Daytime volunteers are needed on Thursday afternoon between 12 noon and 2:00 p.m. Evening volunteers are needed to take one or two nights per month. We Need You Now! Call Pat Fankhauser for interview at 703/242-0693 or e-mail, pfankhauser@patc.net.

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

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

HELP WANTED

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

C&O CANAL NATIONAL HISTORICAL PARK is seeking volunteers for the Williamsport Visitor Center to staff the center and bookstore, and can include informal interpretation. INFO: Gloria Updyke (Gloria_Updyke@nps.gov) 301/582-0813.

CALLING ALL LAWYERS, ACCOUNTANTS,

AND TAX ATTORNEYS. Virginia now permits donors of conservation easements to sell the tax credit for cash. PATC owns property in Virginia that would be eligible for such a rebate. The club needs your help writing proposals that would help the club save thousands of dollars.

Contact: Phil Paschall

(bettycox@erols.com), 540/882-3027.

Hurry - before the state changes its mind.

FOR SALE/RENT

32 FT. MOTOR HOME FOR SALE — 1993 Rexhall Airex, 33,000 miles — Ford Chassis. Queen Bed, Sleeps 6, 460 hp engine, Dual Air Conditioning, Tag Axle, Granny Air Suspension. SKW Generac Generator with 160 Hours, NADA: \$26,000, Asking \$19,000. If interested call Jim Hill (JKH.Jr@mail.com) 949/510-9304.

FRIENDS OF CUNNINGHAM FALLS AND GAMBRILL PARKS NEEDS YOUR HELP: The volunteer organization coordinating activities in support of Cunningham Falls and Gambrill State Parks in Maryland welcomes the involvement of motivated "new blood". Traditionally, the Friends group has done tremendous work in support of the park and its current viability is in question. New volunteers have the opportunity to make a major, positive impact on this organization. For details contact Rick Canter (southmountaineers@yahoo.com) 301/594-4379.

LAND MANAGEMENT OPPORTUNITIES: The Land Management Committee is looking for volunteers with various skills to help out on several important projects. We are hoping to find members with the following professional skills that they can apply at PATC.

GIS Specialist - Help start and develop the club's GIS capabilities.

Forester - Assist committee in developing Forestry Plans for club lands. We have a process and existing leadership but have a lot of land to cover.

Surveyor - Assist committee members in identifying boundaries on our existing properties. Assist in purchasing of new properties identified for cabins and trail protection.

Land Appraiser - Assist the club in determining values of potential land purchases and conservation easements. Efforts are targeted in the VA, PA, MD and WV areas.

If you're interested in helping out in any of the above areas please contact Chris Mangold at csm5749@yahoo.com.

TRAIL OVERSEER OPPORTUNITIES

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

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

Reports are in. The weeds are in control. Summer-like weather in May, along with sufficient rain, has produced a bumper crop of growth. If you didn't start cutting back the weeds in late May or early June, you may not find your trail.

Very few gypsy moth caterpillars have been observed so far this year. It is suspected the wet spring last year and this year was good for the fungus that keeps the caterpillars from maturing and laying eggs. Still, years of infestation have made dead oaks the primary source of blow-downs on many PATC trails, and there are many more to fall in the years to come.

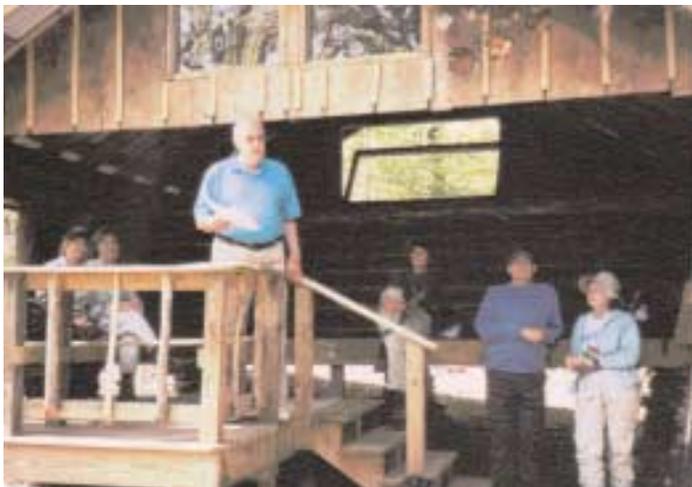
Raccoon Encounter

Wil Kohlbrenner was working on a trail in the National Forest, shoveling out and rebuilding fire rings at remote campsites. Wil was shoveling compacted wet ashes into five-gallon buckets when he heard a strange noise behind him. He turned to find a raccoon with its teeth bared coming toward him, making a strange chittering noise. Not your normal raccoon, which should have been staying out of sight of a human, especially in the national forest where they are hunted annually.

Wil was holding a long-handled shovel, probably the weapon of choice in this case. After a dozen whacks with the edge of the shovel along the raccoon's neck and back it went into a death shudder. Wil carried the lifeless raccoon (on the shovel) to the pile of ashes nearby, dug a hole into the pile, deposited the raccoon in the hole and topped it off with a few more buckets of wet ashes.

A raccoon that is acting this way either has distemper or rabies, either of which will kill it eventually. Forest Service personnel and a member of the Virginia Department of Game and Inland Fisheries agreed with Wil's actions and emphasized that it is best to avoid any kind of contact with the animal, even after it is dead. Burying it is desirable, since it prevents other animals from feeding on it.

Wil carefully washed the shovel when he was done using it.



Harry Thompson, leader of PATC's first shelter crew, addresses the current shelter crew and other volunteers at the Shockey's Knob Shelter dedication on May 8.

SNP South AT

The SNP South District has seen a great deal of activity from dedicated overseers. As a consequence, the comments on the condition of the trails are very complimentary. DM Denis DeSilvey thanks all who have gone out.

The May SNP Spring Trail Crew has completed the relocation of the AT near Simmons Gap. Stop by and take a look at their work. The site also includes an opportunity to still tour what Isabel did to the AT.

Three eager members of the South District Trail crews are now chainsaw-certified. SNP Park Ranger Shawn Green, who is now the overseer of a trail section, Rhett Orndorff, and DM Dennis DeSilvey completed the course in April. Dennis has a saw, so should there be things that need the might of a chainsaw, he can be found.

Hoodlums Say Goodbye to Bernie

On May 15, the North District Hoodlums convened for some trail work by day and a Cajun feast by night. The project was to rehab waterbars, install some new steps as well as rehab some old ones, and begin to rehab the trail where it passes over a crib wall. John McCrea, Bernie Stalmann, Wayne Limberg and daughter Rachel, Judy Babarsky and son Adam, Kevin Krador, George Ivey and son, Tex Herbel, Dick Dugan, Stephanie Bill, and Ray Galles attended the event. The Hoodlums retired to Indian Run to celebrate the final worktrip for Bernie Stalmann, who is leaving us for the confines of Arizona. Bernie, we'll miss you. Good luck to the future SOT for the Arizona Trails Association!

Working Hard in SNP South

SNP South District Side Trails crews have taken over secondary responsibility for maintaining the Jones Run and Doyles River Trails. Scott Duncan, the new overseer for the Jones Run Trail, and DM Pete Gatje have completely reblazed both trails.

Larry Baldwin and Gregg Houchens, the Gap Run overseers, did some major erosion-control work on the lower Gap Run Trail section in May. The stream, which often flooded onto the trail treadway, has now been diverted off the trail. Bob McCullough and Bill Setzer, the new overseers for the Riprap Trail, have done an outstanding job upgrading it, especially in the mid section of trail that has been somewhat neglected in past years.

A special recognition goes to Dick Peacock, overseer for Lewis Peak, upper Rockytop, and a two-mile section of the AT. Dick is an amazing overseer who sets the standard for the highest quality trail work on all his trail sections.

DM Pete Gatje and Overseer Rhett Orndorff attended the SNP/PATC chainsaw certification workshop in Luray on April 21. The workshop was very well-organized and well-attended. Pete managed to recertify even though he got his chain stuck on a leaner and almost lost his bar nuts down a snake hole. Rhett, the outstanding overseer for two sections of the Trayfoot Trail, was certified for the first time.

See Trailhead, page 23

Pete says he is very fortunate to have so many truly outstanding overseers in the district. His only problem is that he has omitted mention of several other overseers who do outstanding work as well.

Spring Crew Returns to Old Rag

The Central District Spring Crew returned to the Ridge Trail in May to continue treadway improvements begun in 2003. Despite being early in the season, temperatures were more like August than May, but the almost daily thundershowers held off until evening and didn't interrupt the all-important work of trail maintenance. This year's crew included Donna Brother, Cathie Cummins, Dan Dueweke, Harry Glenn, and Patrick Wilson, with Park Ranger CT Campbell supervising the effort. Rockbars and pick mattocks and McLeods were the tools of the day, and nobody seemed happier than Patrick at the challenge of moving a big rock from the trail. All this work was just so much gravy for Cathie, who oversees the trail with her own weekend crew, "The Bartenders" (as in waterbar). By week's end, another quarter mile of trail had been de-rocked and regraded, and five overseers could look back at a job well done.

Blue and White

In May, the Blue and White Crew visited the AT section near the South River Picnic Grounds, helping Overseer (and Blue and White regular) Harry Glenn, install new checkdams and waterbars. The crew used a wide variety of materials, including stone, locust, and space-age polymers. B&W Master Stonemason Patrick Wilson ensured that each structure was true and level, using a small level (specially adapted for trail construction) and a calibrated Campbell Bovine Excrement Detector. Lunchtime brought the highlight of the day as crew members enjoyed devouring Kisun Han's share of Melanie Falk's famous chocolate chip cookies (and we'll do it again in June, Kisun!).

S.V. and Janet Dove and their daughter, Sissy Boch, hosted the crew at the Doves' home on Saturday evening. Although a steady rain precluded outdoor festivities, the crew enjoyed the evening with the Doves. Due to an unfortunate unicycle accident (untethered chimps reportedly absconded with their six-simian vehicle), Bounce the Clown was unable to attend but has promised to make up for this failure later this season (keep an eye on the Forecast for details). On Sunday, the crew journeyed back to the park,



Patrick Wilson makes holes in the Old Rag Ridge Trail ...

attempting to find the imaginary "seeping spot" on the Mill Prong Trail. In order to prevent any problems with the overseer (a rather unpredictable fellow), crew members pretended to recognize the "problem" and installed a waterbar to "correct" it.

PHT Worktrip Moves Boulder

On a perfect April weekend, the Potomac Heritage Trail played host to volunteers hoping to reopen a critical stream crossing.

Pimmit Run sits in the middle of the 10-mile PHT and has the greatest water flow of its six major streams. Over the winter, storm water moved the heavy boulders, leaving a break in this important crossing. The crew's effort, using a hand winch and rockbars, moved a large boulder back into position to improve hikers' ability to cross the stream with dry boots. We'll see if nature accepts this PATC handiwork and doesn't blow another hole in the crossing.

Shockeys Knob Shelter Dedication

On May 8, Frank Turk arranged the dedication of the Shockeys Knob Shelter located on PATC Brill Tract south of Sleepy Creek WMA on the Tuscarora Trail in West Virginia. Frank and his shelter crew spent a lot of time and extraordinary effort (see past articles in the *PA*) to create this sorely needed shelter on the recently relocated section of the Tuscarora Trail.

The weather was fine, Walt's hike was fun, AJ put the final coat of paint on the privy, and then Harry Thompson told stories of PATC's first shelter crew. Harry's stories were the highlight of a special day. Attendees listened intently as Harry related how he organized



... while Cathie Cummins fills in Patrick's holes.

the crew, encouraged contributors, discouraged noncontributors (not an easy task as crew leaders and managers know), and managed to get volunteers with the proper skills.

A key factor in keeping crews happy is good food! Various members of the crew had their specialties such as Charlie Graf's beef stew and peach cobbler. In the end, it is the social camaraderie and pleasure of accomplishment that is a vital part of the success of any volunteer endeavor.

PATC President Tom Johnson expressed his appreciation to Frank and his crew for the excellent shelter that will surely become a favorite for Tuscarora hikers. Tom also related his vision of the future of the Tuscarora Trail and its incorporation into a trail system that will be the western alternative to the AT from Cheaha State Park in Alabama to Lake Champlain in Vermont. I am sure you will hear more about this in the future.

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

POTOMAC APPALACHIAN

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Trail, Shelter, and Corridor Overseers / Monitors Wanted

SHELTER OVERSEER OPENING

Manassas Gap Shelter - Northern VA - Map 8

SHOCKEYS KNOB SHELTER - WV - MAP L

Frank Turk, 301/249-8243

FrankTurk@aol.com

Co-District Manager for SNP North AT - Map 9

Front Royal to US Rte. 211

John McCrea, 610/352-9287

mccreajf@aol.com

TRAIL OVERSEER OPENINGS.

Contact the District Manager for the section that interests you.

Tuscarora Pennsylvania Maps J & K

Opportunity to work long hours with no pay or benefits. Generous allowance of blisters, stinging/biting insects, and poisonous plants. Special provision for rain and mud. Little or no supervision. Work hours optional. Location somewhere on the Tuscarora Trail in Pennsylvania. No certification from your doctor or hospital required.

Pete Brown, 410/343-1140

peter.brown4@worldnet.att.net

Ashby/Possums AT/BB [Rte. 50 to SNP] - Map 8, 9

Lloyd Parriott, 540/622-2743

laparriott@hotmail.com

APPALACHIAN TRAIL

2nd creek crossing to pipeline (1.2 miles)

APPALACHIAN TRAIL

Va. 602 to 4H Access Trail (0.7 miles)

SNP North AT - Map 9

John McCrea, 610/352-9287

mccreajf@aol.com

APPALACHIAN TRAIL - CO-OVERSEER

Beahms Gap to Pass Mt. Hut Trail (1.9 miles)

SNP Central AT - Map 10

Charles Hillon, 703/754-7388

charleshillon@comcast.net

Inquiries welcome for future overseer and co-overseer assignments.

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

Dan Dueweke, 703/266-3248

danjan3@cox.net

CORBIN MOUNTAIN TRAIL - CO-OVERSEER

Nicholson Hollow Trail to Old Rag Fireroad (4.4 miles)

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

Steve Paull, 703/361-3869

stevepaull@yahoo.com

JONES MT. TRAIL

Bear Church Rock to Cat Knob Trail (2.8 miles)

SNP South Blue-Blazed - Map 11

Pete Gatje, 434/361-1309

pjgatje@aol.com

BROWN MOUNTAIN TRAIL - CO-OVERSEERS

Skyline Drive to Big Run Portal Trail (5.3 miles)

Tuscarora Central - Map L

Walt Smith, 540/678-0423

wsmith@visuallink.com

TUSCARORA TRAIL

Yellow Spring Road to Capon Springs Road (3.7 miles)

TUSCARORA TRAIL - [ON ROAD, BLAZING ONLY]

C&O Canal to Ruth Morris Forest (3.9 miles)

Tuscarora South - Map F, G, 9

Rick Rhoades, 540/477-3247

rrhoades@shentel.net

TUSCARORA TRAIL

Fetzer Gap to Maurertown (5.7 miles)

TUSCARORA TRAIL

Doll Ridge to Rock marker (1.5 miles)

TUSCARORA TRAIL

Rock marker to Massanutten Trail (1.5 miles)

Great North Mountain - Map F

Hop Long, 301/942-6177

theFSLongs@comcast.net

GERHARD SHELTER TRAIL

Tuscarora Trail to Vances Cove (1.5 miles)

Wanted!



The Potomac Appalachian

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