



The Potomac Appalachian

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

Volume 33, Number 9
September 2004

Call for Annual Award Nominations

Honorary Life Membership Awards

At the annual meeting to be held Nov. 9, 2004, PATC will recognize a few members for their outstanding and extensive commitment to the club over an extended period. They will be awarded an Honorary Life Membership. If you believe a member deserves the award, please nominate any member you think deserves this award.

Nominees must:

1. Be long-time club members.
2. Exemplify the service aims of the club. ("Service" includes leading trips, serving on committees or Council, serving as overseer, donating time at Headquarters, etc.)
3. Have contributed to the club across a broad range of service activities.
4. Have generated enthusiasm and inspired others to become active in the club.

Volunteer of the Year

The Volunteer of the Year Award is given at the annual meeting to that PATC member who most exemplifies the spirit of volunteerism through his or her contribution to PATC during the past year. The contribution can be to any type or combination of Club service activities, e.g., devoting many hours above and beyond the norm to service activities, including travel time, or making an exceptional contribution to a particular project. (Members of the Executive Committee are not eligible for the award.) If any PATC member believes another member should be recognized as the Volunteer of the Year, please nominate them. Include the nominee's name and a clear description of his or her contribution that justifies the award. Include your name and phone number and e-mail address.

Nominations for Honorary Life Memberships and Volunteer of the Year Award must be received at club Headquarters

no later than Sept. 17, 2004. Send nominations by mail (PATC, 118 Park St. SE, Vienna, VA 22180), e-mail (Wiley@PATC.net), or fax (703/242-0968). Mark nominations Attn: Mickey McDermott, Vice President for Volunteerism. If you have questions, call Wilson Riley, 703/242-0315.

Service Awards

Service awards are given to club members who have consistently devoted time and effort to club service activities above and beyond the norm. Volunteer leaders who want to recognize those with whom they work should send their lists of service award recipients to PATC Headquarters, via mail, fax, or e-mail (Wiley@PATC.net), marked attention Nominations. Include names of the recipients and a short description for each of their service activities. Nominations should be received no later than Oct. 12, 2004.

See Nominations, page 3



Annual Meeting Set for Nov. 9 at the Atrium

The annual banquet will be held Nov. 9 at the Atrium of Meadowlark Gardens in Vienna, Va. The speaker will be Scott Rimm-Hewitt, who played his tuba as he walked the Appalachian Trail. The cost of the banquet will be \$35 per person. Make your reservation now with Pat Fankhauser at PATC, 703/242-0315, Ext. 17. or fill out the registration form on page 4 and follow mailing directions on the form.

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Council Members, Chairs and PA Staff

Officers

President: Tom Johnson (johnhts3@juno.com)

Weekdays, Reston, Va, ph. 703/435-2755

Weekends, Front Royal, ph. 540/622-6422

VP Volunteerism: Mickey McDermott

VP Operations: Fred "Hop" Long

Treasurer: Gerhard Salinger

Secretary: Georgeann Smale (gsmale99@yahoo.com)

Supervisor of Trails: Liles Creighton

Supervisor of Membership: Susan Nelson

Supervisor of Land Management: Chris Mangold, csm5749@yahoo.com

Supervisor of Facilities: Larry Marcoux

Supervisor of Education, Information, and Activities: Lisa Still

General Counsel: Charles Sloan

Sections/Chapters

Mountaineering Section: Andy Britton

SMRG: Mike Kennedy, chair@smrg.org

Ski Touring Section: Bert Finkelstein

North Chapter: Pete Brown

N. Shenandoah Valley Chapter: Lee Sheaffier

S. Shenandoah Valley Chapter: John Held

Charlottesville Chapter: John Shannon

West Virginia Chapter: Judy Smoot

Standing Committee Chairs

(Council Members)

AT Corridor Monitoring: Tom Lupp

Blackburn Trail Center: Chris Brunton

Budget: David White

Cabins Operations: Mel Merritt

Cabin Construction: Charlie Graf

Computer Services: Stephen Koeppen and Jose' Rojas

Conservation: Jeff Pearcy

Grants & Donations: Susan Nelson

Endowment: Don Price

Finance: Gerhard Salinger

Hikes: Karen Brown & Lee Sheaffier

Land Management: Chris Mangold, csm5749@yahoo.com

Legal: Charles Sloan

Maps: Dave Pierce

Maryland Appalachian Trail Management

Committee: Charlie Graf

Potomac Appalachian: Linda Shannon-Beaver

Public Affairs: George Still

Publications: George Meek

Sales: Tim Hanlon

Shelters: Frank Turk

Trail Lands Acquisition: Phil Paschall

Trail Patrol: Holly Wheeler

Tuscarora Trail Land Management:

Vacant

Special Committees/Ongoing Activities

Archives & Library: Carol Niedzialek

Cabin Reservations: Shakuntala Ghare

Club Naturalist: Bob Pickett

Deputy Finance Committee Chair: John Ferguson

Deputy Supervisor of Trails: Jon Rindt

Headquarters Facility: Orron Kee

Information/Sales Desks: Annetta DePompa

Medical: Vacant

Shelters, Cabins, & Cabins Land Fund: Larry Marcoux

SNP Boundary Trailheads Study Group:

Mark Holland

Tuscarora Trail Shenandoah Valley Project:

Phoebe Kilby & Larry Bradford

Potomac Appalachian

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Council Fire

The Potomac Appalachian Trail Club's regularly scheduled Council meeting was held at Club Headquarters on July 13, 2004. Vice President of Operations Hop Long chaired the meeting. The planned agenda was generally followed during the course of the meeting; however, the necessary quorum of 20 of the 38 voting members of Council was not present. Therefore, voting on action items such as allocations of funds was delayed until the next Council meeting in August.

Hop Long noted he had recently attended a meeting, along with PATC Secretary Georgeann Smale, at Harpers Ferry concerning the Appalachian Trail section along the C&O Canal. Georgeann gave a brief summary of the July 12 meeting, which was attended by representatives from PATC, the Appalachian Trail Conference, the Appalachian Trail Park Office, and the C&O Canal National Historical Park. To address the problem of AT hikers who miss the turn at the junction of the C&O Canal and the bridge to Harpers Ferry, the group approved a plan to place a post at the junction, with double-white AT blazes to indicate the turn. Additionally, the group considered proposals to increase the number of AT blazes along the canal and to place interpretive signs about the AT on the canal. ATC's Laurie Potteiger will work on proposals for the blazing and interpretive signs. ATC will work with the C&O Canal and the Maryland AT Management Committee to ensure review and implementation of the proposals.



Finance

Treasurer Gerhard Salinger distributed the monthly budget report for June 2004, noting that while 38 percent of expected 2004 income had been collected, we are 50 percent of the way through the year. Gerhard also distributed a report on the Trails Land Fund.

Trails and Lands

Hop Long assigned responsibility for maintenance of campgrounds and campground privies to the supervisor of facilities. This will be reflected in changes made to the written description of duties of the supervisor of facilities. The duties include inspections and awarding contracts for the facilities.

Supervisor of Trails Liles Creighton made several announcements. ATPO and ATC delivered on their promise of helmets, chaps, and first aid kits to volunteers who participated in the chainsaw certification course. Liles and Tom attended a July meeting with the Forest Service to discuss tying in the Tuscarora Trail with the Allegheny Trail.

See Council Fire, page 3

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.

From the Mailbag

Sometimes I get letters that are special in the way that they express and bring to the surface deep-seated thoughts and emotions. A recent letter from Anne Chase of Washington, D.C., was one of those special letters. Anne and I have never met, but we seem to share a hiking philosophy, that is uncanny, given that we are completely unknown to each other.

Many people, myself included, feel that the Appalachian Trail has become overly crowded. Not crowded like a Tokyo subway. (If I pass two or three groups of hikers in a single mile it is unusual.) By crowded, I mean the overcrowding of shelters on summer weekends. Anne and I both feel that shelters are too crowded and that we need more campgrounds. A lot of backpackers I know don't want to sleep cheek by jowl with a bunch of sweaty hikers anyway and prefer the solitude of their own tent. (This sentiment does tend to disappear when a storm approaches.)

We both like shelters that have a few amenities. When you are out in the woods for a few days, a relaxing shelter experience takes the edge off. I like Denton Shelter with its cold-water shower. I like the new Birch Run Shelter with its covered table and huge overhang. I like Garvey Shelter for its upper sleeping deck and its graceful, jutting countenance that seems to give lift to the huge logs that compose it.

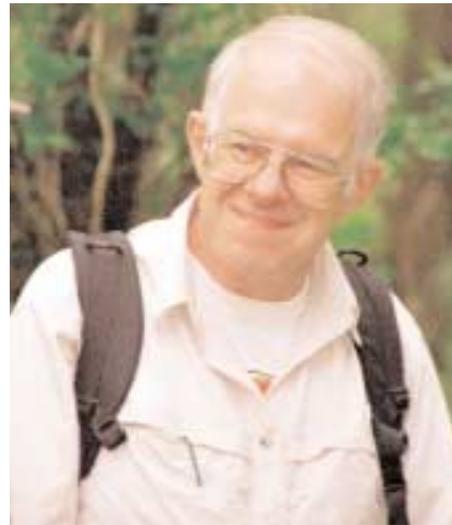
We both want to see more directional signs on trails, especially those that announce that a shelter is just ahead. They don't detract from the wilderness experience, and they give a comfort level to a hiker who

might be a little nervous about the weather conditions, or the onset of darkness.

Anne bemoans the tendency to make an AT hike as physically demanding as possible. The trail doesn't need to be too hard. If we make it more user-friendly, we will get more people out there who happen to be older than 25. Trails should be for all people, and even trails in relatively remote areas (like the AT) should not be made too difficult. The center of masochistic hiking is in New England, but I part company with all those Calvinists. That is not the culture down here. (We are Southerners, after all. We like a mint julep at the end of the day.)

Well, there's a little trail philosophy for today. Perhaps my prejudice comes from the fact that I am nearing 64, and I don't go in for extreme sports anymore. I'll take my julep with a dash of mint, thank you very much. □

—Tom Johnson



Nominations, from page 1

Other types of service awards:

□ *PATC Appreciation Award.* Primarily for nonmembers, this award is given to individuals who have made some special contribution to the club and its objectives. Recipients could include government officials (federal, state, local) who have assisted the club in its activities, individuals who have donated land or facilities to the club, retired PATC employees, or anyone else who has helped the club in a significant way.

□ *Youth Under 14.* Individuals under 14 years of age who have participated in club trips or other activities are eligible for special recognition. Upon the recommendation of an adult member, a letter of appreciation, along with a PATC patch, will be sent to the individual, in appreciation for the contribution to the club's work and offering encouragement to become a PATC member when he or she reaches 14 years of age.

All service nominations should be submitted to Wilson Riley (WRiley@patc.net) no later than Oct. 12, 2004. □

Council Fire, from page 2

Liles noted there will be difficulty with trail maintenance and urged active recruitment of volunteers to the west for Tuscarora Trail maintenance. Finally, Liles announced the vacancy of the district manager position for the South Massanutten District.

Volunteerism

SMRG President Mike Kennedy introduced the idea of memorializing the passing of active PATC/SMRG/Trail Patrol member Bud Hyland by naming a service award in his honor. Mike will work with the vice president of volunteerism on the criteria of the service award. He also reported SMRG assisted NPS with the Fourth of July preparedness by supplying 12 SMRG members to SNP and 10 SMRG members to the National Mall in D.C.

Tom Lupp and Rick Canter will act as co-chairs of the Maryland AT Management Committee. They assumed the position on the resignation of Charlie Graf. The committee meets every six weeks at the Greenbrier Park Visitor Center at 7:00 p.m. And Tom

Lupp, AT corridor management chair, announced three corridor monitor vacancies.

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

—Georgeann Smale, Secretary

Correction:

The August *PA* listed an article by Robert Nelson titled: "AT's Comprehensive Plan Stands the Test of Time." Unfortunately, Robert's submission for July was titled the exact same thing. It's not that he can't think of any new ideas, it's that his editor was asleep on the job!

The August article was mistakenly titled. It should have been: "Managing the Appalachian Trail under Cooperative Agreements." In Robert's words, "While the two articles are related, they clearly cover separate subjects ..." We regret the error and hope you were not confused or misled by this mistake.

—Linda Shannon-Beaver

The Vos PATC History - A Glimpse Into the Past

To the editor:

My parents, Bert and Elizabeth Vos, were long-time members and active supporters of PATC when they lived in the Washington, D.C. area. I believe their first date was on a PATC apple harvesting excursion during WWII, when assistance was needed to get the crops in because so many apple growers were away at war. Now in their mid-nineties, they are both in reasonable physical health, but sadly have greatly impaired memory and are cared for in an Alzheimer's facility in Virginia, Minn.

Recently as I was going through some of my mother's papers, I came across the attached entry, written longhand on a lined yellow tablet and carefully edited. Before her mind began to fail she frequently wrote down childhood memories and other memoirs about her life, for which I am grateful. I am sending this one along to PATC because it mentions another WWII outing – cabin and trail maintenance in the Shenandoah Park.

Sincerely,
Betty Vos

Here is my mother's entry; she did not give it a title:

Often on sunny summer mornings in the country in the early years, the first sound I heard on waking was a strident "tszing-tszang, tszing-tszang" as our grandfather sharpened his scythe, stroking the steel blade with his long whetstone. Grampap usually sang or whistled in time with the strokes of the whetstone as it grated along the curved

In Celebration of PATC's History

edge of the blade. The tunes of his songs were lively, often with humorous or whimsical verses. I recall "The Year of Jubilee," "Old Dan Tucker," "Uncle Ned," "Old Mary's Peach Tree," "The Girl I Left Behind Me," among others. The tune and verse of a childish limerick particularly pleased us – "The Old Man from Dundee."

When the dew was gone, Grampap would head out for his mowing, with the long whetstone tucked in a rear overall pocket. He strode at a moderate pace, scythe over his shoulder, to the point where he started to mow. Then he would lower the scythe into position. Pivoting on his right foot, he and the scythe swung as a unit, cutting the swath as he stepped forward with his left leg. He continued his rate of pace as before, positioning the scythe as he strode forward with his right leg, cutting as he strode forward with his left leg. I have seen mowers who habitually stop, then reach out and cut a swath, resume walking a step or two, stop, reach out and cut

another swath. It is a jerky, inefficient time- and strength-consuming method.

A full quarter of a century later, along with a half dozen or so fellow members of the PATC, I was privileged to learn the efficient way to swing a scythe from the overseer of one of the PATC rental cabins. We were all delighted to be recruited during the gasoline-rationing days of WWII to help clean, take inventory, do small repairs, clear brush, mow, and replenish the wood supply at a cabin in the north end of the Shenandoah National Park. The overseer, Dr. H.C.D.* from the National Bureau of Standards, was very similar to my grandfather in body size – medium height, sparsely built. He was ruddy-faced, white-haired, with keen blue eyes. His manner was jovial, interested, instructive. He mowed in the same fashion as my grandfather had, and he tried to instruct all of us in learning to cut with the stride. In addition, some of us had some instruction in the most efficient way of using the crosscut saw. ! □

—Elizabeth Aughey Vos
c. 1990

*Dr. H.C.D. was an engineer at the National Bureau of Standards. He is Hobart C. Dickinson, died in 1949, age 74. He was a cultured gentleman who willingly performed most menial jobs, did hardest labor with the greatest skill, man of typical New England Yankee ingenuity.

In the PATC archives are many reminiscent articles by long-time members. If you are interested in perusing these historical gems please contact Carol Niedzialek, club archivist, at niedze@erols.com.

Registration for PATC's 77th Annual Meeting/Dinner

Tuesday, Nov. 9, 2004, from 6:00 p.m. to 9:30 p.m., at the Northern Virginia Regional Park Authority's Atrium at Meadowlark Gardens. For more information, please contact Pat Fankhauser at 703/242-0315, Ext. 17, or pfankhauser@patc.net. Don't delay, space is limited. Come on out and join us to celebrate 77 years!

Name: _____, entree preference (choose one)
 vegetarian chicken beef

Name: _____, entree preference (choose one)
 vegetarian chicken beef

Daytime phone number: _____

Please enclose a check in the amount of \$35 (or list your credit card information below) per attendee for dinner. If you wish to attend the meeting and not have dinner, please contact Pat Fankhauser and let her know you will be coming.

() Here is an additional \$77 to for the Trail Land Acquisition Fund for 77 years of service on the trails.

() Sorry, I can't attend the banquet, but here is \$77 to support PATC's Trail Land Acquisition Fund.

For 77 years PATC has led hikes; constructed and renovated shelters and cabins; mapped the trails; taught trail construction, safety, and conservation; and built and cleared the trails in rain, snow, and sunshine. Your contribution will be used to enhance those activities. Let's celebrate as we move into our 78th year!

VISA/MasterCard Number: _____, Expiration Date: _____ Please charge my credit card for _____ for _____ dinner(s)

Signature: _____

Mail to: PATC - Annual Meeting/Dinner 2004, 118 Park Street, SE, Vienna, Virginia 22180 Attn: Pat Fankhauser, Membership Coordinator
Because PATC pays for dinners in advance, no refunds after November 4, 2004.

Tuscarora-Allegheny Link Revisited

At least a couple of meetings were held during the summer months to revitalize earlier plans for proposed links between the Tuscarora and Allegheny Trails and others in the western Appalachians. The first meeting, at Highacre in Harpers Ferry, WVa., on June 11, worked on a proposal for the Rivers and Trails Conservation Assistance program of the National Park Service to devote some resources to this project.

The second meeting was held on July 6 at the George Washington & Jefferson National Forest's Dry River Ranger District office in Harrisonburg. Present were the Forest Supervisor, Bill Damon, rangers from both the Dry River and Lee Districts, PATC president Tom Johnson, Supervisor of Trails Liles Creighton, and Lloyd MacAskill.

The 1993 plan for the GWNF authorizes the establishment of a Tuscarora-Allegheny link but does not provide funding nor set priorities for various trail projects. PATC has done little in the decade since the GWNF plan was published to establish this linking trail as a recognized entity, although a brief description of the proposed route has existed for some time.

Part of this benign neglect was due to the fact that most of the potential route was already on public land and thus not threatened by development as parts of PATC's 1,000-odd mile trail system were. But the 1921 map that was published with Benton MacKaye's proposal for the Appalachian Trail appears to place the AT along these same North Mountain ranges on or near the West Virginia state line.

Road conditions and other factors affecting weekend work trips from DC in the 1920s

and '30s led to the AT's being located on the Blue Ridge through the PATC region. The remoteness and mostly undeveloped state of the mountains on the opposite side of the Great Valley continue to make them attractive, especially as major trail sections are now being built in other states in the western Appalachian region.

One highlight along the trails through Bath County is the pre-Civil War Warwick Mansion in the Hidden Valley area. The scenery has changed so little since that time period that it was used as the setting for the 1992 movie *Sommersby*, starring Richard Gere and Jodie Foster.

The thinly populated areas of western Virginia still present a challenge in terms of active trail club membership. For example, Bath County, which is generally coterminous with the Warm Springs Ranger District, reported 5,148 residents in the 2000 census – about 1,500 fewer people than PATC has members!

What is needed at this time is mostly people who can hike the trails – and in some cases, even drive the forest roads – between the Tuscarora and Allegheny and report on their condition and suitability. Eventually there might be a need for additional blazing and directional signage. Particularly welcome would be hikers and trail workers from west of the Blue Ridge.

Let PATC officers know of your interest in this project, and stay tuned for future developments! □

—Lloyd MacAskill

Volunteers Appointed in July

Co - District Manager

Peter Harris SNP North District AT & Side Trails

Shelter Overseers

Geoff Schwartzman Manassas Gap Shelter

Trail Overseers

Rod Grandon

Sams Ridge Trail

Ed Hanlon

Wesley Heights Trail

Becky Bennett

Tuscarora Trail - Bill Miller Trail to Cowpens Road

Tom Rostek, Sr.

Tuscarora Trail - Dean Gap to C&O Canal

& Tom Rostek, Jr.



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

Sept. 13, 2004 (Monday)

7:30 – 9:30 p.m.

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

Instructional Weekend

Sept. 18 - 19, 2004

8:00 a.m. 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

Oct. 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 fewer, 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, 7:30-10:00: Sept. 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

38 Degrees North, 77 Degrees West

My brother is 23 years old. He teaches classical guitar at the University of Colorado's Boulder campus and coaches junior high soccer. He is smart, talented, handsome, and a strong athlete. And he and his girlfriend are the proud owners of a white purebred Chihuahua named Samson that they dress in little sweaters for protection against the cool mountain temperatures.

No One is Perfect, I Guess

Chihuahuas aren't usually considered effective ranch dogs, which may explain the not-overly-warm reception Samson received on his first visit to my parents' house. But while the little dog might have been accepted there, his surprise appearance on our recent family vacation was something else entirely.

The family llama pack trip, which had at one time been a common summer pastime, became extinct about eight years ago when I left for college. This summer, however, we managed to resurrect it. I recently met my mom, dad, and brother in Durango, Colo., for a four-day pack trip in Silverton's San Juan Mountains. We had three experienced llamas and a hike with an impressive amount of stunning scenery per mile – the perfect trip for our re-entry into life as an outdoorsy family. The only snag in the plan was the unexpected presence of an animal with only four inches of ground clearance.

It took us a few extra steps up the trail to determine the best hiking order, putting the stronger llama out front and the more nervous one in the middle. Andy's little dog complicated things slightly because the nervous llama became agitated every time Samson got near his feet. But the proud Chihuahua

refused to bring up the rear, so he and Andy headed out ahead of us all. I heard my dad grumble about the hassle, but my mom shot him a warning look and he backed down.

My dad's tolerance of Samson was severely diminished, however, when we met a group of fishermen coming down from the lakes. Thoroughly embarrassed to have strangers see his impressive llama pack string being led up the trail by a Taco Bell commercial, my dad fumed for the next mile in a silence neither my brother nor I have seen in over 15 years – since the day we took all the doors in the house off their hinges, for no reason I can remember, just before an ill-timed rainstorm arrived.

At 12,000 feet in elevation, Samson shivered miserably if he wasn't continually tucked into Andy's fleece, his little pointy head sprouting from the neck of my brother's jacket like a creature from "Alien." This meant that Andy was completely useless when it came to setting up camp and helping out with meals because one arm was always holding the dog. But it was the stealthy attack of a little pink dog tongue that somehow found the opening of my dad's sleeping bag first thing every morning that really put my dad over the edge.

Despite these minor obstacles, we had a great trip. After dinners of salmon and steak and bread and salad and breakfasts of bacon and eggs, I hardly even missed my backpacking meals of tuna fish and oatmeal. And while little Samson didn't exactly win my dad over, he did provide enough fireside entertainment to avoid becoming the next thing on the menu. If my brother's smart, however, he'll leave the dog at home next time.

—Alexa Hackbarth



Samson the Chihuahua is kept well away from the "nervous" llama.

Corridor Program Receives Grant

The AT Corridor Management Program has received a grant through the ATC-sponsored L.L. Bean Grants to Clubs. A grant of \$2,700 was awarded to purchase fence materials for Fox Gap in Maryland.

Fox Gap was one of three major gaps involved in the Battle of South Mountain in September 1862. Besides the AT passing through the gap, the surrounding lands are also part of the recently established South Mountain Battlefield State Park.

As part of the overall plan for Fox Gap, the fencing will exclude parking on both sides of the Lambs Knoll access road. New parking lots will be built on either side of the gap to help protect the cultural and historic resources in the gap. Plans are to install the fence in late fall or early spring. □

—Tom Lupp, Chair,
AT Corridor Management Committee



Four-Month Detour Set on Tuscarora Trail Section

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



Remembering Life in the Blue Ridge

Madison Museum Summer Exhibit Examines Early Regional Culture

The summer exhibit at the James Madison Museum, in Orange, Va., provides a glimpse into the lives of the people of the Blue Ridge prior to the establishment of the Shenandoah National Park.

July 3, 1936 was an auspicious day in the lives of many Americans in the eastern United States for it marked the establishment of a new national park. Dedicated by President Franklin D. Roosevelt, it had taken 12 years to become a reality. But for those who were driven from the mountain to make way for the park, this date marked the end of a lifestyle and culture that had been in place for generations.

The Shenandoah National Park encompasses close to 200,000 acres and stretches from Front Royal to Rockfish Gap. It was conceived of as a recreational getaway for the overcrowded urban population along the East Coast. In 1924, the Secretary of the Interior, Hubert Work, established the Southern Appalachian National Park Committee to search for suitable land that would be close enough to the cities but still retain its natural beauty. Two other forces served to expose the Blue Ridge area to the public and led to the establishment of the park. George Freeman Pollock, who owned the Skyland Resort at Stony Mountain near Luray, has been called the father of the Shenandoah Park. He devoted his life to promoting his resort and advertised regularly in *The Washington Post*, encouraging city dwellers to catch a bus and see the proposed park in a day. The other influence was from President Hoover who

established Hoover's Camp as a presidential retreat in Madison County in 1929. With the Blue Ridge so much in the public eye, it was not difficult to sell the idea of a park to the non-resident public. At this point, the fate of the mountain people who lived in this area was sealed.

Some 600 families were displaced by the government's policy of eminent domain, which gives the government the right to take private property for public use. Although those who owned their land were paid, the appraised values were often far below what the land and appurtenances were thought to be worth by their owners. To make the evictions more palatable to the public the government painted a portrait of the mountain people as being poverty stricken and ignorant. There were indeed pockets of poverty and many lacked education, but that was only a small part of this story. Most of the people lived comfortable lives, attended school at least part of each year, and worked hard to make a living.

To its credit, the Park Services made a concerted effort to correct the initial misinformation. Hopefully, through the use of pictures, personal objects, and reminiscences from former residents and descendants, this exhibition will present a balanced portrait of what life was like on the mountains before the establishment of the park.

The exhibit continues through Sept. 26. The Museum is located at 129 Caroline Street, in Orange. Hours are: 9:00 a.m. to 5:00 p.m. weekdays, 10:00 a.m. to 5:00 p.m. Saturdays, and 1:00 p.m. to 5:00 p.m. Sundays. □

—Used by permission of the Orange County
James Madison Museum



Hiker's Notebook

Common Name: Red Eft, Red Spotted Newt (newt comes originally from "an eft" which became "a neft" with "w" eventually replacing "f" in common usage)

Scientific Name: *Notophthalmus viridescens*

The red eft is frequently seen on the trail in the spring after a rainfall when the underbrush is moist. They are easily recognized by their bright orange-red color with porthole-like darker red spots arrayed longitudinally along the flanks.

Potpourri: The red eft is the terrestrial juvenile stage of the red spotted newt. The life cycle of the newt consists of three stages. The eggs are hatched in water as larval salamanders with prominent finned tails and external gill tufts. The larvae metamorphose into the second, terrestrial red eft phase with fully developed lungs in the place of gills. After three to seven years, the eft is transformed into a third phase as a gilled, aquatic, green-colored adult for the remainder of its life, spawning the next aquatic generation.

The three year terrestrial eft stage is an adaptation for dispersal. As newts are pond dwellers, overcrowding would result without a means for expansion. The eft has the ability to move to new ponds, thus establishing new colonies and contributing to the survival of the species.

The red coloration is unique to the terrestrial phase of the newt's life cycle and is thought to serve as a warning sign to would-be predators that the eft's skin exudes toxic substances that are unpalatable. Red salamanders have similar coloration as mimicry. □

—William Needham

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

Wilderness Areas Proposed for the Monongahela National Forest

The Monongahela National Forest's management plan is currently under revision. A critical part of the revision is the list of recommendations for new wilderness areas. A draft environmental impact statement is under preparation by the U.S. Forest Service, with public release due this December. However, individual sections of the draft have been published on the Internet for viewing. The draft roadless area review and wilderness inventory process has recently been completed and identifies 14 roadless areas that meet the criteria for wilderness designation. It can be accessed at www.fs.fed.us/r9/mnf/plan_revision/plan_revision.htm.

Wilderness areas are the holy grail of nature lovers and outdoor enthusiasts. Wilderness designations provide the ultimate protection for any federal lands. No logging, mining, ATVs (ORVs), or even mountain bikes are allowed to desecrate these natural areas. Hunting, fishing, and livestock grazing, however, are allowed. As defined by Congress in the 1964 Wilderness Act, a wilderness area is "an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain."

Wilderness areas give us some of our best hiking and backpacking opportunities. Dolly Sods, Otter Creek, Laurel Fork North and South, Cranberry Wilderness, and Mountain Lake are the current six wilderness areas in West Virginia. All but the last one are in the Monongahela National Forest.

Many of the eligible wilderness areas are additions to these existing wilderness areas. (It may be surprising to hear there are 18 wilderness areas in Virginia, with the Shenandoah National Park designations, Saint Mary's and Ramsey's Draft, being closest to us. Maryland has no designated wilderness areas nor any National Forest lands.) Of the national forest land of the southern Appalachians (south of the Mason-Dixon line), the 39 wilderness areas constitute only 7.6 percent. Of the 430,000 acres of wilderness in the southern Appalachians, 80,000 acres are contained in Shenandoah National Park (none exist in the Great Smoky Mountains National Park, although proposals are being developed).

Wilderness Benefits

Wilderness areas provide many benefits to us in addition to the hiking and human outdoor experience. They are the reservoirs of biological diversity. It is here where the natural processes of nature have the best chance of survival. Compared with young forests, it is in the old growth forests where research tells us, more species of every kind – trees, birds, salamanders, snakes, insects, ferns, mosses lichens, and fungi – can be found. They are better at protecting water quality within the watershed and downstream, recycling nutrients, limiting downstream floods, improving air quality, and buffering environmental stresses. They can provide critical wildlife habitat corridors connecting disjunct wildlife

See Monongahela, page 9

Dispelling Myths

For years, the popular assumption was that the worth of national forests lay in the money that could be generated by harvesting timber. When you look at the economic impact, it becomes evident that this assumption is entirely wrong.

According to the U.S. Forest Service, 2,569,041 jobs are related to recreation in the national forests, while only 76,046 jobs can be attributed to logging. Similarly, \$97.8 billion are contributed to the GNP from recreational use of the national forests versus only \$3.5 billion generated through logging.

Those rural economies with a strong economic base in government or in the combination of retirement and recreation have almost kept pace with metropolitan areas in growth changes and per capita income. Rural counties dependent on manufacturing, farming, mining, or trade have fared worse.

Logging on national forest lands is very expensive, requiring extensive road construction and resulting in a loss to the agency. During FY 1996, the Forest Service lost \$204 million on commercial logging in national forests. Losses have occurred in 86 of the 104 national forests.

The costs of harvesting timber are \$150 to \$200 more per acre on national forest land than on private land in the region, due to differences in slope, distance to a road, and trees per acre. For example, 1994 timber sales resulted in net losses on the following national forests:

George Washington	(VA)	\$0.8 million
Jefferson	(VA)	\$1.2 million
Cherokee	(TN)	\$1.1 million
Nantahala-Pisgah	(NC)	\$2.6 million
Chattahoochee-Oconee	(GA)	\$1.1 million
For a total loss of		\$6.8 million

Nationwide, national forests account for 4 percent of the nation's timber production, while the average in the southern Appalachian region is about 10 percent. National forests in the southern Appalachians constitute only 12 percent of the forested lands in the region. While timber production has substantially declined in the national forests, total timber production has been roughly about the same over the past decade. This is indicative of the increase in timber production on private land.

A New Generation Moves In

The population of the southern Appalachians increased 28 percent between 1970 and 1990. This is in large part attribut-

able to a substantial flow of people from outside moving into the region. These people have different attitudes about natural resource management than people with ancestral roots in the region, often favoring protection. In fact, recent surveys in the region show 72 percent do not want increased timber harvesting from national forests, with 73 percent supporting land use for providing critical habitat for plants and animals, and 69 percent supporting the designation of more wilderness areas.

It is the conclusion of environmental groups and land managers surveyed that public land managers must work closely and skillfully with environmental groups. Both environmental and industry groups are often much better informed and equipped to analyze and argue management options and their potential consequences at the local level than are federal agencies. Federal agencies will need continuing input from local communities as they make decisions that affect local resources. □

(From the Southern Appalachian Forest Coalition. <http://www.safc.org>. The Southern Appalachian Forest Coalition is a non-profit organization working to protect and restore wild lands, water, native forests, and ecosystems of the Southern Appalachian landscape.)

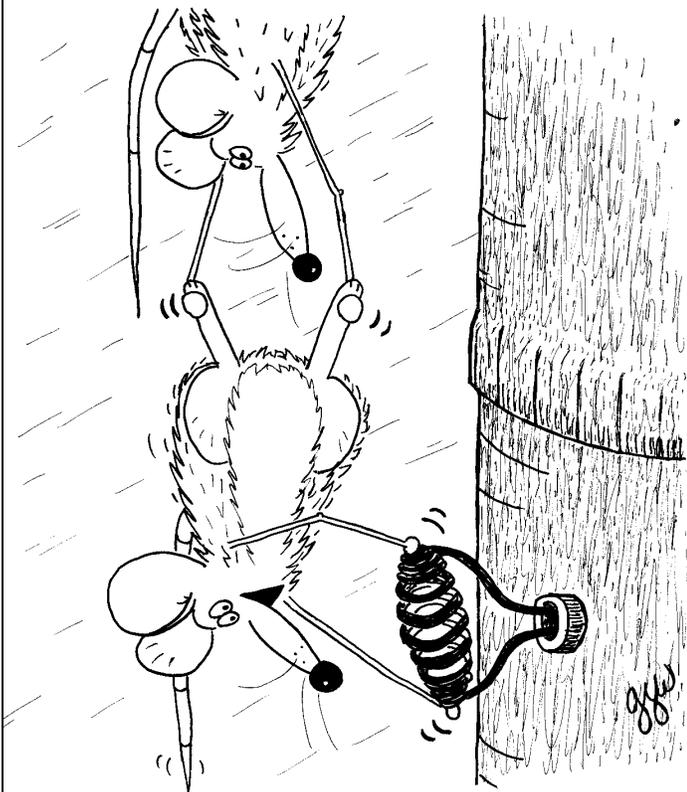
populations. This not only allows for increased gene pool flow, but also reduces the harmful impact of "edge effects" of invading plants, animals, and diseases.

Just as important, wilderness areas are places of great scenic beauty. They provide a place for spiritual and emotional renewal. The Monongahela National Forest management plan will also address: forest health; logging; roads; off-highway vehicles; soils and acid rain; recreation; watersheds/streams and rivers; and endangered, threatened, and sensitive species.

All of these issues are of critical importance to PATC. Preserving wilderness character, ecological integrity, and future outdoor recreation opportunities are issues that will be affected by the results of this document.

The West Virginia Highlands Conservancy (WVHC) was created back in the mid 1960s in order to have some input into the implementation of the federal 1964 Wilderness Act in West Virginia. It has played a major roll in the designation of the Dolly Sods and Otter Creek Wilderness areas in 1975 and has been active in all subsequent wilderness area designations since that time. WVHC has formed a coalition with The Wilderness Society and the West Virginia chapter of the Sierra Club to help consolidate efforts to affect the forest management plan. The resulting advocacy group is known as the West Virginia Wilderness Coalition (www.wvwild.org). For those of you who wish to participate in the review process, or just follow the actions, visit either of the previously listed Web sites, or access the WVHC Web site (www.wvhighlands.org). □

Tails from the Woods by George Walters



"I JUST DON'T KNOW IF THIS IS GONNA' WORK LOUIE... AREN'T WE GONNA' GET SMOKED OUT, TOO?"

PATC Trail Patrol

Presents

Hike Leadership Training

Sept. 11 and 12, 2004

The Trail Patrol is hosting a Hike Leadership Training course on Sept. 11 and 12 at the PATC HQ. The two-day course uses classroom and hands-on instruction to teach participants the essential skills for leading safe, enjoyable hikes with minimal environmental impact.

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

For more information contact Ben Fernandez (3ferns@adelphia.net) 703/327-9788.

Potomac Appalachian Trail Club
Trail Patrol

Presents

Leave No Trace Trainers Course

Oct. 2-3, 2004

This course is designed for those who want to better understand Leave No Trace (LNT) skills and ethics and help others understand their impact on the backcountry. You will have opportunities to learn about the impact of your choices in the backcountry, to practice minimizing your impact and to gain confidence in helping others understand LNT skills and ethics.

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

Fee: \$30 (non-refundable)
Includes course material

For more information or to register (required), please e-mail Anniell Miller at amill1@yahoo.com or call 703/250-8113 (before 11:00 p.m.)

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

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

West Virginia Chapter

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

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 301/349-2496.

Mountaineering Section –

Second Wednesday

8:00 p.m. – We meet every month unless noted in the Forecast. INFO: Mack Muir (MackMuir@edisaurus.com) 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

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

Trail Patrol – First Tuesday

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

SEPTEMBER

1 (Wednesday)

DEADLINE - October Potomac Appalachian

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

1 (Wednesday)

CLASS - Backpacking 101 (REI) Bailey's Crossroads, VA

7:30 p.m. Take the mystery out of Backpacking as we share our knowledge in this show-and-tell session. We will cover backpacking essentials: choosing an internal or external-frame pack; selecting proper clothing; and the right footwear; and understanding the basic gear and skills you need to reach your destination. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

1 (Wednesday)

HIKE - Easy Hikers Rockville, MD

10:15 a.m. Meet at Lake Frank parking lot. Directions from the Beltway: Exit on Georgia Ave. N, left on Route 28/Norbeck Rd., right on Avery, right into the parking lot before reaching Southlawn Rd. or exit on I-270 N, to Route 28 east through Rockville, left on Avery, right into the parking lot. Bring lunch and water. INFO: Margaret Chapman 301/977-8988 or 301/869-9291 Monday, Tuesday, and Thursday.

1 (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.

1 (Wednesday)

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

4 (Saturday)

TRAIL WORK TRIP - Yankee Clippers Appalachian Trail, PA

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

7 (Tuesday)

HIKE - Vigorous Hikers Location to be determined

Call for this week's hike location, meeting place and time. Briskly paced mountain hike of 15-17 miles with 3000+ feet of elevation gain. Joint hike with Sierra Club's MWROP. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

7 (Tuesday)

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

8 (Wednesday)

HIKE - Easy hikers Swain's Lock, MD

Six-mile hike on C&O Canal to Pennyfield Lock and back. Bring lunch and water. Meet at 10:15 a.m. at Swain's Lock. Take exit 39 west on Capital Beltway to River Rd. Go 2 miles past Potomac Md., then left 0.3 miles on Swains Lock Rd. INFO: Mary-Margaret McGrail 703/751-8126.



8 (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.

8 (Wednesday)

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

11 (Saturday)

HIKE - K9 Trailblazers Fairfax Station, VA

Burke Lake Park. We'll hike at a moderate pace for a 4.5 mile loop around Burke Lake on mostly wooded trails with little elevation change. This is a joint hike with K9 Trailblazers so well behaved dogs are welcome as long as you keep them on leash and scoop after them. Maps, chocolate, and dog biscuits provided at the trailhead. Bring snacks and water for you and your dog. Visit (www.k9trailblazers.org). INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 410/381-7408 or Jeff Bolognese (jbolognese@k9trailblazers.org) 410/247-4434.

11 (Saturday)

TRAIL WORK TRIP - Rock Creek Park Crew Washington, DC

(8:15 - Noon). 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.

11 (Saturday)

TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

The South Mountaineers Trail Crew has been working on the Appalachian and Catoctin Trails in Maryland since 1993. We are always happy to see new faces. Please bring lunch, water and gloves and meet us near Frederick, Md., at 9:00 a.m. Expect to work into the afternoon and hike 1-4 miles. INFO: Nancy Hammond, (mdtrail@yahoo.com) 301/739-0442.

11 - 12 (Saturday - Sunday)

CABIN WORK TRIP - Southern Slackers Highacre House, Harpers Ferry, WV

Paint, clean, finish the barn cleaning. INFO: Thomas C. Jorgensen (hairtheart@aol.com) 540/456-4760 (home) 540/248-7009 (work) 540/248-7046 (fax).

11 - 12 (Saturday - Sunday)

CLASS - Hiker Leadership Training Vienna, VA

The Trail Patrol is hosting this two-day course which uses classroom and hands-on instruction to teach participants the essential skills for leading safe, enjoyable hikes with minimal environmental impact. The topics to be covered include: Medical Emergencies, Planning, Personal Equipment, Leave No Trace, Leadership Skills, Standard Procedures, Emergency Procedures, and Navigation and Map Reading. INFO: Ben Fernandez (3frens@adelphia.net). See ad on page 9 of this issue.

11 - 12 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew**Tuscarora Trail East of Berkeley Springs, WV**

The Cadillac Crew will be working on the Tuscarora Trail at the north end of Sleepy Creek WMA. The project involves a trail relocation across a ridge line to avoid ATV traffic and provide views. Community dinner on Saturday night. Overnight at Brill Cabin near Shockey's Knob. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

13 (Monday)

CLASS - Backpacking 101 Vienna, VA

7:30 p.m. - 9:30 p.m. Introductory Night. The BP101 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. After classroom instruction, students will take their new skills out in the field. Instructional Weekend: Sept. 18-19. Backpacking trip: Oct. 2-3 accompanied by experienced backpacking instructors. Fee: \$60.00 for PATC members; \$75.00 for non-members. INFO: John Browne (back2_packing@cox.net) 703/425-5645. See ad on page 5 of this issue.

13 (Monday)

CLASS - Backpacking 202 Vienna, VA

7:30 - 10:00 p.m. Planning Session One. Trail Patrol presents an intermediate backpacking course focused on planning small group trips. First of three planning sessions. Working in groups of eight or fewer, participants have the opportunity to expand or renew their skills by planning and executing a three-day group backpacking trip (Columbus Day weekend, Oct. 9-11). 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. Fee: \$40.00 for PATC members; \$55.00 for non-members. Applicants must know the basics and have some backpacking experience. INFO: John Browne (back2_packing@cox.net) 703/425-5645. See ad on page 5 of this issue.

14 (Tuesday)

HIKE - Family Hike Springfield, VA

Lake Accotink Park. We will hike around the lake for about 4 total miles. We will picnic at a playground half way. This is a kid-friendly hike. The trail is jogging-stroller passable, but has some stairs. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

14 (Tuesday)

HIKE - Vigorous Hikers Location to be determined

Call for this week's hike location, meeting place and time. Briskly paced mountain hike of 15-17 miles with 3000+ feet of elevation gain. Joint hike with Sierra Club's MWROP. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

FORECAST

14 (Tuesday)

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

15 (Wednesday)

CLASS - Map & Compass 101 (REI)
Bailey's Crossroads, VA

7:30 p.m. We will present a clinic aimed at the newcomer to map and compass. We will cover the basics such as understanding map symbols, orienting the map and compass, triangulation, declination adjustment, and reading terrain features. Participants are encouraged to bring their own compasses. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

15 (Wednesday)

HIKE - Easy Hikers
Carderock, MD

To Great Falls. A 6-mile hike along picturesque section of C&O Canal. Meet at 10:15 a.m. Take Exit 41 off Beltway (Interstate 495) and follow signs to Carderock. Go to third parking lot. One small rocky stretch. Lunch will be at the halfway point. Bring plenty of water. Group will return to starting point after lunch. INFO: Jim Flanigan (jflanigan@aol.com) 202/554-3775.

15 (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.

18 (Saturday)

CLASS - Adopt a Crag (REI)
Great Falls, VA

9:00 a.m. - 2:00 p.m. Come lend a hand to the Access Fund and REI and enhance one of our best regional climbing areas. We'll conduct an area clean-up of litter and flood/storm debris and work on erosion control projects along the approach trails. We'll provide tools. And after the work there will be plenty of time to climb, or hike the trails at Great Falls Park, or simply watch the Potomac roll by. You don't climb? Come lend a hand anyway and enjoy the outdoors! Registration is necessary so we can plan the work and have the proper tools on hand. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

18 (Saturday)

CLASS - Women's Backpacking 202 (REI)
Bailey's Crossroads, VA

1:00 - 4:00 p.m. Long Distance Hiking. This isn't Mount Everest. With a little good planning, training, and preparation, anybody can enjoy the adventure and solitude of longer trips. AT thru-hiker, Julie Crawford, will discuss planning, training, packing to reduce load-weight, foot-care, menus to fuel your legs, and trail safety. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

18 (Saturday)

HIKE - Skyland

North District, Shenandoah National Park, VA
Gravel Springs Gap to Thornton Gap Skyland 14 miles. Dave Jordahl (dave.jordahl@askdep.com) 304/876-7062, 240/777-7741.

18 (Saturday)

HIKE - Tuscarora Trail
Morgan County, WV

Enjoy a 5-mile hike with 300 ft elevation gain, on the Tuscarora Trail in woods and on country roads from Spruce Pine County Park north to River Road. Hikers

will pass through the PATC-owned Ruth Morris and Hauvermale tracts. Hike is co-sponsored by the Sleepy Creek Watershed Assoc & the Morgan County Ecotourism Assoc. INFO: Walter Smith (wsmith@visuallink.com) 540/678-0423.

18 (Saturday)

HIKE - Waterfall and Wildflower Series
Central District, Shenandoah National Park, VA

The 14th hike of the Waterfall and Wildflower Series will be a 15-mile circuit on the Slaughter, Appalachian, Bearfence and Conway River Trails to include the bushwhack to the Devil's Ditch Falls. Total elevation is approximately 3400 feet. PATC Map 10. 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.

18 (Saturday)

TRAIL WORK TRIP - Yankee Clippers
Tuscarora Trail, PA

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

18 - 19 (Saturday - Sunday)

CLASS - Backpacking 101
Prince William Forest Park, Triangle, VA

This instructional weekend follows the introductory night (see Sept. 13 event listing). The BP101 Introductory Backpacking Course 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 students will then use their new skills on an overnight backpacking trip Oct. 2-3 accompanied by experienced backpacking instructors. INFO: John Browne (back2_packing@cox.net) 703/425-5645. See ad on page 5 of this issue.

18 - 19 (Saturday - Sunday)

CLASS - North District Trails Workshop
North District, Shenandoah National Park, VA

Mathews Arm Campground. Come and join PATC and SNP trails professionals for the 17th annual North District workshop. See article on page 16 of this issue. INFO/RSVP: George Walters (gjwalters@starpower.net) 410/426-2724.

18 - 19 (Saturday - Sunday)

BACKPACKING TRIP - Natural History
St. Mary's Wilderness, GWNF, VA

Join Bob Pickett and friends as we visit a nearby wilderness area for an overnight backpacking trip into this interesting area. We'll hike down the Minebank trail and then up the St Mary's trail to Green Pond for the night. Mileage is about six miles on Saturday and four on Sunday. The hike must be considered moderately difficult, with a steep 800' ascent as we approach Green Pond Saturday. Sunday is an easy hike out. INFO: Bob Pickett 301/681-1511.



18 - 19 (Saturday - Sunday)

TRAIL WORK TRIP - Acme Treadway Co.
Gore, VA

Are you frustrated by your high-tech, high-stress job? Think there's something better out there, but you just don't have the skills and don't know where to turn? You, too, can be a Certifiable Rock Mason! That's right, and YOUR club offers YOU free training!!! On the Tuscarora Trail, when the Acme Treadway Company continues construction of the public access trail to the Tuscarora Trail north of the Pinnacles shelter and south of Gore, Va., on Saturday, Sept. 18. We will meet for breakfast at 9:00 a.m. in the Hayfield Family Restaurant west of Winchester on US Route 50; we will camp overnight near the work site. Space on the Crew is limited and fills up quickly. INFO: Don White (rlbldr@comcast.net) 804/795-2914 by Wednesday, Sept. 15.

18 - 19 (Saturday - Sunday)

SHELTER WORK TRIP - The Shelter Crew
Central District, Shenandoah National Park, VA

Come on out and spend some time in the cooler air and help with shelter repair and maintenance. The Shelter crew will be doing maintenance on multiple shelters in the central district. We will overnight at the South River Maintenance Hut. Bring water, food, work clothes and if you plan to stay overnight, your sleeping bag. INFO: Henry Horn (athike@aol.com) 301/498-8254 before 9:00 p.m.

19 (Sunday)

TRAIL WORK TRIP - West Virginia Chapter
Frederick, MD

Gambrill State Park. Ongoing trail maintenance projects: replace deteriorated water bars, blazing. Dave Jordahl (dave.jordahl@askdep.com) 304/876-7062, 240/777-7741.

20 (Monday)

CLASS - Backpacking 202
Vienna, VA

Group Planning Sessions, three Monday nights, 7:30-10:00: Sept. 13, 20, and 27, 2004. PATC Headquarters, 118 Park Street, SE. Weekend Outing - Location to be determined. Three days, two nights: Columbus Day weekend, Oct. 9 - 11, 2004. Fee: \$40.00 for PATC Members; \$55.00 for 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, contact John Browne (back2_packing@cox.net) 703/425-5645. See ad on page 5 of this issue.

21 (Tuesday)

HIKE - Family Hike
Sterling, VA

Claude Moore Park. Come on out and enjoy this beautiful park. We will begin at our new start time of noon. We will begin our hike on the Hickory Nut Trail, where we will identify a variety of trees native to Virginia. Then we will follow the Little Stony Mountain trail up to a view of Sterling, and finally, follow the Scout trail in a loop, ending up by the pond. The entire hike will be about 3 miles, and will be kid paced. We'll meet at the Vestal's Gap Visitor's Center. INFO: Lauren Lang (at94L@netzero.net) 571/242-3950.

21 (Tuesday)

HIKE - Vigorous Hikers
Location to be determined

Call for this week's hike location, meeting place and time. Briskly paced mountain hike of 15-17 miles with 3000+ feet of elevation gain. Joint hike with Sierra Club's MWROP. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

22 (Wednesday)

HIKE - Easy Hikers

Washington, DC

The Easy Hikers will hike about 4 moderate miles in Scott's Run Park along the Potomac near the American Legion Bridge. Meet at 10:15 a.m. at the SECOND parking area on Georgetown Pike (VA 193). Bring lunch and water. No restrooms. Directions: Exit the Beltway (I-495) at Exit 44. Go west on Georgetown Pike (VA 193) 0.6 miles to Swink's Mill Rd. (on left) and turn right into parking lot. INFO: Shirley Rettig 703/836-0147.

22 (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 (Thursday)

HIKE - In-Between Hikers

Wakefield/Lake Accotink Parks, VA

Moderate to fast-paced hike of 9 miles. From Capital Beltway exit 54A, go west on Braddock Rd. At traffic light, about 100 yards beyond outer beltway, turn right into Wakefield Park and meet at first parking lot on left. Bring lunch and water but no pets. Hike starts at 10:00 a.m. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7965.

24 (Friday)

DEADLINE - CPR and First Aid Class

Vienna, VA

Registration Deadline. The Trail Patrol is hosting a CPR and First Aid course on Oct. 9 and 10 at 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 \$50 per day (\$100 for both days of CPR and 1st aid). INFO: Ben Fernandez (TPtraining@patc.net) 703/327-9788. See ad on page 16 of this issue.

24 - 25 (Friday - Saturday)

SPECIAL EVENT - Retreat at Glass House

Fort Valley, VA

Come, enjoy the cool fall air and the changing leaves as the Northern Shenandoah Valley Chapter spends another weekend in the secluded Glass House in beautiful Fort Valley. Bring food to share and clothes to hike in, and enjoy the beginning of fall in a fine setting. INFO: Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

25 (Saturday)

HIKE - Kids Hike

Great Falls National Park, VA

Learn about John Muir. Come hike a 3-mile circuit to learn and participate in hands-on activities about John Muir. This hike is meant for elementary to middle school age children. Parents are asked to hike and participate with their children. Please wear good hiking shoes and bring water and a snack. Maximum 6 kids on hike. INFO/RSVP: Jennifer Chambers (Jennifer@extracurricularetc.com) 240/893-1347.

25 (Saturday)

HIKE - Northern Shenandoah Valley Chapter

Appalachian Trail, VA

Another in our series of hikes along the AT in Northern Virginia. Enjoy the beginning of fall along a lovely stretch of trail in the Northern Shenandoah Valley. INFO: Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

25 (Saturday)

HIKE - Tuscarora Trail

Buchanan State Forest, PA

Tuscarora Summit Section-Fannettsburg-Burnt Cabins Rd. to Pa. Rte 16., 15.4 miles; 1200 ft elevation gain. After descending into Cowan's Gap State Park we will begin a steep climb on some new switchbacks to the top of Big Mountain (2458 ft). Once to the top it is a fairly easy hike to Pa Rte 16, we will be on new trail and maybe the final off-road completion to Rte 30. We will pass through Buchanan State Forest named after the only president from Pennsylvania. To the east of us you would find the cozy village of Cove Gap the birthplace of James Buchanan. We will be eating at the Foot of the Mountain Restaurant. We also can visit the cabin restored on the grounds of the Mercersburg Academy. So come and join us on this historical event. INFO: Christopher Firme (bncfirme@ininternet.net) 717/794-2855 after 6:00 p.m.

25 (Saturday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

Don't be fooled, this is a work event of the South Mountaineers. But its also a hobby ... maintaining the trails for hikers since 1993. Join our ranks and have fun with us in the woods, novices welcome. The South Mountaineers' events meet near Frederick, Md., at 9:00 a.m. Please bring lunch, water and gloves; expect to hike 1-4 miles. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

25 - 26 (Saturday - Sunday)

CLASS - Land Navigation (REI)

Bailey's Crossroads, VA

Prince William Forest Park. This comprehensive two-day course teaches all skills necessary to use map and compass in an integrated land navigation system. The first day is spent in intensive classroom exercises concentrating on topographic map reading and interpretation, position plotting, compass fundamentals, declination and azimuth. The second day is spent in Prince William Forest Park, primarily off-trail, engaging in practical navigation exercises of increasing complexity. The course fee is \$95 and includes workbook text, course materials, compass, map, grid reader, and lunch on Saturday. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

25 - 26 (Saturday - Sunday)

SHELTER WORK TRIP - The Shelter Crew

Central District, Shenandoah National Park, VA

Come on out and spend some time in the cooler air and help with shelter repair and maintenance. The Shelter crew will be doing maintenance on shelters in the Park. We will overnight at one of the maintenance huts closest to where we will be working. Bring water, food, work clothes and if you plan to stay overnight, your sleeping bag. INFO: Henry Horn (athike@aol.com) 301/498-8254 before 9:00 p.m.

25 - 26 (Saturday - Sunday)

TRAIL WORK TRIP - Blue and White Crew

Central District, Shenandoah National Park, 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.

26 (Sunday)

HIKE - Civil War History

Gettysburg, PA

We'll be touring the battlefield at Gettysburg on foot for this approximately 9-mile, moderate hike. We'll see such historic locations as Little Round Top, Devil's Den, the Confederate High Water Mark, and pass by the Eisenhower Farm as well. Contact Vince Ferrari (ferrari3@ix.netcom.com) 301/249-2210.

27 (Monday)

CLASS - Backpacking 202

Vienna, VA

7:30 - 9:30 p.m. Planning Session Three. Trail Patrol presents an intermediate backpacking course focused on planning small group trips. Third of three planning sessions (see Sept. 13 event listing). INFO: John Browne (back2_packing@cox.net) 703/425-5645. See ad on page 5 of this issue.

28 (Tuesday)

CLASS - Fall Color Adventures (REI)

Bailey's Crossroads, VA

7:30 p.m. Join local nature photographer, Ed Neville, for an evening exploring the best Mid-Atlantic destinations for fall color adventures! INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

28 (Tuesday)

HIKE - Family Hike

Cabin John Stream Valley, MD

Come join us at 12:00 p.m. (meet at Cabin John park off Macarthur Blvd.) to hike 3 miles out-and-back along the Cabin John Stream. This hike is not jogging-stroller friendly because we will be hiking up and down hills along the stream bed. We will start with a picnic lunch and play at the playground then hike until about 3:00 p.m. INFO/RSVP: Jennifer Chambers (jpckjkkc1@starpower.net) 240/893-1347.

28 (Tuesday)

HIKE - Vigorous Hikers

Location to be determined

Call for this week's hike location, meeting place and time. Briskly paced mountain hike of 15-17 miles with 3000+ feet of elevation gain. Joint hike with Sierra Club's MWROP. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (Cliff.noyes@juno.com) 703/451-5181.

28 (Tuesday)

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

29 (Wednesday)

CLASS - Good Food for the Trail (REI)

Bailey's Crossroads, VA

7:30 p.m. When planning a trip, do you wonder if your only choices are food that tastes like cardboard or meals as expensive as a fine restaurant? This clinic is for you! Wilderness guide, Marian Marbury, of Adventures in Good Company, will cover meal planning, essentials, and economy versus more expensive choices. We'll also point you to Internet recipe resources. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

29 (Wednesday)

HIKE - Easy Hikers

Battery Kemble, DC

The Easy Hikers will make a 4- to 5- mile circuit on the Battery Kemble and Glover Archbold trails and the C&O Canal Towpath. Meet at 10:15 a.m. at Battery Kemble Park. Bring lunch and water. Dogs welcome. Directions: From MacArthur Blvd., turn NE (left if inbound, right if outbound) onto Chain Bridge Rd. Go 1/2 mile to park entrance on right. Follow road to parking area. INFO: Jennifer Newton (jnewton700@aol.com) 202/543-3039.

FORECAST

29 (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.

OCTOBER

1 (Friday)

DEADLINE - November Potomac Appalachian Material due to editors

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

2 (Saturday)

TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

The colors are starting to change in western Maryland. Get away from the city for a day of "work," comradeship and peace in the woods. We meet near Frederick, Md. at 9:00 a.m. Please bring lunch, water and gloves; expect to hike 1-4 miles. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

2 (Saturday)

TRAIL WORK TRIP - Yankee Clippers Appalachian Trail, PA

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

2 - 3 (Saturday - Sunday)

BACKPACKING TRIP - BP101 Class Location to be Determined

This is the overnight backpacking trip prepared for during the classroom sessions. You will be led by experienced backpacking instructors. INFO: John Browne (back2_packing@cox.net) 703/425-5645. For more information see ad on page 5 of this issue.

2 - 3 (Saturday - Sunday)

CABIN WORK TRIP - Southern Slackers Cliff's House, VA

Put up a wall in the basement to secure the Southern Region's cabin supplies. If we get a big turn out, we'll take Weaver too. Then you can sleep at a great cabin. 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/week-end/person for the meals. Need cooks. Need workers. Need help. Oh, as Tom Hebert gets Eaton schedule together, we'll stop by and help out a few times. If I hear of other trips, I'll let you know. We need the help. A great way to visit cabins. How can you slackers complain about staying somewhere for free? SIGN UP NOW!!!!!! INFO: Thomas C. Jorgensen (hairatheart@aol.com) 540/456-4760 (home) 540/248-7009 (work).



2 - 3 (Saturday - Sunday)

CLASS - LNT Trainers Course Shenandoah National Park, VA

Car accessible cabin. This fun weekend course will enhance your LNT back/front country knowledge and strengthen your skills to model and teach LNT ethics and practices to others. Instructors are LNT Masters from Trail Patrol. We will be day hiking. Pre-registration required, space is limited. Fee: \$30 (includes course material). INFO: Anniell Miller (amill1@yahoo.com) 703/250-8113 (before 11:00 p.m.). See ad on page 5 of this issue.

2 - 3 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC) Alexandria, VA

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

5 (Tuesday)

HIKE - Family Hike Great Falls, VA

Riverbend Park. Get outside to enjoy the fall weather! We will hike along the Paw Paw Passage Trail, and then follow the Potomac Heritage Trail along the Potomac River. The hike will be a kid-friendly 2.5 miles, and is jogging-stroller passable. There are some roots and muddy areas. INFO: Lauren Lang (at94L@netzero.net) 571/242-3950.

5 (Tuesday)

HIKE - Vigorous Hikers Location to be determined

Call for this week's hike location, meeting place and time. Briskly paced mountain hike of 15-17 miles with 3000+ feet of elevation gain. Joint hike with Sierra Club's MWROP. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

5 (Tuesday)

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

6 (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.

6 (Wednesday)

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

9 - 11 (Friday - Sunday)

BACKPACKING TRIP - 202 Class Outing Location to be Determined

Three days, two nights: Columbus Day weekend, Oct 9 - 11, 2004. Fee: \$40.00 for PATC Members; \$55.00 for 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, contact John Browne (back2_packing@cox.net) 703/425-5645. See ad on page 5 of this issue.

9 - 10 (Saturday - Sunday)

CLASS - CPR and First Aid Vienna, VA

The Trail Patrol is hosting CPR and First Aid course at 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 \$50 per day (\$100 for both days of CPR and first aid). The deadline to register for this class is Sept. 24. INFO: Ben Fernandez (TPTraining@patc.net) 703/327-9788. See ad on page 16 of this issue.

9 - 10 (Saturday - Sunday)

SPECIAL EVENT - Blackburn Pig Roast Round Hill, VA

Blackburn Trail Center. Join us for this weekend of fun, food and family. See article and registration form on page 16 in this PA. INFO: Chris Brunton (trailbossbtc@msn.com) 703/924-0406.

9 - 10 (Saturday - Sunday)

TRAIL WORK TRIP - Cadillac Crew Ovoka Farms, VA

AT between I-66 and Rte. 50. The Crew will add the final touches to the Ovoka Farms AT relocation project. Additional trail construction will tie the AT to the Sky Meadows State Park trail system. The new trail network will provide open areas and views to the east. 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.

9 - 10 (Saturday - Sunday)

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

Hoodlum's Ocktoberfest! Come celebrate the fall foliage season with the Hoodlums on their traditional Ocktoberfest workout. Lederhosen is optional. INFO/RSVP: George Walters (gjwalters@starpower.net) 410/426-2724.

12 (Tuesday)

HIKE - Vigorous Hikers Location to be determined

Call for this week's hike location, meeting place and time. Briskly paced mountain hike of 15-17 miles with 3000+ feet of elevation gain. Joint hike with Sierra Club's MWROP. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

12 (Tuesday)

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

13 (Wednesday)

HIKE - Easy Hikers Burke Lake Park, VA

Five level miles around Burke Lake. Meet at 10:15 a.m. From the Beltway, exit West onto Braddock Rd. At your leisure, move into the left-hand lane (excluding left turn lanes) and stay in this lane. In 1.9 mi. from the Beltway, the lane you are in becomes one of a pair of left-turn lanes onto Burke Lake Rd (Rt. 645). Stay with it and make the turn. (Don't worry about the misleading sign before the preceding left.) Go 4.7 mi., then turn left onto Ox Rd. (Rt. 123). In 0.5 mi. (after passing the Golf Center), turn left into Burke Lake Park. Follow signs to the marina. Bring lunch and water. INFO: Sue King 703/356-6659.



13 (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.

13 (Wednesday)

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

13 (Wednesday)

👤 MEETING - West Virginia Chapter (7:00) Highacre House, Harpers Ferry, WV

16 (Saturday)

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

8:15 - Noon. The season is winding down, but you've still got a chance to get in with the hard-working crew for 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.

16 (Saturday)

👤 TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

Don't miss the change of seasons, come out and join this event for fun "work" getting dirty in the woods. 9:00 a.m. in Frederick County. Please bring lunch, water and gloves; expect to hike 1-4 miles. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

16 (Saturday)

👤 TRAIL WORK TRIP - Yankee Clippers Tuscarora Trail, PA

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

19 (Tuesday)

👤 HIKE - Vigorous Hikers

Location to be determined

Call for this week's hike location, meeting place and time. Briskly paced mountain hike of 15-17 miles with 3000+ feet of elevation gain. Joint hike with Sierra Club's MWRP. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

20 (Wednesday)

👤 HIKE - Easy Hikers

Rock Creek Park, DC

Embassy Hike. Hike 4-5 miles. (Bring lunch and water). We will meet at Pierce Mill and go via Melvin Hazen Trail to enclave of embassies near Van Ness St., N.W. We will then return via Soapstone Valley Trail. Pierce Mill is on Beech Drive at Tilden St. in Rock Creek Park. INFO: Harriet Rotter 202/363-5095.

20 (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.



22 - 24 (Friday - Sunday)

👤 BACKPACKING - Laurel Fork Wilderness Elkins, WV

Follow the trail of the beaver as we backpack 17 miles in the Laurel Fork North and South Wilderness. This easy to moderately paced trip (about 6 miles per day) (approximately an elevation loss of 500 feet as we descend along Laurel River drainage) will take us along Laurel River on a combination of old wood roads, old RR grades and footpaths. Thursday night lodging is available at Laurel Fork Campground. We will leave from there to begin our trip. This wilderness is located east of Elkins, W.Va., and five miles south of Wymer, W.Va. INFO: Susan Bly (sbly@shepherd.edu) 304/258-3319.

23 (Saturday)

👤 HIKE - Raccoon Run/A.T.

Caledonia State Park, PA

Circuit Hike, easy to moderate, 10 miles in length. Come out to enjoy the crisp winter weather on what was the old AT (now Raccoon Run Trail) and the new AT. Views from Rocky Mtn. plus an old Native American tale at the rock outcrop. Yours truly will be telling the tale from this view. INFO: Christopher Firme (bncfirme@innet.net) 717/794-2855 after 6:00 p.m.

23 - 24 (Saturday - Sunday)

👤 TRAIL WORK TRIP - Cadillac Crew Dawson Cabin, MD

NW of Hancock. Opening views is the task at hand for the work trip. Should be a great time for seeing the fall colors and enjoying cool evenings. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Dawson Cabin. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

24 (Sunday)

👤 TRAIL WORK TRIP - South Mountaineers Appalachian Trail, MD

This is another Sunday South Mountaineers work event ... getting dirty doing trail maintenance on the Appalachian Trail. We meet at 9:00 a.m. in Frederick County. Please bring lunch, water and gloves; expect to hike 1-4 miles. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

26 (Tuesday)

👤 HIKE - Vigorous Hikers

Location to be determined

Call for this week's hike location, meeting place and time. Briskly paced mountain hike of 15-17 miles with 3000+ feet of elevation gain. Joint hike with Sierra Club's MWRP. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (cliff.noyes@juno.com) 703/451-5181.

26 (Tuesday)

👤 MEETING - SMRG

(Business meeting), 7:30 p.m.

27 (Wednesday)

👤 HIKE - Easy Hikers

Wakefield, VA

Lake Accotink Parks. A 6-mile, mostly flat, circuit hike. From Capital Beltway exit 54A, go west on Braddock Rd. At traffic light, about 100 yards beyond outer beltway, turn right into Wakefield Park and meet at first parking lot on left. Bring lunch and water. No pets. Hike starts at 10:15 a.m. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7965.

27 (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.

28 (Thursday)

👤 HIKE - In-Between Hikers

Bull Run Mt. Natural Area, VA

Hike 8 miles on forest trails with valley views from a scenic overlook. Joint hike with Sierra Club. Meet at 10:00 a.m. Take Interstate 66 to the Haymarket exit (Exit 40, US 15). Go South (left) on US 15, then turn west (right) at the stoplight onto Rt 55. Go 2.5 miles and turn right on Turner Road. Cross over I-66 and turn immediately left onto Beverly Mill Drive. Go 3/4 mile to the Friends of Bull Run Mountain House, on the left and park. No pets. INFO: Marjorie Richman (mar0522@aol.com) 301/320-5509 or Henri Comeau (henricomeau@aol.com) 703/451-7965.

30 (Saturday)

👤 HIKE - K9 Trailblazers

Owings Mills, MD

Soldier's Delight. This will be a late afternoon hike. We'll hike at a moderate pace for a 4-mile loop through the woods and rocky serpentine barrens of Soldier's Delight. There will be moderate (200 ft) elevation changes on the trail. Along the way we'll visit abandoned mine sites where chromite was first mined in the United States. We'll also learn about the unique geology and ecology of the area and may even see the rare Fringed Gentian, which blooms this time of year. We'll end the hike at sunset with a Halloween story about a local ghost. Sturdy hiking boots with good ankle support are required. This is a joint hike with K9 Trailblazers, so well-behaved dogs are welcome as long as you keep them on a leash and scoop up after them. Maps, chocolate, and dog biscuits provided at the trailhead! Bring snack and water for you and your dog. Visit www.k9trailblazers.org for more details. INFO: Jeff Bolognese (jbolognese@k9trailblazers.org) 410/247-4434.

30 (Saturday)

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

(8:15 a.m.-Noon). After we fix some trails, we'll hold the Second Annual Volunteer Appreciation picnic. We'll provide the BBQ, but contact Mark to see what side dish you can bring. 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. ☐

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 top-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 season-

ing (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.

Members and friends interested in attending the event should complete the registration form below and send a check for \$25 per person over 10 years old to Sandi Marra, 6245 Walkers Croft Way, Alexandria, VA 22315. MAKE CHECKS PAYABLE TO SANDRA MARRA. INFO: Chris Brunton, (703/924-0406) 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.

PATC Trail Patrol Presents

American Heart Association CPR and First Aid Course

The Trail Patrol is hosting a CPR and First Aid course on Oct. 9 and 10 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 practice. 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 \$50 per day (\$100 for both days of CPR and first aid). The deadline to register for this class is Sept. 24. For more information contact Ben Fernandez (TPTraining@patc.net) 703/327-9788. □

17th Annual SNP North District OVERSEERS WORKSHOP

Sept. 18-19, Mathews Arm Campground

PATC and the Trails Staff of SNP will once again host this annual workshop, designed to teach new trail overseers the basic skills of trail maintenance and repair, and to give experienced overseers the opportunity to pick up a few more tricks by working with park personnel on major projects.

The workshop will begin Saturday morning and end on Sunday after lunch. Meals will be provided for the \$20 registration fee (Saturday dinner, Sunday breakfast and lunch) which includes free entry to the park and campground. A tent camping loop has been reserved for PATC for the weekend. You may arrive Friday evening or Saturday morning. Instruction will be provided by SNP trail professionals and PATC Crew Leaders. The sessions typically include basic skills of trail maintenance, rock work, wilderness trail skills, and advanced projects. Power tools may be discussed if there is an interest but chain saw instruction will not be provided at this workshop.

Please make reservations early as the workshop is limited to 25 participants and we always fill up early. At time of press there were only a few spots remaining. Contact George Walters at 410/426-2724 or gjwalters@starpower.net for more information. □

Bob Pickett's Appalachian Nature: The Amazing Hummingbird

As many of you know, Jane Thompson and I have been spending time the past few years at Darwin and Eileen Lambert's Shaver Hollow home (home of Tulip Tree cabin). It's a fascinating place of fruit trees, vegetables and perennials, copperheads, and frogs. It's also a wonderful place to observe our one species of hummingbird here in the East – the ruby-throated hummingbird. Eileen maintains four feeders around her house, with the daily consumption of a quart and a half of sugar water by dozens of hummers who take advantage of her hospitality.

Hummingbirds are such special animals – so small, fast, and unlike any other bird you've ever seen! They seem to like to get up in your face, a function of their near-sightedness. In fact, if you remain still, hummers have been known to stick their beaks into your ear.

They are only found in the New World, but the 338 species range from Alaska to Tierra del Fuego on the southern tip of South America. It is believed they originated in the equatorial region, where more than half the known species are found within a 10-degree-wide belt in South America, and have spread out from there. When Europeans first established trade between the New and Old Worlds, hummingbird pelts were valued for jewelry and adornments for women's hats. Early in the 19th century, one London dealer imported more than 400,000 skins in one year from the West Indies alone.

Hummingbird Stats

Of the 8,700 species of birds, only the hummingbird can fly backwards. Another remarkable feat of the hummingbird is flying upside down. If suddenly assailed from the front, as while visiting a flower, it may turn a backward somersault by flipping its spread tail forward, dart a short distance with its wings in reverse and feet upward, then roll over and continue in normal flight. Yet, they cannot soar, and most cannot hop or walk. The smallest hummingbird, the Cuban bee hummingbird, approaches the smallest size theoretically possible (any smaller, and the species couldn't eat enough to keep up with the required metabolism – coincidentally, this comment has also been applied to the pygmy shrew). It is only about 2" long; half of that being bill and tail. The largest, the Andes giant hummingbird, measures about 8".

While reading about hummers, I find a number of preconceived impressions need to be discussed. For example, we associate hummingbird flowers with the color red. However, only a slight majority of hummingbird-pollinated flowers are red. Hummingbirds are attracted to sugar content, regardless of color. Birds see a lot of the same spectrum as humans. Bees tend to see more of the violet end of the spectrum and beyond. North American hummingbird flowers have evolved from bee flowers, with a shift from blue or violet to red. It is suggested that many hummingbird flowers have made this shift for the benefit of the hummingbird; thus, it makes it easier for hummers to find sugar by association.

Hummingbirds are not the fastest fliers. The average speed of hummers is 30 mph, about the same as most songbirds, geese, and crows, while chimney swifts soar at 80 mph. The top speed goes to the Peregrine falcon, which has been recorded at 175 mph. It's just their petite size that makes their speed seem so impressive.

Nor are hummers solely nectar-drinkers. As a warm-blooded vertebrate, hummingbirds also need to ingest insects (proteins) that can be converted into muscle, feathers, and other body parts. Fats are also necessary, particularly as hummers store energy in preparation for lengthy migratory flights. However, nectar does make up the vast majority of fuel for the hummer. One study found that hummers consumed 2.2 grams of honey and 0.8 grams of insects during the course of a day, or approximately its own weight.

Did you know, unlike most birds with long arm bones, the hummingbird's wings are virtually all fingers, with very short arm bones? This enables both the down and up swing of the wing to provide lift for the hummer, while only the down swing propels all other birds. Thus, one complete stroke of the hummer is equivalent to two of other birds. Thus, for birds of comparable size or weight, hummers have a slower wingbeat than many birds.

Our ruby-throated hummingbird winters in Central America or northern South America. This includes a 500-mile, 20-hour, non-stop journey over the Gulf of Mexico. With the 1,000 miles of migration both north and south of the Gulf, this can result in a 2,500-mile migration for this incredibly small bird. It can (barely) do this by gaining about 40 percent of its body weight in fat just prior to its migra-

tion. As it migrates north, it quite often precedes the first flowers of spring. Its food source is the sap gathered at yellow-bellied sapsucker holes. Studies show the ruby-throated hummingbird visits the sapsucker holes more than the 19 other birds known to use them. In fact, the hummer uses the sapsucker holes more than the sapsuckers themselves! Not coincidentally, the northern range limits of the ruby-throated hummingbird are the same as the sapsucker's!

Nesting Patterns

Our breeding population arrives here in mid-April, the males about two weeks before the females. The nest (and all parental care) is provided by the female (the male will be off attempting to spread his genes about). The 2" nest is made of leaf fibers and lichens laced together with spider cobwebs. In size, shape and color, the two eggs resemble navy beans. As the young mature, they literally break down the sides of the nest, ending up with a virtually flat nest. Two broods per season are common in our region. Hummingbirds are polygamous so each brood will be from different males. Although uncommon, female hummers have been observed attending two separate nests, one with young and the other with eggs.

In September they will be migrating through this area on their way back to their wintering grounds. While they aren't known to migrate in flocks, they have been observed in early September in large numbers on the Cranberry Glades boardwalk.

It should be noted that the color of the ruby throat is not the result of color pigmentation, as is the usual case, but rather by structural differences, like soap bubbles, and refraction, as with a prism. The sun has to be behind the observer to get the best coloration, like a rainbow. Thus, it's not surprising that when the male does its U-shaped flight above the courted female, the male will dive at the female and pull up in the direction of the sun.

Finally the hummingbird's size makes it an easy prey for a surprising number of predators. Baltimore orioles, which compete with the hummers for nectar, are known to kill them. Other interesting predators include praying mantids, large spiders, and even frogs and bass that have been observed leaping out of the water to catch the hummers! □

—Bob Pickett

Leave No Trace Participants Survive the Rigorous Training

Instructors Show No Mercy, Citing Importance of LNT Principles

Leave No Trace (LNT) embraces the philosophy of, well, leaving no trace at least in terms of human impact to the natural world. A weekend class conducted by Trail Patrol on June 19 and 20 in the Shenandoah National Park and taught by a trio of highly trained professionals – Alexandra Lampros, Hal Hallett, and Mark Holland – focused on teaching students the seven principles behind the Leave No Trace program. These seven principles are:

- 1.) Plan ahead and prepare.
- 2.) Travel and camp on durable surfaces.
- 3.) Dispose of waste properly.
- 4.) Leave what you find.
- 5.) Minimize campfire impacts.
- 6.) Respect wildlife.
- 7.) Be considerate of others.

One clever student requesting anonymity came up with the mnemonic device PlaTraDiLeMiReBe citing age and forgetfulness as his motivation. “The instructors made us pay attention, they made us make presentations, they made us ... remember things. It was brutal.” Tough as it was, this student, along with all the others, conceded that the instructors not only succeeded in teaching them the principles of LNT but also how to teach others. “We learn best by doing,” one of the instructors said, “so we have our students do. They make presentations, they dig catholes, they properly secure bear bags. It’s a lot of hard work initially, but they’ll thank us for it in the future.”

In fact, the future is now for the seven students who participated in the LNT workshop



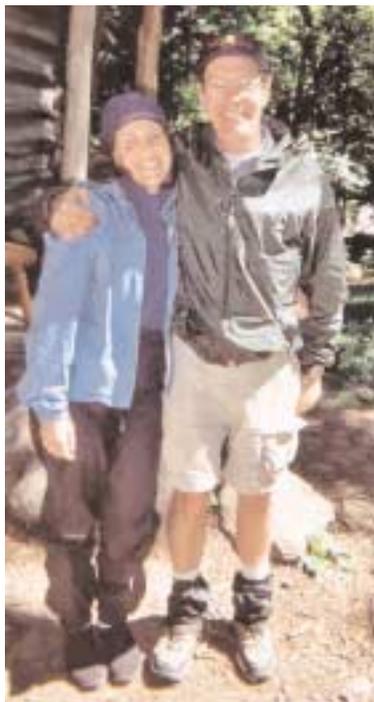
David Atkinson with his award-winning visual aids.



Cathole specialist Patrick Naehu.

as they praised their instructors for the hands-on activities. “During the presentations we became a different audience with each presenter,” chuckled one student. “I’ve been a Cub Scout, a Boy Scout, and a junior high student all in one weekend! Talk about time travel, H.G. Wells has nothing on this group.”

The instructors for the LNT workshop were themselves required to undergo extensive training. It is a testament to their commitment and dedication to the LNT philosophy that they are willing to take the time necessary to be come trainers of trainers. Becoming a certified LNT master trainer requires a week in the wilderness training, as well as a hefty tuition fee. And all instructors in the LNT program are volunteers.



Skilled LNT instructors Alexandra Lampros and Mark Holland brought loads of transferable enthusiasm to the LNT workshop.

Although the three instructors represented years of training and hiking experience, the seven participants also brought their own array of talents and outdoor knowledge. One of the participants, David Atkinson, has thru-hiked both the Appalachian Trail and the Pacific Crest Trail (see the hikerscafe.com Web site). Another participant, Jon Ortega, is an active member of the Trail Patrol and has led many hikes in the Shenandoah National Park. John Leonard spends his summers with his sons at Boy Scout encampments ranging from the National Jamboree at AP Hill right here in Virginia to the world-renowned Philmont Scout Reservation in New Mexico. Reggie Adams is an assistant Cub Scout leader who, with LNT training under his belt, may one day be promoted to Cub Scout leader.



Reggie Adams, front, and Jon Ortega, back, carefully make their way down a durable surface.

Bill Setzer and Patrick Naehu both have positions that directly involve them with minimizing impact to our natural heritage. Bill is an overseer of a southern portion of the AT, and Patrick works for The Nature Conservancy as a land manager. Bill Weaver leads discovery hikes for 4-H campers during the summer. “This LNT workshop has really given me a lot of information to pass on to the

See *Leave No Trace*, page 19



Participants of the June LNT class. Back row: John Leonard, Jon Ortega, Hal Hallett, Alexandra Lampros, Patrick Naehu, Reggie Adams. Front row: Mark Holland, David Atkinson, Bill Setzer.

Photo by Bill Weaver

Leave No Trace, from page 18

campers in my classes as well as effective techniques AND confidence in which to do so," commented Mr. Weaver after a successful toss of the rope for the bear bag.



Hal Hallett, master LNT instructor and finalist in Best Legs contest.

At the end of the class, one participant offered this: "Leave No Trace' isn't just a bunch of rules to practice in the woods, but a guiding set of principles that can be used in many different situations – with the exception of bear bags and catholes." □

—Bill Weaver

To learn more about Leave No Trace and for the calendar of upcoming LNT classes offered by Trail Patrol, visit the PATC Web site at www.patc.net/activities.



An unexpected visitor drops in on the class and then Leaves Without a Trace!

Video of 1932 Activities

The Archives of PATC contain about 50 reels of 8mm and 16mm films taken by PATC members in Shenandoah Park in 1932. At last, after several years of effort, those films have been transferred onto VHS tapes.

These films are really quite interesting. On the first one you can see what Shenandoah National Park looked like before it became a park. You can see what the CCC camps looked like and how some people dressed up for a hiking trip to the mountains. Other scenes include an airplane gliding at Big Meadows where you can see the style of cars and clothing for that event, including an old rumble seat car driving down a rocky trail at Black Rock. Myron Avery appears in several scenes, as does Frank Schairer and Benton MacKaye. You get to see Meadow Springs Cabin before it burned down (remains are still on Meadow Spring Trail), and the first Sexton Cabin as it was being built. There are views of mountain residents and their homes, a train with a steam engine traveling through Shenandoah Valley, and George Pollock and his snake dance with violin accompaniment. And, of course, there are lots of scenes of hikes, hikers, work trips, and mountain scenery in both summer and winter when there was a lot of snow in Shenandoah National Park.

The first video is being made available to members at a cost of \$20, \$25 for nonmembers. Add \$5 for S&H. The VHS has no sound effects, but a two-page description sheet of the scenes was prepared as best could be discerned. You can also order by phone during evening office hours at the Sales Desk (703/242-0315). If anyone who orders a copy recognizes people or places after viewing, please let me know (niedze@erols.com) so I can update our records. □

—Carol Niedzialek
Archivist



There is a long-standing debate among the North District Hoodlums trail crew as to who gets their photo published in PA the most: Dick Dugan or Wayne Limbaugh. Crew leader George Walters figured that with BOTH of them in this picture, it would be sure to get published! (L to R) Dave Dohanik, Will Kirk, Tom Ryan, Wayne Limbaugh and Dick Dugan working on the Dickey Ridge trail in June.

Stilt Grass: Go Home

In much of *PA* we are fortunate to read about some of the natural delights we can see along the trails in the PATC area. We want to tell you about some of the less delightful species – the ones that are the bane of trail maintainers. If you have spent time as we did last week, weed-whacking one mile of trail for six hours, you know what we mean.

We are writing about the late-summer invader, Japanese stilt grass. It is also called Nepalese browntop or Mary's grass. The scientific name is *Microstegium vimineum*. Native to Asia, it was first identified in the United States in 1919 and probably came to America as packing material for dishes. It has spread to 23 states, from Rhode Island to Texas. The U.S. government lists it as a noxious weed, and the Virginia Native Plant Society and Virginia Department of Conservation and Recreation Division of Natural Heritage have declared it a "highly invasive species."

Shenandoah National Park is the "poster boy" for stilt grass. In The Nature Conservancy's Invasive Species Image Archive picture of a forest infestation, you can see the familiar SNP concrete trail-junction post.

For a picture of a stilt grass infestation, see <http://tncweeds.ucdavis.edu/photos/micvi01.jpg>, at the Nature Conservancy Invasive Species Image archive site.

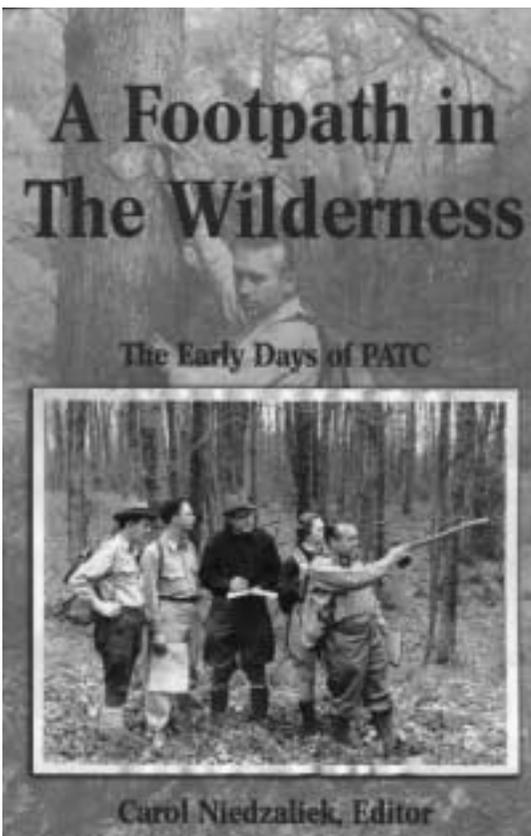
What it Looks Like

Stilt grass is a sprawling annual with alternating, flat, narrow leaves, two to four inches long, projecting from the stem. The leaves may have a silver stripe down the middle. It flowers from August to October with an almost unnoticeable spike at the end of the stem, and sets seed from September to December. Seeds may remain on the plant through the winter. One plant can produce 1,000 seeds. References say it grows to from one-half to three feet tall, but I have seen it at Calmes Neck (a Virginia

Native Plant Registry site in a tight loop of the Shenandoah west of the AT Rod Hollow Shelter) competing to get its flowers up with wingstem (*Actinomeria alternifolia*), a tall, yellow-flowering native that grows over six feet tall.

As with most weak-stemmed grasses, cutting stilt grass can be frustrating. A swing blade or a string mower may knock the stems down instead of cutting them. Since it is an annual, stilt grass is shallow-rooted, so it can be pulled out easily. We often get frustrated cutting it and resort to hand pulling. We sit down in the middle of a patch and pull out all that we can reach. However, pulling may just expose more seeds to germination if done early in the season, and if it is cut early in the season, it can re-grow and produce seed. The most effective time to pull or cut it is in September before it sets seed. As an annual, it will die back in the winter. Pulling or cutting may have to be repeated for several years to eradicate it. Take it back from the trail as far as you can to prevent the farther-out plants from reseeding trailside. Of course, the sooner you get after the infestation, the easier it will be to control it. □

—Richard and Sybille Stromberg



"A Footpath in the Wilderness: The Early Days of PATC"

Only recently available, "A Footpath in the Wilderness," provides an intimate portrait of the founders and early members of the Potomac Appalachian Trail Club – their passion, their vision, their personalities, and their accomplishments. These stories about the club's early days are like time capsules put away 75 years ago. Most were written by the founding members and published in the *PATC Bulletin* in the 1930s and 1940s.

Archivist Carol Niedzialek has dug deep into the club's records to find articles, letters, journals, and essays to document the thoughts and actions of these pioneers as they campaigned for land, blazed trails, built shelters, and in the words of one, "... learned everything the hard way."

"A Footpath in the Wilderness" gives a broad picture of how PATC started, flourished, and created a legacy of volunteerism that continues to this day. In the words of the "father" of the Appalachian Trail, Benton MacKaye, it is the "first chapter in a long story."

Illustrated with 20 historic photographs. List price \$9.00. Member price \$7.20. □

—Maureen Estes

FROM THE PATC STORE

NOTICES

NEW NOTICES

NEW PUBLICATIONS CHAIR NEEDED. PATC is in search of a new chair for the Publications Committee. The selection will be made by mid-December, and the start date is Jan. 1, 2005. The committee chair oversees production of PATC's publications (typically 4-5 per year), including guidebook revisions and occasional new books; supervises volunteer editors and preparation of press-ready copy, filing for copyright, LC number and ISBN; updates publication descriptions on PATC Web site; budgets and manages the publications account. The chair is a voting member of PATC's Council. Familiarity with publishing software (PageMaker or Quark Xpress) is desirable but not required. Please refer questions and expressions of interest to President Tom Johnson (president@patc.net).

ACRYLIC PAINTINGS FOR SALE - of your favorite cabin or trail. All I need is your photo (unless I have already photographed it) reasonable rates and various sizes. Catherine Miller (chosejoy@starpower.com) 301/589-8524.

BEARS DEN TRAIL CENTER Manager/Hosts: Bears Den is searching for the right person or couple to take over as manager/host(s). Must have a strong desire to take care of guests, be very friendly, and hard working. Monthly stipend and lovely housing quarters in the stone mansion. No health benefits. Start date on February 1, 2005. Annual position with possibility of renewal for consecutive years. Hiking experience and outdoor interest a big benefit. Visit Bears Den Trail Center and speak to Dave Appel for more information at 18393 Blueridge Mountain Road, Bluemont, VA 20135. 540/554-8708. Visit our website www.bearsdencenter.org for more information. To apply, send David Lillard (dlillard@blueridgecenter.org) a letter of interest.

DO YOU HAVE A UTILITY TRAILER? Bears Den has need for loan or donation of a utility trailer as we now have to haul our trash barrels out to route 601 each week. Please contact Dave Appel (info@bearsdencenter.org) or 540/554-8707.

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.

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.

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

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.

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.

Kindling also available. Must get rid of it quickly. Please call Bernie Morgan at 301/864-1324.

CONSERVATION OPPORTUNITIES

DO YOU WANT TO BE A LANDOWNER along the AT? Are you in a position to become a Conservation Buyer through the Appalachian Trail Conference Land Trust? Our program matches conservation buyers with people who are selling land along the AT. You locate your home or cabin out of sight from the Trail. All we ask is that you donate a conservation easement on the rest of the property. A conservation easement "runs with the land;" that is, no present or future owner can develop it! AND, because an easement is an irrevocable gift of a property right, you get a nice income tax deduction equal to the value of the easement. Contact Bob Williams, Director of Land Trust Programs, at bwilliams@appalachiantrail.org, or at 304/535-6331, or write to P.O. Box 807, Harpers Ferry, WV 25425.

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%, Weasel Creek Outfitters in Front Royal - 10%, and The Outfitter at Harpers Ferry - 15%. Check the back page of the PA for the latest trail, cabin, and shelter overseer opportunities. All PATC members receive a 10% discount from Blue Ridge Mountain Sports. Be sure to have your membership ID or overseer ID ready when you shop.

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. □

TRAILHEAD

Heidi Forrest, PATC trails coordinator, reminds overseers to submit work trip reports before the end of September so that the accumulated annual volunteer hours can be reported to our government partners. The more hours, the more benefit to both parties, especially in these times of tight budgets.

OK, so the past few months have been hot, muggy, and uncomfortable to be outside. September and October offer the opportunity to enjoy nicer conditions and join a work crew to contribute to the trails and socialize with like-minded volunteers. Check the Forecast. See you out there.

Eastern Pioneer Trails

Liles Creighton, our supervisor of trails (SOT), attended a meeting in early July with the Forest Service to discuss a link between the Allegheny Trail and the Tuscarora Trail. Work will involve building short links between road segments and trails that already exist so there is a continuous path. Ultimately the intent is to tie together a number of long trails and short trails from Key West to Lake Champlain. The name "Eastern Pioneer Trails" has been suggested for the overall network. The key problem is not so much to build the trail links but to ensure that there will be volunteers to maintain the trails once built. More later as the concept matures.

From the SOT

This year has been a year of incredible plant growth. Thanks for the efforts to clear brush, other creepy vines, etc. Hopefully we won't see jungle growth, but don't hold your breath.

Fall will be coming soon. When leaves start to fall is a good time to look to blazing. In this respect, overseers are encouraged to read their overseer guide books to ensure they blaze correctly for the district they are in. SNP, FS, and AT don't always follow the same rules. Blaze neatly and sparingly so a hiker doesn't feel lost but doesn't see blazes too often. Please avoid blazing on signs or signposts since they take the place of blazes. If signposts and signs need touchup, there is paint in the tool room at headquarters and many tool caches.

In July tools were found along trails and left out of a tool cache. The tools alongside a trail were left by an SCA group doing excellent work on the Potomac Heritage Trail. The tools outside a cache were left out because the person leaving them had a key that didn't work. However, the tools left out were power tools. If you find yourself in the same situation, please take the power tools home and inform the DM. Don't leave tools out in the open because they are not protected against the weather and theft.

Melvin Hazen?

Rock Creek Trail Crew members have been asking themselves just who is Melvin Hazen? After all, the crew has spent almost half of the 2004 season repairing Hurricane Isabel damage on the Melvin Hazen Trail, a pretty creekside path in Rock Creek Park. Mark Anderson, the DC Trail Crew leader, set off with the task of identifying Mr. Hazen. After all, anyone with a trail named after him must have an important role in the park.

Before delving into Mr. Hazen's past, however, an explanation of the trail repairs is in order. The Melvin Hazen Trail has been the site of three work trips in 2004. Isabel left a mess in the narrow creek valley, which is full of older growth poplars and oaks. On one trip a dozen workers rebuilt the trail around a giant root ball uprooted by the storm. So many large trees were down a major reroute wasn't possible, so the tread was built up close to the original path. Prior to the repair, people had to scramble over an almost nonexistent treadway. Down the trail a bit, the storm eroded the outside edge of the trail and eroded several steps. So the crew installed cribbing along the outside edge of the trail, rebuilt the steps, and packed up the tread on a fairly long section of trail. Over the three trips, 30 workers spent almost 100 volunteer hours repairing this much-used trail.

Would Melvin Hazen be thankful? Well, that's hard to tell. It turns out Mr. Hazen was, in the 1930s, a member of the board that governed the District of Columbia (this is many decades before the territory got home-rule politics). Finding his role in Rock Creek Park wasn't difficult. But his place in the history of the park makes the naming of a trail after him a bit puzzling. From the Park Service's Rock Creek Park Web site: "In 1938 Commissioner Melvin C. Hazen proposed extension of a double traffic artery through the zoo and north through the Rock Creek valley to East-West Highway in Maryland – a scheme opposed by the Evening Star newspaper as 'about the worst thing that could happen to Rock Creek Park.'"

So there you have it. Want a trail named after you in a Washington, D.C., park, offer up a proposal to turn the whole park into a highway. Well, at least all he got was a trail.

See Trailhead, page 23



Photo by Kathy Dwyre

Troop 941 Scouts use crosscut saw to clear blowdowns on Maryland's Sugarloaf Mountain Northern Peaks West Trail.

Hoodlums Repair AT Section

The North District Hoodlums had a special treat during their July work trip as Don Harvey of the SNP staff joined the crew to lend his expertise on the trail and to share in the BBQ grill that followed at Indian Run Hut. The Hoodlums split into two groups at Compton Gap. One crew worked north on the AT toward Possums Rest and installed 27 log check-dams and two massive log water-bars. John McCrea had previously cut many logs for this occasion, and the crew cut the remainder on-site. At the same time, another crew led by John headed south on the AT toward Compton Peak and rebuilt and filled rock cribwall along the trail. All in all, it was a good day's work, and the barbecued pork and chicken and summer picnic spread that followed at the hut went down quite easily!

Outsourcing Dismissed

The Blue and White Crew revisited the Nicholson Hollow Trail in July. The crew split into three small working groups, tackling separate projects along the trail, including a stream crossing at the lower Corbin Mountain trailhead, a stream crossing just uphill of the Hannah Run trailhead, and a cleanup project at the Nicholson cemetery (near the Corbin Cabin). Due to some irregularities in Blue and White 2002/2003 offshore activities, Keith Davis, Blue and White counsel, flew in from the Crew's Boston office to confer with the principals and help push boulders. While Keith's recommendation to outsource waterbar building and repair to a Punjabi concern was dismissed by the B&W Executive Council, his help in strapping and coaxing BARs was greatly appreciated. Crew newcomers Tara Miller, Bob Gough, and Scott Miller delighted to the telling and re-telling and re-telling and re-telling of the B&W perennial favorite, "the Tall Tale of Bounce the Clown," while Mark Holland impressed the company with his *capella* rendition of "Dance of the Water Sprite." Many thanks to Mel Ellis for hosting the crew's happy hour at his home near the trailhead. Thanks also to Janet Dove for the wonderful deviled eggs. It was great to see you at the Pinnacles again, Janet!

Trail Workers Extraordinaire!

Cameron Harris of Troop 941 in Olney and 13 other ambitious workers performed fantastic trail maintenance on the Northern Peaks West Trail on Sugarloaf Mountain in Comus, Md., in July. Cameron used this undertaking as his Eagle Scout project. Cameron and trail



Members of Cadillac Crew level large log bench into place for the Blackburn Trail Center fire pit.

Photos by Richard Stromberg

Overseer Kathy Doyle scouted out the trail in February and decided on what needed to be done. He organized the whole project by getting members of the troop, along with a few parents, to work on the trail. Over 20 water-bars and check-dams were built, repaired, or cleaned out. In addition, blazes were touched up where needed. Two young men also got experience using a two-man crosscut saw! Downed trees were cut into appropriate lengths and stripped of their bark so that they could be used for waterbars. Some of the scouts had helped with work trips in the past and made excellent suggestions on what needed to be done to improve water runoff problems along the trail. These scouts will one day, no doubt, be future trail overseers for PATC! Kathy thanks Cameron and Troop 941 for their help with trail maintenance on this popular trail on Sugarloaf Mountain.

Initiating the Young

When Pete Gatje returned from a vacation in Europe, the vegetation was out of control on several SNP South District trails. Struggling to keep up with the weeds, he enlisted the help of his 12-year-old granddaughter to do some clipping on a hot muggy day. She hasn't asked to come out on the trail again.

This reminds the editor of the time he took his nine-year-old grandson to work on building Entry Run Trail. After a weekend of work, the grandson had one comment: "I can't believe people work this hard and don't get paid for it." You need to introduce the next generation to the "volunteer" concept as early as possible.

Diversification at Blackburn

Saturday was great. Cloud cover and a nice breeze helped as the Cadillac Crew added steps to the fire pit at Blackburn Trail Center. Chris Brunton, manager of the Center, said the renters would really appreciate the steps

on the steep bank. But if the truth be told, Chris and Sandi Marra's wedding in September may be the real push. Additional log benches were placed by the fire pit while two members of the crew, Clyde Siebert and newcomer Bryan Bishop, helped caretaker Bill Clemmitt with carpentry work on the interior of the Carriage House. Sandi Marra's BBQ for supper was a fine end to a long day of hard work. A thru-hiker with trail name "Rover" was enticed by the offer of several meals to take a day off and help the crew – it was appreciated.

Sunday was a different matter. Part of the crew braved the constant light rain and hiked up the hill to the AT to assist Phil Abruzzese with weeding and clearing blowdowns from his section. After the long round trip to Buzzard Rocks, they were pretty wet and ready for lunch. Meanwhile, Karen Zeller and Paul Goudfroofji applied a coat of paint to the shutters that had been power-washed by Joel Anderson the day before. With a variety of tasks, everyone had an opportunity to contribute to a productive work trip.

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

POTOMAC APPALACHIAN

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Trail, Shelter, and Corridor Overseers / Monitors Wanted

Corridor Monitor Openings

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

KEYS GAP SOUTH - VA - PATC MAP 7

BUZZARD ROCKS - VA - PATC MAP 7

HIGH KNOB - VA - PATC MAP 8

Shelter Overseer Opening

SHOCKEYS KNOB SHELTER - WV - MAP L

Frank Turk, 301/249-8243
FrankTurk@aol.com

DISTRICT MANAGER FOR MASSANUTTEN SOUTH - MAP H

Liles Creighton, 410/573-0067
lcrei@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, sting-
ing/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

HARPERS FERRY / ASHBY GAP AT & BB - MAP 7 & 8

Chris Brunton, 703/924-0406
trailbossbtc@msn.com

Blackburn North Trail

Blackburn North to the AT (0.3 miles)

Blackburn South Trail

AT to the view and the short trail to the view
(0.3 miles)

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 DISTRICT AT - MAP 9

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

Appalachian Trail

Jenkins Gap to Hogwallow Gap (1.7 miles)

SNP CENTRAL AT - MAP 10

Kerry Snow, 301/345-9408
kerry@trailcrews.net
or Charles Hillon, 703/754-7388
charleshillon@comcast.net

Appalachian Trail - Co-overseer

Byrd's Nest 3 to Pinnacles Comfort Station
(2.3 miles)

SNP CENTRAL BLUE-BLAZED (NORTH END) - MAP 10

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

New overseer opportunities coming available
soon. Choice trails rich in Shenandoah history.
Don't miss this rare opportunity to stake your
claim.

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 Mountain Trail

Bear Church Rock to Cat Knob Trail (2.8 miles)

Saddleback Mountain Trail

AT to AT (1.4 miles)

Salamander (Naked Top) Trail

Hawksbill Summit to AT (0.7 miles)

SNP SOUTH AT - MAP 11

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

Appalachian Trail

Riprap Trail Parking Area to Hairpin
Switchback (1.5 miles)

SNP SOUTH BLUE-BLAZED - MAP 11

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

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)

Tuscarora Trail

Cedar Creek to Ridge Crest (2.8 miles)

Tuscarora Trail

Ridge Crest to Fetzer Gap (3.1 miles)

GREAT NORTH MOUNTAIN - MAP F

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

Gerhard Shelter Trail

Tuscarora Trail to Vances Cove (1.5 miles)



The Potomac Appalachian

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