

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.

A Hiking Publication For The Harrisburg Area

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Web Site: www.satc-hike.org
Email: hike-hbg@satc-hike.org

Our Objectives: Group Hiking + Trail Maintenance + Outdoor Recreation

Next *Bushwack Bulletin* Deadline for Submissions: May 7, 2012

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Laura Sheely
Rick Stahl

Inside this Issue

Acknowledgments	2
Annual Banquet - Friday <u>March 30^h</u>	5
Banquet Reservation DUE <u>March 21st</u>	16
Hiking & Event Schedule	7 -12
Ironmaster's Challenge <u>May 5th</u>	5
Keystone Trails Association (KTA) News	15
Membership Renewal DUE <u>March 31st</u>	16
Nominating Committee Report	4
President's Message	2
SATC News	3 - 5
Trail Work Trips	12
And lots more	

SATC is a 501(c)(3) non-profit corporation organized in 1954. Membership contributions and additional donations are tax-deductible as a charitable contribution.

Greetings fellow hikers!

Have you been able to find time to enjoy the trails during this relatively mild winter? My new year's resolution is to be on a trail at least 75 times in 2012. By the end of January, I had 12 hikes completed. My wish is that each of you remain committed to hiking and to maintaining our trails. What better way to do that than with fellow SATC members? Lots of hikes scheduled (see p. 7) and a great opportunity on March 24th to learn about leading a hike or participating in trail maintenance. (see p. 3).

My second two-year term as president ends on March 31st. Please allow me this opportunity to sincerely thank all the SATC officers, directors, committee chairs, and members that so ably assisted with SATC's success during these past 4 years. Although there have been many accomplishments, my greatest frustration is the blemished legacy I leave by failing to recruit candidates to serve as president and vice-president. I've been gently reminded that SATC is NOT the sole domain of its officers and directors. It is YOUR hiking club. I remain committed to recruiting candidates for the top leadership positions to present for a vote at the banquet on March 30th. Please contact me to discuss at (717) 232-3708 or KMBalaban@BalabanLLC.com.

In 1954, SATC was formed when the Alpine Club of Pennsylvania dissolved and a group was needed to tend to the Darlington Trail. Bishop Darlington's descendents have expressed great pride in their trail heritage through their generous financial support. I had the pleasure of meeting the Bishop's grandson and two great-grandchildren on their visit to Central PA 3 summers ago and have kept in touch. In November, SATC member Henry Darlington III underwent a complete lower jaw replacement. While in Durham, NC in early January, I drove down to Cary, NC to visit Henry. It was my first realization that something more than a jaw replacement had occurred. A stray tear or two escaped from our eyes while I brought him up to date on SATC activities. Sadly, Henry died on January 25th. I extend our condolences to Henry's wife Curry and his family. He will be missed by SATC. I especially mourn the fact that Henry never had the chance to hike the full length of the Darlington Trail as he planned this summer. Please join me this spring on the three-part Darlington Trail Series in Henry's honor. "We know not the hour", so don't let that special opportunity in your own life, whatever it may be, pass you by.

Karen



New Members

Len Boyles, Carlisle
Emily Carson, Selinsgrove
Rodney Crawford, Hanover
Paul Cribbins, Mechanicsburg
Frank Daire, Camp Hill
Tonia Emswiler, York
Sharon Hayes, Carlisle
Angela Snyder, Gardners
Winifred Stern, Newville

Richard Krott, Harrisburg
Scott MacMillan, Harrisburg
Hannah Matarazzi, Palmyra
Todd & Kelly McCall, Harrisburg
Kim McKee, Boiling Springs
Steven Reist, Harrisburg
Dennis Sagans, Harrisburg
Susan & Randy Steadman, Hummelstown
Markus Woodring, Harrisburg

Special Financial Contributions

The Hershey Company = \$250 in honor of Rick Stahl volunteer service to SATC
The New York Community Trust - Darlington Fund \$250
LL Bean Grant - \$650
Bob Fromme, Jr., Markus Woodring

Hike Leaders (December –February) Carol Crum, Frank Bohn, Jeff Willard, Jim Foster, Joyce Kunkle, Karen Balaban, Larry Walters, Sharon Shellenberger, Susanne Donmoyer, Tom Weaber and Trisha Sanders

*Thank
You*

SATC Trailmaster Report by Jeff Buehler

Trail maintainers are needed for the following trail sections

Appalachian Trail

- Cold Spring Trail north to the Rausch Gap Shelter side trail (2.6 miles)
- PA-325 north to the Horse-Shoe Trail (3.0 miles)

Cold Spring Trail – Cold Spring parking area to the Appalachian Trail (1 mile)

Darlington Trail – Holtz Road to Tower Road (2 miles)

I am pleased to announce that Neal Watson and Pat Yale have agreed to serve as **SATC**'s boundary monitors. Please join me in extending extreme gratitude for the many years that Tom Scully exceptionally served in this capacity.

Spring work trips are listed on the **SATC** website www.satc-hike.org under Trail Maintenance Events.

Hike Leader Training Program on March 24th by Rick Stahl

Want to share your love of hiking with others? Want to brush up on your hike leader skills? Want the club to offer more of your favorite hikes? Want to tackle new hikes you don't currently see offered through the club? If the answer is "YES" to any of these questions, then the time is right for you to join us on Saturday March 24th for our yearly Hike Leader Training workshop!

This year's workshop will take place at the Ironmaster's Mansion at Pine Grove Furnace State Park. Included is an optional, free night's stay on Friday March 23rd at the newly renovated Mansion! Space is limited so reserve your spot today!

Tentative topics include: Leader & Group Dynamics; Trip Planning & Management; Common Hiking-related Medical Emergencies; Leave No Trace Overview; Procedures & Forms; & Trail Maintenance 101. The workshop is expected to run from 9am to 3pm with a break for potluck lunch. Attendees will receive a free first aid kit and other giveaways!

RSVP to Rick Stahl (rick.stahl@yahoo.com) or Laura Sheely (LSACCT2@embarqmail.com) by March 16th.

Above the Tree Line

SATC member Henry Darlington, III, passed away on Wednesday, January 25th at age 60. He was a devoted sixth-grade teacher at West Cary Middle School in North Carolina for 10 years and formerly at the Hilton Head Middle School. Henry is survived by his loving wife of 28 years, Curry; daughter, Meredith; son, Mike; father, Henry, Jr.; and other family members.

Henry was the great-grandson of Bishop James H. Darlington, namesake for the Darlington Trail. In 2009, Henry, his father Henry, and his cousin Charles Irwin explored short lengths of the trail with **SATC**. Henry was truly blessed with love for his family, teaching, and the outdoors.



Holiday Party Report by Trisha Sanders

Food, fun and a few surprises greeted 83 holiday-spirited **SATC** members on Saturday, December 3rd at the new location for the annual **SATC** Holiday Party, the Lemoyne Borough Community Room. Thanks to so many wonderful chefs who brought delicious homemade specialties, nobody left hungry that night. At least 30 door prizes were awarded to lucky winners and a special song about the AT was presented by Brian McPherson. Attendees tested their knowledge of the A.T. after dinner with a fun trivia game that earned extra chances to win door prizes. Special thanks to the Hospitality Committee, including Gail and Sally Brossman, Lorrie Preston, Laura Rhoads, Sharon Shellenberger, and Trisha Sanders. Many hands make light work. Additional thanks goes to those who helped set up and clean up: Carol and Brad Crum, Rob Shaw, Tonia Emswiler, Cathy Rupp, Rick and Louise Sis, and Mikki Williams. I'm sure many more helped out that weren't even asked to do so. **SATC** thanks everyone who pitched in to help make the night such a great success!

Hiking Gear Swap & Sale A Success At Holiday Party by Lorrie Preston

SATC members had a chance to turn their unused hiking and outdoor gear into cash this year, by participating in our first ever holiday party "Gear Swap and Sale." Several tables were laden with useful items such as hiking boots, sleeping bags, water purifiers, gloves, hats, hiking sticks, tech shirts, pants, and more. It was fun for everyone to poke around and see what was for sale and extra fun for those that found some gear they actually needed at bargain prices! It was a win-win situation for all of us.

At the end of the evening, several of our members donated their unsold items to the "Inner City Outings" organization. Many thanks for their generosity. These items will be used by Harrisburg teens as they hike and explore the outdoors, opening new horizons in their lives.

The Gear Swap & Sale was a one-time event for the holiday party. Next year, there will be something new to look forward to. Thanks to everyone who participated either by selling or buying this year!

Report of the SATC Nominating Committee

In accordance with the Bylaws of the Susquehanna Appalachian Trail Club, Inc., the Nominating Committee submits the following slate of nominees for your consideration to serve during the next two years (2012-2014), commencing on April 1st.

President:	no candidate	Directors:	Tonia Emswiler
Vice-President:	no candidate		Sean Gimbel
Secretary:	Tara Shade		Sharon Shellenberger
Treasurer:	Rick Sis		

The election will take place at the annual meeting during the banquet on Friday, March 30, 2012. In accordance with the Bylaws, any member desiring to submit additional nominations may do so by submitting the nomination, in writing, to any member of the Nominating Committee so as to reach the member of the Committee by March 23, 2012. Nominations may not be made or accepted from the floor at the meeting.

At the writing of this report, the Nominating Committee has been unable to identify an **SATC** member willing to assume the offices of president and vice-president. Vacancies in an office may be filled by appointment made by the **SATC** Board at any time. The Nominating Committee welcomes suggestions for candidates for serve as president and vice-president. Please contact any member of the nominating committee with questions about the duties involved in these offices. This is a great opportunity for an **SATC** member to fulfill an important leadership role in our club and carry on the legacy of **SATC**.

Respectfully submitted,
The **SATC** Nominating Committee

Karen Balaban, Chair
KMBalabalan@BalabanLLC.com
717-232-3708

Lorrie Preston
lpreston5156@gmail.com

Rob Shaw
jake17011@yahoo.com

Join Fellow SATC Members at our **April Membership Meeting**

Thursday, April 26, 2012, 6:30 p.m.

Community Room at the Giant Grocery Store, Camp Hill Mall

Free refreshments and social time at 6:30, followed by brief business meeting and program

Come learn about Duncannon, PA's designation as an official Appalachian Trail Community and the huge community celebration that will take place this summer on National Trails Day, June 2, 2012.

Meet the trail folks that are putting this big event together –

Kim McKee - Appalachian Trail Conservancy, Act 24 Coordinator

Trail Angel Mary Parry – Volunteer Coordinator & Duncannon Resident - Famous w/ thru-hikers!

Paul Smith – Duncannon Appalachian Trail Community Ambassador

Barbara Van Horn –SATC's own Representative on the Advisory Committee

Want to volunteer or be a part of Duncannon's celebration?

Check out www.DuncannonAT.blogspot.com

Find out how you can get involved & get a listing of planned activities.

Save the Date: Tuesday July 17th

SATC Annual Picnic – Trail series recognitions to be awarded.

Tentative Location: Creekview Park North, Hampden Township

Please Join Us for the SATC Annual Banquet and Elections

Friday, March 30, 2012 at Nolo's Bar & Restaurant - Rich Valley Golf Course
227 Rich Valley Rd., Mechanicsburg, PA 17050, Ph # 717-691-8805
6:00 PM Hors d'oeuvres, 6:30 PM Dinner, Followed by Elections, Awards, and Program

Dinner Menu: Tossed green salad; Selection of rolls, including whole grain;
Pasta Station, including white and whole grain pastas w/ build your own pasta toppings –
Homemade Chicken Alfredo, Marinara Meatballs, Mushrooms, Vegetable Medley; Stuffed Shells;
Pepsi Products, Coffee, Ice Tea, Hot Tea; Dessert Assortment (Cash Bar Available)

Directions

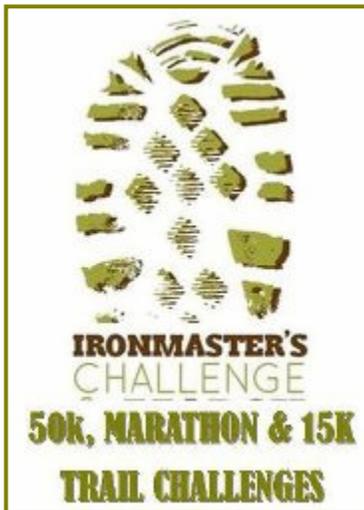
From the SOUTH: I-81 north to Mechanicsburg Exit 57. Turn right onto PA-114 (East) / Conodoguinet Parkway. Follow PA-114 and turn right onto US-11 /Carlisle Pike. (Sheetz gas station is on the right.) Travel 1.4 miles on US-11 and turn right at the stop light onto Rich Valley Road (you will see Bobby Rahal Honda on your right). Go 1.7 miles and take a left into Rich Valley Golf.

From the NORTH: From 81 South, take Mechanicsburg Exit 57. Turn left onto Route 114 South. Follow 114 South and take right onto Route 11 (Carlisle Pike). You will see a Sheetz gas station on your right. Continue on Route 11 and take a right at the stop light onto Rich Valley Road (you will see Bobby Rahal Honda on your right). Go 1.6 miles and take a left into Rich Valley Golf.

From CARLISLE SQUARE: Travel 8 miles on US-11 (North) / Carlisle Pike. You will pass Cumberland Valley High School on your left. At the next stop light (Rich Valley Road), turn a left. Travel 1.6 miles and turn left into Rich Valley Golf.

From MECHANICSBURG/CAMP HILL: Travel US-11 (South) / Carlisle Pike. Continue past the PA-114 intersection for 1.4 miles. Turn right at the stoplight onto Rich Valley Road (Bobby Rahal Honda on the right). Travel 1.6 miles and turn left into Rich Valley Golf.

Reservations Must Be Received By Wednesday, March 21st (See page 15)



**The Third Annual Ironmaster's Challenge
Saturday May 5th (Pine Grove Furnace SP)**

50K and Trail Marathon are on trail courses designed to test the serious hiker and trail runner. Start at 7am and 8am. Participants must finish by 7pm.

15K March is a less demanding trail course suited for the more leisurely pace of fitness walkers, trail runners & moderate-distance hikers. The route overlaps the northern section of the Trail Marathon. Start at 9am and must finish by 3pm.

5K Walk is on paved and cindered park roads. Start at 10am and finish by 12:30pm.

Rain or Shine – No Refunds – Must attend to receive T-shirt

Clock finish, instant results, aid stations with snacks & beverages, mile markers, wheel-measured courses, finish-line picnic on the lawn of the Ironmaster's Mansion with some adult beverages to celebrate Cinco de Mayo, and a short-sleeve tech T-shirt. The 5K Walk participants will receive a blended cotton t-shirt and there will be no checkpoint, just a turn-around station with water and first aid.

Online Registration & Details/Updates at <http://www.ironmasterschallenge.com>

Persons interested in volunteering may contact Karen Balaban, 717-232-3708, KMBalaban@BalabanLLC.com



The Great Girl Scout Hike

Girl Scouts of all ages (from 5 to 95) will be hiking sections of the Appalachian Trail in honor of the 100th anniversary of the founding of the Girls Scouts. The Centennial hiking journey starts on Monday, March 12, 2012 (Girl Scouts 100th anniversary of its founding) and ends on Wednesday, October 31, 2012 (Juliette Gordon Low's 152nd birthday, who founded the Girl Scouts).

The event's Honorary Chair Mary "Mama Boots" Sands inspired this celebratory hike. As a Girl Scout Leader in Kentucky (Girl Scouts of Kentuckiana) she began hiking and backpacking the Appalachian Trail in the early 1970s. Over the course of nearly 20 years,

accompanied by groups of Girl Scout girls and adults, she eventually hiked the entire 2000+ miles of the AT – in bits and pieces or section-hiking.

SATC is assisting local Girl Scout troops who will be part of the Great Girl Scout Hike in Pennsylvania. If you are interested in either co-leading the hike or in the planning, please contact Karen Balaban 717-232-3708 KMBalaban@BalabanLLC.com. To learn more visit <http://www.gshike.org/>.

Close Call by Bob Proudman and B.T. Fitzgerald

In late October 2011, a rare early season snowstorm blanketed the northeast from West Virginia through southern New England. Because the leaves were still on the trees, many limbs broke, isolating towns and causing power outages.

Five days after the storm, ATC Mid-Atlantic Regional Director Karen Lutz sent a message warning clubs in the region "to be alert for spring poles and tree branches under extreme and complex tension. Pay particular heed to overhead hazards, as I have personally observed a lot of large broken crowns that are hung up in the remaining overstory..."

About two weeks later, a club work party of four ventured forth on a maintenance trip on the A.T. in Pennsylvania. One of them had seen Karen's warning, but they had no safety briefing or hazard-tree training. After working about two hours, they came across the crown of a 12- to 15-inch-diameter tree blocking the Trail. The tree had broken about 25 feet up, but the top was not fully detached. Thinking it would be unsafe for hikers to pass underneath, they trimmed branches from the crown and then tried to move it. The top broke loose, hit some rocks, and "seesawed," catching one maintainer under the arm, throwing him, and causing serious injuries.

The others acted immediately, providing first-aid and treating the victim for shock, contacting 911 and staying on the line, and sending one member out to meet and guide local fire and rescue personnel back to

the scene. The evacuation went smoothly, and the victim was airlifted to a trauma center where he spent several days. He is now home and recovering.

The National Park Service and ATC conducted an "after-action-review" with the workers. As a result, ATC and NPS are identifying opportunities to coordinate with the Trail-maintaining clubs to share best practices in safety training for maintainers. We will be working with clubs and agency partners to advance safety management.

The best course of action when encountering a challenging situation beyond a maintainer's experience and training would be to flag the dangerous area to alert hikers and request assistance from the club's Trail management supervisor, ATC's regional office, or agency personnel.

The first rule should always be: Individual Trail maintainers have the obligation to say "NO" and walk away from any situation they determine to be an unacceptable risk. (Adapted from the Forest Service's Health and Safety Code Handbook.) Our goal is to ensure that all volunteers have appropriate training to complete their invaluable work proficiently and safely.

Bob Proudman is director of conservation operations at ATC..

B.T. Fitzgerald is chair of the ATC Stewardship Council.



Susquehanna Appalachian Trail Club **Hiking and Activities Schedule**

Next Deadline to Submit Hikes for the Bushwack Bulletin: May 4, 2012
E-Mail to Laura Sheely at lsacct2@embarqmail.com copy Rick.Stahl@yahoo.com.
Download a Hike-Scheduling Form at <http://www.satc-hike.org/hikeldr.html>

Please **Call** Hike Leader in Inclement Weather or if You Desire to Meet at an Alternate Site
Always **Bring** Water and Snacks or Lunch. **Wear** Boots unless Otherwise Noted
See Page 12 for General Hike Information and Code Explanations
Please **Check** our Website for Updates (Changes, Additions, & Deletions) to this Schedule

<u>March 10</u> Saturday 9:00 AM	P: Brisk T: Strenuous L: 8 64 driving miles	<u>Ironmaster's Challenge 15K Route.</u> Good training opportunity on a variable route that covers 90% of the 15K in Pine Grove Furnace State Park and Michaux State Forest. MEET at I-81 Exit 57 PA-114 Park & Ride. Leader: Karen Balaban, 717-232-3708, KMBalaban@BalabanLLC.com
<u>March 13</u> Tuesday 5:00 PM	P: Average T: Strenuous L: 4	<u>Clark's Ferry Sunset Hike.</u> There is a significant climb in the beginning, rock scrambles across the ridge and then steep descents to the two overlooks offering great photo ops. This is not a beginner hike. Please know your abilities. Sunset is 7:13 pm. Hike will be cancelled if rain/snow. Call hike leader if unsure. MEET at US-22/322 Exit PA-147 parking area. Leader: Trisha Sanders, 717-580-7731, ilvprple31169@gmail.com (email preferred)
<u>March 15</u> Thursday 10:00 AM	P: Average T: Easy L: 3	<u>Wildwood Lake.</u> Loop hike along easy terrain. MEET at the Nature Center. Leader: Susanne Donmoyer, 717-545-5308
<u>March 18</u> Sunday 1:00 PM	P: Average T: Easy L: 6 40 driving miles	<u>Lebanon County Rail-Trail: Colebrook to Mt Gretna and return.</u> A portion of the hike will be on the rail-trail and a portion will take place within the beautiful village of Mt Gretna. MEET at the entrance to the State Library of Pennsylvania (South Street, Harrisburg – access from 7 th Street). Leader: Susanne Donmoyer, 717-545-5308.
<u>March 20</u> Tuesday 4:30 PM	P: Fast T: Strenuous L: 3	<u>Victoria & Whitetail Trail Training for the 50K Ironmaster's Challenge.</u> Train on two great climbs. We'll go as fast as we can up and over the mountain using the Victoria Trail and the Whitetail Trail. Should take less than an hour. Please make sure you can keep up with at least a 2-3 mph pace up steep hills. MEET at the Victoria Trailhead parking area on PA-325 (4.8 miles east on PA-325 from PA-225, on left). Leader: Trisha Sanders, 717-580-7731, ilvprple31169@gmail.com (email preferred)
<u>March 22</u> Thursday 5:45 PM	P: Average T: Easy L: 3	<u>Rail Trail Hike along Letort Stream.</u> After hike, enjoy an optional visit to local Salt Cave to relax for 45 minutes. Salt Cave entry cost is \$10 per person. Call hike leader by 8 pm March 20 to participate in Salt Cave. MEET at Lambertton Middle School (777 S. Hanover St. Carlisle, PA 17013); I-81 Exit 47 (PA-34 North). Leader: Sharon Shellenberger, 717-249-6575.

- March 24
Saturday
8:30 AM
- P: Average
T: Moderate
L: 7
- 4 driving miles
- Weiser State Forest Wolf Pond Trail Loop.** Hike will cover Wolf Pond, Rock Ridge, and Matter Trails in the Weiser State Forest. **MEET** at the Carsonville Hotel along Powell's Valley Road, Halifax, PA. We will carpool to the trail head due to limited parking. Hike speed is 2 mph with some rocky trails and some wide flat trails. No steep climbs. Call for details or directions. **Leader:** Carol Crum, 717-362-9856, castle@epix.net
- March 24
Saturday
9:15 AM
- Hike Leader Training.** Workshop starts promptly at 9:15 AM. Optional overnight at the hostel Friday night. Potluck lunch Saturday. Contact leader(s) to RSVP and confirm lunch dish by Saturday March 17. Workshop will end around 3:00 PM. For more details, see article on page 3. **MEET** at the Ironmaster's Mansion at Pine Grove Furnace State Park. **Leaders:** Rick Stahl, 973-714-1285, rick.stahl@yahoo.com and Laura Sheely, 717-497-2671, lsacct2@embarqmail.com.
- March 24
Saturday
11:00 AM
- Trail Maintenance 101.** Jointly sponsored with the Cumberland Valley Appalachian Trail Club, a one-hour trail maintenance presentation will be offered by the CVATC Trailmaster. Following the presentation will be an easy trail maintenance activity (no special gear required) on a nearby trail. Wear hiking boots for trail activity. **MEET** at the Ironmaster's Mansion at Pine Grove Furnace State Park.
- March 25
Sunday
9:00 AM
- P: Brisk
T: Moderate
L: 5
- 10 driving miles
- Scott's Farm A.T. Hike.** Hike on portion of A.T. to observation point and return. A.T. access from Sherwood Drive off Bernheisel Bridge Road. **MEET** at I-81 Exit 57 (PA-114 Park & Ride). **Leaders:** Lee Casher, 717-433-2296, xrsizer41@hotmail.com and Fran Theis, 717-576-4295, ftheis45@gmail.com
- March 29
Thursday
5:40 PM
- P: Average
T: Moderate
L: 3
- Darlington Trail: Miller's Gap to Lamb's Gap (Part 1).** First of a three-part after-work series to introduce the Darlington Trail, located on the ridge of Blue Mountain along the Perry & Cumberland Counties' boundaries. Optional post-hike stop for pizza & wings at Al's of Hampden. **MEET** I-81 Exit 57 (PA-114 Park & Ride). **Leader:** Karen Balaban, 717-232-3708, KMBalaban@BalabanLLC.com
- March 30
Friday
6:00 PM
- 
- SATC Annual Meeting and Banquet.** Join fellow SATC members for great camaraderie, elect new Board members, congratulate the Giant Boot Award winner, enjoy great Italian food, and more - see article on page 5 and mail your reservation by March 21st - see form on page 15. **Location:** Nolo's Restaurant at Rich Valley Golf, 227 Rich Valley Road, Mechanicsburg, PA 17050. **Contact:** Richard Sis, 717-774-0196
- April 1
Sunday
A - 11:30 AM
B - 11:00 AM
- P: A - Avg
B - Brisk
T: Moderate
L: A - 2
B - 12
- SATC Officers and Directors Installation Hike.** Members are welcome to join us on this annual journey to Hawk Rock. Option A is an in-and-out hike. Option B continues on the A.T. south onto Darlington Trail, then east to Miller's Gap. (Option C is to stay on your living room couch and eat potato chips.) **MEET** Option A at Hawk Rock trailhead in Duncannon. Option B at I-81 Exit 57 (PA-114 Park & Ride) to carpool to Duncannon. **Leader:** Karen Balaban, 717-232-3708, KMBalaban@BalabanLLC.com

- April 7
Saturday
9:00 AM
- P: Average
T: Strenuous
L: 11
- Devil's Race Course & Fire Tower.** Lots to see on this interesting daylong hike. Bring snacks, water and lunch. If it's warm enough, we will eat on the rocks at Devil's Race Course. Hike a 3 mile climb up the A.T. to the Horseshoe Trail. Bushwhack through the woods to the Devil's Race Course (no trail). Head over to the old Fire Tower and then back down the Water Tank Trail (a difficult and steep trail) back to the beginning. Wear long pants and sturdy foot gear as trails are not well groomed in some areas. Rain or shine. **MEET** at the A.T. PA-325 parking area (10 miles east on PA-325 from 225, on right). **Leader:** Trisha Sanders, 717-580-7731, ilvprple31169@gmail.com (email preferred)
- April 10
Tuesday
4:30 PM
- P: Fast
T: Strenuous
L: 3
- Victoria & Whitetail Trail Training for the 50K Ironmaster's Challenge.** Train on two great climbs. We'll go as fast as we can up and over the mountain using the Victoria Trail and the Whitetail Trail. Should take less than an hour. Please make sure you can keep up with at least a 2-3 mph pace up steep hills. **MEET** at the Victoria Trailhead parking area on PA-325 (4.8 miles east on PA-325 from PA-225, on left). **Leader:** Trisha Sanders, 717-580-7731, ilvprple31169@gmail.com (email preferred)
- April 11
Wednesday
10:00 AM
- P: Average
T: Easy
L: 3
- Wildwood Lake.** Loop hike along easy terrain. **MEET** at the Nature Center. **Leader:** Susanne Donmoyer, 717-545-5308
- April 12
Thursday
5:40 PM
- P: Brisk
T: Moderate
L: 4
- Darlington Trail: Sherwood Drive to Miller's Gap (Part 2).** Ascend Blue Mountain on the A.T. for the first 2.5 miles, then enjoy the ridge walk on the Darlington Trail to Miller's Gap. Optional post-hike stop for pizza & wings at Al's of Hampden. **MEET** at I-81 exit 57 PA-114 Park & Ride. **Leader:** Karen Balaban, 717-232-3708, KMBalaban@BalabanLLC.com
- April 14
Saturday
8:15 AM
- P: Brisk
T: Extremely Strenuous
L: 13.2
- Tuscarora Trail: Waggoner's Gap (PA-74) to Doubling Gap (PA-233).** Traverse an extensive boulder field for the first 3 miles on this relocation through the Reineman Wildlife Sanctuary along the ridge of Blue Mountain. Not for the weak-hearted. **MEET** at I-81 exit 57 PA-114 Park & Ride. **Leader:** Karen Balaban, 717-232-3708, KMBalaban@BalabanLLC.com
- 100 driving miles
- April 17
Tuesday
9:30 AM
- P: Average
T: Moderate
L: 5
- Victoria Trail & Whitetail Trail Loop.** Hike will begin at parking lot at Victoria Trail on Route 325, ascend Peter's Mountain and down the Whitetail Trail into Joseph E Ibberson Conservation Area and return. Call for more information or to arrange for carpooling options. **MEET** at the Victoria Trailhead parking area on PA-325. **Leader:** Carol Crum, 717-362-9856, castle@epix.net
- April 17
Tuesday
6:30 PM
- 
- SATC Spring Board of Directors Meeting.** Members welcome. **Location:** Giant Food Store, 2300 Linglestown Road, Harrisburg, PA 17110, Community Room - 2nd floor. **Contact:** Tara Shade, 717-319-6975, tjshade23@yahoo.com

April 21-22
Saturday/Sunday



P: Brisk
T: Moderate
L: 15.1 + 7

390 driving
miles + 20

A.T. Hike Across NJ. Day 1: Deckertown Turnpike to NJ 284. Day 2: NJ 284 to County Road 565 Glenwood. All day hikes, moderate to strenuous terrain: rocky with some steep ascents and descents. Option to camp overnight or local motel stay. Meet in Harrisburg area to carpool to NJ. **MUST PRE-REGISTER** with hike leader(s) by April 14 as number of hikers will be limited, and to obtain meeting time and place. **Leaders:** Rick Stahl, 973-714-1285, rick.stahl@yahoo.com and Laura Sheely, 717-497-2671, lsacct2@embarqmail.com.

April 22
Sunday
1:00 PM

P: Average
T: Moderate
L: 5
50 driving
miles

Rocky Ridge County Park Loop. Varied hiking surfaces with rolling hills at this York County Park. **MEET** at the entrance to the State Library of Pennsylvania (South Street, Harrisburg – access from 7th Street). **Leader:** Susanne Donmoyer, 717-545-5308.

April 24
Tuesday
4:30 PM

P: Fast
T: Strenuous
L: 3

Victoria & Whitetail Trail Training Hike. Train on two great climbs. We'll go as fast as we can up and over the mountain using the Victoria Trail and the Whitetail Trail. Should take less than an hour. Please make sure you can keep up with at least a 2-3 mph pace up steep hills. **MEET** at the Victoria Trailhead parking area on PA-325 (4.8 miles east on PA-325 from PA-225, on left). **Leader:** Trisha Sanders, 717-580-7731, ilvprple31169@gmail.com (email preferred)

April 26
Thursday
6:30 PM



SATC Spring Membership Meeting. Socialize, bring hikes for the next quarter, and enjoy presentations on Citizen Engagement by Kim McKee and Duncannon Trail Town by Mary "Trail Angel" Parry. See article page 4. **Location:** Giant Food Store, 3301 East Trindle Road, Camp Hill, PA 17011, Community Room - 2nd Floor. **Contact:** Tara Shade, 717-319-6975, tjshade23@yahoo.com

April 28
Saturday
2:00 PM

P: Average
T: Easy
L: 5
20 driving
miles

Bluebell Walk. Appalachian Trail from Scott Farm to Route 944 and return. Optionally bring a snack. Virginia Bluebells are typically in bloom on this weekend. **MEET** at Carlisle Commons in Carlisle between movie theater and street. Take exit 47 (PA-34 North) from I-81; turn left on Noble Blvd; at 2nd stop sign, turn left into parking lot. **Leader:** Frank Bohn, 717-234-5169.



SPRING TURKEY SEASON APRIL 28 - MAY 31, 2012

DO NOT wear red, blue, black or white. These are the head colors of a male wild turkey. **AVOID** wearing a red or blue handkerchief, and blue jeans.

Be safe - wear florescent orange.

April 29
Sunday
1:00 PM

P: Average
T: Moderate
L: 6
50 driving
miles

Bluebell Hike: A.T. PA- 850 to Scott Farm. Appalachian Trail from PA- 850 to the Scott Farm. Two moderate climbs and one steep descent. Optionally bring a snack. Virginia Bluebells are typically in bloom on this weekend. **MEET** at the entrance to the State Library of Pennsylvania (South Street, Harrisburg – access from 7th Street). **Leader:** Frank Bohn, 717-234-5169.

May 5
Saturday
Various start
times



Ironmaster's Challenge: Ultra 50K, Trail Marathon, 15K March, & 5K Walk. Interested participants and volunteers may learn more at <http://www.ironmasterschallenge.com/>. Co-hosted by SATC & Central PA Conservancy to support the Ironmaster's Mansion on the A.T. (see page 5) **MEET** at Pine Grove Furnace State Park at time designated for your activity. **Contact:** Karen Balaban, 717-232-3708, KMBalaban@BalabanLLC.com

May 12-13
Saturday/Sunday

P: Brisk
T: Moderate
L: 9.3 + 9.5

A.T. Hike Across NJ. Day 1: County Road 565 Glenwood to Warwick Turnpike. Day 2: Warwick Turnpike to Bellvale, NY (Rt 17A). All day hikes, moderate to strenuous terrain: rocky with some steep ascents and descents. Option to camp overnight or local motel stay. Meet in Harrisburg area to carpool to NJ. **MUST PRE-REGISTER** with hike leader(s) by May 5 as number of hikers will be limited, and to obtain meeting time and place. **Leaders:** Rick Stahl, 973-714-1285, rick.stahl@yahoo.com and Laura Sheely, 717-497-2671, lsacct2@embarqmail.com.



440 driving
miles + 20

May 13
Sunday
1:00 PM

P: Leisurely
T: Easy
L: 2

Kids Rock! Opossum Lake. Join 5, 8 and 9-year old hike leaders and their parents to hike part of the trail around temporarily empty Opossum Lake near Carlisle; see what is being done to replace the leaky dam. Forested path includes hills, a stream crossing or two and could be wet and slightly rugged in places. This will be an in-and-out hike with options for longer or shorter distances. Please, a responsible adult must supervise each child. Others willing to travel at a child's pace welcome. Bring water and snacks. **MEET** at Carlisle Commons in Carlisle between movie theater and street (250 Noble Blvd.) **Leaders:** Kelly and Hannah Barker, 717-249-6727 and Laurel Fleszar, 717-583-2093



16 driving
miles

May 16
Wednesday
10:00 AM

P: Average
T: Easy
L: 3

Wildwood Lake. Loop hike along easy terrain. **MEET** at the Nature Center. **Leader:** Susanne Donmoyer, 717-545-5308

May 20
Sunday
1:00 PM

P: Average
T: Moderate
L: 5
30 driving
miles

Tuckahoe Three Blaze Hike. Expect wet conditions and some rough terrain as we follow the blue, white and orange blazes. **MEET** at the entrance to the State Library of Pennsylvania (South Street, Harrisburg – access from 7th Street). **Leader:** Susanne Donmoyer, 717-545-5308.



PA HIKING WEEK – Saturday May 26th through Sunday June 3rd

Hike Schedule throughout PA - <http://www.explorepatrails.com/hikingweek.aspx>

May 26
Saturday
11:00 AM

P: Average
T: Easy
L: 2

30 driving
miles

Kids Rock! Trindle Road Parking Lot Hike. Celebrate PA Hiking Week and the Grand Opening of the new Trindle Road Parking Lot with a short hike on the Appalachian Trail. The hike will begin immediately after the dedication ceremony for the parking lot, which starts at 10 am. This will be an easy, 2 mile hike with frequent stops, designed for kids (of all ages, 4 to 84!!). All children must be supervised by an adult. Please carpool to the parking lot, if possible, since space will be at a premium. **Leader:** Jim Foster, 717-649-5505

<p><u>May 29</u> Tuesday 5:40 PM</p>	<p>P: Average T: Moderate L: 3</p>	<p><u>Darlington Trail: Lamb's Gap to Tower Road (Part 3)</u>. The final section of this trail series descends into Bryson Hollow. Witness the devastation cleared after the May 2011 tornado. Optional post-hike stop for pizza & wings at Al's of Hampden. MEET at I-81 Exit 57 PA-114 Park & Ride. Leader: Karen Balaban, 717-232-3708, KMBalaban@BalabanLLC.com</p>
<p><u>May 30</u> Wednesday 9:30 AM</p>	<p>P: Average T: Moderate L: 7</p>	<p><u>Weiser State Forest & Picnic</u>. Loop hike begins and ends at Minnich Hit picnic area in the Weiser State Forest. MEET at Carsonville Hotel; alternately MEET at Minnich Hit Picnic area at 9:45 am. Bring a picnic lunch for after the hike. We can do covered dish if you like. Must pre-register. Leader: Carol Crum, 717-362-9856, castle@epix.net</p>

Trail Work Trips

April 15 (Sunday) – 9:00 am

May 6 (Sunday) – 9:00 am

June 10 (Sunday) – 9:00 am – Followed by trail volunteer picnic starting at 4pm.

MEET Commuter parking lot at US-22 Exit “PA-225 North Halifax”. Bear right on exit ramp onto Water Gap spur; turn left at stop sign; lot is on the left 1/10 mile. Trail work location to be decided by leader. Bring lunch & plenty of water. Wear old clothes & boots for protection. Tools & safety gear provided. **Leader:** Jeff Buehler, 657-8281, AThikerJb@aol.com.

Hike Description Codes

P-T-L Codes (Pace, Terrain and Length/Mileage)

Pace Codes

Leisurely	Nature or historical walk; frequent stops for observation
Average	Steady, 1 to 2 miles per hour (mph)
Brisk	Steady, 2 to 3 mph
Fast	3 to 4 mph; very short breaks; a workout

Terrain Codes

Paved	Solid pavement/sidewalk
Easy	Soft ground / sand / carriage trails; nearly level
Moderate	Hiking trails; some rocks and hills; climbs and descents totaling up to 1000 feet possible
Strenuous	Challenging terrain; steep hills, rocks, individual climbs and descents totaling more than 1,000 feet possible

Extremely Strenuous Very difficult terrain; some or all of these features possible or likely: non-technical rock climbing, scrambling, bushwhacking, unbridged stream crossings, frequent individual climbs and descents totaling well over 1,000 feet

NOTE: Ratings are approximate. There can be variations within each terrain category. Contact hike leader for more information.

Length/Mileage Estimated by hike/event leader

GENERAL HIKE INFORMATION

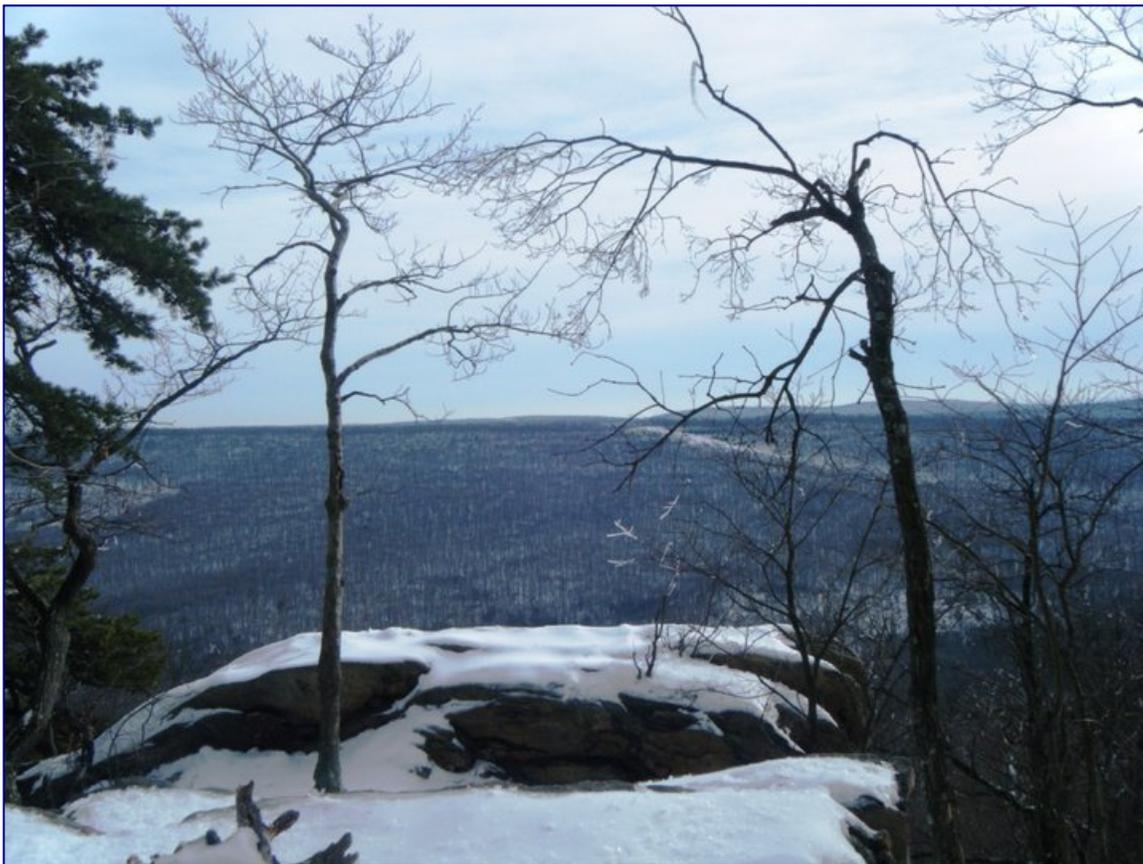
1. TRANSPORTATION The hike leader may determine the amount required to reimburse drivers for rides between the meeting places and trail head. If you ride with someone, please reimburse the driver the amount specified. General Rule: Please give the driver *10 cents* times the highway mileage.

2. REGISTRATION All hikers must register (sign in) with the hike leader at the meeting place or at the trailhead before starting any scheduled hike. Some hikes require advance registration with the hike leader. Please check the schedule for this request.

3. PACK IN, PACK OUT (LEAVE NOTHING BEHIND)



4. 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.



Snow on Table Rock (12/9/11)

Duncannon, PA Appalachian Trail Community Designation Event themed "Saving Our Community from Nature Deficit Disorder" will take place June 2, 2012.

This festival will include morning hikes led by local Trail Clubs and in the afternoon live music, information and retail vendors, Mini AT Georgia to Maine Races for all age groups, a panel on hiker culture; Trail to Every Classroom "Quests"; and presentations on native plants, Leave No Trace, Map & Binocular use, Native American and A.T. storytelling. Closing the day will be prizes and awards presentations including the Susquenita Middle School post card art contest, keynote speakers, and the proclamation ceremony for Appalachian Trail Community designation. Event Coordinator Mary "Trailangemary" Parry is seeking volunteers from the

trail family to help with logistics including manning event central, manning a station for the AT Race, set up, and clean-up. She is also seeking "celebrity" hikers to join hikes, trail family musical talent to perform songs inspired by the trail, and donation of hiking gear for prizes. You can also make a cash donation to help fund this event. You can learn more by emailing Mary at trailangemary@gmail.com. Our planning committee meets on the second Thursday of the month at 6:30 PM at the Borough Office in Duncannon if you would like to be involved in the planning. Our event web page will be live soon. www.duncannonappalachiantrailcommunity.com

ATC seeks Volunteers interested in Landscape Protection by Kim McKee
"We love our Sawyers, but we also need Lawyers!"

Creation of the Appalachian Trail is one of the greatest examples of vision, leadership, and perseverance in our nation's history, and the Trail experience continues to evolve. More than simply a long-distance recreational trail, the Trail today is recognized as a vital economic asset and a critical component in the quality-of-life for many residents and visitors. As population and development along the eastern seaboard has grown, landscapes surrounding the Trail have changed. Protection for future users has shifted from the narrow perspective of the footpath itself to a broader focus on the use of surrounding private property and the decision-making of municipal partners.

Preserving the values of the trail by encouraging compatible development and focused conservation efforts around its boundary is the new challenge for the next era in the Appalachian Trail's history.

Given those prospects, the Appalachian Trail Conservancy is embracing this new challenge in conjunction with PA Audubon and the **Kittatinny Ridge Conservation Coalition** in organizing an ongoing effort to protect the Trail experience and the surrounding natural and cultural landscapes. This effort will require the sustained support and cooperation of trail users and club members, adjacent landowners, local communities, public agencies and nonprofit organizations.

How can you get involved? Members of **SATC** interested in learning more about landscape

protection issues, organizing grassroots volunteers, engaging with municipal decision-makers or willing to provide some level of professional assistance to conservation and trail-related planning are all key allies in addressing these challenges. Support this effort by:



* *Attending upcoming volunteer training workshops* that will provide a basic understanding of community government, tools available for guiding growth and protecting regional character, and the powerful role of citizens who work towards common goals in the land use planning process.

* *Providing professional assistance to local conservation planning and trail-related efforts.* ATC is recruiting a network of Appalachian Trail volunteers interested in donating professional assistance to local planning efforts. Skills needed are land use planning, land use law, geographic information systems (GIS), conservation science, historic preservation, grant writing, communications or graphic design.

For more information on attending a training workshop or to add your name and area of expertise to a network of professionals, please get in touch with Kim McKee, Act 24 Coordinator in ATC's Mid-Atlantic Regional Office at (717) 258-5771 or kmckee@appalachiantrail.org.



2012 Spring Meeting and Hiking Weekend Registration information for Keystone Trails Association's annual event to be held in Wellsboro, Tioga County, April 27-29, is now available at www.kta-hike.org. Wellsboro remains one of KTA members' favorite destinations for a hiking weekend, and we expect reservations to flood in soon – make sure to sign up early, before all of the rooms are reserved!

Susquehanna Super-Hike and Ultra Trail Run On February 1st, registration opened for this special Keystone Trails Association's fourth annual event. It will be held on Saturday, September 8, 2012, in Lancaster/York Counties. Early-bird registration costs \$60 (\$45 for

those returning from 2011's Super Hike) and more information about the "Super Hike" can be found at www.kta-hike.org.

Want a different kind of challenge? To staff the Super Hike, KTA needs over 100 volunteers to make this event a success. Individuals, families, workplaces, hiking clubs, service organizations, and more are encouraged to volunteer. If you would like to lend a hand before or during the Super Hike, please let us know. Visit www.kta-hike.org for more information, or to register online as a volunteer.

2012 Trail Crew (week-long), Trail Care (weekend), and Code Orange (one-day) Events

One of the most important and rewarding aspects of involvement with the Keystone Trails Association is the opportunity to help maintain Pennsylvania's hiking trails.

WHAT IS KTA'S TRAIL CARE PROGRAM?

The KTA Trail Care program offers interested volunteers three types of "hands on" trail work opportunities.

- **Trail Crew** weeks begin on Tuesday evenings and end the following Sunday at noon, with all meals provided.
- **Trail Care** weekends begin Friday evening and end Sunday at noon, with participants providing for their own food needs.
- **Code Orange** one-day trail care events sometimes provide camping or food, but not always.

No prior experience is necessary. Volunteers of all ages are encouraged to attend. Tools, safety equipment, gloves, conviviality and mentoring provided.

Check out details, the 2012 schedule, and obtain more information about participating in Keystone Trails Association's Trail Care Program at http://www.kta-hike.org/index.php?option=com_content&task=view&id=19&Itemid=37

Any questions or comments, please contact us at ktaadmin@verizon.net or by phone at [717.238.7017](tel:717.238.7017).

KTA Hiking Awards - Are you eligible for any of the following awards?

Appalachian Trail Award - Applicant must have hiked the entire Appalachian Trail in Pennsylvania

Merit Award - Applicant must have hiked the entire Appalachian Trail in Pennsylvania plus 200 or more miles on any of the trails listed below.

Merit II Award - Applicant must have hiked all of the Appalachian Trail between the Hudson River and the Potomac River plus 200 or more miles on certain trails in addition to those used for the Merit Award.

Pennsylvania Award - Applicant must have hiked 500 miles in Pennsylvania. Trails can be found in Pennsylvania Hiking Trails, KTA's hiking guide. Portions of any trail may be used.

State Forest Trails Award - Applicant must have hiked all 798 miles of trails in the Pennsylvania State Forest system. State Forest trails may be used to fulfill the requirements of another award.

Western Pennsylvania Award - Applicant must have hiked 200 miles or more on any of the listed western trails.

Young Hiker Award (12 and under) - Applicant must have hiked 25 miles on any trail in Pennsylvania.

Applicant may receive this award on multiple occasions, but must complete the 25-mile requirement on different trails for each award.

The rules for these awards and "listed" trails may be found at

http://www.kta-hike.org/index.php?option=com_content&task=blogcategory&id=21&Itemid=40



SATC MEMBERSHIP RENEWAL / APPLICATION & BANQUET RESERVATION FORM

Please check all applicable box(es):
 Renewal* (Due March 31st)

New membership
 Correction of membership details

*For membership renewals with no change in data, only enter dues payment, print name(s) and sign form.

- Individual Membership \$15.00 \$ _____
- Joint Membership (at same address) \$25.00 \$ _____
- Life Membership \$375.00 for an individual membership; \$625.00 for joint membership \$ _____
- 55 years old & over \$300.00 for an individual membership; \$500.00 for joint membership \$ _____
- Student Membership—*must be full-time, 18 years or older; include copy of current student ID; must receive all communications electronically; must be renewed annually* \$ 0
- I would also like to contribute to support SATC's shelter maintenance and hiking trails. \$ _____
Contributions are fully tax deductible to the extent allowed by law.
- SATC Club Patch (\$2.00 plus .12 sales tax) _____ x \$ 2.12 = \$ _____
- SATC Annual Banquet** (due March 21st) _____ x \$20 each = \$ _____

Make checks payable to: SATC (Renewals due by March 31st) Amount Enclosed \$ _____

Send completed form and payment to: SATC, P.O. Box 61001, Harrisburg, PA 17106-1001

Name (Print) _____ Joint Member Name _____

Address _____ City _____ State _____ Zip _____ - _____

Telephone (Home) _____ Telephone (Other) _____

E-mail _____ Occupation _____

New members will automatically receive a PDF file of the **Bushwack Bulletin** (the quarterly newsletter) and the (almost) weekly **SATC Trail Mail** (trail info, hike updates, news, and other items of interest to the hiking community) distributed by e-mail as a blind carbon copy. Your e-mail address will not be shared. E-mailed newsletters precede U.S Postal Service distribution by at least one week, contain color photos, and may include additional content.

- I am not interested in e-mail distribution of the newsletter and Trail Mail. Please send the newsletter by USPS only.
- I do not wish to be listed in the SATC Directory.** Please send me a membership card

Check below if you are interested in assisting with any of the following activities:

- Trail Maintenance
- Invasive Plant Control
- SATC related activities & events
- Hike Leader – Hike leaders are urged to attend SATC membership meetings.

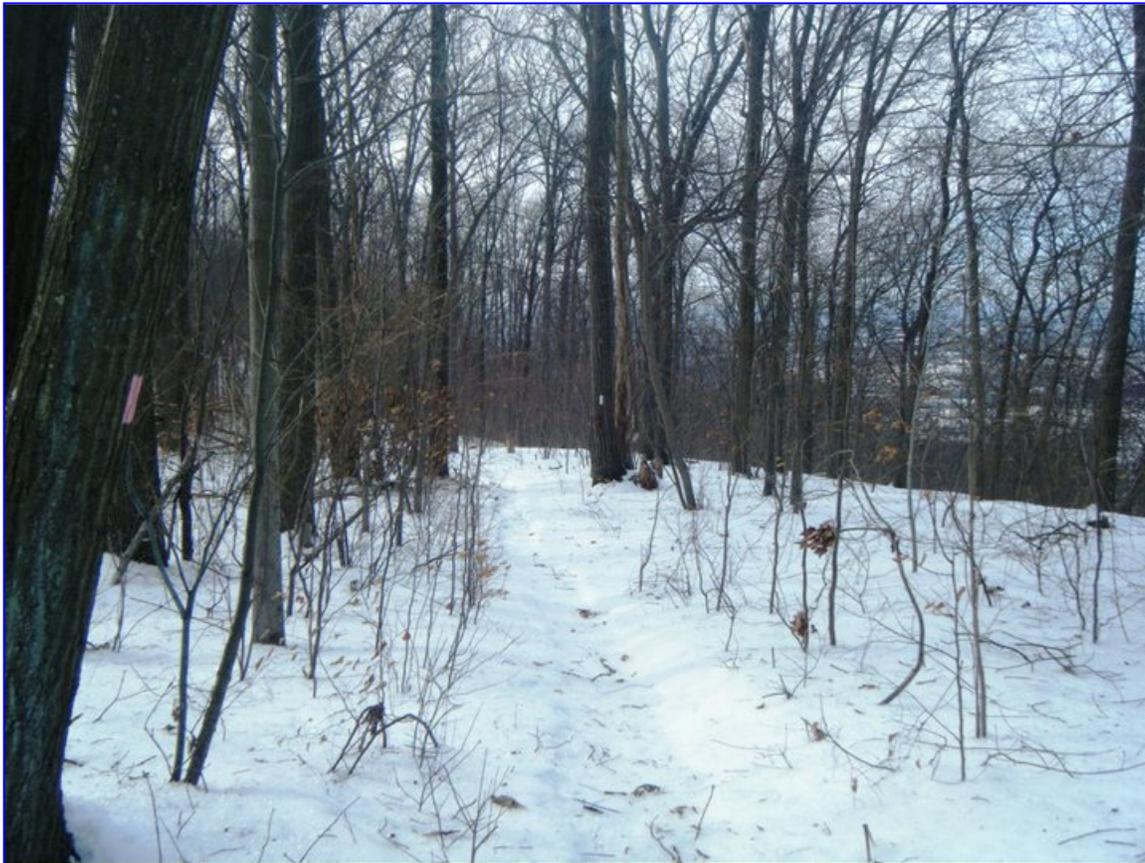
Payment of dues constitutes an agreement of those signing below with the policies of the SATC including the following liability statement and release: I/We are aware of the risks inherent in outdoor activities. By participating in any activity of SATC, I/we will be responsible for my/our own well being and that of my/our minor children while I/we are participating in the activities of SATC and while traveling to and from these activities. I/we agree that SATC, its officers, representatives, and volunteers shall not be liable for any injury, loss, or damage to my/our persons, my/our children, or my/our property, direct or consequential, arising from SATC activities.

Signature _____ Date _____ Joint Member Signature _____ Date _____

This application for membership MUST BE SIGNED AND DATED by all persons 18 years of age or older who belong or wish to belong to SATC.

----- DO NOT WRITE BELOW THIS LINE ----- DO NOT REMOVE THE BOTTOM PORTION -----

Processed by Treasurer _____ Processed by Database Manager _____ Dues Paid to April 1, 20____
Issue Code 58



**A.T. at junction
with Whitetail
Trail on Peters
Mountain
(12/9/11)**

**View on A.T. from top of Cove
Mountain (12/18/11)**

