

THE REGISTER

Vol. 24, No. 1 A Stewardship Newsletter for the Appalachian Trail Spring 2000



Trail-Maintenance Quiz

Welcome to our Trail-Maintenance Quiz. The answers to the questions are not necessarily definitive, but represent the generally accepted practices as outlined in ATC's other publications, particularly Appalachian Trail Design, Construction, and Maintenance. If you disagree with any of the answers offered, or have additional advice to add on one of these topics, or even ideas for future questions, please let me know.

—J.T. Horn, Regional Representative, New England

1. What is a "rifting hammer" used for?
 - a. Crushing rock for a "crush and fill" project.
 - b. Pounding stakes for wood waterbars and log steps.
 - c. Scoring and cutting rock for steps or other rock construction.
 - d. Fixing the dents in the Trail-crew van.
2. What is the standard width and height for clearing vegetation on the Appalachian Trail?
 - a. 6 ft. by 10 ft.
 - b. 4 ft. by 8 ft.
 - c. 3 ft. by 9 ft.
 - d. 3 ft. by 8 ft.
2. What is a "stob"?
 - a. Poorly painted blaze.
 - b. Abrasions on your wrists from rock work.
 - c. Overhanging branch that catches your pack.
 - d. Sharp branch that was not cut flush.

(Answers are on page 11)

New Edition of "Maintainer's Bible"

The Appalachian Trail Conference's primary stewardship publication is back in print—revised from front to back, full of new illustrations, and slightly renamed: *Appalachian Trail Design, Construction, and Maintenance*.

The publication's origins date to the writings of legendary ATC Chairman Myron H. Avery and other A.T. pioneers in the 1930s, but the edition familiar to most maintainers—*Trail Design, Construction, and Maintenance*, by William Birchard and Robert Proudman—was first published in 1981.

Proudman, ATC's director of Trail-management programs, and Birchard, a writer and longtime maintainer, first compiled the book as the Conference's official statement on how best to design and build treadway, bridges, and other Trail structures. The revised edition has been completely updated by the authors, actively assisted by ATC's regional representatives, other field staff, and several volunteers recognized as experts in particular aspects of Trail work. It has been approved by both the National Park Service and the USDA Forest Service to provide guidance for maintainers of the A.T.

The 248-page manual, which includes

hundreds of detailed illustrations and photos, many by artist Jack Williams, a maintainer with the Old Dominion Appalachian Trail Club, is written, in a sense, as an open letter to current and future volunteer maintainers of the A.T. It presents

practical instruction on the principles of foot-path design and construction specific to the Trail. For the first time anywhere, treadway design and construction techniques specific to special environments, such as wetlands, grassy balds, and farmlands, are presented.

A new edition of the *A.T. Fieldbook*, first published as an inexpensive companion volume to the 1981 edition, is now in preparation for publication later this year. In the past,

many clubs have distributed the *Fieldbook* to their maintainers at a nominal cost.

Appalachian Trail Design, Construction, and Maintenance is available for \$14.95 from ATC (Item #503). ATC member price is \$12.70; maintainer price (member or not) is \$7.45; discounts are available for volume orders from clubs and agencies. The toll-free ordering number is (888) 287-8673.



From the Editor...

Define for me, if you can, the "Appalachian Trail experience."

If 20 or 30 or more of us got together, it is my expectation that we would come up with many different descriptions of just what the "Appalachian Trail experience" should be. It is because each of us has an idea of what it should be—just as each hiker has his or her own expectations of what it should be. There may well be some common threads, such as common emotions and common aches and pains, but the deep, personal experience is as individual as each hiker. How could any organization or group of workers provide just the right conditions and trail to ensure that each hiker has the same "Appalachian Trail experience?" It would be impossible!

However, what if we approach it from the point of view of providing an *opportunity* for an "Appalachian Trail experience?" Now we would have a task we could meaningfully address.

The purpose of ATC and all the maintaining clubs is to provide a footpath "for travel on foot through the wild, scenic, wooded, pastoral, and culturally significant lands of the Appalachian Mountains. It is a means of sojourning among these lands, such that the visitors may experience them by their own unaided efforts." (*Comprehensive Plan for the Protection, Management, Development, and Use of the Appalachian National Scenic Trail*, 1981.) That is a very clear statement of our mission.

How can we preserve the opportunity? Simply stated, we do that by working to keep the A.T. as simple, consistent, and pure as possible. That includes efforts to prevent outside influences, well-meant though they may be, from altering the above-defined character of the A.T.

In the winter issue of *The Register*, I came down pretty hard on the issue of well-meaning folks providing unsolicited food and refreshments for hikers. Those nice folks sincerely feel they are doing a good thing. Perhaps they received some form of "Trail Magic" while hiking and now want to provide a similar benefit to hikers. I referred to them as "do-gooders." In my opinion, while their food may be welcomed by a weary hiker at the end of a day, they aren't doing anything good for the Appalachian Trail. They are actually working against the opportunity for a hiker to have a true "A.T. experience." They are providing, through their own well-meant but misguided efforts, an A.T. experience that they believe is better. While I have heard that both they, and the hikers who participate, really enjoy doing this, I take the position that it isn't a real A.T. experience.

My concern in all this is that there are too many folks who, in the guise of Good Samaritans, assume that they can do what they like relative to the Appalachian Trail. "What the hell," they say, "it's an unpatrolled national park, maintained by volunteers who really aren't into enforcement anyway, right?" Yet it is a *national* park, not a private possession, and as such it isn't something that we, as individuals, can change simply to make it more to our liking.

I have been called to task by one of our readers who challenges my position on this. I don't stand alone, however. I have spoken with many maintainers in my club, the Maine Appalachian Trail Club, and many of my fellow members of the ATC Board of Managers. While they, too, may worry about the strength of my editorials, I assure my readers there are many who share my opinions. However, I do wish to make it clear that the opinions in this editorial are *my* opinions. They do not necessarily reflect the position of the Appalachian Trail Conference.

One of the real downsides of all these "hiker benefits" is that too many hikers grow to actually expect them. This applies particularly to so-called "feed-a-thons" and organized Trail magic. Many hikers are somewhat put out when such benefits don't occur on schedule. This isn't just my opinion, but observed from hiker notes in shelter registers, and from listening to hiker feedback. I ask you, is it really part of providing an opportunity for an "Appalachian Trail experience?"

Popular as they may be, enjoyable to both providers and partakers, I believe that providing these free-food-and-drink parties is not in the best interest of the Appala-

—Continued on page 3

The Register is published quarterly by the Appalachian Trail Conference for the volunteers who maintain the Appalachian Trail and/or manage its corridor, their federal and state agency partners, and others interested in the stewardship of the A.T. It is sent without charge to maintainers and corridor managers; others may subscribe for \$5 a year. Nonprofit third-class postage paid at Harpers Ferry, W.Va. Correspondence and prospective articles and photographs should be sent to the editor or to: *The Register*, Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, W.Va. 25425.

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Staff Changes

After more than 13 years as ATC's New England regional representative, **Kevin Peterson** leaves that position to take a newly created position in ATC's land trust program. **J.T. Horn** steps into Kevin's shoes as the new regional representative for New England. **Jody Bickel** is the new associate representative.

As regional land trust administrator, Peterson now oversees land trust activities from Maine to New Jersey, including the work of four land trust coordinators who cultivate conservation projects outside the publicly owned A.T. corridor. He also will serve as the land trust coordinator for New Hampshire and Vermont.

Peterson now assists Bob Williams, ATC's director of land trust programs, with streamlining the trust's project review and approval process. As regional rep, Peterson spearheaded major Trail-protection campaigns, laid out miles of relocations in Vermont and New Hampshire, and contributed two chapters to the newly revised ATC stewardship manual, *Appalachian Trail Design, Construction, and Maintenance*. Kevin is a 1982 graduate of Dartmouth College and a life member of the Dartmouth Outing Club. He lives in Lyme with his wife, Vicki, and their three children.

Horn, who replaces Peterson, joined ATC in 1997 as associate New England regional representative. In 1999, Horn took on expanded duties in Trail management and club liaison. Horn previously worked for the Appalachian Mountain Club (AMC) in the White Mountains. He ran the Camp Dodge Volunteer Center for two years and worked in the huts and trails programs. He graduated *magna cum laude* from St. Lawrence University in 1993. He lives in Hanover.

Jody Bickel is a 1993 thru-hiker, a trail maintainer since 1993, and a 1994 volunteer at ATC's Newport, Virginia, office. She holds a degree in communications from Virginia Tech, has worked as a reporter and photographer, and for three seasons served as a backcountry caretaker for AMC.

FROM THE EDITOR...

Continued from page 2:

chian Trail. We need to do more to educate providers of these so-called "benefits" that they are not doing the A.T. any favors. Hikers may love it, sure. But, the hikers are on the Appalachian Trail. These "do-gooders" are unacceptably altering the A.T. experience into something they would like it to be. That is not their prerogative.

Another very serious concern in connection with the feed-a-thons is the quality of the food service being offered. The A.T. is part of the National Park Service (NPS). NPS or other federal policies apply, depending on the specific locations of the activities in question. As such, there are strict regulations for providing public food service (and that, in the end, is exactly what this is). What would result if a hiker contracted an illness from free food? What would happen if a hiker, a district ranger, or a Trail neighbor complained? What would be the impact of the public health-service regulations that would descend on the A.T.? I am deeply concerned that the golden egg of the A.T.'s volunteer spirit could get some serious cracks in a big hurry. For these reasons, I continue to decry the efforts of these "do-gooders" because they risk the deep and long-standing relationships ATC and the maintaining clubs have worked so hard to establish with government agencies who must, by law, regulate such activities. But, my core concern remains that they are undermining our credo of hiking our own hikes "by our own unaided efforts."

We, and the ones who have gone before us over the past 75 years, have built an example to others all over the world of the most successful long-distance volunteer-built and volunteer-maintained hiking trail. Our maintainers clear and harden the footpath so that it can carry the load of all those boots, and all the impact that human presence brings, while still providing the opportunity for a free and unpolluted A.T. experience. This continues to be our major challenge. Can we accept all the efforts of "do-gooders" as they alter the A.T.? I sincerely don't believe we can or should, if we are to meet our primary goal. Well-meant, generous, altruistic though they may be, those efforts, in my opinion, inadvertently help to change what we have worked so long and hard to build.

I have said it before and probably will again: We don't need to coddle hikers! In fact, by doing so, we deny them the opportunity to have their own A.T. experience.

John Morgan welcomes comments at: <jmorgan@mix-net.net>.

THE APPALACHIAN TRAIL EXPERIENCE

In April 1997, ATC's Board of Managers adopted a policy on the Trail experience, which reads, in part:

The lands acquired and managed for the Appalachian Trail not only protect the footpath itself, but provide primary protection of the Trail experience. The Trail experience, as used in this context, is intended to represent the sum of opportunities that are available for those walking the Appalachian Trail to interact with the wild, scenic, pastoral, cultural, and natural elements of the environment of the Appalachian Trail, unfettered and unimpeded by competing sights or sounds and in as direct and intimate a manner as possible. Integral to this Trail experience are:

- *Opportunities for observation, contemplation, enjoyment, and exploration of the natural world;*
- *A sense of remoteness and detachment from civilization;*
- *Opportunities to experience solitude, freedom, personal accomplishment, self-reliance, and self-discovery;*
- *A sense of being on the height of the land;*
- *Opportunities to experience the historic and pastoral elements of the surrounding countryside;*
- *A feeling of being part of the natural environment; and*
- *Opportunities for travel on foot, including opportunities for long-distance hiking.*

Keeping History Alive along the A.T.

By Glenn Scherer

New York–New Jersey Trail Conference

Stories. The Appalachian Trail has a million of them: a lovelorn Indian maiden throws herself from a waterfall, a Civil War general takes a bullet just as his troops achieve victory, hardscrabble farmers eke out a living atop windblown ridges. Tales abound, told by iron miners and charcoal-makers; canal men, wagoners, and railroaders; patriarchs of great estates, and mountain-resort entrepreneurs.

Fascination with history along the A.T. is as old as the Trail itself. Volunteers and federal and state land managers have teamed up to inventory, preserve, interpret, and protect this rich heritage for more than 70 years.

Trail-blazer Myron Avery took a big interest in history underfoot. He routed the Trail along Maryland's South Mountain, site of fierce Civil War fighting, and wrote extensively about the origins of Appalachian place names. NY–NJ Trail Conference founder Raymond Torrey was history-obsessed. His single-minded study of Baron Hasenclever's 18th-century ironworks caused this early Trail-builder to be affectionately nicknamed "the Baron."

When it came time to protect the A.T. corridor in the 1980s, historical resources (including battlefields, ruined farms, and ghost towns) were among the most treasured land purchases. Much of Maryland's South Mountain battlefield, for example, was protected by the state within corridor lands.

At Hurd's Corner, New York, in 1987, a historical water tower served as a rallying point for A.T. volunteers and local residents. "We were trying to stop a housing development from being put right in the middle of the proposed corridor," says Dutchess County A.T. Committee Chair Ron Rosen. "Once we bought the land, we restored the tower." The structure, resembling a primitive wooden space capsule, has become a local landmark. "It gives a feel for our agricultural heritage," Rosen says, "and it adds diversity to the Trail experience."

Once the corridor was secure, maintainers began surveying what they now managed. History buff and current ATC Chair Dave Field worked with the University of Maine to compile a statewide cultural-resource survey of the A.T. The 1989 report

notes the remnants of sporting camps, fire lookouts, railroads, and logging days gone by. It explains tongue-twister place names like "Potaywadjo," which means "whale mountain" in the native Abenaki language.

In 1991, NY–NJ Trail Conference volunteer and historian Ron Dupont set out on a two-year odyssey to identify cultural resources along New Jersey's A.T. Among his finds were native-American rock shelters, countless stone fences, and the

location of a World War II Flying Fortress crash. Dupont documented his work in an engaging 175-page book, *Hiking with History*.

In Vermont, Green Mountain National Forest archeologist David Lacy headed a 1993 cultural-resource study of the A.T. "We drew on volunteer knowledge, hiked the Trail, and searched the written record," says Lacy. This project led directly to the "Relics to Ruins" program, which brings school children to Aldrichville, a ghost town on the A.T. Gifted kids bring the mill-village lifestyle back to life through oral history, creative writing, art, music, dance, and Forest Service-supervised archeological digs.

In Pennsylvania, volunteer archeologist Joe Baker helped organize a 1988 Cumberland Valley cultural-resource survey and then aided in the 1999 survey by the NPS and the University of Pennsylvania of the state's 232 miles of A.T. "This work was done primarily through a search

of existing records, with no actual fieldwork," Baker laments. But, he adds, the survey laid the groundwork for wise management of the Trail's cultural resources.

This year, it will be Connecticut's turn to receive a thorough NPS-led cultural-resource survey (a study that, unlike Pennsylvania's inventory, will include field research). New Jersey follows in 2001.

Once you identify a cellar hole or hog wall, what do you do with it? Like other Trail resources, historical sites require thoughtful management. "Just like endangered species, our archeological treasures need a protection plan," says Dave Sherman of the USDA Forest Service.





Facing page—The Hurds Corner watertower, preserved by the Dutchess/Putnam County A.T. Management Committee and ATC in cooperation with local historical organizations.

The Chambers family cemetery in the Cumberland Valley of Pennsylvania. (Photo by Karen Lutz)

Don Owen, NPS environmental protection specialist for the A.T., agrees. “These are irreplaceable resources. Some, such as native American sites, where damage can be easily done, are best left undisturbed. Other sites with large structures, like old mines or railroad beds, are better suited to interpretation.” NPS is mandated to protect cultural resources under the Archeological Resource Protection Act, which makes it a crime to remove or destroy artifacts.

The types of A.T. cultural-resource protection and interpretation programs being done today are as varied as Appalachian Mountain scenery. In New York’s Bear Mountain State Park, volunteer archeologist Ed Lenik has helped organize an innovative “heritage monitor” program. Volunteers regularly visit sensitive native-American rock shelters, reporting damage done by looters to park authorities. It’s a program that could be duplicated along the entire A.T.

Also in New York, volunteer Emilie Jeanneney Dupont has written an extensive set of lesson plans for middle-school teachers who wish to take children on field trips to ruined iron mines. “It doesn’t even occur to most kids that there was ever anyone living out there,” she says “But, once you start pointing out clues, they get interested. What these children find most fascinating is that kids just like them were sweating, suffering, sometimes dying, in the mines. They feel lucky to be visiting the site rather than working in it.”

In Connecticut, Doug Christie has led AMC volunteers in making the hiking public aware of the hidden past. “We didn’t have a big budget, so we started by merely clearing brush, so you could see the outlines of old foundations. I never had trouble getting volunteers to work with me. They enjoyed it, though they thought it was a little strange.” Christie says. “We soon hope to interpret Falls Village, once one of the top iron-

Is it Farmer Brown's Stone Pile or a Druid Temple?

How do you spot history along the A.T.? Keep your eyes and mind open. Look for shapes that don’t make sense, that aren’t natural.

Explore a mysterious woody depression, and you may find a forgotten cellar hole. Look for old stone walls. They didn’t just grow up in the woods. They’re proof that farmers spent years clearing fields. Look for sunken roads that run several feet below the forest floor; the wall-lined path that you walk today may have once been a well-traveled wagon road. Tailings on or near the Trail that throw off your compass may indicate a nearby mine.

Of course, finding artifacts often is easier than figuring

them out. What were people doing and when or why were they doing it? That’s the hard part. Be your own detective. Local historical societies and libraries, old newspapers, maps, deeds, and road surveys provide clues.

An important point: When you do find artifacts, they’re best left undisturbed so later discoverers can enjoy them. Archeologists can learn a great deal about a cultural resource “in situ”—in place. Out of context, an artifact’s cultural significance can be lost. It’s also against the law to disturb historical or archeological sites on federal lands. Substantial fines and even jail sentences can be levied for removal or damage to artifacts along the Trail.

producing areas in the United States.” The Connecticut A.T. Committee, with help from Northeast Utilities and ATC, is building a wheelchair-accessible interpretive trail through the Falls Village ruins. Long-time volunteer Dick Blake is creating a lively historical brochure for the site.

Official Appalachian Trail guides are another place you’ll find historical interpretation. Dave Field, Norm Sills, and Bob Ellinwood have added fine historical narratives to the Maine, Connecticut, and central Virginia guide books. “I’ve argued that we shouldn’t follow the recent trend to make smaller and smaller trail guides,” says Dave Field. “I’ve urged us to add more history.”

In Maryland, Steve Stotemyer of the Central Maryland Heritage League, Charlie Graf of PATC, Karen Lutz of ATC, and Don Owen of NPS are working to restore the Fox Gap Civil War battlefield. Eventually, an archeological dig and interpretive loop trail will enrich this site for walkers. The State of Maryland recently awarded a \$25,000 “Save Maryland’s Treasures” grant for work at this site.

Here’s a sampling of other A.T. historical projects: Virginia volunteer Frank Logue is researching a CD-ROM about the A.T. that will include a historical component. The old Bears Den estate in Virginia has been restored as an ATC-run hostel. In Vermont, Mark Haughwout and GMC volunteers have restored the Stratton Mountain fire tower and staffed it with two summertime historical interpreters (the Glastenbury Mountain tower is their next project). Meanwhile, volunteer Roy Schweicker has compiled a list of all the fire towers that ever existed along the Trail.

“Why should we care about history along the A.T.?” asks Ron Dupont. “Good question. A part of me would rather preserve the Trail’s image as ‘wilderness primeval.’ After all, it’s not pleasant to think of all the terrible abuse the land has taken. Look at what’s being done in the Amazon rainforest today, and, you know what? We did it first in the Appalachians! On the other hand, the A.T. is not only a great scenic and recreational resource, it’s a great classroom for teaching American history.”

Preserving the Tree of History

When is a natural resource also a cultural resource? A majestic white oak, left standing by 19th-century farmers to provide shade, has become a noted historic landmark in New York. Large trees with spreading limbs were called “pasture trees” or “wolf trees” by farmers, because they stood alone in fields.

“Hurricane Floyd hit the Dover Road oak pretty hard,” Ron Rosen relates. “That’s when Bill McTighe, Jr., a local arborist, came forward. He volunteered to be the Trail’s first-ever appointed ‘tree maintainer.’ Bill’s been removing the oak’s dead and damaged branches, supported its limbs with cables, and has used natural means to control carpenter ants. We’re also moving our parking area to prevent soil compaction around the base of the trunk.”



The tree, under which 19th-century cows once grazed, now measures 18 feet in circumference and may be the largest blazed tree along the entire A.T. Its canopy gives the term “living history” a greener, leafier meaning.

Volunteer positions

Have fun building the Appalachian Trail for the next millennium as a volunteer for 2000 seasonal Trail crews. No experience is required, since professional crew leaders instruct participants in trail-building techniques. Five different crews operate along the A.T. during the summer and fall months and are sponsored jointly by A.T.-maintaining clubs, agency partners,

and ATC. Special women-only and over-50 crews will be offered again this year. To learn more about the crew program and to request an application, send a postcard with your name and address to: Crews, ATC, TR-00C/C, P.O. Box 10, Newport, VA 24128; call (540) 544-7388; or e-mail <crews@atconf.org>, and ask for a crew brochure.

ALONG THE TRAIL

American Express Company has awarded a \$20,000 grant to the Appalachian Trail, along with the other 15 "national millennium trails." American Express is the chief corporate partner in the Millennium Trails initiative, a collaborative effort of the White House Millennium Council, the U.S. Department of Transportation, and the Rails-to-Trails Conservancy. ATC will use the funds to help recognize 75 of its more than 4,000 Trail-maintaining volunteers as part of its 75th-anniversary observances.

The Maine Chapter of the Appalachian Mountain Club has increased its annual contribution to the **Maine Appalachian Trail Club** (MATC) from \$500 to \$1,000. The contribution is earmarked to help MATC with its hiker-education program and work with camp groups. MATC was founded in the 1930s to build and maintain the A.T. in Maine and the side trails that connect with it. The Appalachian Mountain Club was founded in 1876 to promote trails in the White Mountains but has grown into a broad-based organization dealing with trail and outdoor recreation issues throughout the Northeast.

This year marks the 90th anniversary of the **Green Mountain Club**. It was organized in Burlington, Vt., by a group of 23 men with the goal of making "the Vermont mountains play a larger part in the life of the people." Today, there are 445 miles of trails in the Long Trail system. The Long Trail stretches from the state's border with Massachusetts to Canada and is coaligned with the A.T. for 104 miles, beginning at the Massachusetts/Vermont state line.

At its annual meeting in November, the **Potomac Appalachian Trail Club** honored volunteers by presenting 86 service awards, two 50-year-member life certificates, three honorary life memberships (given to Marguerite Schneeberger, George Walters, and Andy Hiltz), and the newly created Volunteer of the Year Award. Charlie Graf was the recipient of that award for his service during the past year as chair of the Shelters and Cabins Construction Committee, his membership on the Shelters, Cabins, and Cabin Lands Fund Committee and on other ad hoc committees, and for representing the club on the Maryland A.T. Management Committee, which he chairs. Graf also serves on ATC's volunteer Board of Managers.

Smoky Mountains Hiking Club volunteers were honored at the group's annual A.T. maintainers appreciation dinner on February 5. ATC Regional Representative Morgan Sommerville

presented certificates to volunteers who worked at least four times on the Trail during the 1999 work year. Recipients of other awards included Bill Kerr (who chairs the A.T. maintainers committee), Chaz Chandler, Mike Faith, Ann Farrar, Phyllis Henry, Dick Ketelle, Mac McNutt, Paul LeClercq, Randy Puckett, Philip Royer, and Paul Ruble. Babette Collavo, Great Smoky Mountains National Park volunteer coordinator, presented awards in behalf of the park. George Minnigh, recently appointed backcountry specialist for the park, also attended the banquet.

A caretaker at the shelter on Springer Mountain was sponsored this year by the **Georgia Appalachian Trail Club**. Springer was selected because it is the starting point for more than 2,500 people attempting a thru-hike of the Trail each season. The goal

is to educate those hikers, many of whom have little or no backpacking experience, about Leave No Trace principles. The position began March 1 and was to last for 10 weeks. The club is training some of its members in caretaker duties, with the intention of having caretakers in other high-use areas, such as Blood Mountain, later in the year.



Paul Ruble, receiving VIP certificate and Great Smoky Mountains National Park belt buckle from Babette Collavo. (Photo courtesy of Great Smoky Mountains National Park)

At the Southern Regional Management Committee meeting at Camp Cheerio in Deep Gap, N.C., on March 26, ATC Central and Southwest Virginia Regional Representative **Mike Dawson** was honored (and lampooned) for 20 years of distinguished service to the Appalachian Trail project.

After an introduction by former southern Vice Chair Sara Davis, Bob Munson of the Virginia Department of Conservation and Recreation commended Dawson's two decades of service in the Commonwealth of Virginia. A Forest Service award normally reserved for employees was presented to Dawson by Bill Damon, supervisor of the George Washington-Jefferson National Forests. Southern Board members jokingly presented Dawson with a highway sign for Va. 58, which he had helped prevent from being located through the Mt. Rogers National Recreation Area. A beautiful photograph of Carvin's Cove—which Dawson was instrumental in protecting—was presented by ATC Executive Director Dave Startzell.

After its unanimous adoption by the approximately 100 attendees at this annual regional event, ATC southern "poet laureate" Bill Rogers presented a lengthy resolution of appreciation to Dawson.

The New Hampshire Fish and Game Department, which directs search-and-rescue operations statewide, has announced its intention to enforce a state law allowing it to charge "reckless" persons for the cost of their rescue. Fees will be levied only after extensive review within the department and by the state attorney general's office. The agency is posting warning signs at popular trailheads and distributing cards at visitors' centers and other locations, with a list of questions for hikers to ask themselves about their preparedness before beginning a hike: clothing and gear, outdoor skills, and knowledge of the terrain, the weather, and their own limitations.

SIDETRAILS

A class-action lawsuit was filed in Pennsylvania in December claiming that the vaccine that prevents Lyme disease causes an incurable form of autoimmune arthritis and, for some, could produce symptoms far worse than those brought on by Lyme disease. The complaint alleges that SmithKline Beecham, manufacturers of the LYMERix vaccine, failed to warn doctors and the general public that nearly 30 percent of the population was predisposed to a degenerative autoimmune syndrome, which the lawsuit says is triggered by contents of the vaccine. (See article in spring 1999 issue of *The Register*, entitled "Lyme-Disease Vaccine Approved by FDA.")

After 22 years of service to Maine's Baxter State Park, Lester C. Kenway is transferring to new employment with the Maine Land Use Regulation Commission. As trail supervisor, he coordinated maintenance of 205 miles of park trails. In his new job, Kenway will be based in Greenville, Maine, monitoring

development activities in the unorganized townships of Piscataquis County. Kenway will continue to be involved with trails through his business, Trail Services, providing consultation,

training, and specialty products to members of the Trail community. He can be contacted by e-mail at <trailser@ctel.net> or at 15 Westwood Street, Bangor, ME 04401. The park plans to advertise widely for the trail supervisor vacancy and fill the position by the end of the year.

The Great Smoky Mountains National Park "All-Taxa Biodiversity Inventory" turned up an earthworm near the Appalachian Trail that measured 18 inches! Scientists are trying to determine if it is a newly discovered species or just a very long specimen of a known species. The inventory, coordinated by Discover Life in America, a nonprofit agency, is attempting to catalogue the estimated 100,000 species that inhabit the Smokies. Since the project began about a year ago, some new species of spiders and microscopic creatures already have been discovered. Researchers, at the same time, are studying a fungus spread by an exotic insect that is destroying beech trees in the park. The beech-scale larvae are spread by wind. The adults, which are legless and never move, punch tiny holes in the bark of the trees. The holes promote the spread of a lethal fungus called beech-bark disease. The Park Service first discovered the beech scale in 1993 near Clingmans Dome. Kris Johnson, the park's vegetation-management specialist, says the beech-scale damage is most evident along the A.T. The disease has spread throughout the park's higher elevations, affecting whole stands of beech trees along the mountains' crest.

National Trails Day

The Appalachian Trail features prominently in plans for National Trails Day 2000, a day of public events celebrating trails and the volunteers who maintain and protect them. On June 3, trail and conservation organizations, public agencies, and businesses will host a variety of outdoor events across America, including some along the A.T.

All of the events are planned and hosted locally. Nationally, the event is organized by the American Hiking Society (AHS), a nonprofit organization dedicated to establishing, protecting, and maintaining foot trails in America.

The theme for 2000 is "Celebrate Millennium Trails," specifically 2,000 community trails to be designated that day. The A.T. is one of 16 "national millennium trails" designated by the White House. AHS urges event organizers to look to the future by inviting young people to become leaders—planning for young people at their events, inviting them into the outdoors, and challenging them to become trail stewards.

The goals of National Trails Day are:

- To promote public awareness of and appreciation for America's trails

- To build partnerships among trail groups, businesses, and public land managers
- To broaden the constituency for trails
- To encourage cooperative efforts among different trail users

Financial and promotional assistance comes from: Altrec.com, *Backpacker* magazine, DuPont Cordura, Thorlo socks, Vasque Outdoor Footwear, Recreational Equipment, Inc., Eastern Mountain Sports, Galyan's, the Trust for Public Land, the Bureau of Land Management, the National Park Service, the USDA Forest Service, and the U.S. Department of Transportation's Federal Highway Administration.

Visit <www.americanhiking.org> to find an event near you, register your event, obtain media information, and more.

Appalachian Trail-maintaining clubs have been selected for "Trails for Tomorrow" awards from Dupont Cordura for past National Trails Day events, receiving cash awards and merchandise certificates. The Georgia A.T. Club was one of 10 winners nationwide for its 1999 event. The Smoky Mountains Hiking Club was a winner in both 1998 and 1997.

Ensign Phillip Cowall Memorial Shelter

By Todd Byrd, Public Relations, Gallaudet University

Backpackers and nature-lovers who traverse the Appalachian Trail can now find respite in a shelter built by Potomac Appalachian Trail Club (PATC) volunteers and students from Gallaudet University and its Model Secondary School for the Deaf (MSSD), located in Washington, D.C.

After PATC approved the project in February 1999, the shelter was built off-site during weekends throughout the winter and spring by students and other volunteers from the Gallaudet community and by members of PATC and the Sierra Club. The building site, near Bowie, Md., was lent to the effort by the Maryland National Park and Planning Commission. In June, K.W. Miller, Inc., a site-work contracting firm from Damascus, Md., transported the shelter to its new home on the Trail, about 20 miles west of Frederick, Md. The shelter's foundation was built near the A.T. by the students and the other workers.

The idea of having deaf students construct a 15-foot by 10-foot log shelter was the brainchild of Frank Turk, Jr., an avid outdoorsman and cocurricular-activities coordinator for MSSD, one of the programs within Gallaudet's Laurent Clerc National Deaf Education Center.

From the beginning, the outpouring of generosity for the project, not only in labor but in donations of money and building material, was incredible, said Turk. David and Cindy Cowall of Salisbury, Md., had donated funds to PATC in 1998



in memory of their son, who had loved the Appalachian Trail. The money was earmarked for the shelter. Wallace Johnson, a Southern Maryland logger and the son of deaf parents, contributed a truckload of loblolly-pine logs for the shelter. Turk and PATC supplied most of the tools. Steve Doleac, the Clerc Center's cocurricular-activities assistant, who moonlights as a blacksmith, supplied the remainder. Funds from ATC's Grants-for-Outreach program were used to cover transportation expenses for students to the worksites.

Turk was well-suited to be foreman for the job, having experience with deaf children and having built shelters in Minnesota for the Department of Natural Resources and in Oregon with the National Association of the Deaf's Youth Leadership Camp. He said the project provided interaction between nature enthusiasts whose only difference is the way they communicate.

"I didn't find myself interpreting a lot," said Turk. "If anything, communication improved because we had to understand each other and agree before we did something, like pick up one of the logs," which he said took at least eight people to move, "with effort."

*Top: Mortar work on stone wall and fire ring being completed after reassembly on-site.
(Photos by Frank Turk)*



Left: Cowall Shelter under initial construction near Bowie, Md.

Deadline for 2001 Grants is July 15

The application deadline for ATC's two grant programs is fast approaching. Applications for both Grants to Clubs and Grants for Outreach must be received by July 15 to be integrated into ATC'S 2001 budget which will be approved at the November Board of Managers meeting. Awards will be made early next year.

The Grants to Clubs program provides matching funds to maintaining clubs to undertake new public service projects; to enhance the club's volunteer efforts, activities, or membership; to meet unusual, one-time financial needs of the Trail or the club; or to increase public awareness of the Appalachian Trail. Other types of projects, based on individual merits, also may be considered. This program is underwritten by L.L. Bean, Inc.

Grants have been awarded in previous years for a variety of projects, including shelter or privy construction, bog-bridging materials, major tool purchases, safety gear, development of Trail brochures, video production, and purchase of computer software to develop a club Web site.

The Grants for Outreach program is being expanded by ATC for 2001, as the conference invites unaffiliated organizations and individual educators to apply for matching funds.

Since 1994, ATC has provided grants from this program for projects conducted by volunteer Trail maintaining clubs (and

other nonprofit organizations sponsored by clubs) that use or make people aware of the Appalachian Trail. Emphasis is placed on programs that reach beyond traditional Trail users to youth-at-risk, inner-city residents, senior citizens, minorities, people with disabilities, and residents of communities along the Trail. Projects should provide opportunities for these groups to experience and enjoy the A.T., increase their appreciation and support of it, and encourage their participation in its protection and management.

The program previously required that all unaffiliated organizations have their projects sponsored by an A.T. club, with the club providing oversight of the project. Now, the program will extend funding to organizations whose projects simply are endorsed by an ATC-member club. Actual on-Trail projects, such as a guided hikes, still must be sponsored by an ATC club, but other, off-Trail projects such as a curriculum involving the A.T., will only require club endorsement, with no further administration required.

Application packets for both programs are being mailed to the maintaining clubs, or may be obtained by contacting Susan Daniels at ATC headquarters (address and telephone number on page 2, or e-mail <sdaniels@atconf.org>).

Report Due Soon on Access for the Disabled

The U.S. Architectural and Transportation Compliance Board (known as the Access Board) is expected to issue a final report—including draft regulations governing accessibility to outdoor-recreation environments for individuals with disabilities—as early as June 2000.

The public will be invited to comment on those regulations following a review of the draft rulemaking currently underway in the federal Office of Management and Budget. ATC Executive Director Dave Startzell, in a recent report to ATC's Southern Regional Management Committee, urged both club and agency representatives to get involved and be prepared to comment on the new regulations.

"The regulations will be based on an exceptions approach," he said, and went on to explain that clubs, agencies, and ATC will be free to continue regular maintenance on the Trail and its facilities. However, he said, "proposing major new construction will require consideration of accessibility modifications as part of any project's planning."

While the regulations address access issues related to a variety of recreational elements, including beaches, campgrounds, picnic areas, and other facilities, they are expected to have implications for new construction or reconstruction of Appalachian Trail segments, particularly where the Trail segment is accessible from roadside trailheads and along moderate sections of the A.T. Startzell concluded by noting, "We may need to develop some kind of accessibility-assessment process for planning and reviewing new Trail- and shelter-construction proposals."

Readers of *The Register* who would like to get more involved may review the Access Board's report at <www.access-board.gov/pubs/outdoor-rec-rpt.htm>. For a copy of ATC's briefing paper to its Board, contact Susan Daniels at <sdaniels@atconf.org>. Check ATC's Website for future updates on this issue, at <www.appalachiantrail.org>.

Kennebec Ferry

Use of the canoe ferry across the Kennebec River in 1999 increased 23 percent over 1998, with more than 1,350 people taking advantage of the service. This was despite extremely low water levels (until Hurricane Floyd hit in September) and many people who chose to ignore ATC advice and ford the often-dangerous river.

This ferry service, run by Steve Longley of Rivers & Trails Northeast, Inc., has been in place for 13 years, ferrying more than 10,000 hikers with no injuries or mishaps. The ferry is contracted by the Maine Appalachian Trail Club and funded by ATC.

The 2000 ferry schedule will be as follows:

- May 26–June 29, 10 a.m. until noon
- June 30–October 1, 10 a.m. until 2 p.m.
- October 2–October 16, 10 a.m. until noon.

From May 26 through October 16, no one will be ferried outside scheduled hours. Before May 26 and after October 16, hikers may call Rivers & Trails at 1-888-FLOAT ME to arrange a time to be ferried.

The Hickory Tree's Lament

by Ted Ragsdale

A squirrel, planning for some future time of need, buried lots of nuts on a mountainside. One was a hickory nut. As it happened, he never had need to unearth this particular nut, so it sprouted, took root, and sent up a shoot that became me, a hickory tree.

As I grew, I sent lots of large roots downslope, near the surface, as we hickory trees are wont to do. Before many years passed, I'd seen enough trees fall around me to know that mine was a world of the survival of the fittest. My assignment in Mother Nature's scheme of things was to provide forest canopy to shade out undergrowth and to keep the forest floor carpeted with forest litter. However, as I grew large enough to begin my assignment, I noticed that my greater foliage enabled the wind to get a better grip on me. Still, I was young and strong and waved my branches proudly in the wind; each time a strong gust threatened to topple me, I resolved to develop more root strength on that critical side.

One day, I saw the storm approaching from downslope, and I felt confident that my large roots would enable me to withstand the gale. Between the approaching storm and me, however, was a large red oak. At the third strong gust, with a frightening crack he swayed and fell, hurtling straight at me. Since I was rooted to the ground, I couldn't dodge. His heavy trunk caught in my branches and threatened to pin me to the ground. I resisted his weight with all my strength, and, aided by another large oak upslope from me, managed to stop his descent short of the ground. Waving my branches proudly one moment, and caught hopelessly in this agonizing and humiliating posture the next!

Few trees besides a young hickory could have endured being bent so sharply without breaking. My only consolation was that I wasn't uprooted, and I was still in one piece. The red

oak and I were leaning across the Appalachian Trail, too low for hikers to conveniently walk under, and too high for them to conveniently climb over. I clung desperately to the hope that the Trail-maintenance volunteers would arrive with a come-along or Griphoist and pull me out from under the fallen red oak. Then, in time, perhaps I would be able to stand straight again and fill the gap in the forest canopy left by the red oak.

When the Trail-maintenance people arrived, my hopes faded. They had no come-along, no Griphoist, not even a rope with which to try to pull me free. The axeman climbed up on the red oak and started chopping on me, of all things. Obviously, he had nothing on his mind besides "Let's get these old bad trees out of our nice trail." He chopped me in two, and, without my support, the red oak finished falling to the ground.

Now, I'm done for. With the next growing season, I'll try to sprout what biologists call "adventitious" buds on the six feet of trunk that I have remaining. But, my life will not continue for long unless I can quickly develop enough leaf growth to allow me to breathe normally.

That was our last word from the young hickory. Two years later, the scene of the murder was revisited. The remaining portion of the trunk was standing as erect as ever, and two small limbs from adventitious buds extended out from the top. But, they had died, just as the entire tree was dead. And overhead, the open sky offered neither shade to hinder the growth of weeds and briars nor a carpet of forest litter to combat splash erosion.

The moral of our story? In maintaining the Trail, don't overlook the need to also maintain the wilderness, without which the Trail has little meaning.

Answers to Trail-Maintenance Quiz

(From page 1)

1. c. Rifting hammers look similar to mauls used for splitting wood, but, in fact, are used for scoring and cutting rock (especially granite). Oftentimes, a rifting hammer can be used to score a line deep enough to actually split the rock (causing a rift, hence the name). At other times, it is used to score a line before the rock is drilled to be split using feathers and wedges. For this latter application, the rifting hammer ensures a straighter split—particularly useful when splitting large rocks into step-sized pieces.

2. b. Clearing vegetation to a four-by-eight-foot standard is something that should be done uniformly along the Trail. The reasons are both aesthetic and practical. Clear it wider, and the Trail begins to look like a highway. Clear it narrower,

and branches start to snag people's clothing and packs. One tip to visualize the 4 x 8 opening is to remember that it is the dimension of a full sheet of plywood. In sections of the northern A.T., there may be locations that need to be brushed out higher if the destination is also popular in the snowy months.

3. d. *Stobs* are branches that are pointed, protruding, and dangerous. The word derives from the same ancestor as *stub*, *stab*, and *stump*. When clearing the growth on your trail, be sure to cut limbs flush with the trunk and small trees flush and flat with the ground so that hikers and maintainers can heed their mothers, who warned them, "Be careful, or you'll poke your eye out!"

Tennessee Eastman Hiking Club Projects

By Bill Stowell

In November 1999, the Tennessee Eastman Hiking Club (TEHC) conducted three large Trail-maintenance projects with regional volunteers from local colleges and the Boy Scouts of America.

When Shari Galiardi, service-learning coordinator of the Appalachian and the Community Together (ACT) program at Appalachian State University and Kevin Riley of the university's recreation department contacted TEHC about a service project, we organized work trips for three consecutive Saturdays to carry out maintenance projects along our Trail section.

Trip one was a waterbar/step project combined with an Eagle Scout project. The Eagle Scout project for Graham Jarvis of Asheville's Troop 5 was to install a new floor in the shelter at Roan High Knob. Because we did not have the key to the gate for nearby access at Carvers Gap, the wood for the shelter floor and the tools had to be carried two miles to the shelter. After hauling the wood to the shelter, the rest of the group worked on installing waterbars and steps on the Trail near Toll House Gap. Although the long walk to the work site meant some lost time, in the long run we installed a lot more waterbars and steps than the club could have done on its own. Jarvis has now completed the floor installation and is eligible for his Eagle Scout status.

Trip two was a combined effort with Appalachian State and a contingent from East Tennessee State University. Fortunately, this time we had the key to the gate, so we got an early start installing more waterbars and steps on the Trail near the Cloudland Hotel site, north of Roan High Knob. We also completed a relocation of a steep section by using an existing old trail, exhausting the supply of previously cut waterbars and steps.

Trip three was another waterbar project with the help of another group of Appalachian State students. Since the supply of waterbars up on Roan was depleted, we met the students at Route 19E and hiked in above the Apple House Shelter to install waterbars and add more erosion control in the area. Bob Peoples of the Kincora Hostel recruited three thru-hikers to help. Again, we got a lot of work done installing waterbars and diversion ditches. A larger drainpipe under the Trail also was cleared out, and the side shored up with rock and log cribbing.

Workers put in a total of 736 hours for on the three trips, and we helped both the youth groups and the club work together to achieve goals. The college students and their coordinators enjoyed the opportunity so much that they have already requested a new project with TEHC later this year. It was a great opportunity for the club to work with some young people from area universities and show them how the A.T. is maintained. We hope it encouraged some future Trail maintainers.

Bill Stowell is a steering committee member and the A.T. maintenance coordinator for the Tennessee Eastman Hiking Club. He has been a member of ATC and TEHC for four years and has logged 1,450 hours of Trail maintenance. He has hiked 450 miles of the A.T. in the South.



Erin McKinnon, Maranda Love, and Matt Long from ASU peeling logs and installing waterbars on Roan Mountain. (Photo by Bill Stowell)

Guy Waterman, Friend of ATC and the White Mountains

Guy Waterman, a friend of ATC, extraordinary hiker, and respected writer on hiking and wilderness ethics, died at age 67 on February 6 near the summit of 5,249-foot Mt. Lafayette in New Hampshire's White Mountains. He committed suicide by allowing himself to freeze to death.

He and his devoted wife and coauthor, Laura, had adopted a section of the Trail along Franconia Ridge for many years, carefully building walls and steps to keep hikers from damaging alpine plants, and became well-known defenders of the fragile ecological resources they worked so hard to protect.

More than 200 friends and admirers attended his memorial service at the Congregational Church in East Corinth, Vt., on February 17. Much of the service had been planned by Mr. Waterman, including a medley of piano works that he had played and prerecorded for his funeral.

The Watermans for many years had homesteaded on a primitive 27-acre farm. From there, they worked as volunteers with the U.S. Forest Service and the Appalachian Mountain Club and—by kerosene lamp on an old typewriter—collaborated on four important books on hiking, mountain history, and backwoods and wilderness ethics.

Before moving to Manhattan in the late 1960s, Mr. Waterman had been a successful jazz pianist in Washington, D.C., and a campaign speechwriter for presidential candidates Eisenhower, Nixon, and Ford. He met Mrs. Waterman on an AMC–New York Chapter climbing trip. As soon as they were able, they moved to their Vermont farm, named “Barra” after his Scottish ancestral home, and never looked back. There, they cut by hand all their firewood, grew their own vegetables, and made maple sugar.

They wrote *Backwoods Ethics* and *Wilderness Ethics*, two

books instrumental in ATC’s 1995 policy mandating that the primitive character of the Trail be preserved. This policy has since been integrated into all Trail and resource decision-making affecting the Appalachian Trail. Their most extensive work, *Forest and Crag: The History of Hiking, Trail Blazing, and Adventure in the Northeast Mountains*, contains numerous references to the early history of the Appalachian Trail. It took them more than a decade to prepare and is without equal in documenting the Trail and mountain history in the eastern United States.

A Day Out—The Work of a Trail Monitor

By Cosmo Catalano

(Reprinted from *The Trail Walker*, newsletter of the New York–New Jersey Trail Conference)

He drives his car about 20 minutes south to the trailhead with the familiar white blaze, parks, shoulders his pack, gathers his maps, and sets off up the Trail. The sky is overcast, trying to be blue. Leaves carpet the earth, a gentle breeze encouraging those that haven’t yet taken the plunge. It is warm for almost November; a few hardy bugs orbit his head. The smell is like no other time of year: not decay, not death, but not renewal either.

A few yards up the Trail, he heads off into the woods, compass out, map in hand, scanning for a sign. There! Along the trees bordering the yard with the swimming pool that’s visible from the Trail on those hot July days past. He stops, peering at the ground, then at the surrounding brush. He consults his map and, with another glance at his compass, heads into the woods. He is following blazes, but not a path. His trail makes no acknowledgment of the topography, views, or water sources. He is an Appalachian Trail corridor monitor on his annual boundary walk.

As his way leads him farther from the well-traveled precincts of white blazes, the world he moves through enfolds him in its mysteries. Soon, all that can be seen are trees and underbrush. Wildlife, hearing his crunching approach through downed leaves and branches, moves away well in advance of his passage. Except for squadrons of southbound geese passing overhead, he is alone with his map, compass, and thoughts. Because his way is not of the many, there are no footprints, muddy roots, candy wrappers, or chatter. A dog on a distant farm is his only reminder that others inhabit this realm. He sees much evidence of past dwellers, though: cellar holes, tree stumps, stone walls slowly sending their substance back into the Earth, rusty barbed-wire fence. “People lived here,” he muses. “They actually had farms, raised crops, animals, and children. Went to town on Saturday.” All gone now.

As he moves up the steep hillside of quartzite boulders hidden by moss and ferns, he leaves the last wisps of humanity behind. Too rugged for practical men and women with families to raise, this land only witnessed the boots and wagons of sawyers gathering energy to cook food and warm dwellings below. “Bad place to hurt myself,” he thinks. “Long ways from any trail; wonder how long it’d be before they found me? Kinda stupid to do this part alone, but the silence....”

Gradually, mercifully, the way levels off as he tops the rise, panting. Just ahead is an opening in the trees, the bones of the hill, scraped clean centuries ago by ice, still resisting the forest’s efforts to skin them over. There is no trail to this corner of the mountain. Only he (“and a dozen or so surveyors,” he admits ruefully) knows this place. No footprints, no crampon scratches on the rocks, no places worn smooth of moss. Pebbles sprinkled onto the surface by the retreating ice have lain here undisturbed (“except for those loggers 200 years ago, who cut nearly every tree on this mountain,” he recalls). These thoughts detract not a bit as he sits on glacier-grooved rock and eats his sandwich. Later, he reaches the end of this section of his travels and must make a crossing, unguided by blazes, to intersect another way that awaits his gaze. Marking his path with small bits of flagging tape, he feels a certain twinge of guilt, as if he is desecrating this place by deliberately leaving what amounts to litter to mark his passing.

Then he reconsiders: “I will come this way next time. These marks will help me in my task to protect what is here.” Stopping them well short of the footpath, only he and the trees will know they are there. Having no bearing on geography, being drawn by humans, the way has little to do with the landscape. It travels up and down over ravine and stream. It lays awkwardly on the ground. Through hemlock and maple and beech. One moment he is striding through knee-deep ferns, the next through leafless hobblebush, nascent buds already awaiting the spring.

The most jarring thing about the day is his discovery of each marker, growing in the woods like a metallic mushroom as if it had just sprouted from some strange alien spore. Utterly and completely out of place in this world. No signs of how it got there; no tracks, tool marks, or disturbed brush. Still, these markers keep the promise that this land can be saved for the future. Heading back now, as the sun moves to light the sides of the trees, he begins to sense the familiar in the landscape. Suddenly, a swimming pool is visible through the trees, and yes, here is monument MA239-1, just as it was when he left it.

Cosmo Catalano is the northern monitor coordinator for the Berkshire Chapter of the Appalachian Mountain Club. This essay was originally posted to the Appalachian Trail Mailing List on the Web at <<http://www.backcountry.net>> in October 1999.

Trail Skills Workshops

Information for these workshops in the mid-Atlantic and southern regions, including fees where applicable, can be obtained from your ATC regional office. Workshops in the New England region will be listed in the summer issue of *The Register*.

Southern Region

Due to the requirement in the southern region that at least one A.T. club member on each chainsaw crew be certified in American Red Cross First Aid/CPR or the equivalent, ATC will award annual grants, up to a maximum of \$200 per club, to provide qualified first-aid instruction to 6 to 8 individuals from each A.T.-maintaining club in southern Virginia, Tennessee, North Carolina, and Georgia. Following the training, each A.T. club should submit its bills to ATC for reimbursement. Contact your local Red Cross for first-aid classes in your community.

For more information, and for possible chainsaw certification dates, contact the ATC regional office in Newport, Va., at (540) 544-7388 or the regional office in Asheville, N.C., at (828) 254-3708.

Basic Trail Maintenance

May 17, Nantahala Hiking Club Clubhouse, Franklin, N.C.

Leave No Trace Training

June 7–18, Great Smoky Mountains National Park. Become certified as a Leave No Trace (LNT) trainer by participating in this backpacking trip.

Stone/Wood Cribbing

July 15, Great Smoky Mountains National Park.

Mid-Atlantic Region

For more information, and for corridor-monitoring and

boundary-maintenance training opportunities, contact the ATC mid-Atlantic regional office at (717) 258-5771.

Chainsaw Certification

October 7–8, AMC Mohican Outdoor Center, Blairstown, N.J.

November 4–5, Mid-Atlantic Training Center (former Scott Farm), Carlisle, Pa.

Wilderness First-Aid Certification

May 20–21. This course will be taught by instructors from Stonehearth Open Learning Opportunities (SOLO). The course is an introduction to the basic principles of wilderness first aid. Participants must be 18 years of age.

AMC-Sponsored Courses—All courses will be held at the AMC Mohican Outdoor Center, Blairstown, N.J.:

Leave No Trace Training

May 19–21, August 11–13. Become certified as a Leave No Trace (LNT) trainer by participating in this course.

Wilderness First-Aid Certification

May 26–28. This course will be taught by instructors from SOLO. The course is an introduction to the basic principles of wilderness first aid. Participants must be 18 years of age.

Adirondack Mountain Club Workshops—For information, contact: Tim Tierney, Director of Field Programs, Adirondack Mountain Club, P.O. Box 867, Lake Placid, NY 12946; (518) 523-3480; fax: (518) 523-3518; e-mail: <adkkinfo@northnet.org>:

Trail Design and Layout

June 3 (National Trails Day). Little Porter Trail, Keene Valley, N.Y.

Club Presidents Meeting Reminder

The ninth biennial ATC club presidents' retreat will be held June 23–25 in Harpers Ferry, W.Va. Invitations have been extended to presidents of the A.T.-maintaining clubs by ATC Chair Dave Field. A second mailing, with an agenda and further information, is forthcoming.

As a highlight of the weekend, Ed Clark, acclaimed keynote speaker at the 1998 president's retreat, again will be on the agenda. Also, a *Club Presidents' Handbook* will be distributed. The handbook is intended to provide an overview for new and future club leaders of the Trail's cooperative management system, as well as ATC programs, policies, roles, and responsibilities.

Club presidents will be asked to come prepared to share

an interesting controversial incident, a recent successful club program, and a major project that will require significant federal, state, or private financial assistance in the next five years.

Recognizing that some of the most important accomplishments of any meeting occur in informal discussions outside the meeting room, the program will allow ample time for socializing and (weather permitting) some hiking.

The presidents' retreat has served as an important means of encouraging communications, introducing new club officers to A.T. management, and expressing the appreciation of ATC and the Trail's federal partners to the clubs.

Websites for Appalachian Trail-maintaining clubs:

Maine Appalachian Trail Club <www.matc.org>
Dartmouth Outing Club <www.dartmouth.edu/student/doc/>
Green Mountain Club <www.greenmountainclub.org>
AMC-Berkshire Chapter <www.outdoors.org/>
AMC-Connecticut Chapter <www.ct-amc.org/>
New York-New Jersey Trail Conference <www.nynjtc.org>
Batona Hiking Club <members.aol.com/Batona/>
AMC-Delaware Valley Chapter <www.amcdv.org/>
Philadelphia Trail Club <m.zanger.tripod.com/index.htm>
Allentown Hiking Club <www.enter.net/~dch/>
Susquehanna Appalachian Trail Club <www.libertynet.org/susqatc/>
York Hiking Club <www.angelfire.com/pa2/yorkhikingclub/index.html>
Mountain Club of Maryland <pw2.netcom.com/~sburket/mcm.html>
Potomac Appalachian Trail Club <www.patc.net>
Old Dominion Appalachian Trail Club <pages.prodigy.net/john_reilly/odatc.html>
Tidewater Appalachian Trail Club <www.geocities.com/Yosemite/9125/>

Natural Bridge Appalachian Trail Club <www.inmind.com/nbatc/>
Outdoor Club at Virginia Tech <fbox.vt.edu:10021/org/outing/>
Piedmont Appalachian Trail Hikers <www.path-at.org/index.html>
Mt. Rogers Appalachian Trail Club <www.geocities.com/Yosemite/Geyser/2539/>
Tennessee Eastman Hiking Club <www.tehcc.org>
Smoky Mountains Hiking Club <www.pageright.com/smhc>
Carolina Mountain Club <www.carolinamtclub.com>
Smoky Mountains Hiking Club <www.pageright.com/smhc>
Nantahala Hiking Club <www.smnet2.net/users/nhc/>
Georgia Appalachian Trail Club <www.georgia-atclub.org>

Other Organizations:

Appalachian Mountain Club-New Hampshire Chapter <www.amc-nh.org>
Keystone Trails Association <www.kta-hike.org>

What Do You Carry in Your Pack?

By John Neff

(Editor's note: Many of us really don't think of what "might" happen when we go into the woods to work or hike. Unfortunately, there are several histories of accidents that could have been very serious if one or more of the listed items weren't available. Each of us should have an emergency kit that gets tossed into our packs whenever we go out on the Trail. This is a good starting list to review.)

Several occasions in recent years have made me aware that the contents of an A.T. maintainer's daypack can become very important in responding to the needs of hikers on the Trail. Once, it was the need for a first-aid kit. On another occasion, it was the need for sunscreen above treeline. This got me to thinking about how important it was for A.T. workers to pack along handy items for special needs or emergencies. Last year, I put together a draft, circulated it among our Maine Appalachian Trail Club members, and then

printed a final list in our newsletter. I pass the list on to you who are Trail workers in the hope that you will also "be prepared—in case."

Larger items you should normally have with you:

- Hat (or wool cap in season)
- Jacket or windbreaker
- A little extra food—for others, if needed
- First-aid kit
- Plenty of extra water
- Long pants or running pants (if wearing shorts)
- Small flashlight
- Lightweight rain covering
- Bug repellent
- Trail map
- Extra socks
- Sunglasses

Items to be put in a small pouch, in case they are needed (in small amounts in case of emergency—you can leave the pouch in your pack between trips):

- Moleskin

- Compass
- Very light gloves
- Toilet paper
- Waterproof matches
- Small pocket knife
- Needle and thread (small kit such as motels often provide)
- Large garbage bag
- Three or four safety pins and a few paper clips
- Candle
- String
- Paper or other fire starter
- Water-purification tablets
- Whistle
- Duct tape
- Ace bandage

All of us who are Trail workers need to be prepared, not only for our own needs, but for the needs of those many others who are not well enough prepared for what may happen.

John Neff is a past president of the Maine Appalachian Trail Club and a Trail maintainer of many years' experience.

Dreamakers

By Tony "Only Tony" Barrett

(Editor's note: We know that most hikers appreciate the work that is done to make the A.T. what it is. When we receive an unsolicited letter like the following, we think it is only fair to share it with our readers, who really do make many dreams possible.)

This year [1999] was the first year that I had stepped on the A.T. in more than 30 years (when I had worked on a Boy Scout civil-service project, doing Trail maintenance in New Hampshire). Those vague memories of a worn and eroded Trail were not revisited this year. I was pleasantly surprised in what good condition I found the Trail. A related surprise was the number of volunteer Trail maintainers that I met on the Trail. Major rehabilitation projects were being undertaken by Trail crews from Konnarock in the South to F.O.R.C.E. in Maine. Routine Trail work was conducted by the many club volunteers, either singly or in groups, all throughout my journey. Unobserved by me on the Trail are all the volunteers performing various tasks that allow their respective clubs to function and undertake the actual Trail work.

When my fellow hiker, Dick Christian, signed his name in registers, he followed with this note, "Walking every hiker's dream." From all of us in the Class of '99 to all you ATC professionals, land-owning agencies, and club volunteers—thanks for letting us hike our dreams.

ATC CALENDAR

- May 19–21 Damascus, Va., Trail Days
- June 3 National Trails Day
June 23–25 9th A.T. Club Presidents' Meeting, Harpers Ferry, W.Va.
- July 1 Copy Deadline, Fall Issue of *The Register*
July 15 Deadline, 2001 Grants-to-Clubs Applications
July 15 Deadline, 2001 Grants-for-Outreach Applications
- September 2–3 Southern Region Multiclub Meet, Appletree Campground, N.C.
Sept. 29–Oct. 1 End of the Trail Festival, Millinocket, Maine
- October 1 Copy Deadline, Winter Issue of *The Register*
October 8–10 ALDHA Gathering, Pipestem, W.Va.
October 14 Natural Bridge Appalachian Trail Club 70th Anniversary and Dedication of James River Bridge
October 19–22 National Land Trust Rally, Portland, Ore.
October 21 Mid-Atlantic Regional Management Committee Meeting
October 28–29 New England Regional Management Committee Meeting
- November 18–19 ATC Board of Managers Meeting, Harpers Ferry, W.Va.
- 2000 Volunteer Trail Crew Schedules**
- May 11–August 14 Konnarock Crew
- June 10–September 6 FORCE (Maine)
- July 17–September 22 Long Trail Patrol (Vermont)
- August 31–October 23 Mid-Atlantic Crew
- September 1–October 22 Rocky Top Crew (Great Smoky Mountains National Park)

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