



The Potomac Appalachian

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

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September 2005

Help the Club Honor Those Who Have Given So Much

Honorary Life Membership Awards

At the annual meeting to be held Nov. 8, 2005, PATC will recognize a few members for their outstanding and wide-ranging commitment to the club over an extended period. They will be awarded an Honorary Life Membership Award. Please nominate any member you think deserving of this award, including the nominee's name and a clear description of his or her contribution that justifies 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.

The Myron Avery Award

Formerly known as The Volunteer of the Year Award, this award was renamed to honor the co-founder of PATC and the driving force behind the completion of the AT, and 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. This is the highest honor bestowed upon members of the club and is awarded to the PATC volunteer who most exemplifies Mr. Avery's dedication and devotion to PATC's mission. 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 recipient of the Myron Avery Award,

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 Myron Avery Award must be received at Club Headquarters no later than Sept. 22, 2005. 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: Lee Scheaffer, Vice President for Volunteerism. If you have questions, call Wilson Riley, 703/242-0693, ext. 11.

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

See Annual Meeting, page 4



Annual Meeting Set for Nov. 8 at the Atrium

The annual banquet will be held Nov. 8 at the Atrium of Meadowlark Gardens in Vienna, Va. In honor of the 200th anniversary of the 28-month expedition of Lewis and Clark's Corps of Discovery, the speaker will be PATC Life Member and Professor of American History, Michael Petty. He will give his acclaimed lecture on this famous journey. The cost of the banquet will be \$25 (individual) or \$40 (couple). 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 Fire

The Potomac Appalachian Trail Club's regularly scheduled Council Meeting was held at Club Headquarters July 12, 2005. Tom Johnson introduced visitors from the National Park Service: Joe Lawler, regional director, National Capital Region; Chris Niewold, program leader, NCR Rivers and Trails Program; and Don Briggs, Potomac Heritage National Scenic Trail, superintendent. Joe Lawler outlined NPS efforts to develop and protect hiking trails, and Don Briggs presented PATC with a case of craisins (sweetened dried cranberries) in appreciation for PATC support. Tom pointed out that PATC reported 87,000 volunteer trail hours, which translates to an estimated 100,000 real hours as many people do not file reports. Wilson Riley reported that Leroy Wilson, a PATC life member who joined in 1947 and served as an overseer, including the Old Rag Mountain Ridge Trail, had provided a \$10,000 bequest to PATC. A roof survey of the PATC Headquarters building revealed that the roof needs to be replaced; the rough estimate is that it will cost between \$45-50K. Tom said PATC may have an opportunity for a 4.5-acre conservation land purchase on Tanners Ridge Road near SNP. It is the closest private land to Big Meadows, and several PATC members have expressed interest in looking at the property. Council will be hearing more specific information in the future. See Chris Mangold for more details.

Finance

Treasurer Ric Francke distributed monthly reports and said revenue continues to meet or exceed projections.

Trails and Lands

Vice President of Operations Bruce Glendening announced that Steve Sharp is chair of the new IT Planning subcommittee that is drafting an IT strategy for PATC. This policy will move PATC toward institutionalizing IT support, get the Innkeeper software to be more user-friendly, and update the PATC Web site. Supervisor of Trails Liles Creighton reported that the Tuscarora Trail-Asher property reroute will be difficult because of the grade of the site and that this should be undertaken in the fall with cooler weather. The Trail Roundup meeting went well.

Recommendations from the meeting include: Cell phones are not reliable for an emergency reporting channel because of dead batteries, the presence of dead zones in service areas, and that the local emergency service may not be the one contacted when a call originates from a cell phone. PATC should post emergency telephone numbers and other support information about the local Emergency Responder in shelters. The need for improved chainsaw training was also emphasized at the meeting. Liles said there will be a training session on rock work in September or October and that Lester Kenway, perhaps the best expert in rock work, is coming down from Maine to conduct the training. There are four relocations in SNP in progress — one has been approved and will be done this year; the others are still on hold.

Land – Council approved two motions introduced by Supervisor of Land Chris Mangold for appraisals of PATC lands to assess the amount of money that might be raised by selling conservation easements. This would be a means of freeing up some of the land value for other PATC purposes and freezing these lands from subsequent development in the event that PATC might lose control of them. These conservation easements are authorized by the state and may be available only for the next several years. The easements would be drawn to permit current and projected PATC uses, and the sale of each would need Council approval. The motions covered Blackburn and the Lambert tract.

Facilities

Mel Merritt presented a project plan and motion authorizing \$30,000 for construction of the long-delayed Silberman Cabin. This project is being led by Jim Peterson and Al Black and is estimated to be finished by July 2008.

Other Activities

Jane Thompson has been working with a new member who is a Scout leader on possible Eagle projects; Barb Nash and Jeff Seal represented PATC at the C&O Canal Barge Bash, which was very suc-

See Council, page 3

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

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

Phone #: 703/242-0315

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

To receive an information packet: Extension 10

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

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

Facsimile #: 703/242-0968

Club e-mail: info@patc.net

World Wide Web URL: www.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

Potomac Appalachian

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

Features Editor: Joanne Erickson

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

Club Officers and chairs contact info:

www.patc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the PA.

Tom's Trail Talk – Oh, Shenandoah

I know this guy named Steve Bair. (That's Bair, not Bear.) He lives in Syria, Virginia, and has a lot of bristly red hair. Fortunately, his hair does not match his temperament. He is about as even-tempered as anyone I know, and that is good, because he has been the Shenandoah National Park (SNP) liaison with PATC since 1988. This gives him unrivaled continuity and a deep knowledge of trails and PATC's role in the park.

Steve is emblematic of our relationship with the park. Right now it is about the best that anyone can remember. The SNP staffers who we deal with on a continuing basis are like Steve – knowledgeable, thoroughly professional, and appreciative of the role that PATC plays. Our key contacts – Clay Jordan, Shawn Green, Gary Sommers, Robbie Brockwehl, and others – work smoothly with the club.

Recently the superintendent, Doug Morris, retired after seven sunny years with SNP. He was replaced by Charles Cartwright, who joined SNP from a long career in Western parks. When I met him for the first time in late June, Charles admitted that taking on a large Eastern park would take some getting used to. It is one of the biggest jobs in the National Park Service.

Of the more than 1,000 miles that PATC maintains, about 350 miles are in the park. This makes it our largest single trail responsibility – larger than our 240 AT miles, larger even than our 250 Tuscarora miles. But the park is special to us in a way that most of us don't realize. To a large degree PATC exists because of the park.

When the club was established in 1927 by a Maine lawyer named Myron Avery, the congressional decision to authorize SNP was already two years old, even though the park had not yet been established. Avery was sent to Washington partly to cement a relationship between ATC and the new park. ATC supposed that the trail through the Mid-Atlantic would go through the planned park, and it was essential that the volunteers get the ear of the Park Service early on.

It was the relationship between the trail and the park that led to the break between Benton MacKaye and Myron Avery. MacKaye, the father of the trail idea, insisted that the trail be in a wilderness setting. He did not believe

that a ridgetop road was compatible with his vision for the AT and fought tenaciously against Skyline Drive. Avery, who understood better than MacKaye the political realities (the president was in a wheelchair and wanted an accessible park), believed that the best course was to seek a compromise with the Park Service on this matter.

In the end, the trail had to be moved to accommodate the drive, and most of the labor was performed by the Civilian Conservation Corps. MacKaye and Avery broke on the issue, and during a critical ATC conference in 1935 in the new park, Avery won over ATC on the matter. It is said that he and MacKaye never spoke again.

So the relationship with SNP has been central to PATC since the club was founded. It will likely continue to be our largest single trail responsibility into the future. And we are lucky to have people like Steve as our friends. □

—Tom Johnson

Council, from page 2

cessful – Jane suggests having a PATC entry next year for publicity; Pat Fankhauser staffed the display at the ATC Conference held in Johnson City, Tenn., in July; Highacre in Harpers Ferry will be open to the public the last Saturday in September at the Hike Harpers Ferry event, where Trail Patrol will present Leave No Trace information, lead hikes, and have a display; in October, PATC will be at the Balloon Festival near Winchester.

Risk Management - Larry Marcoux met with Karen Brown on the hiking program and plans to present hiking program recommendations to ExCom by end of August and has developed goals for the committee through 2007.

Bears Den – Vern Conaway reported having a very good season so far; Bears Den has helped over 3,000 hikers. May income was \$9,400; June income was \$9,200. □

—Alan Day, Secretary

18th ANNUAL SNP North District Trail Overseers Workshop Sept. 17-18, 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 skills by working with the park professionals on major projects.

A tent camping loop at Mathews Arm campground will be reserved for exclusive use by PATC for this weekend event. Participants will gain free entry to the park and the campground.

The workshop will begin Saturday morning and end on Sunday at 1:00 p.m. There is a \$20 registration fee. Saturday dinner, Sunday breakfast, and a buffet lunch will be provided. Participants are requested to bring their own trail lunch on Saturday.

Instruction will be provided by SNP trail professionals and PATC crew leaders. The sessions typically include basic skills of trail maintenance, rock and log work, wilderness trail skills, and advanced projects.

Please make reservations early. The workshop is limited to 25 participants, and we always fill up early. Contact George Walters at gjwalters@starpower.net or 410/426-2724 for more information or to make a reservation. □

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 (pfankhauser@patc.net), marked Attn: Nominations. Include names of the recipients and a short description for each of their service activities. Nominations should be received no later than Oct. 31, 2005.

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 worktrips 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 award nominations should be submitted to Pat Fankhauser (pfankhauser@patc.net) no later than Oct. 31, 2005.

Historic Restoration Planned for Rocky Run Shelter



The National Park Service wants to work with PATC to restore the Rocky Run Shelter on the Appalachian Trail in Maryland. Built by the Civilian Conservation Corp (CCC) in the 1930s, it has slowly deteriorated to the point where it is no longer serviceable, and PATC's shelter crew will be replacing it with a new shelter later this year.

But the Park Service, noting its historical value, has asked the club to restore the old shelter as a demonstration of how CCC shelters were built and what they looked like. The Park Service plans to provide the funds and the expertise if PATC can come up with enough people interested in historic preservation to preserve the existing shelter. The work is projected to begin in 2006. No skills are required – just an interest in historic preservation and a desire to rebuild something. Are you interested? If so, contact Tom Johnson, at president@patc.net, or 703/242-0693 ext. 40.

Annapolis Rocks Campground Needs You!

The Shelters Committee is looking for a volunteer to oversee the Annapolis Rocks Campground. This is PATC's first developed campground. Opened in 2003, it has helped to transform the area from an overused party site to a premier destination on the AT. We are looking for an ambitious individual who can help keep the Annapolis campground in good condition and make it an attractive place to camp.

The overseer, working in conjunction with seasonal paid staff, would be responsible for inspection and maintenance of established tent sites and maintenance of exclusion fencing for re-vegetation and maintenance of the two privies. These moldering privies do require regular maintenance on the part of the overseer.

If you need more information, please contact Henry Horn at patcshelter@comcast.net.

Registration for PATC's 78th Annual Meeting/Dinner

Tuesday, Nov. 8, 2005, 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 78 years!

Name: _____, oriental buffet entrée preference (choose one)
 Vegetarian Lo Mein Sesame Chicken Beef with Broccoli

Name: _____, oriental buffet entrée preference (choose one)
 Vegetarian Lo Mein Sesame Chicken Beef with Broccoli

Daytime phone number: _____

Please enclose a check in the amount of \$25 (individual) or \$40 (couple) for dinner. To pay by credit card list your credit card information below. 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 \$78 to for the Trail Land Acquisition Fund for 78 years of service on the trails.

() Sorry, I can't attend the banquet, but here is \$78 to support PATC's Trail Land Acquisition Fund.

For 78 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 79th year!

VISA/MasterCard Number: _____ Expiration Date: _____ Please charge my credit card for \$ _____

Signature: _____

Mail to: PATC - Annual Meeting/Dinner 2005, 118 Park Street, SE, Vienna, Virginia 22180 Attn: Pat Fankhauser, Membership Coordinator
Because PATC pays for dinners in advance, no refunds after November 4, 2005.

Planning for Your Future

PATC is growing! The club is acquiring land and easements for the Tuscarora Trail, adding cabins and shelters throughout our trail system, and launching new initiatives as we provide trails and hiking experiences for all who love the outdoors. Every year brings new demands and opportunities, but we need the help of members like you to make our dreams a reality. Did you know that there are many ways you can help the club while also planning for your own financial future? PATC is sponsoring three seminars this fall with topics including:

Gifts of appreciated securities can provide substantial tax savings. PATC accepts gifts of stocks, bonds, and mutual funds, as well as contributions by cash, check, or credit card.

Donor Advised Funds allow you to set aside funds now to make your charitable gifts (to PATC or other charities) in the future. These funds help you plan philanthropic giving, but with immediate tax benefits.

Charitable Remainder Trusts. Placing appreciated assets in a remainder trust could provide income now for you or your loved ones. You can save on income and estate taxes, and after your lifetime, the trust remainder will support PATC's mission.

Bequests: A bequest in your will allows you to pass any amount you wish to PATC free of estate tax. You can give cash, a specific property, or a percentage of your estate.

Conservation Easement Tax Credits: The State of Virginia provides tax credits to PATC for conservation easements, though as a non-profit organization the club cannot use them. Under current tax law, we can sell the tax credits to those needing a deduction on their Virginia state taxes.

These Planning for Your Future seminars are being held as a service to PATC members and their guests. If you would like to learn more, join us on one of the following dates, or call club member John Campagna (jjcampagna@leggmason.com) 202/487-1044. □

Planning for Your Future Seminars

- Wednesday, Sept. 21, from 7:00 p.m. to 9:00 p.m. at PATC HQ.
- Thursday, Sept. 22, from 11:30 a.m. to 1:30 p.m. at PATC HQ.
- Saturday, Oct. 22, at 4:00 p.m. at the annual Blackburn Picnic.

RSVP required: Fankhauser at pfankhauser@patc.net or 703/242-0693 x17. □

Potomac Appalachian Trail Club — Trail Patrol Presents

Leave No Trace Trainers Course

October 15-16, Pinnacles Research Station Cabin

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

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

Registration: Registration forms are available on-line through the Trail Patrol/LNT page of the PATC Web site at www.patc.net or call Mark Holland (TPLNT@patc.net) 540/636-3639 (mornings only). Send payment with registration form to: PATC, LNT Trainers Course, 118 Park Street, SE, Vienna, VA 22180-4609. Please include your e-mail address on the check. □

Trail Patrol and Emergency Response Training presents CPR and On The Trail First Aid Class

This two-day course covers Adult, Child, and Infant CPR and First Aid. The students will learn basic first aid skills with hands-on time. Books and certificates are provided. The afternoon portion of the class is designed with wilderness situations in mind. Time will be spent going over items in your first aid kits and packs. The students will learn how to do basic splinting and bleeding control with supplies from their packs.

Cost: \$90 for Trail Patrol Members and \$110 for Non-Trail Patrol
October 15-16 at the PATC Headquarters. Pre-Registration is required. Download registration form at www.patc.net/volunteer/trailpatrol.com
INFO: Saleena DeVore (tp1staid@patc.net), 540/972-8394

Trail Overseers - Appointed in July

Brad & Jennifer Wanner	AT – Woodrow Road to Arendtsville-Shippensburg Road
Jerry Gross, Co-overseer	AT – Lewis Mt. Trail to Pocosin Fire Road
Pele Tupelo, Co-overseer	Rose River Loop
Tara Miller & Robert Gough	Bearfence Loop (Scramble)
Thomas Shaffer	Tuscarora-Overall Run – Thompson/Overall Run Jct. to Mathews Arm Trail
Franklin Wilson	Buzzard Rock Trail
Mel Line	Dead Woman Hollow, Blueberry Trail



Trail Patrol Proudly Presents

Trail Patrol Training Weekend

If you are interested in joining the Trail Patrol, or really want to find out what it is all about, then this is your chance! Several qualified Trail Patrol members will teach you about Leave No Trace, The 10 Essentials, Map and Compass, dealing with the public, and other facts that you need to know to be part of the Trail Patrol. There will also be 3 hikes (including a night hike!).

The class will take place on November 12 and 13 at the Glass House in George Washington National Forest. The cost is \$10 per person to cover the cost of food. Pre-registration is required.

For information contact: Saleena DeVore (tptraining@patc.net) 410/456-6861. □

Seeking Hikers, Editors, Authors

The 4th edition of Hikes in the Washington Region: Part B: Arlington, Fairfax, Loudoun, and Prince William Counties in Virginia is scheduled for revision and republishing during 2005.

The publications team is seeking the services of a hiker/author to revise/update this publication to meet the deadline of publishing the revised edition by the end of 2005.

Join the PATC publications team and combine your interest in the outdoors with some editing. Contact the PATC Publications Chair, Alex McLellan (publications@patc.net) (preferred) or 703/758-1057 (day) or 703/758-7411 (night). □

PATC Trail Patrol Presents Hike Leadership Training Course

Sept. 10 and 11, 2005

This weekend course will be conducted at the PATC Headquarters building in Vienna and is designed to prepare you to lead day hikes. 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 hikes, personal equipment, Leave No Trace practices, leadership skills, standard procedures to be used, and navigation and map reading. We will also employ scenarios to emphasize hike leadership skills.

Cost*: \$20 for PATC members, \$35 for non-members

Registration: Send payments to PATC, HLT Course, 118 Park Street, SE, Vienna, VA 22180-4609. Pre-registration is required.

**Information: Katrina Hedlesky (TPHLT@patc.net)
703/533-3652, before 10:00 p.m.**

*Join PATC at the time of registration and get the member price! □

PATC Trail Patrol Presents Backpacking 101

An Introductory Backpacking Course

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

Introduction Night

Mon., Sep. 12, 7:30 p.m. – 9:30 p.m.
Headquarters, 118 Park Street, SE, Vienna, Va.

Instructional Weekend

Sep. 17 & 18: 8:00 a.m. - 7:00 p.m. Sat., 8:00 a.m. – 4:00 p.m. Sun.,
Prince William Forest Park, Triangle, Va.
(Sat. overnight car camping in campground encouraged but not required)

Overnight Backpacking Trip

Oct. 8 & 9 (Sat.– Sun.), Trip destination and times TBD

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

For more information, see www.patc.net/volunteer/trailpatrol/Outreach/BP101.htm or contact John Bridges (TPBackpack@patc.net) 703/726-0188. □



Pigs and Pumpkins!!

Join us for the 22nd Annual Blackburn Pig Roast, scheduled for Saturday/Sunday, Oct. 22-23, 2005. You will lose an hour that weekend but can gain a few pounds! The organizers will be the same as always – Rick Portal with help from Tim Rahn and Nancy Hughes. Registration this year is once again being taken by Trailboss Chris Brunton and Sandi Marra.

As is the tradition, black beans and rice, potato *au gratin*, and apple crisp will accompany our Cuban-styled roast pig. Happy hour will lead off the evening with Rick's

famous tamales. In addition, Tim will make sure anyone waking up Sunday morning still hungry will be taken care of with his quality breakfast fare.

In keeping with our family-oriented events, we will have planned activities for children of all ages, culminating in our annual jack-o-lantern contest, complete with scary stories and prizes for all. Of course all attendees can take a hike along the AT or simply enjoy the changing leaves from our front porch.

Dinner will be served early on Saturday evening, but anyone wanting to participate in

the Friday night Pig Grease Down and Seasoning (an event worth experiencing at least once in your life) is 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 adult and for children 11 and older to Sandi Marra, 6245 Walkers Croft Way, Alexandria, VA 22315. MAKE CHECKS PAYABLE TO SANDRA MARRA. INFO: Chris Brunton, 703/924-0406 or e-mail trailboss-btc@msn.com. □

Blackburn Pig Roast — Saturday and Sunday, October 22-23, 2005

Name: _____

Address: _____

Phone: (day) _____ (evening) _____ Number of reservations (ages 11 and over): _____ @ \$25.00 each

Total enclosed: _____

So we know how many pumpkins we need for the Carving Contest:

I will also be bringing _____ # of children or young at heart (for whom there is no charge) who will want to participate.

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.

A New Safer and More Effective Tick Remover

One of the vendors exhibiting at this year's AT Conference in Johnson City, Tenn., was introducing a new device to remove ticks. If you're active in the woods, you've had to remove them on more than one occasion. This new device intrigued me. Invented in Sweden by Svensson Enterprises and extensively tested by renowned Lyme disease research scientists in the United States, it appears to have great potential in the safe removal of a tick. Conventional ways to remove a tick by tweezers will squeeze the tick and thereby inject the bacteria into the skin through the bite. The conventional method also increases the risk of a multitude of tick-borne diseases like Lyme disease. Aply named the Tick Remover, it minimizes these risks through its spring-loaded pinching action, which applies a slight amount of pressure on the tick's body while it focuses the main pressure down near the head. An upward pull will bring the tick out, minimizing the chance that the head would separate from the body.



To find out more and possibly purchase one, go to their Web site at www.thetickremover.com or call toll free to 1-866/908-8600. The cost is reasonable at \$9.98 each. I bought one at the conference, and it looks like it will definitely do the job. I figured it would easily get out thorns and splinters too. Those of us working on trails who have had to tackle tangles of briar or jumbled piles of downed limbs know that some minor surgery is standard after a worktrip. This is a must-have device for trip leaders to carry in their first aid kit. Check it out. □

—Pat Fankhauser, Membership and Cabins Coordinator

Stealth Overseers: What in Blazes is Going On?

All PATC trail overseers are volunteers and try to maintain their sections to an accepted standard. There are, however, hikers who think that a trail would be better marked with more blazes, or a blowdown removed sooner than later. Such individuals take matters into their own hands and become "stealth overseers," performing trail-work as they see fit. Mostly, these people complement what the assigned overseer is doing, and their contribution amounts to nothing more than throwing a branch off the trail or cutting back small brush with a pocket saw — praiseworthy efforts. Occasionally though, these deeds do more harm than good.

This past summer a series of new blazes showed up on the Ridge Trail in SNP and neither the overseer nor the park put them there. That someone would take the time to paint stripes and arrows on Old Rag's granite suggests that the "stealth blazer" was more than a casual hiker. The paint matched PATC blue, but the overblazing technique was far from PATC standards. Use enough paint and it becomes graffiti. If the stealth blazer is a PATC member and is reading this, please stop and leave that job to the overseer. □

—Dan Dueweke

Catoctin Cottage and Cunningham Falls: The Consummate Summer Getaway

Cabins make for a great and inexpensive getaway trip during the week or on a weekend. If you don't want to haul supplies up a trail to a cabin in the woods, there are a few alternatives for you to try. One of these special places happens to be located in Thurmont, Md., just north of Frederick right off US 15.

Nestled in a quaint, historic neighborhood in the Catoctin Mountains is PATC's Catoctin Cottage. It is recorded that it was built in 1776, similar to the other houses along MD Route 806, to house the workers of the Catoctin Furnace, who smelted the local iron-rich ore. About 200 yards down the street is one furnace ruin still standing and just waiting to be explored. Within the past few centuries, Catoctin Cottage, as well as most of the other stone houses in the neighborhood, was modernized and upgraded with electricity and plumbing.

Catoctin now belongs to the State of Maryland Forest, Park, and Wildlife Service, an agency of the Maryland Department of Natural Resources. PATC has a perpetual lease agreement with the state to maintain the cottage and make it available to the public for rent. Sometime in the 1980s, the Maryland DNR commissioned PATC members, led by notable PATC member Joel Anderson (currently working on John's Rest Cabin), to take out most of the modern additions to bring the house as close to the original structure as possible. Other than electricity and plumbing, the only amenity that was kept was the modern addition to the back of the cottage that houses the kitchen and full bathroom. The original stone structure is a marvel to see with its huge stone-front fireplace in the great room. The upstairs has bunk space to sleep eight people.

There are many trails in the Catoctin Mountains and Cunningham Falls State Park, both are located just west of Thurmont, Md. Some trails are marked on PATC Map 5-6. Hikes along the Catoctin Trail can be found in PATC's "Hikes in Western Maryland" hiking guide. The Catoctin Mountain Park office on MD 77 west of Thurmont has a trail brochure for sale listing numerous trails in the area. A footbridge over US 15 provides access to the Catoctin Trail, where it passes through the Manor area of Cunningham Falls State Park.

Unfortunately, pets are not allowed at Catoctin Cottage or in Cunningham Falls



State Park. There is limited allowance for pets in Catoctin Mountain Park as long as they are on a leash at all times.

If you want a nice cool "civilized" cabin to use as a base camp while you explore and discover the multitude of activities close by, Catoctin Cottage is the place to go. At \$40 per night Sunday through Wednesday nights or \$60 per night Thursday to Saturday, you can visit Cunningham Falls where there is a 78-foot waterfall, or the sandy beaches and modern bathhouse at Catoctin Mountain Park's Hunting Creek Lake, where you can rent canoes, swim, or take in some leisurely trout fishing. Antique stores are in closeby Thurmont and

Frederick, Md., and Gettysburg National Historic Civil War Park is a mere 30 minutes away in Pennsylvania. Information about Catoctin Mountain Park can be obtained by calling 301/663-9388, and Cunningham Falls State Park at 301/271-7574.

Go to our PATC Web site at www.patc.net/activities/cabins to see more information about Catoctin Cottage or to our online sales to purchase Map 5-6 or "Hikes in Western Maryland" or our "Potomac Appalachian Trail Club's Cabins" booklet at www.patc.net/store/index.htm, or you can also call 703/242-0693, Ext. 19 to place an order. □

—Pat Fankhauser

Membership Services and Cabins Coordinator

TAILS FROM THE WOODS by George Walters



"C'MON!... THIS WILL BE A GREAT PLACE TO HIDE!"

The Mushroom Chronicles: Pharmacopoeia

Fungi do not make their own food. They rely on plants for sustenance, a characteristic they share with animals such as humans. Paul Stamets, in the book "Mycomedicinals," offers that this is because "we shared a common ancestor more than 460 million years ago." When one considers that this was shortly after the Cambrian explosion when many life forms literally appeared overnight (from the geological perspective) and many early phyla were represented by a single organism, this is not as outlandish as it sounds. If it hasn't already, DNA evidence will undoubtedly demonstrate that this relationship can be genetically proven. The point of asserting this verisimilitude is that if fungi are similar to animals and have had to compete in a world governed by survival of the fittest, then those that have survived have done so by evolving the means to ward off predators. This would include things like microbes and viruses that also prey on animals. According to this logic, fungi should be a rich source of proven chemical combinations that ward off pathogens.

We, as *homo sapiens*, have had to cope with insidious diseases throughout our shared history of some 5 million years. Drug therapy from naturally occurring substances was most assuredly a matter of serendipity. Through the ages, the lore of folk medicine was passed down through tribes and clans as the purview of the shamans of Asia and the medicine men of the Americas. It is well documented that Native Americans used plants for treatments of everything from menstrual cramps (spicebush) to sore throat (bloodroot). Their use of fungi is less well known, though there is evidence for the treatment of joint pain and congested organs. The only well-documented use of fungi by Native Americans was as a styptic for the topical treatment of wounds. The manner in which it was applied attends to the caricature of the hardened warrior, as the fungi (typically a polypore like tinder fungus) was applied to the place affected and then set alight to burn the skin over the area of the wound. This practice was also common in China, perhaps an indication of the origins of the Native American peoples.

Fungi were also used by the early Europeans. In 1991, a Neolithic man was discovered in the Italian Alps when he emerged from ice in which he had been frozen since his death about 5,300 years ago. Named Oetzi for the Italian region in which he lived, he carried a thong with several pieces of Birch Polypore, *Polyporus betulinus*, threaded on it. Speculation is that he carried it as an antibiotic medicine, for it is now known that *P. betulinus* contains an antibiotic that acts on bacteria, resins that attack whipworms (an intestinal parasite), and agaric acid, which is a carminative (causing gas to be expelled from the intestines). In that an autopsy revealed that Oetzi had worms, it is likely that this was his palliative. He also carried *Fomes fomentarius*, the tinder fungus; an essential for any alpine trekker in the winter. The tinder fungus, also called Amadou, was used both as a means to start a fire from a spark and as a way to transport an ember from one campfire to another. Remnants of fungal material fabricated in this manner have been found at Upper Paleolithic hominid sites dating back to 11,600 BCE. The tinder fungus was also an acknowledged curative, as the Greek Hippocrates identified it as a topical treatment for wounds over 4,000 years ago.

It is not clear why fungi never made the transition from evidently well-known and -practiced ancient herbalism to modern folk remedies to the extent that plants have. Historically, the identification of medicinals became a matter of the written record, necessary in order to identify the source, the manner of preparation, and the appropriate dosage for the

given ailment. These listings of drugs are called pharmacopoeias; The greek physician Dioscorides compiled one of the first pharmacopoeias called "Materia Medica" in 65 CE. In this book, one fungus, the "Agarikon Fungus" which most likely refers to the *Fomitopsis officinalis*, was listed as a panacea for ailments ranging from kidney disease to epilepsy. The Agarikon was a staple of pharmacology until at least the 18th century, when it fell into obscurity. This is at least in part due to fact that Carolus Linnaeus, the father of taxonomy, gave the generic name *Agaricus* to a group of gilled mushrooms, of which the pedestrian, supermarket button mushroom (*Agaricus bisporus*) is a member. The "United States Pharmacopoeia" appeared in 1820 and the "International Pharmacopoeia" was established by the World Health Organization in 1951.



Hemlock Polypore found on the Laurel Prong Trail

The Discovery of Penicillin

It should come as no surprise that mushrooms, or more properly fungi, have proven, as well as potential, medicinal attributes. In 1928, Sir Alexander Fleming discovered that the spread of the ubiquitous pus-producing bacterium *Staphylococcus aureus* (it is gold or aurum in color) was arrested by a green mold. The organism that produced the substance was a species of *Penicillium*, so he named it penicillin. This marked the beginning of the antibiotic era. It wasn't until the advent of World War II that a way of producing large quantities of the new "miracle drug" was developed. The rest of the story is that *Penicillium* is the genus of about 250 species of blue or green mold fungi. Interestingly, the name *Penicillium* has the same etymology as pencil, as the ends of the mold's conidiophores are tufted, like an artist's brush from which the modern pencil is derived. So the first miracle drug was a fungus.

Of the approximately 15,000 species of mushrooms, it is estimated that about 5 percent are utilized for medicinal purposes somewhere in the world. There are currently more than 250 species that are known to have therapeutic properties based on accepted clinical research. The primary medicinal agents in fungi are polysaccharides, which generally act against cancers and enhance the body's immune response. The healing and curative properties of fungi have been recognized and used for medicinal purposes in China and Japan for millennia. The earliest known pharmacopoeia in China (100 CE), "Shen Noug Pen Ts'ao Jing," lists a number of mushrooms with medicinal applications. They have gained even greater import in the modern era as the fungi can, in many cases, be cultivated. The traditionalist medicine of the East has captured the imagination of the medical conservancy of the West. Acupuncture is one example. Fungi penetrate – and in all likelihood will continue to penetrate – the pharmacopoeia of the general practitioner. Three examples demonstrate the potential for modern medical treatments: the *Trametes versicolor* or Turkey Tail, the *Ganoderma lucidum*, or Varnish Conk, and the *Lentinula edodes*, or Shiitake.

See *Mushrooms*, page 18

Chapters

Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday; summer, winter, and in between. Hikes are usually 8 to 10 miles. We usually maintain trails on the last Saturday of the month. Meet at Sprint parking lot, 2307 Hydraulic Road, at 9:00 a.m., with food and water for the day. The majority of hikes are in the south and central districts of SNP, with some in the north district and in George Washington National Forest. Our Chapter hikes are posted at www.patc.net/chapters/char/hikes.html. 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 Betsy Fowler (efowler@shentel.com).

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 Chapter

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

Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: Bert Finkelstein (bertf@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 Ozana Halik, (mrkayak1@verizon.net) 703/242-0177, 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). 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: Georgeann Smale (gsmale99@yahoo.com) 301/581-9584.

Mountaineering Section – Second Wednesday

7:30 p.m. – We meet every month on the second Wednesday except for August, unless noted in the Forecast. INFO: Ozana Halik (mrkayak1@verizon.net) 703/242-0177 or our Web site: www.potomacmountainclub.org

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 (wriley@patc.net) 703/242-0693 x11.

Trail Patrol – First Tuesday

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

SEPTEMBER

1 (Thursday)

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.

3 (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.

6 (Tuesday)

HIKE - Vigorous Hikers**North District, Shenandoah National Park, VA**

Browntown to Lands Run. About 15 miles and 2700 ft. of uphill. Climb Browntown Trail to AT then north to geology at Compton Peak and on to descend Lands Run Gap Rd. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

6 (Tuesday)

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

7 (Wednesday)

HIKE - Easy Hikers**Washington, DC**

Back for another year, the Easy Hikers will hike a 4-5 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. INFO: Gary Abrecht (GAbrecht@aol.com) 202/546-6089. Cell on day of hike: 202/365-2921.

7 (Wednesday)

HIKE - Midweek Hikers**Location to be determined**

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

7 (Wednesday)

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

10 (Saturday)

HIKE - George Washington Ntl. Forest Great North Mountain, WV

A 17-mile circuit hike in the George Washington National Forest with scenic vistas of the Trout Pond area from Big Schloss and Little Schloss. There will be some minor rock scrambling. Inexperienced hikers call for requirements. Elevation gain 3,000 feet. INFO: William Needham (Needham82@aol.com) 410/884-9127.

10 (Saturday)

HIKE – North Chapter Newville, PA

Tuscarora Trail Hike V: Amberson Ridge/ Bowers Mtn. section: Stewart Narrows Trail-Hemlock Rd. to Cowpens Rd.-8.2 miles-moderate hike. Elevation change of 500 feet. We will be hiking the roller coaster section of the Tuscarora Trail. We will be hiking past the first shelter to be built on the trail, the Fowler Hollow shelter. INFO: Christopher Firme (bncfirme@innernet.net) 717/794-2855 after 6:00 p.m.

10 (Saturday)

HIKE – Wilderness Hike**Martinsburg, WV**

Meeting near Martinsburg, WV, we will drive to two trailheads in the Sleepy Creek Wildlife Management Area of West Virginia. We'll hike to Eagle's Nest Mountain View (1/2 mi, 100 ft. elevation gain) and also descend into Devil's Nose Canyon (3 miles). After enjoying the hemlock/rhododendron along Meadows Branch, we will climb Devil's Nose (250 ft. elevation gain) for a canyon view. Return to canyon for exploring as desired or enjoy the cool river. INFO: Walt Smith (wsmith@visuallink.com) 540/678-1043.

10 (Saturday)

TRAIL WORK TRIP - Adopt-a-Crag (REI)**Great Falls, VA**

9:00 a.m. - 2:00 p.m. Washington DC Metro Area rock climbers will join volunteers around the nation to clean up rock climbing areas at Great Falls Park, VA as part of the Access Fund's 6th Annual Adopt-a-Crag, presented by Title Sponsor Recreational Equipment, Inc. (REI), Presenting Sponsor W.L. Gore, and Contributing Sponsor CLIF BAR. Activities will include litter clean-up, visual impact mitigation, trail construction and restoration, and erosion control. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

10 (Saturday)

TRAIL WORK TRIP – Cadillac Crew**Great Falls, MD**

Join the crew for Saturday working on the Billy Goat Trail. Overseer Georgeann Smale needs help to repair sections of the trail due to erosion or overuse. Potluck supper at nearby pavilion to close out a fun work trip. INFO: Jon or Katherine Rindt (jkrindt@shentel.net) 540/635-6351.

10 (Saturday)

TRAIL WORK TRIP – Rock Creek Park**Washington, DC**

8:15 a.m. - Noon. Rock Creek Park, with more than 1,700 acres, is one of the finest urban parks in the country. Help us keep the trails clear. 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 (ken_ferebee@nps.gov) 202/895-6221.

10 (Saturday)

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

Enjoy cooler air in the woods of western Maryland on this work event. The South Mountaineers' events meet near Frederick, MD at 9:00 a.m. Please bring water, lunch, gloves and boots. Tools provided. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

10 – 11 (Saturday – Sunday)

CABIN WORK TRIP – Vining Tract**Stanardsville, VA**

Come join us on the Vining Tract for a weekend of cabin construction, maintenance and trail projects. The logs are in place at the new Butternut Cabin, and now it's time for chinking. We also have trails to build, and work to be done to keep Conley and Wineberry cabins in mint condition. Community meals. Overnight at Conley and Wineberry. INFO: Hugh Robinson (mes.htr@verizon.net) 703/525-8726.

10 – 11 (Saturday – Sunday)

CLASS – Hike Leadership Training**Vienna, VA**

This weekend course will be conducted at the PATC Headquarters building in Vienna and is designed to prepare you to lead day hikes. 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. INFO: Katrina Hedlesky (TPHLT@patc.net) 703/533-3652 (before 10:00 p.m.). See ad on page 6.

11 (Sunday)

TRAIL WORK TRIP – Massanutten Mt. Trail S.**Shenandoah, VA**

Help pitch in to get the Massanutten Mt. Trail South back into shape from Fridley Gap to Boone Run (PATC Map H). We will meet at the parking lot where Fridley Gap Trail meets VA 868 at 9:30 a.m. This is one of the more remote and scenic parts of the Massanutten Mountain Trail South. Experience is unnecessary. Training and tools can be provided. This trip is subject to prevailing or forecast weather. Please check before going to the meeting site. INFO: Tate Heuer (tate@wth2.com) 202/255-6055.

12 (Monday)

CLASS - Backpacking 101**Vienna, VA**

7:30 - 9:30 p.m. This three-part class teaches the fundamentals of backpacking through classroom and field training, followed by an overnight backpacking trip. Contact John Bridges (TPBackpack@patc.net) 703/726-0188. See ad on page 6 of this issue.

12 (Monday)

HIKE - Family Hike**Springfield, VA**

Hike 3 miles along Pohick Creek at Hidden Pond Park. This out and back hike is jogging-stroller passable. The park has a great playground and a super nature center for after the hike. INFO: Anne Regan (Anne.c.regan@verizon.net) 703/689-3883.

12 (Monday)

HIKE- Family Hike**Thurmont, MD**

Come on out for a kid-friendly hike to a 78-foot cascading waterfall in Cunningham Falls State Park. We will do a 1-mile out and back hike to the waterfall. After the hike, we will enjoy their lake swimming beach and/or their incredible recycled tire playground. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950

13 (Tuesday)

HIKE - Vigorous Hikers**Waterlick, VA**

In George Washington National Forest, from the Massanutten Trailhead climb to Buzzard Rock, amble south to Sherman Gap, wade Passage Creek, cut over to the Bear Wallow, return via Elizabeth Furnace and Shawl Gap. 16 miles, 2700 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

13 (Tuesday)

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

14 (Wednesday)

HIKE – Easy Hikers**Carderock, MD**

About 5 easy flat miles on the C&O Canal, from Carderock to Wide Water and back. Meet at 10:15 a.m. at the first Carderock parking lot. Bring water and lunch. After the hike we'll eat at the picnic tables overlooking the Potomac. INFO: Bob Williams, 301/493-4449.

14 (Wednesday)

HIKE – Family Hike**Great Falls, VA**

Join us for an after-school hike in Great Falls Park. This 2.5-mile, kid-friendly hike will take us along the beautiful Mather Gorge with great views of the Potomac River, and kid-sized rock scrambles. We will hike along the River Trail, and return via the

FORECAST

Matildaville Trail. If you would like, bring along a picnic dinner to enjoy after the hike. This is designed as a family activity, so an adult must accompany children. Appropriate for all ages, infants on up, but the trail is not jogging-stroller friendly. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

14 (Wednesday)

🚶 **HIKE – Midweek Hikers**
Location to be determined

See September 7 event for more information.

14 (Wednesday)

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

17 (Saturday)

🚶 **HIKE - Waterfall and Wildflower Series**

Central District, Shenandoah National Park, VA

A 15-mile circuit on the Appalachian, Bluff, Jordan River, and Mount Marshall Trails with about a 1-mile round trip bushwhack to the falls on the Jordan River. Total elevation gain is 2,800 feet. PATC Map 9. INFO: Jack Thorsen, (thorsen4@juno.com) 703/339-6716 or William Needham, (Needham82@AOL.COM) 410/884-9127.

17 (Saturday)

🚶 **TRAIL WORK TRIP – Stonewall Brigade**

Woodstock, VA

Join the Stonewall Brigade to keep trails clear in one of PATC's least crowded and scenic districts – experience unnecessary, all tools and training provided. Join this group of interested volunteers who like to be outdoors making trails more enjoyable for others. Let us know you plan to attend so we know to expect you. The trip is subject to prevailing or forecast weather. Please check before going to the meeting site. Visit: www.patc.net/volunteer/trails/stonewall/stonewall.html. INFO: Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

17 (Saturday)

🚶 **TRAIL WORK TRIP - Yankee Clippers**

Tuscarora Trail, PA

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

17 – 18 (Saturday – Sunday)

🚶 **BACKPACKING TRIP – Natural History**

Vesuvius, Virginia

Take an easy 10-mile overnighter in this beautiful hollow in St. Mary's Wilderness, GWNF, just south of the Shenandoah National Park. With the foliage in peak splendor, this area has rich botanical diversity not found in the drier Park. A beautiful stream and waterfall wait for us at our campsite and a nice pond and bog will entice our investigation on Sunday. Come join Bob Pickett and company as we explore this unique habitat. INFO: Bob Pickett 301/681-1511.

17 – 18 (Saturday – Sunday)

🏠 **SPECIAL EVENT – Overseers Workshop**

North District, Shenandoah National Park, VA

Come to the 18th Annual North District Trail Overseers Workshop in the Mathews Arm Campground. (See article on page 3 of this issue for details). INFO: George Walters (gjwalters@starpower.net) or 410/426-2724.

17 – 18 (Saturday – Sunday)

🚶 **TRAIL WORK TRIP – Acme Treadway Co.**

Gore, VA

Have you had enough of the summer heat? Pressures from the job, suburbia, and traffic got you down? There's a fix for that: come out with the Acme Treadway Company and work through your frustrations as you help us build this trail giving the

public access to the Tuscarora Trail north of The Pinnacle in western Virginia. INFO: Don White (trblldr@comcast.net) 804/795-2914.

18 (Sunday)

🚶 **HIKE – Sunday Hikers**

Waterlick, VA

We're going to visit the George Washington National Forest to hike the Signal Knob loop on Massanutten Mountain. This is a 10.6-mile hike, with an elevation change of about 1600 feet. Signal Knob was used by the Confederacy during the Civil War as a lookout, and when you see the terrific view, you'll understand why. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

18 (Sunday)

🚶 **TRAIL WORK TRIP – West Chapter**

Frederick, MD

Gambrill State Park; Frederick, MD. Meet 10:00 a.m. at the Nature Center. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

19 (Monday)

🚶 **HIKE – Family Hike**

Harpers Ferry, WV

Join us for a 2-mile kid-friendly hike through Harpers Ferry Historical Park. We will hike along the Virginian Island Trail, go down to where the Shenandoah River joins the Potomac River, then complete the circuit along the Appalachian Trail. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

21 (Wednesday)

🏠 **CLASS - Planning for Your Future**

Vienna, VA

Learn how you can help PATC while planning for your own financial future. Refreshments provided. 7:00 p.m. PATC Headquarters. INFO: Pat Fankhauser (pfankhauser@patc.net) 703/242-0693 x17.

21 (Wednesday)

🚶 **HIKE - Easy Hikers**

Burke, VA

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

21 (Wednesday)

🚶 **HIKE – Midweek Hikers**

Location to be determined

See September 7 event for more information.

21 (Wednesday)

🏠 **MEETING - West Chapter, 7:00 p.m.**

Shepherdstown, WV.

The West Chapter Meeting will bring PATC to members residing near the Shepherdstown area. The West Chapter is the former West Virginia Chapter which met for many years at Highacre in Harpers Ferry. The Chapter now meets at varying locations to assist us in recruiting new members in various geographic areas. Bring your questions about the Chapter and PATC in general. There will be a discussion of the Tuscarora trail and how PATC is working to improve it. RSVP prior to the meeting date to confirm location. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741 or Jane Thompson 301/349-2496.

22 (Thursday)

🏠 **CLASS - Planning for Your Future**

Vienna, VA

Learn how you can help PATC while planning for your own financial future. Lunch provided. 11:30 a.m. PATC Headquarters. INFO: Pat Fankhauser (pfankhauser@patc.net) 703/242-0693 x17.

24 (Saturday)

🏠 **CLASS - Land Navigation (REI)**

Bailey's Crossroads, VA

10:30 a.m. - 6:00 p.m. 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 (Sunday, Sept. 25, 8:00 a.m. - 4:30 p.m.) 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.

24 (Saturday)

🚶 **HIKE - K9Trailblazers**

Elkridge, MD

Rockburn/Patapsco Valley State Park. We'll hike at a moderate pace for approx. 5 miles. The hike is mostly rugged wooded trails traveling along and into the valley. Trails are rocky at times with a road crossing, several stream crossings and moderate (but steep at times) elevation changes (approx. 200 ft.). This is a joint hike with K9Trailblazers 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 for more details. INFO: Jeff Bolognese (jbolognese@k9trailblazers.org) 410/247-4434.

24 (Saturday)

🚶 **TRAIL WORK TRIP - Adopt-a-Crag (REI)**

Carderock, MD

9:00 a.m. - 2:00 p.m. Washington DC Metro Area rock climbers will join volunteers around the nation to clean up rock climbing areas at Carderock Recreation Area, MD as part of the Access Fund's 6th Annual Adopt-a-Crag, presented by Title Sponsor Recreational Equipment, Inc. (REI), Presenting Sponsor W.L. Gore, and Contributing Sponsor CLIF BAR. Activities will include litter clean-up, visual impact mitigation, trail construction and restoration, and erosion control. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

24 (Saturday)

🚶 **TRAIL WORK TRIP – South Mountaineers**

Appalachian Trail, MD

Please bring water, lunch and gloves. Tools and training provided. Enjoy comradeship of fellow volunteers and the peace of the woods. We meet near Frederick, Md., at 9:00 a.m. and go home happy and tired. INFO: Nancy Hammond, (mdtrail@yahoo.com) 301/739-0442.

25 (Sunday)

🚶 **TRAIL WORK TRIP – West Chapter**

Frederick, MD

Gambrill State Park, Frederick, MD. Meet 10:00 a.m. at the Nature Center. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

27 (Tuesday)

👤 **HIKE - Vigorous Hikers**

Central District, Shenandoah National Park, VA
Climb Leading Ridge Trail to the AT south to lunch at Corbin Cabin. Then climb Indian Run Trail to return via Crusher Ridge. 18 miles with 4,000 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

27 (Tuesday)

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

28 (Wednesday)

👤 **HIKE - Easy Hikers**

Seneca, MD

Five-mile easy canal hike at Riley's Lock. Bring lunch and water. Take Beltway to River Road exit towards Potomac. Continue until River Road dead-ends at Seneca and turn left. Turn left again at Riley's Lock Road and park at the lot by the canal. INFO: Harriet Rotter (Harriet8b@yahoo.com) 202/363-5095

28 (Wednesday)

👤 **HIKE - Family Hike**

Comus, MD

Come on out for an after-school hike to the top of Sugarloaf Mountain. This 1.5-mile circuit hike has some kid-sized rock scrambles, and good views from the top. The trail is rocky and steep in places. If you would like, bring a picnic dinner to enjoy after the hike at the picnic area near the cars. This is designed as a family activity, so an adult must accompany children. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

28 (Wednesday)

👤 **HIKE - Midweek Hikers**

Location to be determined

See September 7 event for more information.

28 (Wednesday)

📅 **MEETING - Trail Leadership (District Managers) Vienna, VA**

This is the fall meeting of the trail leadership. We will start the meeting as soon as possible so those who drive a long way can get home at a reasonable hour. Trail leaders (District Managers, Trail Crew leaders, Workshop leaders, etc.) are asked to be prepared for the meeting (budget requests, tool needs, work schedules, etc). If you can't attend, send inputs to the Supervisor of Trails by e-mail by Sept. 21. INFO: Liles Creighton (kb3jmf@comcast.net) 410/573-0067.

29 (Thursday)

👤 **HIKE - In-Between Hikers**

Glen Echo, MD

Join us for a 9-10 mile moderate hike on the Glen Echo, Cabin John and C&O Canal trails. At end, take a free tour of Glen Echo Park and Clara Barton House. Joint hike with Sierra Club, MWROP. Start at 10:00 a.m., rain/shine. Bring water and lunch. No pets. INFO: Henri Comeau (henricomeau@aol.com) 703/451-7965.

October

1 (Saturday)

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.

1 (Saturday)

👤 **TRAIL WORK TRIP - South Mountaineers**

Appalachian Trail, MD

Newcomers always welcomed. The South Mountaineers have been working on the Appalachian and Catoctin Trails in Maryland for 12

years. Please bring lunch, water, gloves and boots. Tools and training are provided. Our work is fun, challenging and guaranteed to get your clothes dirty. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

1 (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 (Sunday)

👤 **HIKE - Sunday Hikers**

Appalachian Trail, MD

This one-way northbound hike will take us from Wolfsville Road, near the Cowall Shelter, past Buzzard Knob, to the views at High Rock, and finally down to the state line in Pen Mar. Distance is 10 miles, with an elevation gain of approx. 1800 feet. A great hike for the cooler fall weather! PATC map 5. We'll need volunteers to place cars at both ends of the hike. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

3 (Monday)

👤 **HIKE - Family Hike**

Great Falls, VA

Come join us for a 2-mile circuit hike. The trail is jogging-stroller passable. We will meet in the parking lot behind the visitor's center. Then we will hike up past the nature center, along the Paw Paw passage trail, past a pond, and down to the Potomac River. We will follow the Potomac Heritage Trail back to the visitor's center, where we will check out their animals, puzzles, and other activities. We will picnic along the way. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

4 (Tuesday)

👤 **HIKE - Vigorous Hikers**

Luray, VA

Camp Roosevelt Loop in GW National Forest. Enjoy Kennedy Peak, loop back on Stephen's Trail to Duncan Knob rock scramble. 15 miles and 3300 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

4 (Tuesday)

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

5 (Wednesday)

👤 **HIKE - Easy Hikers**

Bethesda, MD

5 easy miles walking through the woods of Cabin John Park. Meet at 10:15 a.m. at the parking lot by the Indoor Tennis Courts, 7777 Democracy Blvd. Directions: Coming on the Beltway from Virginia take I-270 North to the Democracy Blvd. West exit. The entrance to the parking lot is about 0.5 mile past Montgomery Mall. Bring lunch and water. INFO: Renee Schick (rs530@aol.com) 301/493-9525.

5 (Wednesday)

👤 **HIKE - Midweek Hikers**

Location to be determined

See September 7 event for more information.

5 (Wednesday)

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

8 (Saturday)

👤 **HIKE - North Chapter**

Newville, PA

Tuscarora Trail Hike VI: Blue Mountain section - Cowpens Rd. to Colonel Denning State Park / PA Rte 233. 8.5 miles-moderate hike. Elevation change of 1200 feet. This hike will take us into the second state park on the Tuscarora Trail, the Colonel Denning

State Park. We will descend into the park off of the Blue Mountain into a small valley. Should have some autumnal colors. INFO: Christopher Firme (bnc-firme@innernet.net) 717/794-2855 after 6:00 p.m.

8 - 9 (Saturday - Sunday)

👤 **TRAIL WORK TRIP - Cadillac Crew**

Gainesboro, VA

The Crew will continue building a new Millrace Trail that connects the Tuscarora Trail to the White Rocks Trail through Sleepy Creek WMA. Recent changes have added almost another mile to this project. This new trail will ultimately be part of a loop trail including Shockeys Knob Shelter and High Rocks view. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Margie Knott's Cabin. INFO: Jon or Katherine Rindt (jkrindt@shentel.net) 540/635-6351.

11 (Tuesday)

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

12 (Wednesday)

👤 **HIKE - Family Hike**

Round Hill, VA

Join us for an after-school hike on the A.T. This circuit hike will be about 2.5 miles long. We will hike up to Bear Rocks, where the young and young at heart can climb up, over, and all around the rocks. Then we will hike over to Bear's Den Hostel, around the historical trail, and back to the rocks. Feel free to bring a picnic dinner to enjoy on the rocks before we head back down to civilization. This hike is designed for all ages, infant and up, but the trail is not jogging-stroller passable. This is designed as a family activity, so an adult must accompany children. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

12 (Wednesday)

👤 **HIKE - Midweek Hikers**

Location to be determined

See September 7 event for more information.

12 (Wednesday)

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

15 (Saturday)

👤 **TRAIL WORK TRIP - Rock Creek Park**

Washington, DC

8:15 a.m. to noon. The fall in Rock Creek Park is outstanding, so the trail work must be magnificent. 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 (ken_ferebee@nps.gov) 202/895-6221.

15 (Saturday)

👤 **TRAIL WORK TRIP - South Mountaineers**

Appalachian Trail, MD

This is the perfect time of year to volunteer on our crews. Please bring lunch, water, gloves and boots. We meet in Frederick County, Md., at 9:00 a.m. The weather is good for working and the colors are simply gorgeous! Hope you can make it. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

15 (Saturday)

👤 **TRAIL WORK TRIP - Stonewall Brigade**

Woodstock, VA

Join the Stonewall Brigade to keep trails clear in one of PATC's least crowded and scenic districts - experience unnecessary, all tools and training provided. Join this group of interested volunteers who like to be outdoors making trails more enjoyable for others. Let us know you plan to attend so we know to expect you. The trip is subject to prevailing or forecast weather. Please check before going to the

FORECAST

meeting site. Visit:
www.patc.net/volunteer/trails/stonewall/stonewall.html. INFO: Hop Long (theFSLongs@comcast.net) 301/942-6177 or Jim Tomlin (jtomlin@helix.nih.gov).

15 (Saturday)

✂ TRAIL WORK TRIP – Yankee Clippers Tuscarora Trail, PA

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

15 – 16 (Saturday – Sunday)

🔪 CABIN WORK TRIP – Vining Tract Stanardsville, VA

Come join us on the Vining Tract for a weekend of cabin construction, maintenance and trail projects. The logs are in place at the new Butternut Cabin, and now it's time for chinking. We also have trails to build, and work to be done to keep Conley and Wineberry cabins in mint condition. Community meals. Overnight at Conley and Wineberry. INFO: Hugh Robinson (mes.htr@verizon.net) 703/525-8726.

15 – 16 (Saturday - Sunday)

🔪 CLASS – CPR / "On The Trail" First Aid Vienna, VA

9:00 a.m. – 5:00 p.m. This class provides American Heart Association certification in Adult, Child and Infant CPR. Day two, the students will be certified in First Aid, then move on to the "On The Trail" part, learning how to adapt to medical emergencies on the trail with the items you already carry in your pack. Cost of the class is \$90 for Trail Patrol members and \$110 for Non-Trail Patrol members. Pre-registration is required. INFO: Saleena DeVore (tp1staid@patc.net) 540/972-8394.

15 – 16 (Saturday – Sunday)

🔪 CLASS – Leave No Trace Trainers Course Pinnacles Research Station Cabin

Trail Patrol leads this field course teaching LNT skills and ethics. See ad on page 5 for more information. INFO: Mark Holland (TPLNT@patc.net) 540/636-3639.

15 – 16 (Saturday – Sunday)

🔪 HIKE – West Chapter Somerset, PA

Laurel Highlands Trail, Section 3; Laurel Ridge State Park Headquarters (PA Rte 643) to Kooser State Park. Car camp at Kooser State Park Saturday night. Hike will begin at 10:00 a.m. on Sunday. Moderate 19km (about 12 miles). Various activities available during the day on Saturday after setting up camp. If there is enough advance notification from participants a trip on Saturday to Frank Lloyd Wright's architectural wonder "Falling Water" will be scheduled. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

15 – 16 (Saturday – Sunday)

✂ TRAIL WORK TRIP – Acme Treadway Co. Gore, VA

Finale! We're going to finish the trail construction project giving the public access to the Tuscarora Trail north of The Pinnacle in western Virginia and we need YOU! If you've done any work on this project, you'll want to be there as we finish it. If you've never worked on the project, this is your last opportunity to contribute, and, your contribution will be significant. The leaves are turning, and the mountains are the place to be. In particular, this is the place to be, far from the leaf people crowding Shenandoah National Park and all other likely tourist destinations. INFO: Don White (trlbldr@comcast.net) 804/795-2914.

17 (Monday)

🔪 HIKE – Family Hike Leesburg, VA

Come explore the beautiful Rust Wildlife Sanctuary. We will hike down to a pond, through the woods and a meadow. This kid-paced hike will be about 1.5 miles long. The trail is jogging-stroller passable. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

18 (Tuesday)

🔪 HIKE – Vigorous Hikers Central District, Shenandoah National Park, VA

Ascend the Jones Mountain Trail to Bear Church Rock, continuing to Cat Knob, returning on the Fork Mountain, Staunton River Trail with options up to 18 miles and 4300 feet of elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

19 (Wednesday)

🔪 HIKE – Midweek Hikers

Location to be determined

See September 7 event for more information.

20 (Thursday)

🔪 HIKE – In-Between Hikers Great Falls, VA

A scenic and historic, moderate to fast paced 10-mile hike with a 5-mile option in Great Falls Park. Bring lunch/water. No pets. Joint hike with Sierra Club. Starting time is 10:00 a.m. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7965 or Ray Evert (Hikerdude22@msn.com) 703/893-3792.

22 (Saturday)

🔪 CLASS - Planning your Future Blackburn Trail Center, Round Hill, VA

Learn how you can help PATC while planning for your own financial future. Refreshments provided. 4:00 p.m., at Blackburn Trail Center. INFO: Pat Fankhauser (pfankhauser@patc.net) 703/242-0693 x17.

22 (Saturday)

🐷 SPECIAL EVENT – Blackburn Pig Roast Blackburn Trail Center, Round Hill, VA

PATC presents a family weekend and Cuban-styled pig roast. See page 7 of this issue for more information. INFO: Chris Brunton (trailbossbtc@msn.com) 703/924-0406.

25 (Tuesday)

🔪 HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA
Circuit hike in SNP up Pass Mountain Trail, then bushwhack down old Butterwood Branch Trail to Thornton River. 14 miles and 2800 foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

25 (Tuesday)

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

26 (Wednesday)

🔪 HIKE – Midweek Hikers

Location to be determined

See September 7 event for more information.

29 (Saturday)

🔪 HIKE – West Chapter

North District, Shenandoah National Park, VA
Appalachian Trail, North part of Section 2; Gravel Springs Gap to Elkwallow Picnic Area. 10 km (about 6 miles). INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

30 (Sunday)

✂ TRAIL WORK TRIP – West Chapter Frederick, MD

Gambrill State Park; Frederick, MD. Meet 10:00 a.m. at the Nature Center. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741. ☐

Visit PATC at an Event Near You!

PATC may be headed out to an area near you. We're setting up our display at several events to spread the word about who we are and what we do – as well as introducing potential new members to the Tuscarora Trail, Appalachian Trail, and other hiking trails. Come visit us and support the club!

Sept. 24 – Harpers Ferry, W.Va.

Enjoy the fall foliage at Hike Harpers Ferry. PATC will not only have a display, but Highacre will be a focal point in the day's activities: Trail Patrol will talk about Leave No Trace, SMRG will be there to talk about what they do and their equipment, and there will be five guided hikes to choose from. Leaving at 10:00 a.m.: Maryland Heights, Loudon Heights, Phyllis Whitney's Harpers Ferry, and leaving at 12:30 p.m.: C&O Canal Towpath, and Bolivar Heights historical hike. Hikes are limited to 10 people, so call for a reservation (304/535-2080) or show up at the HF National Historic Park and sign up there.

Oct. 1 – Frederick, Md.

Visit historic downtown Frederick. The main drag through town is closed to traffic for the day so people can wander around enjoying the music, activities, displays, food, and local stores. PATC will have a table in front of The Trail House – stop by and say hi! If you have never been in The Trail House, this is also a chance for you to say hi to Clyde and his staff who are big supporters of PATC.

Oct. 8 & 9 – Berkeley Springs, W.Va.

The 33rd Annual Apple Butter Festival is a nice stop before or after a hike on the Tuscarora Trail! Parade – apple butter making – kids' activities – Bluegrass/Dixieland Jazz/String Band – and when was the last time you got to enter a hog calling contest? All of this and more, including displays where PATC will have a table. Go to www.berkeley Springs.com/apple/ for more information.

October 14, 15, & 16 – Millwood, Va., (near Winchester)

Although the hot air balloons are the headliners, they are just the beginning of this unique three-day festival overflowing with children's activities, entertainment, artisans & crafters, antique fire engines and cars, Virginia wine tasting, and so much more. Stop by the PATC display and say hi! For more information, go to www.historiclongbranch.com/balloon-fest/balloon.htm. ☐

Bob Pickett's Appalachian Nature

With September comes the end of summer. Birds are migrating south, social bee colonies are collapsing, ground hogs are settling down for a long winter's sleep, fawns are losing their spots, and the bucks are rubbing off their velvet, getting ready for next month's rut. Ant colonies now produce winged males, who will mate with queens in large clouds of flying workers, males and queens.

Yet, the warmth of September tells us summer is still with us. The open fields and meadows support much seasonal activity. Flowers of the composite family, such as goldenrods, asters, and thistles dominate the scene. Gentians and lady's tresses orchids are found in the wet meadows of the higher elevations. Second broods of butterflies and moths still search for pollen, nectar, and mates. And the hard mast of oaks and hickories is being greedily downed by birds, insects, and mammals alike. Yes, nature is busily readying itself for the coming season of energy deficiency.

The forests abound with the common white wood aster and white snakeroot. It's also the prime time to search for ginseng in the forests, easily spotted by the bright red berries. The porcelain white berries of doll's eyes can also be found at this time.

One thing I look forward to at this time of the season is the massing of walking sticks. I've seen literally hundreds on a six-foot red cedar tree in old fields. More often, lesser numbers are found (or, more often, overlooked) in wooded environments. Of course, these large gregarious congregations are for the purpose of mating, with females dropping about 100 eggs from the shrubs onto the ground, where they will overwinter in the duff of the forest floor. Unlike most large insect families, only eight walking stick species exist in North America.

Cicada Season

September is the month for listening to grasshoppers, crickets, and katydids. These members of the Orthoptera Class number some 1,000 species in North America. Primitive insects, they have spent the summer molting through about five instar stages until this time when they metamorphose into adults. It is only at this time that they develop wings and sexual reproductive parts. The musical sounds of the crickets and the lower-pitched scraping sounds of the grasshoppers are made by the rubbing of the scraper of one front wing against the file on the other front wing. In the case of crickets, the songs are also warnings to other males to stay out of their territories. This aggressive attitude is so pervasive, it has led residents of Asia to raise fighting crickets as a sport.

The sounds of crickets are quite descriptive. There is even a CD recording of Orthopterans. The mating calls, made generally by males only, increase in pitch and speed as a function of increasing temperature. In fact, several of the species, including the common snowy tree cricket and field cricket, can be used to determine the temperature.

For the most part, grasshoppers, crickets, and katydids complete their life cycle in one year, overwintering as eggs. This is a far cry from the longest living insect, the 17th years cicada, which lives as a nymph on tree roots for seventeen years prior to their mass exodus. Of course, last spring was our region's opportunity to experience these wonders of the natural world. I have heard from a few people who heard the 17-year cicada this spring. It's not surprising that a few have genes that enable

them to emerge a year earlier or later. That's how nature adapts to environmental change.

Speaking of fall insect sounds, the annual cicada dominates the diurnal forest community. The name notwithstanding, this cicada we hear every year does not have a one-year cycle. They live on tree roots for about three years before metamorphosing into screaming adults. It's just that there are numbers that metamorphose every year, so we hear about a third of the total population every year.

If you're into astronomy, check Sept. 17 on your calendar. This is the full moon known as the Harvest Moon. I had always heard the moon rises about 51 minutes later each night, but I now know this is only the annual average. Take a look at the table below (taken from the NASA Science Web site). You'll see that the moon rises 70 minutes later each night in January, and only 30 minutes later at this Harvest Moon. This is a function of the small angle that the moon's path (ecliptic) makes with the eastern horizon in early autumn. Only at this time of the year do the Earth, sun, and moon line up so that the plane of the moon's orbit is at a low angle to the eastern horizon.

You may also notice that the moon seems to sit near the horizon for a long time. This is also a function of the low path of the moon's orbit at this time of the year. Near the spring equinox, the moon will rise in the Northeast at an angle of about 73 degrees, so it appears to rise very quickly. At this vernal equinox, the angle is only 27 degrees, thus, it appears to stay near the horizon for quite some time.

One more thing you might notice about our Harvest Moon. It often shows hues of orange and red. The reason for these hues is the same reason we have orange and red sunsets. It's all about the wavelengths of color as it comes from the sun. Blue has very short wavelengths while red has very long wavelengths. Having short wavelengths, the blue light will hit more particles in our atmosphere than the longer wavelengths of red. Thus, at sunset (or when the moon is near the horizon reflecting sunlight to earth) most of the blue wavelengths are scattered by the thick atmosphere's particles up into the sky. What we see are more of the longer red wavelengths, which are reflected less than the blue. This same phenomenon is responsible for our blue skies. The longer red waves come straight down to the earth, while the blues are bounced around in the sky, thus making up a larger proportion of the visible light rays in the daylight sky. □

POTOMAC APPALACHIAN

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TRAILHEAD

Any thoughts that this summer would be as reasonable as last summer were quickly dispelled by a hot! June and July. Just ask any overseer or crew member and you will hear tales of sweat and how refreshing that cold soda or beer was at the end of the day.

Heidi Forrest, PATC trails coordinator, reminds everyone that 2005 volunteer hours need to be submitted by the first of October so they can be reported to our government partners.

Spirits of Nicholson Hollow

It was National Trails Day, 2005. The Blue and White Crew was gathering to work on the Corbin Hollow Trail crossing of the Hughes River. There were enough workers to do the rock-moving job, so I decided to hike farther up the Nicholson Hollow Trail to attack a large blowdown that had been awaiting resolution since last summer.

Kisun Han agreed to go along. We walked past the Hot-Short Mountain Trailhead, crossed Hannah Run where it enters the Hughes River, and passed the Hannah Run Trail head where the Hughes River Church and School once stood. As we walked, we talked about the former home sites that we had visited when we had accompanied Bob Pickett and Steve Bair (SNP) on a historical hike a few months earlier.

A while after crossing the Hughes River and passing the former home site of Peter Nicholson, we spotted the objective. There was a large tree resting across the trail a couple feet above the treadway. It measured 26 inches by crude methods. The upper end of the trunk was supported by a large branch that seemed solid enough to prevent vertical movement. Sure enough, there was no noticeable compression. We made two cuts about four feet apart with relative ease. However, when we broke through with the second cut, the support branch broke and the tree fell to the ground pinning our newly cut section in a tight hold. What should have been an easy job suddenly became a major task. Having left the rock bars with the rock-moving crew, we tried using smaller logs for levers but to no avail. Additional cuts with a pruning saw allowed only slight movement, but not enough to solve the problem.

Then, we had a bit of luck. Down the trail from the Corbin Cabin came two hikers, father and son, we guessed. They stopped to acknowledge our trail work, so we explained what had happened. The elder hiker offered assistance and, after three attempts, as a group we were able to lift the offending obstruction up and out of its entrapment, clearing the trail.

We thanked the hikers and talked a bit about PATC and our trail maintenance work. As they departed, the elder hiker mentioned that his great-grandmother had lived in the Corbin Cabin, from which they had come, just up the trail from where we were working. She was Bertie Corbin, wife of George T. Corbin, whose mother was Mollie Nicholson Corbin, daughter of Aaron Nicholson, the famed "King" of Free-State Hollow as Nicholson Hollow, was also called. After Shenandoah National Park was created, the Corbin family moved out of the cabin and settled at the Ida Homesteads in Page County. Now it is one of the cabins that is maintained by PATC.

Somehow, getting help from the descendants of the Nicholson Clan on National Trails Day made me think that perhaps the spirits of



Photo by Kisun Han

Mel Ellis prepares to remove blowdown on Nicholson Hollow Trail where he and Kisun Han later were assisted by descendants of the Nicholson family who happened to pass by.

Nicholson Hollow are at peace with our using their former community. Perhaps they appreciate our keeping open the trails that once were the roads that connected their homes to the outside world. Spending National Trails Day in Nicholson Hollow, seeing archeological reminders of the former occupants, and then getting assistance from their descendants when it was most needed made it a special day on the trail for Kisun and me. — Mel Ellis, DM SNP Central Side Trails.

B & W Rock Apes Loose in the Wilderness

Renegade elements of the Blue and White Crew have gone to the next level of gear-ology with the acquisition of a Tirfor TU-28 Griphoist. Like the tale of the Billy Goats Gruff, this latest winch is the big brother of the venerable TU-17 used by trail crews everywhere. Selecting a washout-prone section of Upper Buck Hollow Trail to work on, Patrick Wilson, Dan Dueweke, John Hebbe, and Nathan Reiger set out with the new winch and a host of heavy metal accoutrements. Scaling up to the larger winch meant that all other gear needed to be sturdier: military surplus snatch block, thicker chain, bigger wire rope, etc. Use of daypacks was definitely out; this haul required freighter-frame packs to carry the load.

Arriving at the worksite, Patrick selected the largest rock he could find and trussed it up with a rock basket made from industrial alloy chain and inserted the snatch block for additional pulling power. Calling "Tension," Patrick signaled Dan to begin working the four-foot-long winch lever of the big hoist. Patrick, John, and Nathan then leaned into their rockbars, and the boulder began to move. Before long, it was set in place and back-filled with aggregate busted by sledgemeister Nathan. Retrieving his pocket level, Patrick certified that the combination single-rock waterbar and step landing was plumb to level within 0.0003 degrees of horizontal.

The crew added a few more rock steps to the project and called it a day. The walk up UBH was not quite a death march, but we felt every ounce of that Griphoist gear. Halfway up the trail to Skyline Drive, Dan startled a large timber rattlesnake off his log perch. The snake returned the favor

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Trailhead, from page 16

by stopping Dan in his tracks and causing the other close-following crew members to pancake into each other. Nathan, who was carrying only an empty water bottle, tip-toed around the log, saw that the snake was curled up away from the trail, and waved the others past.

The pulling power of the larger winch allowed us to move larger rocks faster and more easily. It also limited the disturbance to surrounding trail features in a wilderness area since we were able to pull the big boulders over existing stream rocks instead of having to pry open a drag path. Now if we could just get one of those PATC mules to haul all that gear.

Mud-wrestle On Little Stoney Creek Trail

In an attempt to improve drainage on Little Stoney Creek Trail on Great North Mountain, the PATC Stonewall Brigade trail crew played in mud on their July work trip. This was a very educational trip as the reason why some trail areas were goopy with mud while others remain perfectly dry had always been a mystery to hikers. Spending an extended time in one short stretch of trail allowed for observations not normally possible while breezing past. The dry sections of trail were the result of weathered sandstones forming a very sandy, well-drained soil. The muddy sections were atop weathering shale beds, which have a very high clay content, making an impermeable layer of viscous mud. An observer can imagine water below the surface percolating downhill until a clay layer was reached, then puddling and ponding on the surface. July 16 was sufficiently hot and humid that in between pick mattock and MacLeod work, we were permitted time to rest and imagine! Intrepid trail workers Catherine Kelleher, Nick Devoogdt, Jim Tomlin, and Hop Long improved the muddiest, lower half of Little Stoney Creek Trail, taking home about one-tenth of the tread on their pants and boots.

Volunteers from the National Institutes of Health Hiking Club pitched in with the co-leaders of the Stonewall Brigade to place a rustic footbridge in Great Falls, Md., on the Ford Mine Trail on June 25. Led by Mary Travaglini of The Nature Conservancy, a squared-off two-log footbridge was built to protect a water seep containing an endangered freshwater shrimp. A good-sized crew turned out to help move two logs of approximately a half-ton each, shape them to fit, and adjust them to be stable. Thanks to all who turned out, and a special thanks to the international contingent from NIH (YueYing from China, Kay from Germany, Nick from Belgium, and Catherine from Maryland).



Photo by Dan Duewiese

B&W Rock Ape Patrick Wilson rock-surfing on Upper Buck Hollow Trail with help from John Hebbe and Nathan Reiger.



Photo by Jon Rindt

Family of backpackers enjoying the fruits of another overseer's labors. Left to right, Isabel (8), Linda, Ryan (13), Meghan (11), and Michael.

Hoodlums Meet Editor And Family

The North District Hoodlums split into two crews on their July work trip with one crew rebuilding rock steps on the Elkwallow trail and the second crew cutting sidehill and building new waterbars on the AT just south of Compton Springs. It was a work trip filled with club luminaries. Not only did Jon and Katherine Rindt of Cadillac Crew fame join us for the weekend, but lo-and-behold in the middle of tread work on Compton Peak, who should appear on the trail but Linda Shannon-Beaver, *PA* editor who was section-hiking with her family. Small world! Afterwards, the crew retired to Indian Run hut where thunder and lightning threatened, but never crashed the summer BBQ grill-fest and party.

Costa Ricans Learn From B & W

The Blue and White Crew hosted Costa Rican conservationists, Adilio Zeledon Meza and Ivan Calderon Mesen, on its July work trip. Adilio and Ivan work in the El Cornelio Nature Preserve and hope to add/upgrade hiking trails in the park. Blue and White Sergeant-at-Arms Mark Holland arranged for their visit to the D.C. area, so that they could see PATC trail construction methods (among other sites). The July crew turnout was excellent (over 25 hearty volunteers). On Saturday, the crew rebuilt the upper section of the Cedar Run Trail, regrading the trail and installing erosion control devices. Sunday projects included the installation of log steps at an AT switchback, near Jewell Hollow, and a winch project in the same vicinity. Photos from the July trip are viewable at www.blueandwhitecrew.org. Mark has built a Web site for the El Cornelio Preserve: www.fundecoa.org.

SNP South District AT

DM Dennis DeSilvey reports another busy month of weed cutting. The growth this summer is much more lush than usual and takes only about three weeks to return to nasty status. Able crews, overseers, and an occasional DM have been working on the trouble spots.

A word to the wise regarding dogs in the park – Dennis and his dog Beinn had a discussion with the ranger one weekend. Beinn was romping in the parking area. Suffice it to say that there will be stepped up enforcement of the leash rule in the park. The new superintendent is very much against dogs in the wilderness, and, if we don't want to end

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Trailhead, from page 17

up with a no-dog rule, we had better put our best friend on a leash. Finally, a word on the care and feeding of overseers – he doesn't think that there is any overseer who sets out to not take care of his or her trail. Every trail has, at some point, overwhelmed the overseer, and at those times we should all pitch in to help. There are a number of opportunities for "pitching in" in the South District.

Roller Coaster Project

A section of the AT south of Blackburn Trail Center is noted for its ups and downs and is called the Roller Coaster. To deal with erosion on this section, DM Chris Brunton combined an Eagle Scout project (BSA Troop 142, Leetown, W.Va.) with help from students and leaders from the Chesapeake Bay Foundation. On July 23, a crew of eight scouts started work at 7:00 a.m. and were soon joined by 17 volunteers from the foundation. By early afternoon 27 steps and waterbars had been complete. Chris really appreciated the great job by a very hard-working group.

Heather and the Bear

I saw a bear today eating heartily at the raspberry-blackberry thicket at the end of trail near the Schairer Cabin. I made a lot of noise to scare it off, but it was rather slow leaving. It never bolted into the woods as bears often do. The bear seemed to be perhaps a year old. I



Photo by Ray Smith

Proud workers line up on steps and check dams built for Ray Smith's Eagle Scout project on the 'Roller Coaster' section of the AT.

did not stick around to find out if a mother bear was in the vicinity. It might be the young bear is no longer with mama bear, having been kicked out of the den because new cubs are with mama; it might be the young bear is still with mama, but mama was in the woods not too far away. My guess is that bears are likely to frequent the cabin area in the next weeks because the thicket is replete with ripening berries, so renters beware. If there is a work crew due to use the cabin in the next

fortnight, that crew might want to be alert as well. Having sampled a couple of raspberries myself, I can understand why the bear was reluctant to leave. – Heather Warren, Eaton Hollow Trail Overseer

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

Mushrooms, from page 9

Turkey Tail, known as Yun Zhi or "cloud mushroom" in China, is probably the most thoroughly studied of the medicinal fungi, as it is among the most widely used in East Asian medicines. In traditional Chinese herbalism, the fruit bodies are harvested and ground to a powder to make a tea that was used to reduce phlegm, treat pulmonary maladies, and promote a healthy liver. The Ming dynasty version of the pharmacopoeia provides that if the Yun Zhi is taken over a long period of time, "it will make one vigorous and live long." In the modern era, *T. versicolor*-derived protein-bound polysaccharide (PSK) has been shown clinically to be effective against human cancers, particularly when used in combination with other agents. A 1982 study of cervical cancer patients given PSK with radiation found that the three-year survival rate was 85 percent compared with 59 percent for those given radiation without PSK.

Ganoderma lucidum is known in China as Ling Zhi, which means mushroom of immortality. The Latin name *lucidum* refers to the coruscating, varnish-like shine of the fruiting body when it first emerges from the side of a tree. It has been used in Chinese and Japanese folk medicine for at least four millennia in the treatment of age-related maladies such as heart disease, hypertension, and chronic bronchitis so as to increase longevity. It was considered so powerful that it was used as a talisman to protect individuals and homes from evil spirits. In the last 30 years, it has been used in numerous human clinical studies to treat insomnia, duodenal ulcers, progressive muscular dystrophy, diabetes, and Alzheimer's disease. Its efficacy in treating bronchitis was demon-

strated in the 1970s when 75 percent of 2,000 patients showed marked improvement after two weeks of therapy.

Shiitake mushrooms are named for their association with the Asian shiia tree; the Latin species name *edodes* refers to their edibility. They grow wild in Japan and China but are not indigenous to North America; their widespread availability is due to facile cultivation. They are second only to the *Agaricus bisporus* in commercial production. The two most important medicinal derivatives of the Shiitake are LEM (*Lentinula edodes* mycelium extract) and lentinan. Both chemicals have strong anti-tumor properties by enhancing the body's immune system rather than attacking the cancer directly. There have been innumerable clinical trials of the shiitake. For example, a controlled trial of 275 patients with advanced gastric cancer showed that those given lentinan with chemotherapy had statistically improved longevity and improved immune response. A group of Japanese women who ate 90 grams of shiitake mushrooms daily for one week had a 12 percent drop in serum cholesterol.

Fungus as pharmaceutical is a bit antithetical to the prevailing wisdom that wild mushrooms are deadly toadstools. Few stop to consider the source of penicillin, even as it established the idea of "miracle drug" that we have come to expect when we are sick. But tastes change as time proceeds. Instead of taking two aspirin and going to bed, perhaps in the future you may sit down to a meal of shiitakes with a turkey tail on the side. □

—William Needham

VOLUNTEER OPPORTUNITIES

Who's Minding the Store? You Can!!!

PATC is looking for a new chair of the Sales Committee. Duties would include: advise and supervise paid and volunteer sales staff, help with inventory of all PATC publications, establish sales policy and publication pricing, work closely with publication and maps committees to target future updates and publications. Anyone interested in this position please contact: Lee Sheaffer, Vice President-Volunteerism (thumpers@visuallink.com) 540/955-0736.

Computer Help Wanted

Don't want to get your hands dirty? If not there's still a way to help your club. If you're computer savvy, think about assisting PATC in planning and maintaining its information technology system. We've bought new computers and need members' expertise in bringing the club into the 21st century.

If you have any of the following skills and are interested and available, please contact Vice President for Operations Bruce Glendening at info@patc.net for further information.

We are in search of professional programmers with training and skills in the following:

<i>Microsoft Access</i>	<i>Small Business Server 2003</i>	<i>Exchange 2003</i>
<i>HTML</i>	<i>Networking in general</i>	<i>Webmaster</i>
<i>ASP</i>	<i>MS-SQL Server</i>	

TRAIL OVERSEER DISCOUNTS

PATC OVERSEERS GET DISCOUNTS from the following merchants who support our volunteer programs: Blue Ridge Mountain Sports (Charlottesville, Tidewater) – 20%, Hudson Trail Outfitters (Metro D.C.) – 20%, 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%, The Outfitter at Harpers Ferry – 15%, and the sole source (Harrisonburg) – 10%. Check the back page of the *PA* for the latest trail, cabin, and shelter overseer opportunities. All PATC members receive a 10% discount from Blue Ridge Mountain Sports. Be sure to have your membership ID or overseer ID ready when you shop.

HIKING ENTHUSIAST SOUGHT for role as Scoutmaster of outdoors-focused Boy Scout Troop 97 in Silver Spring, Md. More info? Contact Jim Van Cott: (301/565-0486) CJPVAVC@yahoo.com.

VOLUNTEER AS A TRAIL TALKER
Share your joy of hiking and spread the word about PATC at an event near you! As a Trail Talker, we ask you to share PATC's mission with visitors. Let people know about the important role PATC plays preserving hiking trails and trail lands, which includes: trail maintenance, guided hikes, making maps and guide books, rental cabins, etc. Through you, we will be able to extend our outreach and membership efforts. To volunteer or for more information, contact: Jane Thompson, PATC Supervisor of Information, Education, and Activities (jayteehike@yahoo.com) 301/349-2496.

PATC Swap Meet

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

HIKING PARTNERSHIPS

FLORIDA ESCAPE? For winter hiking without mountains, snow, ice, or freezing rain, take off a week or two in February/March 2006 to join a PATC life member and AT 2000-miler, George Meek (Poet), on a section of the Florida Trail, beginning a couple of hours' drive south of Orlando. For information on the FT check out www.florida-trail.org. Contact: (george@meekconsulting.com) 703/875-3021.

I live in Gaithersburg, Md., and am looking for hiking and camping buddies within 120 miles of the DC area. I am 29 and willing to hike/camp anywhere. I also have a dual propane stove that I am giving away. Any takers? Contact Jeffrey Scott (knight_1_nu@yahoo.com) 301/466-3373.

LOST AND FOUND

Found: Phone Charger Travel Adapter found in the Shenandoah Room at Highacre May 9, 2005. The owner can call Pat Fankhauser at 703/242-0693, Ext. 17 to claim it. After 60 days, it will be discarded.

Trail, Shelter, and Corridor Overseers / Monitors Wanted

CORRIDOR MONITOR OPENINGS

Tom Lupp, 301/271-7340

tlupp@erols.com

Shannondale [near Blackburn] -VA -
PATC Map 7

Wilson Gap -VA - PATC Map 7

Bear Den Rocks -VA - PATC Map 7

Ashby Gap South -VA - PATC Map 8

VOLUNTEERS NEEDED FOR THE SHELTER CREW IN MD

Rod Hollow Shelter - Northern VA - Map 8

Dicks Dome Shelter - Northern VA - Map 8

Henry Horn, 301/498-8254

ATHike@aol.com

TRAILS OPEN

Contact the District Manager for the section
that interests you.

Pennsylvania Maps 2-3, 4, J, & K

Opportunity to work long hours with no pay
or benefits. Generous allowance of blisters,
stinging/biting insects, and poisonous plants.
Special provision for rain and mud. Little or
no supervision. Work hours optional.

Location somewhere on the Tuscarora Trail
in Pennsylvania. No certification from your
doctor or hospital required.

Pete Brown 410/343-1140

peter.brown4@worldnet.att.net

PA Tuscarora Trail [J] - Co-overseer

Hemlock Road to Mountain Rd (4.9 miles)

PA Tuscarora Trail [J] - Co-overseer

Bill Miller Trail to Cowpens Rd (4.7 miles)

PA Tuscarora Trail [J] - Co-overseer

Cowans Gap State Park to US 30 (6.7 miles)

PA Tuscarora Trail [J] - Co-overseer

PA 233 to Bill Miller Trail (3.9 miles)

PA Tuscarora Trail [J] - Co-overseer

US 30 to PA Rte. 16 (1.9 miles)

HARPERS FERRY/ASHBY GAP AT & BLUE- BLAZED - MAP 7 & 8

Chris Brunton, 703/924-0406

trailbossbtc@msn.com

Appalachian Trail

Loudoun Heights Trail to Powerline
(2.3 miles)

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

Lloyd Parriott, 540/622-2743

laparriott@hotmail.com

Appalachian Trail

VA 55 to VA 638 (2.1 mile)

Barking Dog Trail

AT to Barking Dog Spring/Rte 604
(0.3 miles)

SNP NORTH DISTRICT APPALACHIAN TRAIL - MAP 9

Dick Dugan, H 304/856-3511

rdugan@frontiernet.net

Appalachian Trail

Beahms Gap to Pass Mountain Hut Trail
(1.9 miles)

SNP NORTH DISTRICT BLUE-BLAZED - MAP 9

Peter Harris, 540/349-2595

peter.harris@lmco.com

Thornton River Trail (upper)

AT to Skyline Drive (0.3 miles)

Thornton River Trail (lower) Co-overseer

Skyline Drive to Hull School Trail (2.9
mile)

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

Dan Dueueke, 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.

SNP CENTRAL BLUE-BLAZED [SOUTH END]- MAP 10

Steve Paull, 703/361-3869

stevepaull@yahoo.com

Lower Hawksbill Trail

Hawksbill Mt. To Hawksbill Gap (0.9 miles)

Salamander Trail

Hawksbill Summit to AT (0.7 miles)

Entry Run Trail (lower)

John s Rest Access Road to Park Boundary
(1.7 miles)

Entry Run Trail (Upper)

Park Boundary to Pocosin Fire Road
(0.8 miles)

TUSCARORA CENTRAL - MAP L

Walt Smith, 540/678-0423

wsmith@visuallink.com

Tuscarora Trail

Yellow Spring Road to Capon Springs Road

Tuscarora Trail

Southern Rockfield to Pinnacle Powerline
(2.3 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)

Big Schloss Cutoff Trail

Mill Mountain Trail to FR 92 (1.9 miles)

BULL RUN OCCOQUAN TRAIL

Dave Fellers, 703/560-2171

Fellers_2000@excite.com

Bull Run-Occoquan Trail

Soccer Fields to Bull Run Marina (2.0
miles)



The Potomac Appalachian

118 Park Street
Vienna, VA 22180-4609

Telephone: 703/242-0315

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