



# BUSHWACK BULLETIN

The BUSHWACK BULLETIN is published quarterly in the months of February, May, August and November by the Susquehanna Appalachian Trail Club, Inc. (SATC) P.O. Box 61001, Harrisburg, PA 17106-1001.

*Celebrating 50-years of hiking in 2004*

VOLUME 50 – No 2

<http://susqatc.libertynet.org>

JUNE - AUGUST 2004

**OUR OBJECTIVES: GROUP HIKING + TRAIL MAINTENANCE + OUTDOOR RECREATION**

NOTE: New Hike Codes are being implemented from this issue onwards.

Remember: PACE - TERRAIN - MILEAGE

## PACE Codes

- 1 - Leisurely** : nature or historical walk; frequent stops for observation
- 2 - Moderate** : steady, 1 to 2 miles per hour (mph)
- 3 - Brisk** : steady, 2 to 3 mph
- 4 - Fast** : 3 to 4 mph; very short breaks; an anaerobic workout

## TERRAIN Codes

- A - Solid pavement/sidewalk**
- B - Soft ground/sand/carriage trails; nearly level; few rocks or obstructions (roots)**
- C - Some rocks/roots/obstructions; climbs and descents totaling up to 1000 feet possible**
- D - Steep hills, rocks/roots/obstructions likely; frequent climbs and descents with a total of more than 1000 feet**
- E - Extremely difficult; some or all of these features possible or likely: rough footing (rocks, roots); unbridged stream crossings; non technical rock climbing/scrambling; boulder fields; bushwhacking; individual climbs and descents over 1,000 vertical feet**

MILEAGE Estimated by hike leader

For example: **2-C-10**

= Moderate pace, 1 to 2 mph; some rocks/roots or obstructions, up to 1000 feet elevation change, 10 miles hiking



**NEXT BUSHWACK BULLETIN DEADLINE FOR INFORMATION AUGUST 1, 2004**

Post to Editor - Bushwack Bulletin, S.A.T.C., P.O. Box 61001, Harrisburg PA 17106-1001

e-mail [bushwack@mail.com](mailto:bushwack@mail.com)

**June 2- 6**  
**June 9 – 13**  
**June 16 – 20**

**Keystone Trail Maintenance**

See article on page 7, single and multiple day options are available.

**June 1**  
Tuesday  
5:45 PM

**1-A-4**  
0 hwy  
miles

**Center City Harrisburg: PA Hiking Trails Week**

Bring sturdy comfortable shoes to ramble around Center City Harrisburg for three hours on sidewalks, the Riverwalk, the Greenbelt Trail, “Old Shakey” and City Island. Strollers welcome. Bring water. Watch out for colorful cows. Meet only at the Market Square Bus Stop, 2<sup>nd</sup> & Market Sts in downtown Harrisburg. Look for someone wearing a “Susquehanna Appalachian Trail Club” t-shirt.

Leaders: Laurel and Peter Fleszar, [laurel@fleszar.org](mailto:laurel@fleszar.org), 583-2093

**June 2**  
Wednesday  
5:00 PM

**3-C-7**  
0 hwy  
miles

**Appalachian Trail After Work Hike: PA Hiking Trails Week**

Hike from Route 850 to the Darlington Trail at Lambs Gap. The hike may finish after dusk. Bring water, snacks and a flashlight. Meet only at the Lambs Gap/Darlington Trail parking area at the top of Blue Mountain.

Leader: Karen Balaban, 232-3708, [KMBalaban@BalabanLLC.com](mailto:KMBalaban@BalabanLLC.com)

**June 3**  
Thursday  
9:00 AM

**2-C-7**  
9 hwy  
miles

**Sterretts Gap to Lambs Gap: PA Hiking Trails Week**

Hike from Sterretts Gap on the Tuscarora Trail east to the Darlington Trail to Lambs Gap. Moderate pace on the ridge. Fairly level terrain. Bring lunch or snack and water. Meet only at parking lot at Rt. 114 just north of Rt. 81 and south of Wertzville Road.

Leaders: Thyra Sperry and Dick Martin, 258-5261

**June 5**  
Saturday  
9:00AM

20 hwy  
miles

**AT Maintenance: National Trails Day and PA Hiking Trails Week**

Celebrate National Trails Day! We will work on SATC’s section of the Appalachian Trail on Peter’s Mountain. General trail clearing, trash pickup, fire ring removal. Possible work on AT relocation if enough volunteers show up. Full or half-day option. Bring lunch, water, and work gloves. Meet only at intersection of PA Rts 225 and 325 East, north of Dauphin.

Leaders: Jeff Buehler, 657-8281, [ATHIKERJB@AOL.COM](mailto:ATHIKERJB@AOL.COM) and Tom Scully, 671-8241

**June 5**  
Saturday  
6:30 PM

**3-E-10**  
30 hwy  
miles

**Full Moon Anniversary Hike**

Bring a flashlight, water and hors d’oeuvres to share. We will stay a while and watch the moon rise over the fire tower. One very long, very rocky and strenuous climb. Moderate to fast pace. Hiking boots a must for this one.

Leaders: Jane and Randy Greber, 766-1913

**June 6**  
Sunday  
1:30 PM

**1-A-4**  
0 hwy  
miles

**The Cow Catcher: PA Hiking Trails Week**

Wander around Harrisburg “collecting” cows on this 3-4 mile walk. Bring water and snacks. (If the cows are gone, we’ll walk anyway).

Leader: Susanne Donmoyer, 545-5308

**June 12**  
Saturday  
8:00 AM

**4-E-17**  
100 hwy  
miles

**Tuscarora Trail: Cowpens Road to the Hemlocks and Back**

Descend and climb four ridges then turn around and do it again. Some of the climbs are steep and rocky. Bring lunch and sufficient water. This hike is more difficult than its distance implies. Fast pace.

Leader: John Lenahan, 737-7675, [jlenahan@starblind.com](mailto:jlenahan@starblind.com)

**June 13**  
Sunday  
9:30 AM

**2-E-8**  
75 hwy  
miles

**Sunset Rocks Loop Hike**

Moderate pace with one strenuous climb and a stretch of large boulders to climb over. Copperhead habitat. Bring lunch and water. Alternate meeting place: the furnace stack at Pine Grove Furnace State Park at 10:30 AM. Optional swim after hike.

Leader: Frank Bohn, 234-5169

<b><u>June 19</u></b> Saturday 9:00 AM	15-25 hwy miles	<b><u>Appalachian Trail Maintenance</u></b> General trail clearing, trash and fire ring removal as needed along our Club's section of the A.T. Full or half-day option. Bring lunch, water and work gloves. Wear long pants for protection. Meet only at the intersection of Rts 225 & 325 East, north of Dauphin. Leader: Jeff Buehler, 657-8281, <a href="mailto:ATHIKERJB@AOL.COM">ATHIKERJB@AOL.COM</a>
<b><u>June 21</u></b> 12:00 noon		<b><u>Deadline for Registration for June 26 Tubing Trip</u></b> See June 26 entry.
<b><u>June 26</u></b> Saturday 9:30 AM	<b><u>2-E-7</u></b> 44 hwy miles	<b><u>Appalachian Trail Lickdale</u></b> Don't miss this one! Moderate pace, some hills, one steep, rocky terrain on this 5-7 mile hike. Bring items to cook over a fire after hike. Bring snacks for during hike. Ice cream stop after cookout. Sturdy boots required. Meet only at Hershey Outlets (bus stop) next to Dress Barn. Leader: Sylvia Miller, 533-5422, <a href="mailto:hiker@paonline.com">hiker@paonline.com</a>
<b><u>June 26</u></b> Saturday 11:45 AM 1:00 PM	0 hwy miles	<b><u>Tubing on the Susquehanna</u></b> This event, sponsored by Dauphin Co. Parks and Recreation, will leave from Ft. Hunter (Mansion parking area) and will last approximately 2 hrs. They will provide tubes and shuttles. Cost is \$4 per person. If you like, bring a bag lunch to this area where we will meet for a pre-tubing picnic at 11:45 a.m. Meet only at Fort Hunter. Register by e-mailing Bonnie (preferred method) at <a href="mailto:hiker508@paonline.com">hiker508@paonline.com</a> or by phone at 838-3085 no later than noon on Monday, June 21. Please provide your name and a contact telephone number or numbers where you can be reached in case the event is cancelled by poor weather or river conditions.
<b><u>June 27</u></b> Sunday 1:00 PM	<b><u>1-C-8</u></b> 90 hwy miles	<b><u>Gettysburg</u></b> Period dressed leaders will take you into the pages of history on this significant battle of the Civil War. Optional buffet after the hike. Optional Ghost Tour after dinner, \$6. Sturdy shoes advised. Bring snacks and water. Alternate meeting place: Observation tower near Eisenhower Farm at 1:45 PM. Leaders: Louise and Richard Sis, 774-0196
<b><u>July 3</u></b> Saturday 7:00 AM	<b><u>2-E-9</u></b> 100 hwy miles	<b><u>Golden Eagle Trail</u></b> Enjoy a whole day hiking on the Golden Eagle Trail (GET) in Lycoming County. Moderate pace but rugged hiking. GET is everything a hike should be.... Road time is 2 hours each way from Harrisburg, 5+ hours hiking time. Bring food, boots, hat and plenty of water. Optional dinner that evening and camping nearby at Black Walnut Bottom Camping Area at Tiadaghton State Forest, ph: 570-327-3450 to make own reservations. Leaders to scout area beforehand, please call for more details. Leaders: Anna Pruett, 561-1968 and Bill Graham, 566-9955.
<b><u>July 8</u></b> Thursday 6:30 PM	<b><u>Board Meeting</u></b>	<b><u>Board of Directors Meeting</u></b> Members are welcome to attend. Location: East Shore Library, meeting room A, near the Colonial Park Mall, 4501 Ethel Street, Harrisburg Contact: Barbara Harvey, 766-7868
<b><u>July 10</u></b> Saturday 9:00 AM	<b><u>2-B-8</u></b> 0 hwy miles	<b><u>Bullfrog Valley Park</u></b> Hike a new trail. Bring lunch and water. Meet only at Bullfrog Valley Park behind Hershey Medical Center. Leader: John Stein, 533-3679, <a href="mailto:steinhike@cs.com">steinhike@cs.com</a>

<b><u>July 13</u></b> Tuesday 7:00 PM	<b>Members and Guests Meeting</b>	<b><u>Spring Meeting for All Members and Guests</u></b> Following refreshments for new, prospective and current members, hike scheduling for the September, October and November quarter will take place. The evening program will feature a presentation by SATC members on trip planning. See article on page 7. Location: West Shore Senior Citizens Center, 122 Geary Avenue, New Cumberland. Contact: Anna Pruett, 561-1968
<b><u>July 14</u></b> Wednesday 6:00 PM	<b>2-B-4</b> 0 hwy miles	<b><u>Peter's Mountain Ice Cream Hike</u></b> Meet at the intersection of Rts 325 and 225 north of Dauphin, PA. Walk on our club's section of the Appalachian Trail. Ice cream at 3 B's after the hike. Bring water. Leaders: Louise and Richard Sis, 774-0196
<b><u>July 17</u></b> Saturday 9:30 AM	<b>2-E-7</b> 44 hwy miles	<b><u>Appalachian Trail Lickdale</u></b> Don't miss this one! Moderate pace, Some hills, one steep, rocky terrain on this 5-7 mile hike. Bring items to cook over a fire after hike. Bring snacks for during hike. Ice cream stop after cookout. Sturdy boots required. Meet only at Hershey Outlets (bus stop) next to Dress Barn. Leader: Sylvia Miller, 533-5422, <a href="mailto:hiker@paonline.com">hiker@paonline.com</a>
<b><u>July 21</u></b> Wednesday 6:00 PM	<b>2-A-3</b> 0 hwy miles	<b><u>Wildwood Lake Sanctuary Ice Cream Hike</u></b> Moderately paced hike on paved and bark chipped trail. Optional ice cream stop after the hike. Meet only at the Egret Parking Lot on Industrial Road near Linglestown Road. Leaders: The Webster Family, 526-2127
<b><u>July 24</u></b> Saturday	<b>Annual Picnic</b>	<b><u>SATC Annual Picnic</u></b> Join SATC members and families at Pine Grove Furnace State Park for hiking, food and fun. See article on page 7 for information.
<b><u>July 31</u></b> Saturday 10:00 AM	<b>3-E-8</b> 55 hwy miles	<b><u>Yellow Springs Loop Hike</u></b> Hike from Rt 325 to the Appalachian Trail to Yellow Springs and back, stopping at the South View, the General and the Stone Tower. Hands-on climbing for short sections. Leader: J.D. Goodall, 561-0920
<b><u>August 1</u></b> Sunday 1:30 PM	<b>2-C-4 to 5</b> 20 hwy miles	<b><u>Boyd Ramble</u></b> Hike on woods roads using several blazed trails with short elevation changes. Leader: Susanne Donmoyer, 545-5308
<b><u>August 7</u></b> Saturday 10:30 AM	<b>2-D-10</b> 70 hwy miles	<b><u>Goldmine – Rausch Gap</u></b> Goldmine Trail to Rausch Gap and return. Leader: Jeff Williard, 887-3819
<b><u>August 8</u></b> Sunday 1:00 PM	<b>2-A-6</b> 0 hwy miles	<b><u>Three Bridges, One River Hike</u></b> Easy walking, sneakers are fine. Families and strollers welcome. Walk along Riverfront Park, Wormleysburg, City Island and Old Shakey. Bring water, snacks, a hat and sunscreen. Leader: Allison MacGillivray, 649-4208, <a href="mailto:bushwack@mail.com">bushwack@mail.com</a>
<b><u>August 12</u></b> Thursday 6:00 PM	<b>2-A-3</b> 0 hwy miles	<b><u>Two Bridges Ice Cream Hike</u></b> Meet at the Lemoyne Post Office. Sneakers are OK. Bring water. Leaders: Louise and Richard Sis, 774-0196
<b><u>August 15</u></b> Sunday 8:00 AM	<b>2-D-8.5</b> 100 hwy miles	<b><u>Pulpit Rocks and the Pinnacle</u></b> Moderate pace, one steep climb over rocky terrain. The Pinnacle is one of the most famous views on the Appalachian Trail in Pennsylvania. Bring water and lunch. Alternate meeting place: 9:15 AM at Hamburg Reservoir. Leader: Richard Green, 671-8744

<b><u>August 22</u></b> Sunday 1:30 PM	<b>2-D-6</b> 40 hwy miles	<b><u>Victoria to the Shelter</u></b> Hike the relocated Victoria Trail to the Appalachian Trail and to our shelter and return. Leader: Susanne Donmoyer, 545-5308
<b><u>August 23</u></b> Monday 7:00 PM	<b>Bushwack Bulletin assembly</b>	<b><u>Many Volunteers Needed to Assemble Bushwack Bulletin for Mailing</u></b> If you can help or have questions, please contact Susanne Donmoyer at 545-5308. Advance notice would be appreciated. The assembly will be done at the Cleve J. Fredricksen Library, 100 N. 19 <sup>th</sup> Street, Camp Hill.
<b><u>August 25</u></b> Wednesday 8:00 AM	<b>1-B-5</b> 25 hwy miles	<b><u>Big Trees of Lebanon County</u></b> A leisurely walk through county parks searching for champion trees. Bring trail lunch and water. Meet at the Friendly's Restaurant on Rt 422 west of Hershey, across from the Medical Center. Leaders: Louise Sis, 774-0196 and Ray Swingholm, 867-1638
<b><u>August 26</u></b> Thursday 8:30 AM	<b>2-C-5 to 6</b> 100 hwy miles	<b><u>French Creek State Park</u></b> Meet only at light pole #5 at the Harrisburg East Mall. Bring lunch and water. Optional dinner stop. Leaders: Shirley McLaren, 526-4777 and Frank McKniff, 832-1994
<b><u>August 28</u></b> Saturday 8:00 AM	<b>4-D-15</b> 40 hwy miles	<b><u>Stoney Mountain Loop Hike</u></b> Two uphill – one long, one short. Remote, unmaintained trails with lots of climbing over blowdowns. Fast paced hike. Bring lunch, water and snacks. If not a SATC member, call leader in advance. Alternate meeting place: 8:30 AM at the PA Rt 325 Appalachian Trail parking lot. Leaders: Jon Kohn, 938-3782, <a href="mailto:leajen@paonline.com">leajen@paonline.com</a> ; Melanie DeMartyn, 795-8209, <a href="mailto:art-therapy@paonline.com">art-therapy@paonline.com</a> ; and Juliet Fuller

## **GENERAL HIKE INFORMATION**

### **1. MEETING LOCATION**

Unless otherwise noted in the hike schedule, all hikes on weekends and holidays leave from **Fisher Plaza** (entrance to the State Library) behind the State Capitol Building. Should Fisher Plaza be closed, the alternate meeting site is the parking island in front of the East Gate Office Center on 7<sup>th</sup> Street, opposite the Herr Street underpass. Five additional minutes will be allowed for arrival at the alternate site.

### **2. TRANSPORTATION**

If you ride with someone, you should give the driver **5 cents** times the highway mileage shown in the hike schedule to help defray the costs of transportation.

### **3. REGISTRATION**

All hikers are asked to register with the hike leader at Fisher Plaza or at the trailhead before starting any scheduled hike. For safety reasons with **D and E grade** hikes, please register with the hike leader before arriving at the meeting location unless the leader has hiked with you previously and knows your abilities.

### **4. NO PETS ALLOWED**

### **5. PACK IN, PACK OUT (LEAVE NOTHING BEHIND)**

### **6. SMOKING GUIDELINES**

SATC prefers that hikers refrain from the use of tobacco products during Club activities. Smokers are individually responsible for damage to the forests.

## FROM THE PRESIDENT

*Dear SATC Members,*

I am looking forward to a good term as president. This will happen because the people in the club are really great! Working with such a wonderful group of people is a pleasure.

The banquet was a huge success. There were 98 people there. This was a record attendance. The food was good and plentiful. The DJ was funny and personable. I wish to thank all of the people who made this evening so great.

The picnic is coming up in July 24. Plan to attend. There will be games and hikes. Hope to see you there.

Be sure to congratulate Louise Sis and Tom Scully for winning the Big Boot Award. Thank them for all of their work in the club. Tom does a tremendous amount of work on trail maintenance and Louise does equal amounts on people maintenance.

Be sure and thank Sam Barker for coordinating the hike schedule, Allison MacGillivray for doing the Bulletin and Jeff Buehler for being the Trail master. Without these folks we wouldn't be able to function as a club.

*Barb Harvey*

## MEMBER'S NOTICES

### **The Last Wave of Summer: Long weekend at Chincoteague, VA September 11-14, 2004**

Chincoteague is a historic town on the Eastern Shore of Virginia, adjacent to Chincoteague National Wildlife Refuge and the Virginia portion of Assateague Island National Seashore.

There are opportunities for birding, bicycling, hiking, photography and long walks on unspoiled beaches.



Swimming in the surf is permitted, but lifeguards are not on duty at this time of year.

Accommodations will be in motels or cabins, but those who wish to do so may also camp in the area. Please contact Frank Bohn (234-5169) if you want to participate, preferably by August 10 to facilitate lodging reservations.

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## THANK YOU

I would like to thank everyone for their help during my recent illness on and after the Arizona trip. You don't know how much your kindness meant to me. A special thanks to Frank Bohn, John Stein, Ray Swingholm and Anne Tantum, and a special special thanks to Louise Sis. John was right when he said that we aren't just a hiking club, we are a family.

*From Bonnie Booth*

## CLUB NOTICES



### **Meeting – West Shore Senior Citizens' Center Tuesday July 13 at 7pm - All Welcome!**

Come and hear how fellow members plan and organize solo, two-person and group trips. There will be a selection of local and overseas excursions with hiking and other side activities featured. If you are interested in organizing a one-day outing or a two-week adventure for the club, or just for your family, come and listen to a variety of planning and organizing styles.



You will be able to gather technical hints regarding equipment and location ideas.

Bring your questions; presenters will be delighted to share their knowledge and experience with you.



### **Annual Picnic Saturday July 24 at Pine Grove Furnace**

Directions: Meet at Fisher Plaza at 9.00am or take I-81 to Exit 37 to Rt.233 south. Travel for eight miles on Rt.233 up over the mountain and follow the signs to the park and to the Furnace. Turn left past the general store and turn left again at the next road. This will take you past the Furnace. Go to the Brickyard Pavilion, which is the second one you come to.

#### Schedule:

9:00am: Meet at Fisher Plaza for carpooling to Pine Grove Furnace.

10:00am: Meet at the Brickyard Pavilion for a hike led by Barb.

12.30pm: Meet at the Pavilion for lunch – bring a favorite dish to share.

Napkins, plates, cups etc. will be provided by the club.

2:00pm Potential afternoon hike and/or swim in the lake to work off the delicious lunch.

Please call the picnic committee if you have any questions: Anna (717) 561-1968 or Barb (717) 766-7868.

#### **Eighth Year of Keystone Trail Crew Set**

Keystone Trail Crew, sponsored by KTA, will again have three weeks of volunteer hiking trail maintenance in the month of June. The workweek will run from Wednesday through Sunday.

Dates:	June 2-6	Pinchot Trail
	June 9-13	Mid State Trail Northern Extension
	June 16-20	Chuck Keiper Trail

Meals and lodging/campsites will be provided. If you can spare a week, volunteer a weekend or come for just a day or two, please think about signing up. No volunteer will be turned away.

Forward all inquiries to Joe Healey, 93 Cedarwood Drive, Laflin, PA 18702, e-mail [jnlhealey@aol.com](mailto:jnlhealey@aol.com) or feel free to call at (570) 655-4979. Detailed information and a map directing you to the respective lodging/campsite will then be forwarded.

## NEW MEMBERS

*Please join us in welcoming these new members:*

John & Denise Adams	Mechanicsburg	Michael & Trish Edmiston	Harrisburg	Marisa Peach	Harrisburg
Alaa AzAb	Harrisburg	Tina Faleshock	Harrisburg	Dawn Robertson	New Cumberland
Kathryn Bard	Enola	J. D. Goodall	Harrisburg	Nancy & Thomas Schmitt	Hershey
Mary Bruno	Harrisburg	Tina Hamilton	Carlisle	Dorothy Schrupf	Camp Hill
Gail Burfeind	Harrisburg	Jim Hegeman	Camp Hill	John Slotterback	Ashland
Kelly Capitani	Etters	Janet Hetrick	Palmyra	Janet & Peter Smith	Gettysburg
Phillip Conlin	Lititz	Carole Hodell	Carlisle	Dawn Smith	Fredericksburg
Doug Cordelli	Enola	Dianne King	Carlisle	Brandy Watts	Palmyra
Robert & Stacy Creech	Camp Hill	Carol Nechemias	Middletown	Ralph & Annette Watts	Palmyra
Shirley Deighton	New Bloomfield	Elizabeth Hayward & William Junkin	Harrisburg		

## COURSES

### Wilderness First Aid

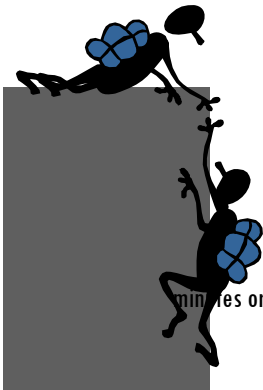
An eighteen-hour class in Wilderness First Aid will be conducted in Harrisburg, PA on June 12-13, 2004.  
The course includes classroom study, hands-on practice, and results in a two-year certification.

Registration is on a first-come, first-served basis. The cost is \$160.  
For additional information phone (703) 836-8905 or visit <http://wfa.net>

Course schedule (2004):  
 June 5-6: Philadelphia, PA (Bristol)  
 June 12-13: Harrisburg, PA  
 June 19-20: Palisades, NJ

Wilderness First Aid is a program of the Wilderness Safety Council and meets ACA standards for 60 minutes or more from definitive medical treatment.

You can learn more about our program by visiting the Frequently Asked Questions (FAQ) at: <http://wfa.net/faq.html>



## *Did you know....*

The first SATC newsletter came about in October 1954. Earl Shaffer came up with an ancient mimeograph, and a name "BUSHWHACK BULLETIN". Earl, the first Editor, neglected to tell Ralph Kinter how to spell Bushwhack, and the newsletter came out as "BUSHWACK BULLETIN". Jean Stephenson, Editor of the TRAILWAY NEWS, pointed out the error, but said "keep it that way". So we continue spelling it "Bushwhack" today...and now we know why.