

# NEWSLETTER

101 N. Front St.  
Harrisburg, PA 17101  
[www.kta-hike.org](http://www.kta-hike.org)



Serving Pennsylvania's Hikers Since 1956

May 2008

*We not only build and maintain trails, we hike them too!*

## Just Off The Press:

### *Pennsylvania Hiking Trails, 13th ed.*

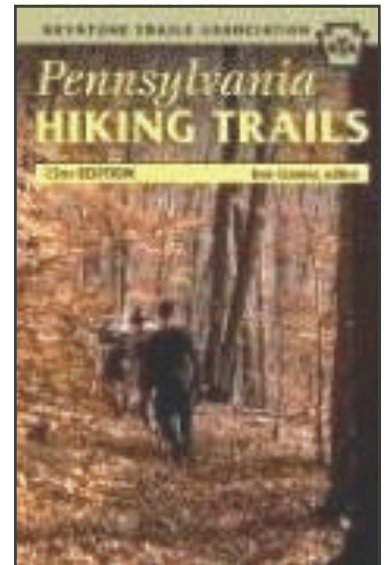
The thirteenth edition of *Pennsylvania Hiking Trails*, KTA's comprehensive statewide guide to hiking opportunities in the Commonwealth, is "hot off the press." The 256 page book, with 29 maps and eight pages of color photographs, is available either by mail from the KTA Harrisburg office or at book and outdoor stores throughout the state.

Edited by Ben Cramer of State College, this edition is dedicated to the many hundreds of volunteers who collectively contribute more than 30,000 hours each year to build and maintain the state's wonderful hiking trails.

The guide divides the state into nine regions and identifies the diverse hiking opportunities in each area. There is also a chapter devoted to the state's long distance trails.

Both novice hikers looking for convenient scenic footpaths and experienced trampers seeking suggestions for rugged secluded wilderness treks will find this book useful. Trail descriptions, directions to trailheads, terrain, special features, and contact information for each trail or hiking area is included.

Retail price is \$16.95; the discount price for KTA members is \$14.95.



*Keystone Trails Association  
Preserving Pennsylvania's Footpaths*

## 5th Annual Prowl the Sproul Hiking Weekend July 18-20

Hike, Kayak  
Sit by the fire  
See Newsletter Insert for  
Complete Details and  
Registration Form

## 7th Annual Pennsylvania Hiking Week May 24 - June 1

Check the KTA web-site [www.kta-hike.org](http://www.kta-hike.org) for a listing of member club hikes across the Commonwealth during Pennsylvania Hiking Week.

Hikes featured during this week are short and long, easy and boot busters. Find your physical challenge, add in scenic beauty, varied terrain, some history and you've found the formula for a great hike.

Pennsylvania Hiking Week is jointly sponsored by KTA and the PA Dept. of Conservation and Natural Resources.

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This newsletter is published four times a year as a service to its members by Keystone Trails Association. Deadlines for submitting material are 1/1, 4/1, 7/1 and 10/1. Opinions expressed are those of the listed authors. The Editors encourage submissions reflecting all viewpoints for publication, but reserve the right to edit for reasons of space or to prevent violent confrontation. You are encouraged to submit your material on disc or via e-mail.

New members are always welcome. A membership application is located on the page 16.

**KEYSTONE TRAILS ASSOCIATION**

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**2008 Trail Care Schedule**

Trail Care weekends begin Friday evening at the designated campsite. A full day of trail work on Saturday is followed by an evening of campfire sociability and possibly a meal out at a local restaurant (Dutch treat). After a morning of additional trail work, the weekend concludes about noon on Sunday. If you can't spare an entire weekend, you can join the group for whatever portion is convenient. No experience or special skills are required. Tools and work gloves will be provided. **Contact the trip leader to register for Trail Care weekends.**

**May 9-11 – Chuck Keiper Trail**  
Leader: Rich Scanlon – 717-994-6212  
Camp at Coon Run Road at the old CCC Camp.

**July 11-13 – Mid State Trail—State College Region**  
Leader: Tom Thwaites – 814-237-7703  
Camp at Greenwood Furnace State Park.

**August 15-17 – Baker Trail**  
Leader: Patty Brunner – 724-325-3224  
Camp in Allegheny National Forest.

**Sept. 5-7 – Goat Hill in the Serpen-**

**fine Barrens, Chester County**  
Leader: Joe Healey – 570-655-4979  
Camp to be announced.

**Sept. 12-14 – Thunder Swamp Trail**  
Leader: John Motz—570-236-1462  
Camp at Promised Land State Park.

**Oct. 24-26 – Mid State Trail—Everett Region**  
Leader: Deb Dunkle – 814-652-2227  
Camp at Tenley Park in Everett.

**Nov. 7-9 – Quehanna Trail**  
Leader: Ralph Seeley – 814-355-2933  
Camp at Parker Dam SP in cabins.

**2008 Summer Crew Schedule**

Crews assemble on Tuesday evening for dinner and orientation and work all day Wednesday thru Saturday, and a half-day on Sunday. KTA provides a place to camp, meals, tools, work gloves, safety equipment, and instruction by crew leaders. Volunteers are accepted for one day, a weekend, all week, or the entire crew season. There are tasks for everyone.

**For a crew application, contact Joe Healey, 93 Cedarwood Drive, Laffin, PA 18702, phone 570-655-4979, or email [jnlhealey@aol.com](mailto:jnlhealey@aol.com).**

**Week 1**  
**June 3-8 – Pinchot Trail**  
Leader: Joe Healey – 570-655-4979  
Camp at Manny Gordon Picnic Area.

**Week 2**  
**June 10-15 – Donut Hole Trail**  
Leaders: Joe Healey - 570-655-4979 & Rich Scanlon – 717-994-6212  
Camp at Western Clinton Sportsmen's Association.

**Week 3**  
**June 17-23 – Mid State Trail, Tioga Region**  
Leader: Pete Fleszar – 717-583-2093  
Camp at Hills Creek State Park.



**Cook/Cooks Needed!**

We need a cook or cooks for the first and third weeks of the Summer Crew. The cook is responsible for planning the menus (sample menus from previous years available), purchasing groceries and supplies, and preparing five breakfasts and five dinners (Tuesday evening through Sunday breakfast) for approximately 20 people. Gourmet meals are not required; hungry trail workers appreciate the meals prepared for them and will eat anything (and everything). Cook for one week or both weeks. Contact Joe Healey at the address above for more details.



# *PRESIDENT'S MESSAGE*

Another page has been turned in the history of KTA.

The Executive Director Search Committee, Rick Carlson, Charles Glanville, Tom Kelliher, Norm LaCasse and I, interviewed candidates for the position of Executive Director due to the resignation of Paul Shaw. Although Paul resigned at the end of February, he isn't leaving KTA. He will return as a Board member in October. We wish him well in his new career.

**We welcome our 2<sup>nd</sup> Executive Director, Curt Ashenfelter** of Boiling Springs. (No I never met him - there are 5,000 people in Monroe Township). Curt's message to our membership is printed on page 5.

During the interim period, board members stepped up to the plate to follow up on issues such as Sunday Hunting, Game Commission funding, motorized trespass, and the Pennsylvania A.T. Act. We are participating on the steering committee for the fall Greenway Summit in the Poconos on threatened links (EHT) on hiking trails, and completed preparations for the May 17<sup>th</sup> Endangered Hiking Trails Workshop. Contacts continue with PATC and a land trust to relocate sections of the Tuscarora Trail off the road. The issues with The Young Woman Creek Bridge design on the Susquehannock Trail have been resolved and the bridge project will move forward.

Volunteer trail work hours (needed for grant matches) continue to be submitted. The totals will be available soon.

Improvements to the website are ongoing and new items, events and information are added and removed on a timely basis. A new project is in the works to allow credit card sales.

Many members indicated in our November survey that they were interested in naming KTA in their will and we are reaching out to these members in our Heritage Program. We are grateful for the gifts that sustain our organization.

On April 25, our most recent consolidated grant was submitted to DCNR. We are looking forward to receiving funds from previous grants.

Member clubs have submitted hikes to support Pennsylvania Hiking Week. They are doing a great job. Hikes are diverse and spread over the state.

Preparations are complete for the Fifth annual Prowl the Sproul Weekend, July 17-18. Check the insert in this newsletter.

I hope that you have had the opportunity to purchase the 13<sup>th</sup> edition of the *Pennsylvania Hiking Trails* book. Definitely, you will want a copy. This book is written by and dedicated to the volunteers who are the heart and soul of KTA.

I thank the Board of Directors and our staff for going the extra mile during the six week interim. Their input has been invaluable to me during the transition period. I am very grateful for the time they have put into preserving trails. The momentum continues and we are moving forward.

Get outdoors and protect your favorite trail.

Thyra

## KTA News

### Heritage Society Has Nine Members

By Charles Glanville

President Thyra Sperry recently reported that so far nine members of the Keystone Trails Association have joined our Heritage Society. The Society recognizes persons who have included the Association in their estate plans with a commitment of at least \$5,000.

Along with Thyra herself, the nine include Charles Glanville, Tom Kelliher, Paul Sanford, Mike and Cathy Sausser, Bruce Simons, Tom Thwaites, and a member who wishes to remain anonymous.

President Sperry also reported that approximately one hundred respondents to the membership questionnaire distributed last fall (out of almost 300 replies) indicated that they would consider making a gift in their will to KTA. Thyra is in the process of writing personally to each one of these respondents.



Members who have included KTA in their estate plans (by way, for example, of an insurance policy, a charitable remainder trust, or a bequest) find that they receive a great sense of satisfaction in knowing that, long after they are no longer here, a portion of their accumulated assets will continue to aid the Association in accomplishing its mission of protecting, promoting, and preserving hiking trails and hiking opportunities in Pennsylvania.

If you would like more information about including the Association in your estate plans, please get in touch with me at 105 Lydia Lane, West Chester, PA. 19382 or [glanvillehike@aol.com](mailto:glanvillehike@aol.com).

### EHT Seminar To Address Trail Protection Issues

The Endangered Hiking Trail Seminar, to be held May 17 in Harrisburg, is a first step by KTA to assist trail club volunteers to acquire the training and knowledge that will enable them to work with landowners to obtain the more permanent access that will protect hiking trails that cross private property.

Following the seminar, participants will begin the long process of building and strengthening landowner relationships along their trails. KTA volunteers and staff will provide ongoing support and additional training as needed.

If you missed this year's seminar, now is the time to plan to join the program in 2009. KTA is recruiting our next group of volunteers. If you are interested, contact John Stein at [steinhike@cs.com](mailto:steinhike@cs.com).

The following seven footpaths have been formally recognized by KTA Council as endangered:

- Baker Trail
- Conestoga Trail
- Horse-Shoe Trail
- Mason-Dixon Trail
- Mid State Trail
- Standing Stone Trail
- Warrior Trail

### New Board Member Appointed

Jeffrey Mitchell of Tunkhannock has joined the KTA Board of Directors to fill the seat vacated by a resignation last year. A lawyer in general practice, Jeff is an avid hiker and backpacker who has written several hiking guidebooks. Jeff is a member of the Standing Stone Trail Club and the Mid State Trail Association, where he volunteers as a trail maintainer. The term of office of the Board seat that Jeff is filling expires in October.

### 2008 Nominating Committee

As required by the KTA Bylaws, President Sperry has appointed the 2008 Nominating Committee. Members are Ed Lawrence (Chair), Orangeville; Joe Clark, Mount Union; Carl Davis, Wellsboro; Lorraine Healey, Laflin; and Elwood Loudenslager, Trout Run.

In even numbered years, the Nominating Committee is responsible for presenting KTA Council with a list of qualified candidates for open seats on the Board of Directors and creating a slate of officers for the Association.

### *Donors to the Annual Appeal*

Contributions to the annual appeal received by publication deadline totaled over \$5,950. Contributors are:

**Christopher D. Anderson, Jean Aron, Derry Bernath, Robert L. Best, Michael H Borovicka, Jeffrey C. Brethauer, Mary Jo Brown, Shawna M. Burger, Kevin Busko, Everett Cassel, Mark H. Christy, Charles D. Connor & family, Hugh S. Downing, Ellen M. Draeger & Thomas Imke, Carol Easter, George E. & Sally Farley, Joanne Fassbender, Paul Feighner, Harry W. Fenton & family, Scot M. Fleischman, Henry Frank, George F. Gardner, Charles A. Granville & Elizabeth Brecht, William P. Gray, Keith B. Groff, Wayne E. & Shirley E. Gross, Marshall Hamilton, George Henry, Richard H. Hiemenz, Charles F. Hysek, Cass Janco, Beth E. Jones, Peter A. Kaufman, Phil Keener, Donald H. Kirkland, Norman L. Lacasse, Edward Lawrence, Mark A. Lilly, Helen Marquard, Daniel W. McKenna, James F. Morsher, John H. Motz, Susan Murawski, M. Virginia Musser, Molly O'Brien, Diane L. Paxson, William R. Pearson, Claus G. Petersen, Jack Peth, Mary E. Pitzer, Lorrie A. & Bob Preston, Grant E. Printz, Elizabeth S. Rigg, John C. Robbins III, Patricia Robinson, Joseph R. Romanosky, Donald J. Rodomanski, Thomas C. Ruppel, Paul E. Sanford, Michael A. Sausser, Ralph M. Seeley & Colina L. Jordan-Seeley, Mary Beth Sellers, John B. Seville, William D. Shaffer, John H. Shissler, Kathleen Sieminski, Bruce M. Simons & family, Ronald D. Small, Mark J. Snyder, William H. & Mary Jane Snyder, David N. Speranza, Thyra C. Sperry, John E. Springman, John W. Stein, Eugene A. Stohrer & family, Thomas R. Stott, Gregory R. Strine, Steve Stroman, Raymond J. Swingholm, Judith W. Tanner, Herman G. Tease, Stuart R. Thompson, Thomas T. Thwaites, George D. Van Rossum, Barbara VanHorn, Ernest W. Werstler Jr & Jane Huston, Malcolm L. White, Charles H. Wolfinger, Mary Young, John & Pat Zinn**

## KTA News

### Meet Curt Ashenfelter, New Executive Director An Introductory Message

By Curt Ashenfelter

I first became acquainted with the Keystone Trails Association in 1987 when I bought the little orange Appalachian Trail Guide Book and black and white trail maps. I read the book from cover to cover, poured over the maps and started to hike the trail from the Maryland line to the Lehigh River over and over and over for more than 20 years.

I have also hiked the Tuscarora Trail, the Standing Stone Trail and the West Rim Trail. I have helped maintain the Appalachian Trail at the Conodoguinet Creek, repairing the wooden walkways south of the stream and putting gravel in low lying areas on the trail north of the stream. My favorite area to hike is in Pine Grove State Park and the White Rocks south of Boiling Springs.

I accepted the position as your new Executive Director because KTA has unlimited potential to successfully represent and advocate the interests of the Pennsylvania hiking community. I believe in your vision that KTA can contribute to ensuring that future generations will enjoy opportunities for recreation along hiking trails. Together we can influence state and local government policy in support of hiking trails.

I began my career in communications in state government with the Department of Agriculture, the Department of the Commonwealth and the State Police. My background in communications and state government will help our efforts for KTA to increase our visibility with state agencies, hikers and the general public as Pennsylvania's leading volunteer organization for acquiring and protecting trail corridors and for designing, building and maintaining hiking trails.

The second phase of my career was in the private sector as a Director of Business Development. I believe those same skill sets can help KTA contribute to the mentoring and recruitment of a new generation of hikers and help to increase the membership in state hiking clubs and organizations.

I love the outdoors. My son recently hiked the Appalachian Trail from Maine to Georgia. I enjoy working with volunteers. With your support we can increase the public's awareness and appreciation of hiking as a healthy, low-impact and family oriented activity to experience the natural environment.

I look forward to meeting you on the trail.



*[Ed. Note: Paul Shaw, KTA's first executive director, resigned at the end of February to accept a position as the National Sales Director for Stackpole Books of Mechanicsburg. Curt began work on April 7.]*

### Upcoming KTA Meetings and Events

- May 17 — Endangered Hiking Trail Seminar, Harrisburg, PA**
- May 24-June 1 — PA Hiking Week**
- June 28 — Board Meeting, Harrisburg, PA**
- July 18-20 — Prowl the Sproul, Hyner, PA**
- September 26-28 — Annual Meeting, Pocono Environmental Education Center, Dingman's Ferry, PA**
- September 28-30 Greenways and Trails Summit, Inn at Pocono Manor, Pocono Manor, PA (KTA is a sponsor)**

**For the dates of 2008 Trail Care/Crew events, see page 2**

**Deceased Member**  
**George Ely**  
*Mechanicsburg PA*

### Fall Meeting to be Held at PEEC Hike with KTA Sep. 26-28

Join KTA to hike the Delaware Water Gap Recreational Area within the Delaware Water Gap National Recreation Area. This is a special place for hikers and their families, birders, photographers, and plant lovers who are interested in learning more about the natural world in a beautiful and informal setting.

The Pocono Environmental Education Center's mission is to enhance environmental awareness, and their center is in close proximity to a quarter of a million acres of public lands, including the National Recreation Area, state parks, forests and game lands.

Explore shady hemlock gorges, the scenic Delaware River, diverse lowland and upland forests, rushing waterfalls and streams, unique flora and fauna found in boreal bogs, a quarry containing 400 million year-old fossils, and ponds teeming with insects and amphibian life.

Camp, bring your RV, or stay in a cabin or yurt. Don't miss this enjoyable outdoor experience with KTA.



## Along Our Trails

### Horse-Shoe Trail

#### Hiker Alerts

In Charlestown Township, Chester County, at Green Lane, the trail has been relocated off the road into the woods, courtesy of Rainbow's End Farm.

In March, thanks to the Corbett family, 24 H-STC volunteers built a new trail section between the Birdsboro Watershed and Mullen Hollow Road. Hikers should note that there is no parking on Mullen Hollow Road.

In Lebanon County, two road signs have been removed: at mile 14.7, the Military Road sign at the turn into the field and at mile 14.9, the Baumgardner Road sign.

### Mason-Dixon Trail

#### York County Effort To Get Trail Off Roads

Former M-DTS President Jim Hooper and Jennifer Heisey from the Appalachian Mountain Club attended meetings with officials from Conowago, Carroll, and East Manchester Townships, York County, to discuss moving the M-DT off roads and sharing the new route with the Highland Trail.

#### Carpenter SP Section to be Closed

Bob Bennett and Yvonne Blades met with the Dave Bartoo, Trails Manager for Delaware State Parks, to discuss the impending closure, perhaps later this year, of many of the trails in Walter S. Carpenter State Park. The trails are badly eroded due to increasing usage and poor construction on steep hillsides, and the Park plans to redesign the trail system. The State Parks Administration is suggesting that the M-DT be routed along the stream using the Pomeroy Rail Trail System. The M-DTS will study a major re-route in the area, more closely following the Mason-Dixon line in this area and taking advantage of the extensive open space in the Fair Hill Natural Area.

### Mid State Trail

#### Detweiler Valley Hiker Alert

Dominion will be installing a new pipeline in Detweiler Valley this season. This will involve digging a deep trench that will be difficult or impossible for hikers to cross. Presumably, Detweiler Road will not be severed. In that case, the road could be used to cross the trench. Detweiler Road can be reached from the MST via the Axehandle and Riechley Trails, as well as the pipeline swath itself.

### North Country Trail

**Richard Lutz** is the new PA State Trail Coordinator for the North Country Trail Association

#### Annual Conference

The NCTA annual conference will be held August 7-10 at Cazenovia College in New York. The conference will be hosted by the combined efforts of the Central NY Chapter of NCTA, the Adirondack Mountain Club-Onondaga Chapter, and the Finger Lakes Trail Conference. Scheduled hikes will retrace ancestral footsteps in the region and programs will reflect the area's historic crossroads; other activities include tours, workshops, and evening programs. NCTA will offer both chainsaw training and trail building sessions before and after the scheduled conference. Go to the NCTA web site [www.northcountrytrail.org](http://www.northcountrytrail.org) for registration details.

#### Field Grants

The NCTA allocates twelve percent of all membership dues to fund competitive Field Grants to its chapters, affiliates, and state councils. The money can be used for trail building and structures, equipment, and promotion. Three state chapters – Allegheny National Forest, Butler, and Clarion – were awarded funding in 2007.

A Butler County Great Outdoors Group used a grant for television spots that featured the North Country Trail and other attractions, and produced a brochure touting local outdoor recreational possibilities, including the NCT.

### Quehanna Trail

Several bridges that were destroyed by Hurricane Ivan in September 2004 were replaced in 2007.

#### Mosquito Creek Bridge



The most notable was the installation of a 72-foot fiberglass bridge to replace the old swinging cable bridge at mile 23.6. The Army National Guard from Fort Indiantown Gap used a Chinook helicopter to transport the bridge to Mosquito Creek. Decking and steps were added on site.

#### Beaver Run Bridge



The new Beaver Run Bridge stands about three-fourths of a mile south of the Beaver Run Impoundment on the Eastern Cross Connector. Photos by George Lockey.

*(Continued on page 7)*

## Along Our Trails

(Continued from page 6)

### Schuylkill River Trail

The Schuylkill River Heritage Area has received a two-year, \$735,000 grant from the Philadelphia-based William Penn Foundation to improve the Schuylkill River Trail. The money will fund projects that enhance accessibility, management and stewardship of the trail.

The trail, when complete, will run the entire length of the river from Philadelphia to Pottsville, Schuylkill County, totaling about 130 miles and traversing through five counties. Several large sections are already in place, including an Oaks-to-Philadelphia section and a mostly finished Pottstown-to-Reading segment, both of which

are about 20 miles long. Another seven-mile section in Upper Berks and Schuylkill Counties was built last year.

Among the new projects to be undertaken is the introduction this summer of a trail ambassador pilot program. That program will coordinate a group of volunteers willing to spend eight hours a month on the trail, offering assistance, maps and information to trail users upon request.

Money from the grant will also support signs and trailheads for a proposed Chester County segment of the trail, and signage for the 20-mile Reading-to-Hamburg piece, much of which will be on-road, initially.

See the web site [www.schuylkillriver.org](http://www.schuylkillriver.org) for more information.

### My Favorite Hike . . . . Brady's Lake

By Gerry Rowan

I first discovered Brady's lake near Mt. Pocono in the mid 1950s. The three mile dirt road that led from PA 940 to the lake made it somewhat inaccessible and therefore one of our "secret" places that few tourists knew about. The lake has had a number of lives over the years. It started as an ice harvesting lake for the New Jersey Central Railroad and eventually passed to the state as part of State Game Land 127. For several years the lake was drained due to a leaking dam. The dam is now rebuilt, refilled and recovering to its original beauty.

Brady's Lake is a jewel in a necklace of bogs stretched across the Pocono plateau and is accessible through a network of old logging roads and hiking trails. It is a lake for all seasons. There is fishing, kayaking and canoeing in the summer and snow shoeing, cross country skiing and ice fishing in the winter. The hiking and backpacking is great year around. When you park in the lake's parking lot near the dam, you have a choice of staying on the east side of the lake and hiking a maze of trails all the way to Artillery Ridge or crossing the dam to the west side of the lake. Hiking west across the dam and heading west on the trails on that side of the lake will bring you to the abandoned railway right of way.

Turning south on the right of way, you will hike through Pocono bogs that are remnants of the last ice age. Balsam and Black Spruce abound along with cranberry bog and dense forest. Last winter I spent an hour watching river otter fishing one of the shallow lakes along the old railroad. My first sighting of coyotes in Pennsylvania was about ten years ago on one of my hikes along this right of way. One of the few remaining populations of snowshoe hare thrive in the bogs around the lake.

Turning north when you arrive at the right of way, you will pass through upland hardwood and hemlock forest. A mile or two up the track the woods gives way to an open marshy area with one of the largest beaver dams I have seen in Pennsylvania. On one of my most memorable fall hikes I sat at the beaver pond edge watching the beavers harvesting and ferrying sapling to the lodge to stock their winter larder.

Hiking the Brady's Lake area is not challenging; that part of the Pocono plateau is relatively flat. Brady's Lake is a treasure; a landscape that has survived a glacier and is a remnant of an environment that had abounded in the Poconos. I've hiked that area for fifty years and never tire of the seasonal changes.



[Ed. Note: To reach Brady's Lake from I-80, exit at Mile 284 and take PA 115 north. At PA 940 turn right and follow this road beyond the village of Wagners. Watch for the left hand turn to Brady's Lake. A map of Game Land 127 that shows the road is available at [www.pgc.state.pa.us/pgc/lib/pgc/counties/maps/127.pdf](http://www.pgc.state.pa.us/pgc/lib/pgc/counties/maps/127.pdf). The topographic map covering this area is the Thornhurst quadrangle].

## Maintainers' Corner

### 2008 Trail Care Off and Running

by Joe Healey

KTA Trail Care kicked off its 2008 season at Raccoon Creek State Park, located in the southwestern part of the state. It was a great start with good weather, although a little cold Saturday morning, with temperature hovering around 18 degrees. It did warm up nicely later on however, and Raccoon Creek State Park hosted us with great accommodations - heated cabins.

Mark Christy was the trail crew leader and although he had plenty of work lined up for us, with 18 volunteers, we got it done. Volunteers came from far away places such as Hamburg, Trout Run, and Jersey Shore in addition to the local western Pennsylvania area. The volunteers were **Tom Bastian, Claudia Boerner, Bob Chesky, Mark Christy, Jan Frissora, Linnae Goda, Janine Hauck, Joe Healey, Mike Long, Elwood Loudenslager, Dave Maxwell, Megan McGee, Leonard E. Oesterling, Joan Paswell, Ann Pavelek, Mike Pavelek, Mary Pitzer, and Jane Sorcan.**

The team amassed 234 volunteer hours for the weekend. Thanks to all who attended

### Proper Footwear Essential For Trail Work

A PATC District Manager can attest to the need for proper footwear while performing trail work. Pete Gatje severed his Achilles tendon and required surgery to repair the injury. His injury occurred as he was descending a steep slope and fell on a loose rock. The sharp flat end of another maintainer's McLeod hit him on the back of the heel and tore his Achilles tendon. High top hiking boots would have protected his tendon.

### Moving Logs Using Wheels

How do you move 400-pound logs up a 47-degree slope? PATC maintainers have the answer - a block and tackle, muscle power, and a "Timber Trike."

Maintainers needed to haul black locust logs hundreds of yards uphill to the work site. Using a crosscut saw and axe, workers prepared 35 seven-foot logs. To ease the strain of pulling the logs up the slope, Patrick Wilson attached wheels to the logs. Even with the wheels to assist, it took two strong people half a day to move one of the largest logs into place.



Attaching the wheels. Photo by Patrick Wilson



Photograph by Linda Shannon-Beaver

Linda's pack with the rope chainsaw (the 2 coiled ropes)

### Rope Chainsaw Valuable Maintenance Tool

By Linda Shannon-Beaver

I'm excited to share with trail workers a discovery I made recently; one which may prove valuable to trail overseers everywhere. Perhaps many of you already know about this little wonder - but it's the first I had heard of it. This magnificent tool is an extremely easy-to-use rope chainsaw.

It's a weird contraption to describe and use: no hard flat blade here. It's a little like the chain of a chainsaw without the supporting blade. Imagine you take the chain off of a chainsaw, cut all the way through it, then attach ropes to both ends. Add a weight so it doesn't twist as it cuts, and there you have it. It weighs perhaps a pound, and wraps up to about the size of a good rope. But with this little wonder you can cut through wood at ground level, or up in the air. It is efficient on limbs and can be used by one or two people. And my husband and I used one to take down a very large tree, which was hung in a way that prevented any safe removal otherwise. The best part of using this contraption is that you can easily cut from quite far away. We did not have to worry about the tree falling in our direction as we actually were able to cut from our neighbor's yard.

I also believe this cuts faster than a flat blade, as the flexible length of the blade actually wraps around a cut, cutting more surface area with each stroke than a flat blade can. I have the small version (24 inches) which we used to cut a very large tree. I cannot imagine how I would benefit from having the larger version, as it would limit the length of each stroke when used on the ground level. I bought mine at a tool and equipment store, but they are for sale on the Internet; simply search for rope chainsaw to find a number of brands.

Don't confuse this with the wire firewood "camping" cutter. This chain will eat right through a large branch in a matter of seconds. And you just can't beat the weight and size for carrying this item deep into the woods. Don't forget your plastic wedges though as I have pinched this saw a number of times. I have also found that I can work better if I find two small branches to tie to the ends to use as handles. I can't imagine maintaining my trail without this in my backpack. And for about \$25 the price is just right.

[Ed. Note: originally published in the Potomac Appalachian]



## The Key to Safety: Hitting the Trails

By Molly O'Brien

The news this past winter was sad and unsettling: Meredith Emerson, murdered in the Georgia mountains by Gary Michael Hilton. Meredith's story pervaded TV, the Internet, radio, newspapers. The headlines played up the already spooky nature of the situation, describing a "mystery man," a "missing hiker," and "Blood Mountain."

Most, if not all, members of KTA have some perspective. We're out there. We know we're safer hiking the Old Logger's Path than driving on Route 80. How many new or non-hikers, though, are being deterred by those periodic regional and national stories about drifters, bear attacks, and stranded families?

Without research, it's hard to say whether bad news affects attitudes toward hiking. We in KTA, however, can use conversations about tragic or sensationalized stories to become advocates for hiking and the protection of trails in Pennsylvania. For instance, if you're talking with a potential or new hiker, or even with someone who expresses concerns about safety in the woods, you can:

- Point them to excellent web resources about hiker safety, including  
American Red Cross: [www.redcross.org/services/hss/tips/hiking.html](http://www.redcross.org/services/hss/tips/hiking.html)  
PA DCNR: [www.dcnr.state.pa.us/stateparks/hike/hikeinfo.aspx](http://www.dcnr.state.pa.us/stateparks/hike/hikeinfo.aspx) (the page is designed for kids but informative for adults)  
Appalachian Trail Conservancy: [www.appalachiantrail.org](http://www.appalachiantrail.org) (click on Plan a Hike, then Health and Safety)  
Hiking Beginner: [www.hikingbeginner.org](http://www.hikingbeginner.org)
- Invite them to hikes organized by clubs (KTA member clubs are a good start) which offer the collective knowledge of experienced hikers, plus the security of a group
- Talk about the personal benefits to mind, body, and spirit that hiking brings to your life
- Tell them about hands-on preparation through courses offered by organizations that promote health, fitness, and wilderness training. The National Outdoor Leadership School (NOLS) is perhaps the most well-known, but there are many other organizations across the country
- Explain how through trail care and advocacy, KTA works to protect and promote hiking trails across the state

Finally, one of the best things you can do to promote safe and enjoyable hiking in Pennsylvania is to represent in yourself all that's good about hiking: turn off the news, call some friends, lace up your boots, and hit the trail.

\*Source: National Center for Health Statistics and National Safety Council

## Local Governments Challenge Conservation Easements

A township and school district failed in their attempts to condemn land protected by conservation easements.

### Township Tries to Condemn Easement

A four-month struggle over a conservation easement ended last December 20 when Lower Macungie Township (Lehigh County) formally agreed to abandon its attempt to condemn the easement. This condemnation fight had statewide and even national significance and far-reaching ramifications to the land trust community and individuals who might wish to preserve their property.

The Wildlands Conservancy held the conservation easement on the 104-acre Leister property, one of the last open areas in Lower Macungie Township, a fast growing bedroom suburb of Allentown. The township wanted to develop the land for ball fields, tennis courts, and other active recreational pursuits.

In its efforts to stave off condemnation, the Conservancy received help from numerous individuals and groups. Lehigh County, recognizing the precedent that the condemnation would set, swiftly accepted a donation of a half interest in the easement from the Conservancy. The county was not only concerned about this one easement, but the easements that protect nearly 18,000 acres held by the Lehigh County Farmland Preservation Program.

Meanwhile, the Conservancy and its allies located the 102-acre Camp Olympic property, already used for recreation, and arranged its sale to the township. With this alternative, and facing community opposition, the township agreed to drop its condemnation attempt.

### School District Loses Court Appeal

On December 27, the Pennsylvania Supreme Court ruled that

the Ephrata Area School District must obtain the consent of Lancaster County in order to obtain a right-of-way over privately held land that is under a conservation easement held by the county. This decision overturns a lower court ruling.

The Pennsylvania Land Trust Association, Lancaster County Agricultural Preservation Board, Lancaster Farmland Trust, Chesapeake Bay Foundation and others worked together to support the appeal to the Supreme Court. A copy of ruling is available at [www.conserveland.org](http://www.conserveland.org).

## Educational Opportunities

A **Wilderness First Responder Course** will be offered by



Wilderness Medical Associates from June 1-9 at Camp Vacamas, West Milford, NJ. People completing the 72-hour course will receive 3-year WFR certification, plus BLS/CPR certification. Cost: \$550 tuition, \$360 lodging/food. For more information call Tom or Judith at 732-219-7300, or email [tarnold@projectuse.org](mailto:tarnold@projectuse.org).

**Wilderness First Aid** is a two-day, 18-hour course designed for trip leaders, camp counselors, and outdoor enthusiasts who want to acquire emergency response training, including patient assessment, musculoskeletal and soft tissue injuries, and splinting. Classes will be offered June 14-15 in Bucks County and June 21-22 in Harrisburg. For complete information and registration, go to <http://wfa.net> or call 703-846-8905.

## News from Our Partners

### DCNR To Open More Land For Gas Lease Bids

The Department of Conservation and Natural Resources will accept competitive bids for gas extraction leases on 75,000 acres of state forestland. This ends a five year moratorium on new shallow gas wells. The new DCNR plan favors deep and medium drilling, but would allow limited shallow drilling if gas were found during the development of deeper gas fields, or on a case-by-case basis.



There is increased interest in the Macellus Shale formation and the natural gas reserves that many believe it contains. The formation stretches from New York through Pennsylvania and into West Virginia, reaching as far east as the

Scranton area and as far south and west as Somerset County and the Pittsburgh area. New technology has made it possible to recover the hard-to-reach fuel.

Lease sales are developed by first receiving nominations for the acreage from gas companies. Then, gas companies are required to competitively bid on the offered state forestlands. Highest responsible bidders may then be issued oil and gas lease contracts. DCNR retains ownership of the land.

There has been gas-drilling activity on state forestlands since 1947. Currently, about 207,000 acres of the 2.1-million-acre state forest are being leased for gas production, with about 650 wells in place.

DCNR's position statement and additional information on the State Forest Resource Management Plan and the Bureau of Forestry is available at [www.dcnr.state.pa.us](http://www.dcnr.state.pa.us) (choose Forestry).

### DCNR Aerial Photography Featured on Google Earth

Through a cooperative agreement with the US Geologic Survey, DCNR's PAMAP high-resolution aerial photographs are now available, free, on Google Earth. PAMAP is a seamless digital base map of the state that provides road, parcel, elevation, boundary, hydrography and other data at a scale ten times better than what was previously available through existing topographic maps.

The Bureau of Topographic and Geologic Survey has been collecting these photographs, known as orthophotography, since 2003. Orthophotography is digital photography taken from the air and aligned with geographic positioning systems, or GPS.

Each year, the PAMAP program flies a large section of the state on a continuous basis to update these orthophotos. The highly accurate pictures show exactly what individual houses and properties look like from the sky.

For more information, visit the PAMAP webpage at [www.dcnr.state.pa.us/topogeo/pamap/index.aspx](http://www.dcnr.state.pa.us/topogeo/pamap/index.aspx).

### Game Commission Land Purchases Augment SGL 44 in Elk County

The Pennsylvania Board of Game Commissioners added more

than ten square miles of land to State Game Land 44 in Horton Township, Elk County, in January. Funds for the purchases came from money that was escrowed previously by Pennsylvania State University as part of a land transaction with the Game Commission. The price was \$400 per acre.

Much of this addition has been logged or surface mined and now offers large herbaceous openings interspersed with early successional forestland. Deer, bear, wild turkey, small game and furbearers inhabit the land. The property also is attractive to grassland nesters such as bobolinks, grasshopper sparrows and eastern meadowlarks.

### GC Selling Wildlife Homes

This year, for the first time, the Game Commission is offering for sale a variety of wildlife nesting structures for several species of birds, as well as bats and squirrels. In previous years, the wildlife homes had only been available for placement on Game Lands and land enrolled in the Commission's three cooperative public access programs.

While most structures are available fully assembled, a couple of models are offered as kits. Prices range from seven dollars for the bluebird, chickadee and wren boxes to \$95 for a three-foot long bat home.

Homeowners can view the entire selection of nesting structures at [www.pgc.state.pa.us](http://www.pgc.state.pa.us); select the "Great Deals on Wildlife Homes" icon in the center of the homepage. The brochure and order form list the nesting structures by habitat type, to guide landowners in determining which nesting structure is best suited for their property.



### WPC Celebrates 75th Anniversary With Land and Conservation Projects

In celebration of its 75<sup>th</sup> anniversary, the Western Pennsylvania Conservancy has recently closed several land acquisition and conservation projects.

In January, along the Clarion River south of Cooksburg, WPC purchased 1,600 acres of land and 1,700 acres of timber rights. In Somerset County, the Conservancy acquired 2,300 acres along Laurel Hill Creek. Most of this acreage has been transferred to DCNR for inclusion in the Clear Creek and Forbes State Forests.

In February, WPC closed on 5,300 acres in the vicinity of Bennett Branch in Elk and Clearfield Counties. While the majority of this land will become part of the Moshannon State Forest, WPC will retain 1,470 acres in order to carry out environmental improvements by improving water quality, addressing land problems related to past mining practices, and supporting reforestation and habitat improvement.

Since its founding in 1932, WPC has protected nearly a quarter of a million acres. Among the most recognizable are lands at McConnells Mill and Slippery Rock Gorge (1945), Ohiopyle (1951), Moraine State Park (1959), Fallingwater (1963), Laurel Ridge State Park (1966), Allegheny River shoreline and islands (1970), Laurel Hill (1971), Cherry Run (1979), Roderick Reserve (1991), Clarion River (1996), and Erie Bluffs State Park (2004).

## News from Our Partners

### Rachel Carson Contest: Share Your “Sense of Wonder”

The US Environmental Protection Agency Aging Institute, in partnership with Generations united and the Rachel Carson Council, Inc., is inviting submissions for its Second Annual Rachel Carson Sense of Wonder Intergenerational Poetry, Essay and Photography Contest. The deadline for entries is June 16.

Rachel Carson is the founder of the contemporary environmental movement through her landmark book, *Silent Spring*. Using the title of another of Carson’s books, *The Sense of Wonder*, the contest is seeking submissions from intergenerational teams “that best express the “sense of wonder” that you feel when observing the sea, the night sky, forests, birds, wildlife, and all that is beautiful to your eyes.”

The contest’s intergenerational approach reflects Carson’s desire to have adults share with children a sense of wonder about nature and help them discover its joys. Entries must describe the intergenerational project and how this project brought the team in touch with the natural world.

A panel of expert judges will select finalists. The winners in each category will then be determined by the public, who will have an opportunity to vote on-line in July and August for their favorite

submission in each category: photography, essay, and poetry. Winners will be announced in October.

For more information, visit the Rachel Carson Sense of Wonder webpage at [www.epa.gov/aging/resources/thesenseofwonder/index.htm](http://www.epa.gov/aging/resources/thesenseofwonder/index.htm).

### New Free Annual Pass Available To Federal Lands Volunteers

Volunteers who accumulate 500 hours of volunteer time on any Federal lands are eligible for a free one-year pass that allows entry to all Federal lands that charge an entry fee. The 500 hours can be accumulated over any length of time. As soon as you have 500 hours, you are eligible for the Volunteer Pass, which is good for one year from date of issue. The pass admits the recipient and his or her immediate family, or passengers in a personal vehicle. For more details about the pass, go to <http://store.usgs.gov/pass/volunteer.html>



### The Old Man of Second Mountain

By George Slesman

[Ed. Note: The following article is reprinted with permission from the Newsletter of the Blue Mountain Eagle Climbing Club.]

“The Old Man of Second Mountain” has perched over the Susquehanna River just south of Dauphin for millions of years, but presumably it has just been discovered in modern times.

No doubt Indians uncovered the 25-foot profile and hunters and hikers must have seen it sometime in the past 200 years, but widespread knowledge of “The Old man” was not known until just recently.

The “Old Man” is directly above the Dauphin Narrows about 200 yards or more upwards on the extremely rocky side of South Mountains.

The profile—looking as they almost invariably do, like an Indian chief—is about as clear a job of artistry as nature can do. Some viewers deem it more true to the human face than is “The Great Stone Face” of New Hampshire. [Ed. Note: the New Hampshire profile fell in 2003].



The Old Man of Second Mountain, located seven miles north of Harrisburg, halfway through the Dauphin Narrows.

The profile cannot be seen from the Narrows Road Rt. 322 nor can it be seen from the top of the mountain. An involved, but short hike is needed, but when the hiker sees it staring out over the beautiful Susquehanna River, his day is complete.

### Walking - A Key to Weight Control

1. Adding 3,000 to 4,000 extra steps a day translates into about 30 minutes of moderate activity (Arizona State University Walking Research Lab)
2. 30 minutes of walking a day can prevent weight gain in most people who are physically inactive (Duke University)
3. Your 30 minutes of walking can be divided into 10 minute increments (Walking Research Lab)

Over the past 20 years, the frequency with which people walk for exercise has dropped by 42 percent while the number of overweight Americans increased by 40 percent. (Cleveland Clinic).

## Ecology

### Eagles and Wind Power

The Game Commission will be assessing the risks of wind energy development on golden eagles. The \$70,000 project will collect information on where and how America's unique eastern population of golden eagles migrates through Pennsylvania, and use this data to provide statewide maps assessing the relative risk to eagles, and other birds of prey, from development of wind power plants. These maps will provide a critical tool for managers and legislators to guide safe development of wind power throughout the state and to prevent a rare species from becoming endangered.

Funding for this program comes from an allocation provided by the State Wildlife Grants (SWG) Program, administered through the U.S. Fish and Wildlife Service's Federal Aid Program. The SWG program focuses on endangered species prevention and ensuring that common species remain common. To be eligible for SWG appropriations from the federal government, Pennsylvania developed a "Wildlife Action Plan" that focuses on species with low and declining populations and species that are in great need of proactive conservation.

Pennsylvania's Wildlife Action Plan is available at [www.pgc.stat.pa.us](http://www.pgc.stat.pa.us); click on "Wildlife" in the left column, then "Pennsylvania's Wildlife Action Plan" in the "Wildlife Grants & Programs" box.

### Lawsuit Challenges Federal NIETC Condemnation

The Pennsylvania Land Trust Association (PALTA), joined by the Brandywine Conservancy, the Natural Lands Trust, and eight other organizations, has filed a federal lawsuit contesting the US Dept. of Energy's designation of the Mid-Atlantic National Interest Electric Transmission Corridor. The partners feel that the corridor is invalid since no studies of potential impacts on air quality, wildlife, habitat and other natural resources were conducted.

Within a NIETC corridor the federal government can override state oversight on the placement of new electric transmission lines, enabling companies to use federal eminent domain to take private property, including land trust preserves and lands under conservation easement.

PALTA does not oppose new transmission lines, but does oppose using eminent domain as the primary tool to meet future energy needs, and feels that reasonable and cost effective energy alternatives need to be considered.

### New Pennsylvania Invasive Species Website

The Pennsylvania Department of Agriculture recently launched the Governor's Invasive Species Council web page, which provides information on how the council plans to implement invasive species management in the commonwealth. The council was formed to minimize the impact of invasive species by preventing

their expansion and introduction into Pennsylvania.

For more information, visit [www.agriculture.state.pa.us/pisc/site/default.asp](http://www.agriculture.state.pa.us/pisc/site/default.asp)?

### Unplug That Power Cord!

Not all OFF switches turn a device off. The only ones that actually stop the flow of electricity are those that physically break the circuit. Many appliances and gadgets are continuously "stealing" electricity. Among the culprits are home electronics, chargers, and appliances with remote controls or continuous digital displays. About five percent of the electricity generated in the United States is wasted on standby power.



If you don't want to pull plugs in difficult to reach locations, install power strips in convenient spots and switch off the strip. If you don't want to have to reset clocks, channels, and timers, purchase products that use a small amount of standby power. For more information and links to standby power ratings, see the US Dept. of Energy web site [www1.eere.energy.gov/femp/procurement/eep\\_standby\\_power.html](http://www1.eere.energy.gov/femp/procurement/eep_standby_power.html).

### USFS Issues Report on PA's Forests

The US Forest Service has issued its report on the state of Pennsylvania's forests from 2000 to 2004. The Pennsylvania Forest Inventory Report shows the Commonwealth's forest land-base is stable, but the data also outlines some cause for concern. The lack of understory plants and tree regeneration is one of the most disturbing findings.

Highlights from the report are:

- The forest is maturing, and the types of species are shifting. Hemlock, sugar maple and oaks are decreasing, the increases in red maple are slowing, and black birch continues to increase. The number of smaller trees is decreasing, while the number of larger trees is increasing.
- Timber inventory is the highest recorded since the beginning of the Forest Inventory. Expanding harvest levels are most evident on private lands.
- Advance regeneration is occurring on only half of the forest land where it should and only one-third has adequate regeneration for commercially desirable timber species.
- Several exotic diseases - including gypsy moth, hemlock woolly adelgid and beech bark disease - are threatening the health of the forest.
- Exotic invasive plants pose a threat to native plant diversity and forest health.
- Stressors such as drought, acidic deposition and ground-level ozone pollution are adversely impacting the forests and should continue to be monitored for better understanding.

Forests account for 16.6 million acres in Pennsylvania, or 58 percent of the land area. Fifty-four percent of the forest land is owned by families and individuals. Forest land losses to residential and industrial development have been offset by agricultural land being converted to forests, but this trend varies across the state. Counties that show a net loss of forest land are located near urban centers or major connecting highways.

The report is available at [www.nrs.fs.fed.us/pubs/2990](http://www.nrs.fs.fed.us/pubs/2990).

## Ecology

### The meaning of “Leave No Trace”

by Susan Charkes

[Reprinted from *Appalachian Footnotes*, publication of the AMC Delaware Valley Chapter]

Practicing the **Leave No Trace** ethic is part of the AMC commitment to conservation. But what does it mean?

Leave No Trace is really a misnomer. It is impossible to leave *no* trace whatsoever of our existence. Humans live on a real Earth, not in a metaphysical one. Wherever we go, our every movement on the trails and on the river leaves a trace of our passing – skin flakes, carbon dioxide, water vapor, body oils, rubber from our shoes and fibers from our clothes. We crush leaves and compact soil, we swirl the riverbed sediment and we punch holes in the snow.

So Leave NO Trace should really be “leave as little trace as possible,” or more positively, “minimize impact.”

There are seven principles of LNT: 1. Plan ahead and prepare. 2. Travel and camp on durable surfaces. 3. Dispose of waste properly. 4. Leave what you find. 5. Minimize campfire impacts. 6. Respect wildlife. 7. Be considerate of other visitors.

The ethical imperative behind LNT can be summed up as the equivalent of the Hippocratic Oath: *First, do no harm*. Humans are devastating the natural world. Every day there are fewer places where the conditions exist for diverse ecosystems to thrive, much less survive, especially on a large scale. And yet those are precisely the places that hold the most attraction for outdoor recreation. So if we want those places to be there much longer, we must minimize -- if not avoid entirely -- our harm to them.

This is an ethic with which most (if not all) of us would agree. It's the *practice* of LNT that's more likely to generate disagreement.

But really, LNT is very simple. It requires us to *think about the consequences of our actions* and assess whether we could be doing harm.



**Other common LNT violations include tossing your apple cores ... and sunflower seed shells**

For example...Let's say you've eaten your trail-lunch orange. Should you toss the peels on the ground? Your first reaction may be, sure, they're biodegradable. But -- Consider: oranges typically come from Florida or California. Unless you're hiking in either of those states, you're depositing biomass that is foreign to the climate and ecosystem. Moreover they're cultivated fruits originally from Asia or Europe. The likelihood that there are organisms in the Delaware Valley that will consume orange peel is actually pretty low. Consider: oranges contain citric acid, a common insecticide and repellent. Your action likely will kill insects in the immediate vicinity and repel those who are not killed. You will create a small insect-free zone. Consider: oranges typically are coated with insecticides and herbicides. See the previous statement and add “plants” to the killing-field effect. Consider: oranges are orange. All the while they lie on the ground, the next hiker has to look at them and instead of being able to contemplate the wonders of nature, must ponder the question, “Why didn't that jackass practice Leave No Trace?” Conclusion: put the peels in a bag and take them home.

Other common LNT violations include tossing your apple cores (apples are cultivated, not natural fruits, foreign to the ecosystem you toss them into unless you're hiking in an orchard) and sunflower seed shells (sunflowers are typically sprayed with pesticides, herbicides and blackbird-killing chemicals; moreover the shells contain natural plant-growth inhibiting chemicals); bushwhacking (spreading human impact beyond a small defined area); burning human-made materials like paper and plastic (creating and dispersing toxic chemicals and soot); taking rocks or picking flowers (unless you consume what you take, you're diminishing the ecosystem's total resources; eating what you pick at least makes you part of the system...especially if you use a composting toilet afterwards.)

**It requires that you apply mindfulness to all your actions**

Viewed as a way of thinking, Leave No Trace is really a spiritual practice. It requires that you apply *mindfulness* to all your actions. What am I doing? What am I bringing to, or removing from, the ecosystem that I'm privileged to visit? Is the result destructive or creative? What assumptions am I making? How easily can the ecosystem adapt to my actions? What if everybody did what I am doing? Is there something else I can do? Even if nobody's looking?

More information on Leave No Trace can be found at [www.outdoors.org/education/lnt/index.cfm](http://www.outdoors.org/education/lnt/index.cfm).

[Ed. Note: More information is also available on the Leave No Trace web site at [www.lnt.org](http://www.lnt.org).]

**“What if everybody did what I am doing?”**

## Around The Clubs

The **Allegheny Outdoor Club** is celebrating its 40<sup>th</sup> anniversary this spring with a hike on State Game Land 29 in Warren County, site of the club's first hike in May, 1968.

On April 19th the club was inducted into the Warren County Sports Hall of Fame.

In February, AOC honored **Don and Brita Dorn**, who have each amassed 40 years of service to AOC and the hiking community, at a dinner. In addition to AOC, the Dorns have been active North Country Trail volunteers.

The AOC has entered into a cooperative effort involving the Game Commission, DCNR, Warren County Conservation District, Western Pennsylvania Conservancy, and the US Forest Service to create a non-motorized recreational greenway in Warren County.

The **Delaware Valley Chapter of AMC** announces a major redesign, with expanded features, of its web site. New are a dynamic calendar view of chapter activities, directions to a large number of popular trailheads in PA and NJ, photo albums from chapter activities, and a "Meet Our Leaders" page, where you can learn about DVAMC trip leaders. The URL is [www.amcdv.org](http://www.amcdv.org).

The **Blue Mountain Eagle Climbing Club** partnered with Scott Russell of Ye Olde Backpacker to coordinate a major cleanup at the Port Clinton Trailhead of the Appalachian Trail. West Brunswick Township, Schuylkill County, provided trucks to haul off the collected debris. And for the third year, BMECC partnered with XL Corporation for their Global Day of Giving. With the extra hands from XL, the club can accomplish more and larger projects.

Edna Springer, a 101-year-old life member of BMECC, credits her longevity to hiking, swimming, and an enthusiasm for life. "Younger" folks should take note.

The **Butler Outdoor Club** and the **Butler Chapter of the North Country Trail Association's** annual Cherry Pie Hike on a snowy February 23 attracted fifty people. After a Slippery Rock



Trail.

University professor presented a talk on George Washington's travels in the area and everyone dined on the cherry pie, the group hiked along the North Country Trail, which for the day was referred to with an alternate name, The Washington

Trail. Two long-time leaders of the **Horse-Shoe Trail Club** are stepping down. **Don Cook** served as president for thirteen years, while **Phil Schmitt** served as treasurer, vice-president, archivist, and wrote the club's maintenance guide during his fourteen years on the H-STC Board.

The **Mason-Dixon Trail System** has joined a coalition, headed by the White Clay Creek Wild and Scenic Program, that is gathering support for a meeting with the University of Delaware's President to discuss the disposition of a parcel of University land in the watershed.

The **Mountain Club of Maryland** conducted more than 250 outings in 2007 and is happy to report a significant increase in the number of new members during the year, boosting total membership to almost 700.

The club's Miles Fund, named after deceased member Lester Miles who left a bequest to the club in 2002, awarded seven grants totaling \$11,200 during 2007.

The **Potomac Appalachian Trail Club's** silent auction, held at its annual meeting, raised \$951 for the club's Oral History Project.

PATC notes the death of Florence W. Perry, a member since November 1938, who met her husband in the club and was still energetically walking in her senior community up to her death at age 97.

PATC volunteers will be collecting data along the Appalachian Trail to help scientists estimate American chestnut population densities. The data will help locate and document trees that produce flowers and whose genetic material might potentially be incorporated into the American Chestnut Foundation breeding program.



The **Susquehanna Appalachian Trail Club** has really embraced PA Hiking Week. They have scheduled a hike for each of the nine days, including one to the Peters Mountain Shelter to enable hikers to possibly catch a glimpse of that mysterious odoriferous creature, the "Thru-Hiker." Participants are warned that these "Thru-Hikers" are ravenous creatures, and carrying a little extra food is a good idea.

Having successfully completed Appalachian Trail section hikes of Pennsylvania, Maryland, and West Virginia, intrepid club members are now trekking the AT through New Jersey. But are they doing it for the sushi? The SATC Bushwack Bulletin reports that Soon Kim brings scrumptious Trail Sushi on the hikes and that it is quite an upgrade to the usual trail food offerings.

After exchanging mailing lists with the Appalachian Trail Conservancy, SATC has already added 30 new members to its rolls.

The **Warrior Trail Association** is pleased to report that the club and trail web site at [www.westgreenepa.net/Community/WarriorTrail](http://www.westgreenepa.net/Community/WarriorTrail) is available again.

WTA Charter Member Margaret Moninger turned 100 in February. She and her husband made it possible to build the Moninger Shelter on their farm back when the WT was new.

## Have You Heard of the Kabob Hiking Club?

Janice Slaybaugh, a long time KHC member, provides this information about a club that was once an active KTA member club.

The Kabob Hiking Club, Harrisburg's oldest hiking club, was organized in October 1934. A plaque commemorating the founding of the club can be found on Stony Mountain along the Horse Shoe Trail. The inscription on the plaque notes that the club hiked to the spot annually in October.

Club membership has always been limited to forty members. At one time the limited membership resulted in a three to five year wait for an opening. Today, membership is down to 20-30 members, and no member is under the age of 60.

The club still meets socially, "walks" occasionally, and treks to the plaque, but not every year.

## Around The Clubs

### Laying Out the Welcome Mat for Fellow Hikers

*[Reprinted with minor changes from the Susquehanna Appalachian Trail Club's Bushwack Bulletin]*

Showing up to hike with a group you've never met, or attending a quarterly club meeting where you don't know anybody, can be a bit intimidating. The way a person is welcomed and treated when they join an activity can make or break their experience. Here are some creative ways for hike leaders and club members to welcome people:

- Hike leaders and hikers should welcome all who show up to hike, introduce themselves, and if they think the person may be new to the club, ask them about it.
- During the circle, hike leaders and hikers should introduce new hikers and ask folks to give them a warm welcome.
- Hike leaders set the tone. Use first and last names while introducing yourself in the circle. Most people in the circle will follow suit. This helps people to put a face to a name, and can often help to initiate conversations.
- Hike leaders and hikers can add some other bit of information about themselves during introductions in the circle, such as "I've been a member since..." or "My favorite place to hike is..." When the leader starts the circle that way, each person in the circle tells a bit about himself or herself. We learn that a hiker is not yet a member, or we find out something interesting about a person that opens the door to starting a conversation.
- Be sure to distribute the hike schedule and a club brochure to new hikers and invite them to join the club and come back to hike with you again soon.
- Encourage new hikers to carpool with current members to hike locations. This is a good opportunity for conversation and fellowship.
- Current members, make a point to hike and visit with new hikers during the hike. Include them in the conversation. Ask open-ended questions like "Where have you hiked in the past?" or "What kind of hikes do you like?"
- Invite new hikers to join you for ice cream, lunch, etc. after the hike, when feasible.
- Invite new members to attend the quarterly meeting or social functions of the club.
- Wear nametags at meetings and social events, so people can connect names and faces.
- Make the social time at club meetings a priority. If you see someone who isn't talking with anyone or looks uncomfortable, introduce yourself and welcome them.
- During the meeting, welcome new members, and ask them if they care to introduce themselves to the group. Invite them to tell a little about themselves - where they live or work, or about their family, if they are new to the area, etc.

Remember – Each one of us is a reflection and an advertisement for our club. Smile and lay out the welcome mat.

## You Are Invited ...

### May 17 - Venture Outdoors Festival

This year's festival, to be held at Washington's Landing, is a showcase of outdoor recreation in the Pittsburgh region. Free water taxi transportation will be provided across the back channel of the Allegheny to Washington's Landing. The Festival features outdoor activities such as kayaking, fishing, rock climbing, and cycling, and boasts over 100 exhibitors. Food and beverages are available on site. Last year's event drew nearly 8,000 people. Check the VO web site [www.ventureoutdoors.org](http://www.ventureoutdoors.org) for details.

### May 23-26 – Outdoor Extravaganza

The Butler Outdoor Club's twelfth annual Memorial Day weekend event features biking, canoeing, kayaking, sailing, rock climbing, rappelling, rafting, caving, horseback riding, and plenty of hiking. Workshops, speakers, evening entertainment, a gear exchange, and stargazing round out the weekend. A pig roast highlights Saturday evening; other catered meals will be available. Base camp for the weekend is Breakneck Campground near McConnell's Mill and Moraine State Parks. For more information see [www.butleroutdoorclub.com](http://www.butleroutdoorclub.com) or contact Joyce Appel at [joyceappel@windstream.net](mailto:joyceappel@windstream.net) or 724-526-5407.

### June 21 – Rachel Carson Challenge

The 12th annual event offers three levels of participation. The traditional 34 mile Full Challenge begins in Harrison Hills Park and ends in North Park; this event starts at 5:30 AM and ends at

8:54 PM. There is a limit of 600 participants.

The 18-mile Homestead Challenge, also known as the "Half Challenge" begins at Springdale High School, near the Rachel Carson Homestead, and ends in North Park; start time is 9:00 AM with a finish deadline of 4:53 PM. Limit is 200 participants.

The 8-mile Family Challenge begins in Hartwood Acres Park in Indiana Township and ends at North Park; the start time is noon. This event is intended for families of up to 5 members, and the minimum age is 8. There are only a few modest hills on this section of the trail. The limit is 50 families.

There'll be a cookout at the Beaver Shelter in North Park for everyone. For more information see the event web site at [www.rachelcarsontrails.org/rct/challenge/rctc08](http://www.rachelcarsontrails.org/rct/challenge/rctc08).

### June 22 – Ladies Day on the Trail

The Blue Mountain Eagle Climbing Club will combine an easy hike with light trail maintenance, clipping, trimming, and clearing the Appalachian Trail as they hike. Tools will be provided. Beginners are encouraged to attend, and men may join the group! Contact Martyann Gutierrez, 610-777-1442 or [martyann9@yahoo.com](mailto:martyann9@yahoo.com).

### September 20 – Habitat for Humanity Benefit Hike

The Susquehanna Appalachian Trail Club is planning this 25-mile hike in Perry County. A shorter hike will also be offered. Details will be available on the SATC web site [www.satc-hike.org](http://www.satc-hike.org).

## Bare Foot Hiking: When Your Sole Hits The Trail

Check any outdoor store, catalog, or web site, and you will find a bewildering variety of footwear choices. Indeed, hikers often own more than one pair of boots to meet the needs of varying terrains.

Many hikers, whose feet are tender from a lifetime of wearing shoes, may be surprised to learn that there is a Barefoot Hikers of PA (NJ-DE-MD) hiking chapter.



The group's web site at [www.barefoothikers.org](http://www.barefoothikers.org) asserts that "walking barefoot through natural terrain is a natural and traditional practice for which human feet were designed and continue to be totally efficient and sufficient."

The web site includes information about hiking barefoot, tips for beginners, write-ups of activities, including a weeklong backpack of the Appalachian Trail between Pen Mar and Harper's Ferry, and a Barefoot Hall of Fame that pays tribute to Susan and Lucy Letcher (trail name: The Barefoot Sisters) who hiked most of the Appalachian Trail barefoot.

It's a busy time of the year. If I'm not careful one day soon it will be July 4 and I will say, "Where did spring go?" So pay attention and let's get out on the Trail.

—Warrior Trail Association Newsletter

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## Prayer of the Woods

I am the heat of your hearth on the cold winter nights, the friendly shade screening you from the summer sun, and my fruits are refreshing draughts quenching your thirst as you journey on.

I am the beam that holds your house, the board of your table, the bed on which you lie, and the timber that builds your boat.

I am the handle of your hoe, the door of your homestead, the wood of your cradle, and the shell of your coffin.

I am the bread of kindness and the flower of beauty.

Ye who pass by, listen to my prayer. Harm me not.

*(from a wooden sign along a hiking trail at the Weedon Island Preserve, just north of St. Petersburg, FL, author unknown)*

## KTA Membership Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Club Affiliations (if any): \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Receive newsletter in full color via e-mail by 1st of issue month instead of by postal mail and save KTA paper and mailing costs

Member organizations are welcome and should forward the name and contact information for the group's designated KTA representative along with appropriate dues: \$50 per year for clubs; \$100 for commercial enterprises; \$10 per year or \$25 for three years for youth groups. All dues payments and correspondence should be mailed to: 101 North Front St., Harrisburg, PA 17101.

\*KTA is an Internal Revenue Service 501(c)(3) organization and contributions are deductible to the extent permitted by law.

Basic Membership (New Member Only)	
Individual—\$15	
Family—\$20	
Basic Membership (Renewal)	\$
Individual—\$25	
Family—\$30	
Brush Cutter Membership	\$
Individual—\$35	
Family—\$45	
Blaze Painter Membership	\$
Individual—\$50	
Family—\$75	
Trail Builder Membership	\$
Individual—\$100	
Family—\$125	
Life Membership	\$
Individual—\$500	
Family—\$750	
Youth Membership	
Individual—\$5.00	
Additional contribution	\$
In memory of/in honor of	
_____	
Total Enclosed	\$