

# The Long Distance Hiker

The Newsletter of the Appalachian Long Distance Hikers Association



Vol. 23, No. 2

'ALDHA News That Fits We Print Since 1983'

Summer 2012

## Head for the Himalayas

### Join us at this year's Gathering for a trek across the rooftop of the world

Last year, Justin Lichter and Shawn Forry set off to hike the length of the Himalayas from the easternmost 8,000-meter peak in the world, Kanchenjunga, to the westernmost 8,000-meter peak, Nanga Parbat.

The ambitious traverse spanned an approximate distance of 2,500 miles and it took three months for the hikers to successfully make their way out of the highest mountain range in the world.

Justin will tell their story at this October's annual ALDHA Gathering. Justin, whose trail name is "Trauma," grew up about an hour north of New York City and has since lived in Santa

Barbara, southern Vermont, and Dillon, Colo. He is currently living in the Sierras.

When not hiking, he is a ski patroller and enjoys back-country skiing, nordic skiing, snowshoeing, mountain biking and pretty much anything else outdoors.

Justin is currently writing a book with tips and other advice he's picked up over the years from his hiking exploits, and there's a lot to write about. He did the Triple Crown in one calendar year, including the length of Florida, all the way to Key West, all on foot.

He decided to tackle the Himalayas last year with his friend because it's on



Justin Lichter

his list of places he wants to see in the world.

"The mountains are incredible," he says. "Bigger than anything I've ever seen obviously. Cliff faces are just massive, 6,000 feet or more. You look at it and it doesn't seem that much bigger but then you get closer and you realize how big they really are, 18,000 feet

and still towering above you. They go on forever. It will take you multiple days to get to a high pass rather than just a day or even a few hours."

You can hear the rest of Justin's tale at the fall Gathering, which will be the weekend *after* Columbus Day, Oct. 12-14, at Concord University in Athens, W.Va., with camping at the Folklife Center in nearby Pipestem.

**More information is on Pages 5-7.**



Justin Lichter, aka 'Trauma,' looking out over some mountains near Langtang National Park on his trek through the Himalayas last year.

PHOTOS BY JUSTIN LICHTER

## The Long Distance Hiker

July 2012 ~ Vol. 23, No. 2

The Long Distance Hiker is published four times each year in March, June, September and December by ALDHA, the Appalachian Long Distance Hikers Association, a 501(c)3 nonprofit organization registered in New Hampshire, at 10 Benning Street, PMB 224, West Lebanon, NH 03784.

Membership is open to all. There are no prerequisites to sign up. To join, fill out and mail the form on Page 8, or sign up online at [www.aldha.org](http://www.aldha.org).

To contact us via email, write to us at: [aldha@aldha.org](mailto:aldha@aldha.org). Our home page is at <http://www.aldha.org>. If you need to contact the officials below, their info is listed in the 2012 Directory.

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### DEADLINES FOR NEXT 2 ISSUES

Aug. 15 for the fall newsletter

Oct. 25 for the winter newsletter

Email: [newsletter@aldha.org](mailto:newsletter@aldha.org)

or snail mail your items to

Bill O'Brien

181 Highland Ave.

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## Coordinator's report

IT HAS BEEN A VERY BUSY SPRING for ALDHA and its members. Preparations are being made for the Gathering in the fall and there is lots of other news you will find in this summer's *Long Distance Hiker*.

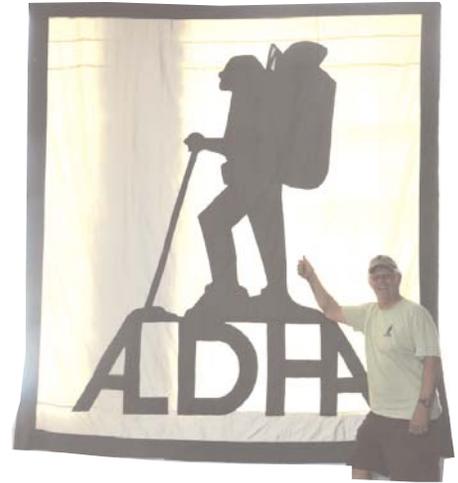
The ALDHA spring board meeting was held at Bears Den Hostel on April 14th and nine of the 11 board members made the meeting and spent the day discussing business. A copy of the minutes is attached to the online version of this newsletter for your reading. One of the motions passed deals with the fees that ALDHA charges to families. The board feels that ALDHA should be working to get the younger generations to the trails and to do that, ALDHA needs to get these children to the Gathering. In the past, those parents with young children were charged \$10 per person and now with the Gathering fee being \$20 per person, it was felt that there would be a financial impact on those families. This motion states that those 13 and under will not be charged the registration fee and those families with children 14 and older will only be charged an additional \$10 per family. This way a family with two teenagers will be charged \$50 and not \$80. And a family with three children under 13 would be charged just the \$20 for the adults, saving that family \$60.

The following weekend, ALDHA joined ATC and RADC on a Boundary Work Trip. You can read the report on Page 4. It was hard work but something that was very rewarding and ALDHA will join them again next year. This year there will also be a work trip on the Monday after the Gathering and all are welcome. Chuck Norris and Tigger have taken over the hostel in Hot Springs so Kent Wilson is now the ALDHA work crew leader.

At Trail Days in Damascus ALDHA set up its new tent and was joined by the A.T. Museum in the vendor area next to the ATC tent. The ALDHA Hiker Reception was put together by Trail Angel Mary and her volunteers. Her report is also in this newsletter and again many hikers were fed and it was a huge success! Thanks T.A. Mary!! ALDHA signed up many new members and renewed many memberships. Some of the A.T. hikers that attended the winter Rucks came by to say hello and report on their progress. Of course the parade, talent show and other events were fun.

This year's Gathering will be at Concord University in Athens, W.Va., Oct. 12-15. The details are on Pages 5-7. ATC and ALDHA will again offer their A.T. completion certificates and patches to those who either missed it last year or finished after last year's Gathering, and to this year's class of 2012.

New at the Gathering this year will be the



ALDHA Coordinator Mike Wingcart proudly shows our new banner at Trail Days in May.

ALDHA Art Museum where you can bring in your framed pictures, paintings, sketches, sculptures, carvings, quilts, hiking sticks or "what have you" for display. There will be a Hiker Fair for vendors and book signings and small concerts from the many ALDHA musicians. Sue Williams is in charge. There will be a photo contest set up by Kent and Terry Wilson. The apple contest will again be run by Sue Spring and Tom Evans. There is information on many of these programs in this newsletter or contact them directly if you want to sign up or help. There is a need for more workshops and if you would like to present one, please contact Kip before Aug. 1st.

The ALDHA offices up for election this year are the Membership Secretary and Treasurer. Currently, Sly and Pilgrim plan on continuing but if you are interested please let me know. There will be three member-at-large positions up for election. Please note that ALDHA now has an Election Committee set up to insure that ALDHA has volunteers ready and able to assume the duties of each office. This committee will interview anyone interested and discuss the duties and responsibilities of each position. If interested in a position with ALDHA you should let me know. However, you can still step up at the general meeting for any office. ALDHA will also need a Companion editor for 2013. If interested you should contact Sly or me.

Speaking of 2013, mark your calendars for the 2013 Gathering. It will be at Shippensburg University in Pennsylvania on Columbus Day Weekend, Oct. 11-14, 2013. Program, facility and campsite coordinators are needed so volunteer by the end of this year's Gathering.

See you at the Gathering!

Mike Wingcart  
Coordinator



# Another yummy hiker feed at Trail Days

**C**ONTINUING A NEAT ALDHA tradition, we laid out a nice spread of food and refreshments for hikers at Damascus Trail Days this year.

Thanks to all the volunteers who donated or worked at the reception. Hikers enjoyed 3-meat-and-cheese sandwiches with a toppings bar, fresh fruit, snacks and sweets. Once again we had two themed cakes.

It was a successful and enjoyable event thanks to planning leader Mary "Trailangelmary" Parry and Wingheart, Redhat, Leapfrog, Phoenix Rising, Old Goat, Check 6, Madhatter, Canada Goose, Tent-N-Kent, Flameman, Tigger, Can Do Will Do, Linda Austin of the Hiker Ministry, Cowboys, Razor, Bronco, Singing Horseman, Ma Budda, Chuck Norris and Ghost.

The new ALDHA banner had one of its first official hangings during the hiker feed, and as you can see from the photo on Page 2 it really stands out. It was created by Nancy Robinson.



Volunteers assemble the sandwiches for the hiker feed inside Rock School in Damascus.

Photos contributed by Trailangelmary



One of two theme cakes at the hiker feed featured the A.T. Museum, which is right on the trail in friendly Pine Grove Furnace State Park in Pennsylvania. The other cake featured ALDHA's logo trimmed in orange. Delicious! See five more photos on Page 17.



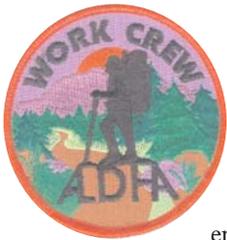
Above, hikers pile it on during the hiker feed, put on by a host of ALDHA volunteers, some of whom are seen below. The event was organized once again by Mary 'Trailangelmary' Parry, at right.



# Work crew slogs it out on the trail walking the line

By **MIKE WINGEART**  
ALDHA Coordinator

**T**HE ATC, RATC and ALDHA participated in a corridor monitoring and boundary maintenance work trip on April 20-22 near McAfee Knob, Va. Those who worked were Ron Bungay (ALDHA) and his dog Chesnut, Alison Scheiderer (ATC and ALDHA), Stefan Shapiro (ATC), Bruce Davidson (RATC), Maurice Turner (RATC), Kent Wilson (ALDHA), and me.



I picked up Ron and his dog and we drove to Dixie Caverns in Salem, Va. We set up and went to Walmart for some food supplies and then we took a tour of the Caverns. The caverns are not very large but

they are still nice with some interesting formations and water pools. We started cooking dinner and Alison, Stefan, Kent and Terry Wilson arrived. We cooked BBQ chicken breasts and scallop potatoes and we had a nice salad with dressings. The food was good and the conversation was even better.

On Saturday morning Ron and I cooked blueberry pancakes, sausage links with coffee and orange juice. Kent fixed sandwiches and we all packed chips and apples for lunch. We drove to the McAfee Knob parking lot and met up with Bruce and Maurice. We divided into two teams with Alison, Ron and me on one team and Stefan, Maurice, Bruce and Kent on the other team. We then worked our sections.

We learned that the monuments are marked by three witness trees, that the yellow paint on the trees indicates where the property line is located. We lopped trees and bushes so there was a line of sight and we repainted the yellow markings on all the trees. Each team had segment maps, exterior corridor boundary survey maps and monument reference sheets and we all learned how to read them. We used a compass to help locate the line when the yellow markings were not visible. We also learned how to read the labeling on those monuments and what to document and report.

We had to put a nail with a washer attached on some of the witness trees. We actually walked, crawled, fell and slid down the boundary line. Straight up and down sometimes but



MIKE WINGEART

**Alison Scheiderer and Ron Bungay uncover a monument that marks the A.T. boundary.**

## HARD CORE ROCKS !

Hard Core for 2012 was again a great experience for this year's A.T. thru-hikers. Eighty-eight people signed up with Bob Peoples at Trail Days. They joined 32 members of the Tennessee Eastman Hiking and Canoeing Club and together they built over a half mile of rock work on the A.T. at Pond Flat Mountain and on Roan Mountain between Ash Gap and Cloudland. They also finished switchbacks on Pond Flat Mountain. ALDHA gave \$200 to help feed the crew. (Story on Page 18.)

always in a straight line we followed the boundary. It is definitely not like walking on the trail! But it is so very rewarding knowing that we were doing very important work to protect the boundary of the A.T.

It started sprinkling and then it rained as we were finishing up and meeting the other team. It continued to rain and we knew we would not be able to cook at the campground because there was no covered pavilion so we went to the Home Place for dinner. It was just as good as we all remembered it to be on our hikes of the A.T.! We met many thru-hikers there and we had lots of fun talking with them.

We drove back to the campground, showered and tried to stay dry. One of the campers

there had a handmade "Teardrop" trailer and Kent got us a tour of it. Really nice workmanship. Ron may decide to build one. It rained most of the night and into the morning, so we packed up wet. We went to the Omelet Shop for breakfast, then back out to work.

We broke into two teams again with Alison, Ron, Chesnut and Maurice together and Stefan and I on the other team. Again we followed the boundary line. This time it seemed to follow the barbed-wire property lines. We always seemed to be on the wrong side and I ended up getting tangled up with that barbed wire quite a few times! Saw a few box turtles and heard a turkey calling close by. Almost lost my boots in the mud and had to walk a while in muddy socks to get them back on.

It continued to sprinkle and rain all day. We had one missing monument in this section, and we re-marked all the trees and fence posts. Finished up at 2 p.m. Tried to dry off the best we could and then the long drive home for everyone. Kent back to Indiana, Stefan and Alison to Harpers Ferry and Ron and I back to Baltimore. I got home at 9 p.m. and was worn out! Spent the next day cleaning, drying and putting away all that gear, and a long restful nap! LOL

I would like to thank everyone who came out and participated in this very rewarding project. We worked hard and accomplished a lot. Thanks for helping to protect the boundary of the trail we all love ...the A.T.

# THERE'S NO PLACE LIKE PIPESTEM

## Southern Gatherings simply the best for kicking back, relaxing

By KIP REDICK

Gathering Program Coordinator

Is there anything more satisfying and filling than sitting around a table with fellow hikers at the college cafeteria during one of our Gatherings at Concord University? Chatting about the workshops you've attended, catching up on the trails you or your friends have tackled in the past year, and sharing hopes and dreams for next year's adventures.

Such is the nature of Gatherings at the site where the first one was held in 1982 and where we will convene once again for this, our 31st annual Gathering. Take note: It will be the weekend *after* Columbus Day, on Oct. 12-14, with workshops and all evening programs at Concord while camping will once again be at the Folklife Center in Pipestem.

There will be great workshops, presentations, music, slide shows, camaraderie at the campfire, all-you-can-eat meals at the college cafeteria, and the chance not only to see past friends of the trail but new trail friends as well.

This is the Gathering where active southbounders will be on hand, taking time out from their Maine-to-Georgia thru-hikes to join us. We'll have the Hiker Fair where you can chat with folks from other trail clubs. We'll have the ALDHA Store as well as ATC's Ultimate Trail Store where you can stock up on trail-related merchandise and club apparel.

And, we hope, we'll have *you*. The Gathering doesn't work without you so we hope you can join us. (It would be even nicer if you could help us out! Find out ways to do so in the next couple of pages.) And if you do come, don't forget to kick back and relax. After all, you'll be at home with your Trail Family.

### ■ Friday night opening

One of our favorite rituals, the roll call, highlights Friday night's program. You might just see some of the hikers from your own class year. And, if you've just completed the A.T., you definitely don't want to miss this. We start with the class of 2011 and go back in time to the last person standing. Finally we will call for members of the class of 2012 to stand up to wild cheers. Then you, and last year's NOBOs and SOBOs who finished the A.T. late, will get certificates and patches from the ATC and ALDHA. (See Page 13 for details.)



KEVIN RICHTER

'Billy Goat' shows how it's done on the porch of the library at the Appalachian South Folklife Center in Pipestem, W.Va., during the 2008 Gathering. We'll return to Pipestem — and to Concord University in nearby Athens — for this year's 31st annual Gathering.

Other familiar features of the opening include the singing of the Gathering song, the presentation of the Final Blaze, and a few surprises that always seem to just happen. We will also have an informal reception afterward with snacks and drinks, similar to last year's fete.

### ■ Welcome Mark Wenger!

ALDHA is honored to have the new executive director of the Appalachian Trail Conservancy accept our invitation to attend this year's Gathering. We'll hold a meet-and-greet get-together in his honor on Saturday afternoon where you can get a chance to talk with the new exec in Harpers Ferry.

Mark, by the way, not only sent in his pre-registration for the Gathering already, but he also became a paid life member of ALDHA.

### ■ Special call for veterans

Veterans have a long and significant presence on the A.T. and other trails stretching back to the first A.T. thru-hiker, Earl Shaffer. We will have a roundtable discussion about the role of the trail in connection with military service. Did the trail facilitate your re-entry into civilian life? Did you ever think of your hike as therapeutic? Could hiking long-distance trails alleviate PTSD?

### ■ Spirit table for past hikers

ALDHA has always remembered past members who are no longer with us, and this year

will be no different. But we will also set up for the first time a so-called "spirit table" where items representative of all those who've hiked on will be displayed.

The brainchild of Mike Wingert, it is modeled after the spirit tables that military units sometimes establish for fallen comrades. Check it out at the Hiker Fair.

### ■ Art gallery returns

A couple of years ago we experimented with having folks exhibit their handcrafted items or other works including sketches, carvings, paintings, sculpture — even homemade note cards with trail scenes depicted on them.

This year it returns, so bring in your framed matted prints, sketches, poetry, pottery, paintings, sculptures, hand-carved hiking sticks, quilts, etc. For information, contact Beth Miller, "Teach," at [bmilr26@gmail.com](mailto:bmilr26@gmail.com).

### ■ How you can help

We need folks to help with the weekend-long Hiker Fair, registration, and the post-Gathering work trip. We also need each and every one of you to talk up the Gathering with friends and hikers in the coming weeks.

Want to put on a workshop? We rely on our volunteer members to share their recent hiking adventures with fellow members.

And most important of all: You can help by just preregistering for the Gathering *right now*. See form on Page 11, or visit [www.aldha.org](http://www.aldha.org).

# Workshops are the soul of a Gathering

By KIP REDICK

Gathering Program Coordinator

There are already a number of great workshops slated for this year. In past years we have learned about hiking the French Way on the Camino de Santiago. This year we will hear about the Camino del Norte, the route to Santiago along the Mediterranean in the far north of Spain.

We have workshops lined up to cover the Great Eastern Trail, the PCT, CDT, Florida Trail and Colorado Trail. There are also several trail films that will be shown.

For those who own and/or run hostels on the

Email your workshop details to Kip at [kredick@cnu.edu](mailto:kredick@cnu.edu)

A.T., we'll set up a session where they can discuss the challenges and strategies of running and maintaining those islands of refuge.

If you're hiking this year, think about doing a workshop this fall at the Gathering. Topics can range from a trail you've recently hiked to issues affecting everyday hikers, like first aid, how to travel light, recognizing Lyme disease, how to prepare tasty and nutritious trail meals, or how to hang your food from bears.

We are especially interested in workshops on the following trails that haven't been presented at a Gathering recently: the Allegheny Trail, Bartram Trail, Bruce Trail, Buckeye Trail, Centennial Trail, C&O Canal Towpath, Great Smoky Mountains trails, the Long Path, Pacific Northwest Trail and Wonderland Trail. Of course, other trails are always welcome.

If you want to do a workshop at this year's Gathering, fill out the form on the next page (Page 7) and mail it in *before* AUG. 1. We need time to organize all the workshops into a well-thought-out schedule for the weekend. If you want to email me the information that's on the sheet, send the email to [kredick@cnu.edu](mailto:kredick@cnu.edu).

## Hiker Fair aims to be most fun ever

By SUE WILLIAMS

Hiker Fair Coordinator

We are excited about having the Hiker Fair at the Gathering again and committed to making this the best ever.

It is open to vendors selling books, CDs, apparel, gear and so forth, authors signing copies of their works, and all nonprofit groups. There will be a nominal fee of \$10 for those who are selling stuff but no charge for nonprofits.

We are looking for ways to make this the most fun ever for vendors and visitors alike.

There will be tables provided for the first 25 to sign up, and we will make room for more, both indoors and outdoors. All ideas are welcome.

If you know of any organizations we have



KEVIN RICHTER

'Timber' checks out the outdoor portion of the Hiker Fair at the Gathering at Concord University in 2008.

not had before, let me know.

Please contact me, Sue Williams, aka "Leapfrog," at [suewilliams@fifysense.com](mailto:suewilliams@fifysense.com) to sign up or to ask any questions.

## Photo contest invites all hikers to compete

The Earl Shaffer Memorial Photo Contest will continue this year, so bring your photos of the A.T., PCT, CDT and other trails to the Gathering and drop them off at the gallery being set up at the Hiker Fair, or deliver them to Kent and Terry Wilson, who are organizing this year's photo contest.

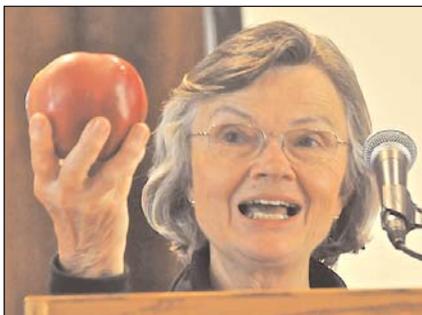
The five categories for prizes will be:

- 1) The beauty and grandeur of the A.T.
- 2) Beauty and grandeur of other trails.
- 3) Wildlife/flora along the trail.
- 4) Humor of the trail.
- 5) The trail community (special emphasis on trail building, like Hard Core, etc.)

Attendees may submit up to five 8-by-10 (or smaller) photos, unframed please.

Winners will be announced Saturday night.

The photographers retain ownership rights but ALDHA is allowed to publish these photos, with photographer credit, in our newsletter, the Directory, or on the website.



H. DEAN CLARK

Sue Spring holds up one of the big apples of 2011. She and Tom Evans are again organizing our annual apple contest.

## Prize-winner getting fat and ripe right now

By SUE SPRING

Apple Contest Co-Coordinator

Just think, the apples that will bring home the prizes for best "this and that" at the 2012 Gathering are out there growing at top speed across the U.S. and Canada as you read this.

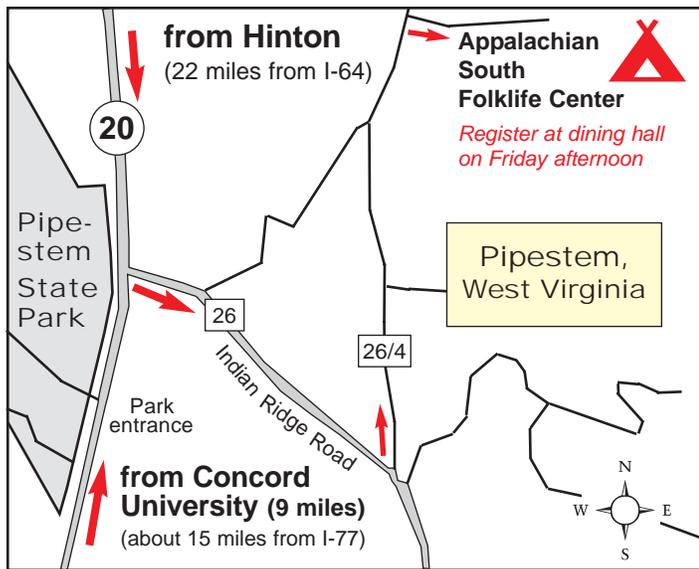
And to give you an idea of what makes a winner, the champion in the "size" category last year had a "waist measurement" of 14 inches, one-quarter inch greater than the winner from the previous Gathering's contest.

The judges, drawn from among Gathering

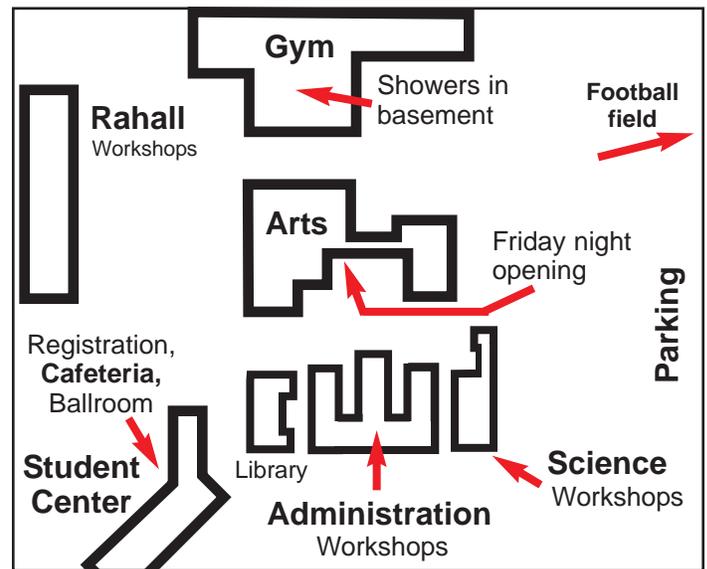
attendees, will be looking for excellent entries in the following categories: Color, Size, Taste and Best Overall. Seems like the judging is the most fun of the process! Of course, being a winner has its own special brand of joy. If you'd like to be a judge, just come by the table Saturday afternoon. Check the final schedule for timing.

Prize-winning entries will be announced on Saturday night. Prizes will be merchandise from the ALDHA Store. So put this event on your agenda as you continue to make plans for attending the fun-filled Gathering Oct. 12-14.

**DIRECTIONS TO CAMPSITE**



**CONCORD UNIVERSITY LAYOUT**



**Important update on camping at the Folklife Center**

By **NOEL DeCAVALCANTE**  
Campsite Coordinator

The campground is divided into two areas:  
 — The lower field (adjacent to the parking area) is the quieter of the two, the lower you go the quieter it is.  
 — The campfire area, on the other side of the hill, tends to be a little noisier until quiet hours at 1 a.m.  
 Port-a-potties are located on the cement slab between the camping areas. Additional bathrooms are in the Main Hall.  
 The Main Hall is open all weekend as a meeting place, and on Friday afternoon it will be ALDHA Central where you can register for the weekend and get your registration packet,

as well as buy ALDHA-related apparel and merchandise. The Folklife Center may provide hot soup and coffee for a small fee.  
 The fee for tent camping on Friday, Saturday and Sunday nights is included in your registration but there is a fee of \$5 per night/per tent for other nights you tent out, and this should be paid to Noel DeCavalcante, Pipestem facilities coordinator. It's on the honor system and is required by the Folklife Center.  
 We ask that you don't get there before Wednesday, but if you do come early, please be prepared to help get the parking area, buildings, etc., ready for the weekend.  
 The bunk houses along the road and at the bottom of the hill are available for ALDHA

members only, with priority going to those with special needs, older folks, board members, then others. A fee of \$12 per bed/per night (2-night minimum Friday and Saturday) is to be paid to Noel, either cash or check payable to Appalachian South Folklife Center.  
 Reservations are encouraged, so call Noel at home at 321-253-3826 or email him at [NoelDeCav@aol.com](mailto:NoelDeCav@aol.com).  
 No overnight stays are allowed inside the chapel. The porch of the library is fine for anyone sleeping under the stars.  
 Please follow the Leave No Trace ethic if you're staying at the Folklife Center, regardless of whether you are tenting or staying in a bunk house. Pack out all of your trash.

**GOT A FAVORITE TRAIL or TOPIC? SHARE IT IN A WORKSHOP!**

Deadline for submission: **AUG. 1, 2012**. Or email the info ASAP to [kredick@cnu.edu](mailto:kredick@cnu.edu)

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Street Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_  
 Title of Presentation \_\_\_\_\_ Approximate Length \_\_\_\_\_  
 Type of Presentation (workshop, slide show, panel discussion, etc.) \_\_\_\_\_  
 Briefly describe how your presentation should be explained in the program: \_\_\_\_\_

What, if any, is desired day and time of presentation? (i.e., Saturday afternoon, etc.) \_\_\_\_\_

Please mail this form **no later than Aug. 1, 2012**, to: Kip Redick, 15095 Yarmouth Court, Carrollton, VA 23314

## News from around the Trail

# Backcountry fees approved for hikers using the Smokies

The National Park Service has decided to start charging fees next year for the use of backcountry campsites and shelters in Great Smoky Mountains National Park.

The park developed the proposal to improve its reservation services and expand its backcountry ranger presence to better enforce rules about keeping food from bears as well as other regulations.

Park Superintendent Dale A. Ditmanson said many of the letters received during the public comment period were wrong about the park being prohibited from charging fees.

“The park is prohibited from charging a toll or license fee from motorists crossing park roads, by language in a 1951 deed under which the ownership of some park roads was transferred from the state of Tennessee to the National Park Service,” he said. “But we have long been authorized to collect user fees for specific activities such as front-country camping, weddings and commercial filming.”

He admitted in his news release of March 7 that whatever reservation and payment system is established, it will “need to be practicable for Appalachian Trail thru-hikers whose itineraries evolve from day-to-day.”

He said the park is looking at charging \$4 per night per person, with 100 percent of that revenue devoted to improving backcountry services provided by his park staff.

## WHAT ALDHA DID

At last fall's ALDHA Gathering in North Adams, a detailed motion was presented from the floor, and after lengthy debate, as well as discussion about possible amendments, the motion was approved pretty much the way it was presented.

By that vote, ALDHA went on record opposing backcountry fees in the Smokies for several reasons:

- 1) Backcountry use of the park has actually declined by quite a bit since the peak of 15 years ago.
- 2) The fees target a group that is actually most likely to protect the park while failing to address major damage by “front-country” users.
- 3) It seems unlikely the funds would find their way back to provide services in the backcountry.
- 4) Fees may keep cash-strapped people from enjoying the park.
- 5) The method of collecting fees from thru-hikers would be unwieldy.

Coordinator Mike Winghart wrote to the park and formally expressed ALDHA's opposition on Nov. 21.

## Plan afoot to link LT/AT with the North Country Trail

The 40-mile gap between the Long Trail and the North Country National Scenic Trail is being targeted for a formal trail, linking the longest national scenic trail in the United States — the NCT — with the LT and, by extension, the Appalachian Trail.

That would make it possible to walk from either Springer or Katahdin all the way to Lake Sakakawea in North Dakota via trails. Throw in the International A.T. to the north and the network becomes quite impressive.

The NCT runs 4,600 miles from North Dakota to Crown Point, N.Y., near the west side of Lake Champlain.

Only about half the NCT is traditional hiking trails, the rest is roadwalk. While thousands of people have hiked the A.T., only 11 have reported hiking the entire NCT.

The probable route of a connector from the North Country Trail would likely tie it into the Long Trail via Weybridge, Vt., a distance of about 40 miles. From there, the North Country Trail and Long Trail would run together south about 25 miles to hook up with the A.T. at Maine Junction, north of Route 4 in Killington.

Bruce Matthews, executive director of the North Country Trail Association, is working with the Green Mountain Club to get the two trails linked but it could take years to get the necessary approvals and to get it built.

“Extending the eastern terminus of the North Country Trail to connect with the Appalachian Trail connects two great national trail systems,” Matthews was quoted as saying recently by The Associated Press.

## Hiker, 20, drowns in Pierce Pond, Maine

A northbound A.T. thru-hiker named Paul Bernhardt, 20, of Flushing, N.Y., drowned while trying to swim across a small cove near the outlet of Pierce Pond, Maine, on June 15.

Known on the trail as “Parkside,” he had hiked nearly 20 miles on the trail that Friday and decided to take a swim by himself. He was heading for a dock when he went underwater about 35 yards from shore.

Rescue personnel eventually found his body in nearly 15 feet of water. The likely cause of the accident was cramping in his legs due to various factors.

Below is the eulogy delivered by one of a group of fellow thru-hikers who got off the trail to attend his funeral in New York:



‘Parkside’

*Hi, my name is Myriam, but my trailname is Catwoman. I would like to talk in the name of hikers that have been close to Paul on the trail. We are a few of us today, but a lot more cared for him. Paul's trailname was Parkside, which is apparently a famous restaurant in Queens. Parkside was just the most happy and joyful hiker you could meet on the trail. He kept repeating how his thru-hike on the Appalachian Trail was the greatest experience he never lived before. He just loved every minute on the trail, no matter the weather, the obstacles or the bugs, he never complained about anything and always kept smiling. Nothing could dampen his spirit. We remember a Parkside with light in his eyes, singing out loud while hiking, making friends with everyone, loved by everyone. We loved him because of his positive energy, his sense of humor, his passion and his deepness. He was wise enough to listen, and to be worth being listened to. He was so likeable and such a pleasant person to hang out with. He grew so much on the trail. Parkside definitely loved life, loved the A.T. and was also excited to go back home after Katahdin. He told us how much he loved his family, his friends, his city and how much he missed them. In honor of the great person you are and of all the determination you put in your thru-hike, we are all going to go back to hike the 100 Mile Wilderness and climb Katahdin with you, so you will be part of the A.T. spirit forever. We all love you. Thanks to have changed our lives.”*

They carried some of his ashes to spread on Katahdin, which they expected to reach July 1.

# Letters home: There's trail magic in air

By **BILL O'BRIEN**

*ALDHA Board Member*

Every year, people hike the Appalachian Trail, and every year some of those folks deem it necessary to write a book about their experience. Some of those books have been disasters,

**REVIEW** dwelling on all the things that went wrong or how many miles were racked up each day, all without ever noticing the changes in the seasons or the landscape — or the changes within — that make each hike unique.

“Trail Magic” by Joe Liles is not that kind of book. Known on the trail as “Braid” during his 2009 thru-hike, Joe religiously wrote back home to friends and family every chance he got and has now compiled those missives into an impressive manuscript. You can tell he put a lot of time into thinking about each post before he sat down to compose it from the trail. And as you read along, you’ll share in the journey of self-discovery that made his thru-hike, and now his book, a great success.

“Braid” learned early on that you do not take a walk on the A.T. The hike takes you. He encounters all the usual calamities that greet every hiker who has ever stepped off from Springer: bad weather, blisters, crowds,

**Trail Magic: Reports From Braid — Joe Liles' Appalachian Trail Hike**

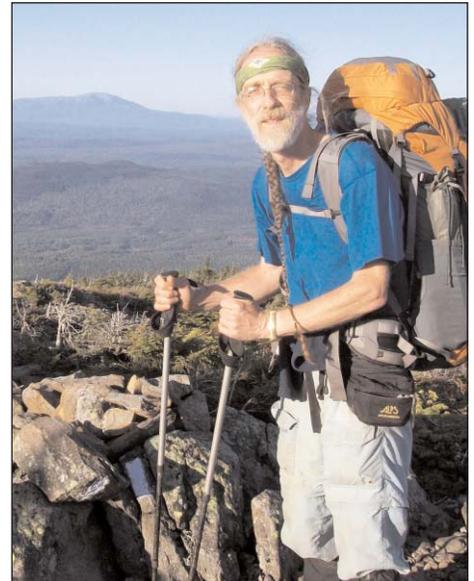
By Joe “Braid” Liles

198 pages, \$30, through Amazon.com

even shin splints in his case. But he realizes he needs to slow down, take what comes and dwell on the positives, and by doing so, the trail goddess — or Trail Magic in his case — will take care of the rest. And he offers plenty of examples where that is exactly what happens, as almost any hiker can attest. Joe has some truly amazing stories in this regard.

Joe also pays attention to his surroundings. During his hike he asked a lot of questions, assumed he didn’t know everything and thus learned a lot about what he was seeing and hearing on the trail. For example, he’ll quickly remark on the nature of the forest he’s passing through, or comment on the wildlife he either sees or hears, or retell what he picked up from a local about the fascinating history of a trail town, or explain the origins of names for towns, rivers and mountains.

And he passes along these tidbits in the folksy narrative of letters home, a style that is engaging, personal, upbeat and easy to follow.



**‘Braid’ on Whitecap Mountain in Maine, with Mount Katahdin in background.**

For folks planning a thru-hike, this book will give you an intimate, realistic preview of what to expect and, more importantly, how to handle setbacks so they don’t sabotage your hike or your psyche. For old trail veterans, it might just teach you a few things you never knew before about the A.T. and make you want to hike it all over again.

## Sue Lockwood

Accepting the Challenge



by  
Gordon Smith

# Sometimes life is one uphill journey

By **MIKE CUNNINGHAM**

*ALDHA Newsletter Editor*

There are some stories that just need to be told. This is one of them.

Imagine that you are a hiker (shouldn’t be too hard). You have juvenile diabetes. This leads to complications like

**REVIEW** needing daily shots of insulin. You need to monitor your blood sugar. Not that bad so far.

You get divorced. You go legally blind. Your kidneys fail so you need frequent dialysis. Your feet become infected and you cannot walk very far. Things constantly get worse.

Amputation. Wheelchair.

What do you do?

**Sue Lockwood — Accepting the Challenge**

By Gordon Smith

540 pages, \$35, publishamerica.com

Do you give up and live like a vegetable? No, you continue to hike and camp. You support “Granma Soule” on her thru-hike. You support Karen Berger and then-husband Dan Smith on their thru-hike. You stay as active as possible and continue outdoor activities for as long as you can.

This is an inspiring story of an incredible woman. Written by her brother, who was her longtime caregiver.

## Additional info about this book:

This book covers the final 25 years of Sue’s life while I was her caregiver and includes our adventures on the southern A.T. with her 80-year-old mother, hiking to the Colorado River in the Grand Canyon with her Leader Dog for the Blind, helping to support

Karen Berger on her first long-distance backpack, a trek of the CDT, hiking with crutches on the PCT after breaking a leg in the High Sierras, and accompanying Ed Talone on the first single-season thru-hike of the North Country Trail while doing dialysis four

times a day.

Also included is her transcontinental hike with Ed after her second kidney transplant and riding across the Olympic Peninsula in a wheelchair after toe amputations on both feet.

— Gordon Smith

## Hall of Fame inducts new class of legendary trail movers & shakers

GARDNERS, Pa. — Five Appalachian Trail pioneers have been inducted into the Appalachian Trail Hall of Fame, including the first two women inductees.

They join the charter class of A.T. hall of famers — Benton MacKaye, Myron Avery, Arthur Perkins, Earl Shaffer, Gene Espy and Ed Garvey — who were inducted last year.

Members of the class of 2012 are:

**Emma “Grandma” Gatewood** (1888-1973)

**David A. Richie** (1932-2002)

**J. Frank Schairer** (1904-1970)

**Dr. Jean Stephenson** (1893-1979)

**William Adams Welch** (1868-1941)

“Each class of Appalachian Trail Museum Hall of Fame inductees includes people who have made a major contribution to the Appalachian Trail or otherwise have advanced the cause of the Appalachian Trail. The 2012 class certainly upholds those standards,” said Larry Luxenberg, founder of the Appalachian Trail Museum and president of the Appalachian Trail Museum Society — the group that sponsors the A.T. Hall of Fame.

The induction took place on June 8.

In addition to the five Hall of Fame inductees, Jean Cashin was honored for her lifetime of service to the Appalachian Trail and for befriending generations of hikers. Among her many contributions, Jean started the tradition of taking a Polaroid (now digital) photo of each A.T. thru-hiker who passed through Harpers Ferry.

The A.T. Hall of Fame is housed in the Appalachian Trail Museum, located in Pine Grove Furnace State Park in Pennsylvania.

## Hike for History Sept. 15

The Appalachian Trail Museum will hold a Hike for History on Saturday, Sept. 15. Plans are afoot to offer hikes on former sections of the old Appalachian Trail in the south-central Pennsylvania area. There will also be programs at Ironmasters Mansion Hostel, which is near the A.T. Museum in Pine Grove Furnace State Park, Pa.

The event is a fundraiser to help the museum raise money for its expansion, sometime next year. Support from the trail community has been terrific in the past and we’re counting on this to sustain us in the future.

■ For more about the Museum and Hall of Fame, see Pages 14-15 of the E-edition.

# Join us in welcoming these newest members of ALDHA

Mark T Agricola  
Steve Albers  
Henrik Albert  
Tom Alexander  
Kenneth Baird  
Hagan Barnes  
Denise, Dan &  
Owen Barringer

Suva Bastin  
J David Beam  
Jim Bedell  
Chris Bell  
Steve Bennett  
Frederick Bloemaker  
Valerie Bloomberg  
Richard Bogda  
Dean Borig  
Judson Bourke  
Andrew Boyes  
Kevin Bracker  
Doug Brown  
Pamela & Albert  
Brunelle  
Robert Bryant  
Minor Buchanan  
Cynthia Burrows  
Danny Buzzell  
Todd Cadwell  
JT Campfield  
Sheila Carpenter  
Steve Combs  
Sam Conder  
Tim Conrad  
Fergal Corkery  
Marty & Gerrie  
Costello

Barbara Crawford  
Thomas Cromwell  
Dave Crooks  
Linda Daly  
Jonathan Daniels  
Bruce Daube  
John W Davidson  
Mark Deeble &  
Kristie Collins  
Richard Delaney  
David Dillow  
Thomas & Elizabeth  
Dodge  
Steve Duncan  
Kenneth Edwards  
Fred Engel  
Aubrey Everett  
Gail & Joseph Faso  
Brenton Fender  
Corey Fenner  
Paul Fitzner  
Glenn Fleagle

### DONATIONS SINCE LAST TIME

Dick Anderson, Jean Cook, Lawrence Dragon, Cassidy & Melanie Gerstorff, Jeff Taussig, Jack & Daniel Vanderbijl

*Thanks to one and all.*

Michael Fox  
John Frey  
Shirley Funderburk  
Pete Gagne  
Linda Geraghty  
Cassidy & Melanie  
Gerstorff  
Wesley A Giles  
Frank Gilliland  
Margaret Goodman  
Aragon Gould  
Aimee Gralron  
Richard Gray  
Brandy Graziosi  
Marian Hajioannou  
Christopher Halliburton

Robert Halstead  
James Hamrick  
Steve Hanley  
Dusty Hardman  
Derek Harris  
Tim Holsclaw  
Jim Horwitz  
James Hruby  
Keith Hubbard  
Danny Huchins  
Clifton Jackson  
Eric Janssen  
Tony Jenkins  
Kevin Jensen  
Greg Johnson  
Terry Krammer  
John Keatley  
Joe Kelly  
Annie Kiermaier  
Peggy Kinnetz  
Charles & Jeanine  
Kinney  
Justin LaManna  
Joshua LaPointe  
Don Lauer  
Benjamin Lee  
Aaron LeMieux  
Fran Leverick  
Preston Little  
David Llewellyn  
Michael Lucibella  
Daniel Luddy

Tianna Lydon  
James Lyon  
Robert Lyon  
Margaret MacArthur  
Taylor MacNicholas  
Tamera Martens  
Larry Matvey &  
Family  
Carlos McCauley  
Janice McCloud  
James McDougal  
Hal, Cathy & Ross  
McFarland  
Larry McGough  
Patrick McIlmoyle  
Brett McKusick  
Jamil Merali  
Mark Midgett  
Deborah Mille  
Johnny Molloy  
Cecil Montgomery  
Gary Moore  
Derek Morris  
Gary Morris  
Caroline Morse  
Linda Mudry  
Adan Munger  
Laura Myers  
Michael & Bonnie  
Myers  
Raymond Myers  
David Neal  
Aaron Nicholson  
Gene & Peggy  
O'Brian  
Robin Odland  
Nancy O'Donnell  
Gina Petrovitch  
Gregory Phillpotts  
Racheal Pickus  
Harris Powers  
James Prange  
Lena Priebe  
Raymon Prince  
Bob Ricketson  
Larry Riddle  
Thomas Robertson  
& Family  
John Roemer

Lee Rogers  
William Rose  
Claudia Ross  
Michael Rowland  
Phyllis Rubenstein  
Herbert Sams  
Julian Scharenberg  
Sarah Schattenfield  
Eric Schmeckpeper  
Karl Schults  
Josh Seehorn  
Jay Seely  
David Sheffield  
Frank Shepard  
Donald Shephard  
Richard & Luann  
Simkins  
Jerry Simmons  
Dustin Sinkkanen  
Vickie Slade  
Janice & Robert  
Smith  
Daniel Smithson  
Edward Snyder  
James Stacheler  
Ernst Staton  
Amy Stocker  
Dennis Strobel  
Rosiland Suit  
Thomas Sweeney  
Robert Syphard  
Robert Tate  
Bonnie Tatum  
Anthony Thomas  
Janelle Thomas  
Lee Thompson  
Kevin Thurman  
Christian & Tanya  
Torp  
James Tyler  
John Wade  
Robert Bryant  
Martin Weiner  
Karl Weiss & Shawn  
McCarton  
Ryan Weltzer  
Mark Wenger  
Chuck Wessell  
Gary West  
Jimmy West  
George Wheeler  
Robert White  
James Whitehead  
Craig A & Karen  
Wickman  
Joanna Young  
Patrick Younk

**NEW FAMILY FEES FOR THE GATHERING WILL MAKE IT A LOT MORE AFFORDABLE TO BRING THE KIDS ALONG. SEE PAGE 11.**

## 2012 Membership Renewal and Gathering Registration

❖ *If going to the Gathering, the deadline for mail-in submission: **SEPT. 1, 2012*** ❖

Name(s) \_\_\_\_\_ Current Member Yes  No  Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
 Telephone (with area code) \_\_\_\_\_ Email address \_\_\_\_\_  
 Trail name(s) \_\_\_\_\_  
 Trails completed and years they were hiked \_\_\_\_\_

I would like to help ALDHA with: The Gathering  Companion Field Editor  Trail Work  Publications  Publicity  ALDHA Care

**Memberships** are \$10 per family per calendar year or \$200 for lifetime membership. Memberships filed after Sept. 30 will also include the following year.

Number of years \_\_\_\_\_ x \$10 per year = \$ \_\_\_\_\_

Lifetime membership \$200 (Does not include yearly Gathering registration fees.)

**Gathering Preregistration** is \$20 per person, only \$50 for families of 3 or more

**Children under 13 free!** = \$ \_\_\_\_\_

Donations to ALDHA, a registered 501(c)3 nonprofit organization, are tax deductible.

Amount of donation: \$ \_\_\_\_\_ **Total enclosed:** \$ \_\_\_\_\_

### How would you like your ALDHA publications delivered?

Newsletter  PDF in email (with color)  Paper (B&W)

Membership

Directory  PDF in email (with color)  Paper (B&W)

**Go Green: PDFs reduce clutter and save money and trees.**

If attending the Gathering, please mail your payment **no later than Sept. 1** to **ALDHA**, 10 Benning St., PMB 224, West Lebanon, NH 03784

Questions? . . . Email [membership@aldha.org](mailto:membership@aldha.org) You can also register **online** at [www.aldha.org/join.htm](http://www.aldha.org/join.htm)

rev.06/12

## New family fees make Gathering ideal for kids

At its spring meeting this year, the board of ALDHA voted to give a break to families who want to bring their children to ALDHA Gatherings.

“ALDHA should be working to get the younger generations to the trails and to do that, ALDHA needs to get these children to the Gathering,” Coordinator Mike Wingear said.

When the Gathering fee was \$10 per person, the impact on families was a little more manageable. Now that the Gathering costs

\$20 per person, the bite on the wallet is a bit much. So board member Kip Redick suggested that families with children older than 13 only be charged an additional \$10 per family (not per child). Children 13 and under will not be charged.

For instance, a couple with two teenagers over 14 will be charged \$50, not \$80. Or, a family with, say, three youngsters under age 13 will be charged just the \$20 for each adult, saving that family \$60.

The board unanimously agreed.

## Consider running for a seat on ALDHA's board

At the annual business meeting on the Sunday morning of this year's Gathering, we will need to fill three positions on the board of directors. The terms for those three current members (Bill O'Brien, Kip Redick and Janet Hensley) expire this fall.

Also expiring this fall are the terms for our membership secretary and treasurer. Both incumbents, Sly Sylvester and T. Scott Dowling, respectively, plan on seeking re-election.

After last year's Gathering, the ALDHA

board established an Election Committee to make sure we have enough candidates lined up for whatever openings we have each year. But any member in good standing is still eligible to stand for election on the day of the business meeting, which will be Oct. 14 at Concord University in Athens, W.Va.

We will also need an editor for the 2013 Companion, so if you're interested, contact either Mike ([mikewingear@hotmail.com](mailto:mikewingear@hotmail.com)) or Sly ([slyatpct@aol.com](mailto:slyatpct@aol.com)).

## What's new on the Web

If you haven't visited [aldha.org](http://aldha.org) recently, here are some of the things you've missed:

- Full profile of our featured speaker at this year's Gathering, Justin Lichter, who walked 2,500 miles across the Himalayas; with photos from some of his past trail adventures.

- The touching story behind a trail name of one of this year's northbound thru-hikers.

- And, we hope, a humorous look at all the sites and scenery that Bill Bryson missed by skipping part of the Smokies during his so-called "Walk in the Woods."

## ALDHA dates to remember

Mark your calendars for the following:

- **Oct. 12-14, 2012** — This year's Gathering is at Concord University in Athens, W.Va.

- **Oct. 15, 2012** — Post-Gathering work trip leaves from Folklife Center, Pipestem, W.Va.

- **April 13, 2013** — ALDHA spring meeting will be at Ironmasters Mansion Hostel at Pine Grove Furnace State Park in Pennsylvania. Includes site visit to nearby Shippensburg University, site of the 2013 Gathering.

- **Oct. 11-14, 2013** — 32nd Gathering at Shippensburg University in Shippensburg, Pa.

## ALDHA's new exhibit space



MIKE WINGEART

The ALDHA board voted over the winter to purchase a spacious 20-by-20-foot tent so we would have our own space during events like Trail Days in Damascus. We were no longer going to be able to rent part of the ATC's tent for Trail Days, so we had to find an alternative. The ample floor space allows us to set up tables for the ALDHA exhibit as well as the ALDHA Store and still have room to rent space to the A.T. Museum for a table. To rent a similar-sized tent for just the one weekend would have cost us about \$480. Buying this tent cost us about \$430, and we'll use it next year. The tent weighs about 230 pounds, has walls with windows, no center poles and requires several people to set it up.

## Here's what you ARE seeing in this newsletter:

If you're now getting this digital, online copy of the newsletter, you're seeing not only full color photos but also the following stories that *do not* appear in the black-and-white paper version:

- A call for volunteers to help with the ALDHA-sponsored work trip at RPH Cabin in New York on the weekend of July 13-15.
- News from the A.T. Museum including full profiles of all five of the new Hall of Fame inductees.
- Minutes of the spring meeting of ALDHA's board of directors.
- Photos from the Hard Core work trip following Trail Days.
- Updates on shelter building on the Tuscarora Trail, with photos.

Encourage all of your ALDHA friends to help save our planet and drop the paper edition. Have them email [membership@aldha.org](mailto:membership@aldha.org).

## The ongoing adventures of Boots McFarland ...



Visit [bootsmcfarland.com](http://bootsmcfarland.com) to see more of Geolyn Carvin's cartoons

# The Long Distance Hiker Digital Supplement

## Friday night patch party livens up the Gathering!

By BILL O'BRIEN

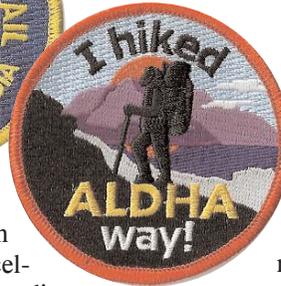
WHEN THE 30th GATHERING got under way in North Adams last year, we tried something that hadn't been done before at ALDHA's opening night festivities: We handed out patches to freshly minted thru-hikers.

It was one of several innovations that Mike Wingart has brought to the job of coordinator of ALDHA. I was the program guru for last fall's Gathering, so when Mike first suggested this idea, I didn't know what to expect. All I knew was that Friday night would not have time for any traditional program or slide show. So I cleared the decks to give this idea plenty of space, and then hoped for the best.

I think everyone who was there last year — and we had well over 400 of you — would agree that it was not only lots of fun to see our new trail brothers and sisters jump up on stage for a round of wild cheers and applause, but it was also a



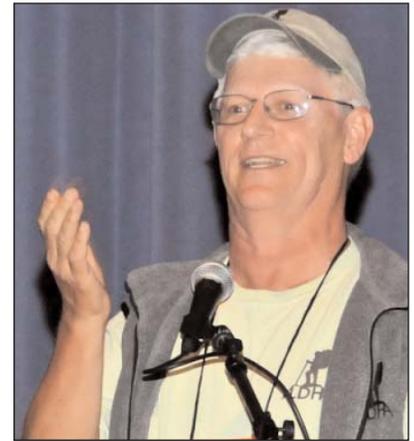
The ATC and ALDHA patches for newest A.T. thru-hikers.



reminder of why ALDHA is here in the first place: To celebrate the joy of long-distance hiking, and in particular, to foster and encourage successful end-to-end completions of the Appalachian Trail.

Just ask Tony Singh, who section-hiked the A.T. over a 23-year stretch. When he set out last year to finish his journey, he heard about Mike's idea and knew when he finished in late September that he just had to head for that fall's Gathering.

He was so excited about getting his cer-



H. DEAN CLARK

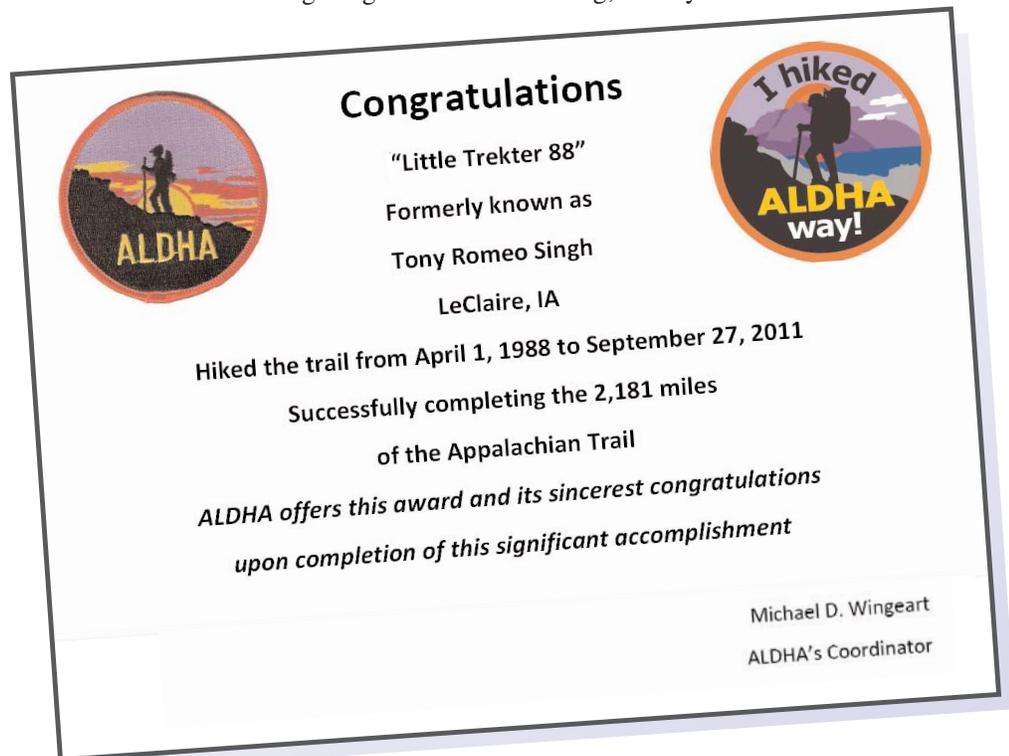
ALDHA Coordinator Mike Wingart presides over the 2,000-mile recognition ceremony at the 2011 Gathering.

tificates and patches, he sat in the front row waiting to be called up, and Mike very appropriately made sure "Little Trekter 88" was the first-ever recipient.

So if you're hiking the trail right now or finished it late last year, include the Gathering on your year-end itinerary. You'll receive not only ALDHA's new patch and certificate, but also your patch and certificate from ATC, possibly from the hand of the ATC's new executive director himself! Mark Wenger will be at the Gathering, so stay tuned!

### The inaugural recipients from 2011:

- Amy Boyce . . . . . Pebbles
- Scot Bowen . . . . . Ramblin Man
- Seth Brewer . . . . . Doc Boom
- Shane Buckley-Grey . . . . Snake Farm
- Amy Callahan . . . . . Falling Turtle
- Stephanie Curran . . . . . Sparkplug
- Mary Davidson . . . . . Medicare Doctor
- Jim Eagleton . . . . . Rambler
- John Evanko . . . . . Musher
- Robert Gaudette III . . . . Zen
- Andrew Irwin . . . . . Spaceman
- Taylor Irwin . . . . . Rocket
- Greg Kachikis . . . . . Shotgun
- Matt LaClair . . . . . Porter
- Christine Leonard . . . . . Little Bird
- Peter M. Longo . . . . . Brother Of The Wind
- David Margavage . . . . . Diamond Dave
- Bonnie Myers . . . . . Balance
- Michael Myers . . . . . Y-Knot
- Katie Moser . . . . . Guinness
- Katy Pierce . . . . . Roadie
- Lamar Powell . . . . . Hopeful
- Kip Redick . . . . . Hippy Kippy
- Brandon Riggins . . . . . Rolling Stone
- Kate Sargeant . . . . . True Grit
- Rachel Schwartz . . . . . City Slickah
- Tony Romeo Singh . . . . . Little Trekter 88
- Mike Stratton . . . . . Pace
- Andrew Thornton . . . . . Boy Scout
- Joel West . . . . . Irish Charm



Want a patch and certificate? E-mail Mike at [mikewingart@hotmail.com](mailto:mikewingart@hotmail.com) to get on the list for the 2012 Gathering.

# A.T. Hall of Fame's 5 newest members

**T**HE 2012 CLASS OF THE Appalachian Trail Hall of Fame was introduced at the annual Hall of Fame Banquet, held at Allenberry Resort in Boiling Springs, Pa., on June 8. The 2012 class included five pioneers of the Trail, including the first two women inductees.

Once again this year each inductee or his or her representative was given a custom-made hiking stick. These were again carved by John Beaudet, an A.T. thru-hiker from Tennessee known by his trail name "Bodacious." He also carved a sixth stick with the names of all of the 2012 inductees which the Museum will keep on permanent display.

## ■ GRANDMA GATEWOOD

The story of the first honoree is surely one of the best stories of a Trail filled with wonderful stories. This woman was born near Racoon Creek, Ohio, and spent most of her life on farms along the Ohio River. One of 15 siblings, she married and raised 11 children. She was resourceful. She could handle most medical emergencies, cook up a storm and knew many plants and animals. By 1954, when she was 66, she had lived a full and meaningful life. Her children were grown. She had 24 great-grandchildren to spoil. Most women would have been content to live out their days in comfort and relaxation. Not this lady. She had read in the National Geographic magazine about a trail stretching for 2,000 miles along the Appalachians from Georgia to Maine. She had an idea.

That year, she started hiking the Trail; however she didn't get too far. But the next year, 1955, she started out again from Mount Oglethorpe, where the A.T. began then. That year she made it, hiking in her legendary Keds sneakers with a laundry sack over her shoulder and a shower curtain to sleep on. She became the first woman to thru-hike the A.T. by herself and in a continuous hike. In 1957, she did it again and later completed a third hike in sections. Over the span of 18 years she hiked more than 14,000 miles.

Many call her the first thru-hiker celebrity. She appeared on the "Today" show and numerous other programs. She inspired two distinct movements in long-distance hiking. One group, of course, is composed of the many thousands of women who have hiked the A.T. and other long-distance trails. The other was the ultralite movement. She carried just a few items with her, each chosen carefully so they could perform multiple functions. Including food, water and equipment, she rarely



**Grandma Gatewood on the A.T. with her signature stuff sack and iconic Keds sneakers.**

carried more than 20 pounds.

After a truly remarkable life, she passed away in 1973. The next time you visit the Appalachian Trail Museum, be sure you look at the Band-Aid

box in which she kept her tools, a pair of Keds she wore when hiking and the hiking guide given to her and photographed by A.T. Hall of Famer Ed Garvey. As the display there says, she was truly a hiker for the ages. Her name is Emma Rowena "Grandma" Gatewood.

## ■ DAVID A. RICHIE

The second honoree was a man who neither sought nor easily accepted credit for his successes. According to Dave Startzell, longtime executive director of the Appalachian Trail Conservancy, this man "had more to do with the reality of today's Appalachian National Scenic Trail and its management than any other single person." He came to the Appalachian Trail at age 42 with degrees in political science and the law, as a former Marine Corps jet pilot, a former prep school teacher, former assistant superintendent of Mount Rainier National Park, and former superintendent of George Washington Memorial Parkway.

Six years after Congress adopted the National Trails System Act, which designated the Appalachian Trail as the first national scenic trail, this man successfully sought responsibility for the neglected A.T. when he accepted a new job as deputy director of the National Park Service's northeast regional office in Boston. Eventually, he obtained approval for a separate A.T. Project Office, to report directly to Washington. He was largely responsible for developing the "cooperative management system" used to manage the A.T. today. Under his plan, all constituencies would have a place at the ATPO-ATC table. His only firm rule was to always act in good faith, without detailed marching orders, and never compromise fundamental values. He found ways to fulfill the National Trails Systems Act's unfunded mandates for a trail crossing countless federal, state and local jurisdictions with 70 percent of it on roads or private lands. He saw the potential of the volunteer corps of the ATC, and he knew how to work the bureaucracy without ever appearing to be bureaucratic himself.

ATPO moved to Harpers Ferry just as Congress passed amendments to the Trails Act to crank up the A.T. project. Our honoree argued for another central office, this one focused on A.T. land acquisition. The agency's most experienced lands specialist, Charles Rinaldi, became its chief, and its offices were also located in West Virginia's Eastern Panhandle.

The notion that the A.T. was something different within the park system was not finished. In

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## Hall of Fame, cont'd

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1984, the department would take the unprecedented step of delegating to a private nonprofit organization the day-to-day management of more than 100,000 acres of the federal estate. Throughout the process that led to that, our honoree stood with ATC's leaders in reassuring Congress, standing up to opponents, charting the revitalization course



Richie

ATC itself needed to take, and then securing agency reimbursements for ATC that today make up a quarter of its budget.

A year before he retired, he completed his section-hike of the A.T., accompanied on the last segment by his daughter, a future thru-hiker. At his retirement, he was awarded honorary membership in ATC, the organization's highest recognition. After retirement, he served for a time as interim administrator of the ATC land trust, the formation of which he had encouraged in 1981. As Dave Startzell noted after our honoree's death in 2002, "He was a visionary, a tireless ambassador of the Trail project, and a prophet of partnerships long before the concept of partnerships became politically fashionable."

His name is David A. Richie.

### ■ J. FRANK SCHAIRER

Our third honoree helped to blaze several hundred miles of the A.T. through what is now Shenandoah National Park as well as what is now the 100-Mile Wilderness in Maine. He spent most of his adult life volunteering in one capacity or another on behalf of the Appalachian Trail, attending meetings and serving as treasurer and later supervisor of trails for Potomac Appalachian Trail Club, as well as secretary of the Maine A.T. Club and as a member of the ATC Board of Managers. But his favorite trail-related activity was building, blazing and maintaining the actual footpath.

He was born in Rochester, N.Y., on April 13, 1904. By profession, he was a Yale-trained chemist who was fascinated with the composition of rocks and minerals. He was considered a genius in the field of chemistry and mineralogy and was awarded numerous accolades during his life, including the Roebling Medal. In 1948 he was awarded the President's Certificate of Merit, a precursor to the Medal of Freedom, for his work on a project toward the end of World War II — no, not the atomic bomb, but the development of a stellite-lined barrel for a new .50-caliber machine gun that could fire 30 times as many rounds as would ruin ordinary steel barrels. The new barrels became the standard of the War Department and were put into use for the rest of the Pacific campaign in 1945.

But it's for his trail work and good-hearted nature that we remember him today. In 1927, he joined with friends holding similar views and formed the Potomac Appalachian Trail Club. They started blazing trail near Harpers Ferry and worked south through Virginia. Under his supervision the club built and blazed about 260 miles of the A.T. from 1928 to 1932. Their work contributed to the formation of Shenandoah National Park, which had been authorized in 1926 and was established on Dec. 26, 1935.

He undertook a similar trailblazing expedition in 1933 with several fellow PATC members in Maine



J. Frank Schairer, on the right, accompanied Myron Avery, center, Albert Jackman and other trail pioneers on one of the most amazing trail-blazing expeditions ever undertaken.

— THE expedition of all expeditions, since that trip was the one that laid out the route of the trail through what is now the 100-Mile Wilderness, considered by many the best stretch of the whole trail. Those who've traversed the Wilderness can only imagine what it must have been like without a trail already in place, but that was the job that our honoree, along with Hall of Famer Myron Avery, Walter Greene and Albert Jackman, among others, undertook for themselves. In all those iconic photos of Avery in Maine with his measuring wheel — on the summit of Katahdin marking for the first time the northern terminus of the A.T., in the middle of Rainbow Lake in a powerboat, crossing the West Branch of the Pleasant River on a makeshift raft — that's him with the ever-present pipe in his mouth and usually a can of white paint and a paint brush (if not a fishing pole) in his hand. In fact, the first white blazes for the A.T. ever painted on Katahdin and through much of the rest of the Wilderness were done by his hand during that summer of 1933.

Photos of him on the A.T. show a man equally at home with academics and Appalachian mountain people alike, having the time of his life. By all accounts, he truly did. He died while swimming in Chesapeake Bay on Sept. 26, 1970, at age 66. His name is J. Frank Schairer.

### ■ DR. JEAN STEPHENSON

Our fourth honoree was famous for setting standards. Although the formats have changed, the standards she set for ATC guidebooks when she took over from Myron Avery the effective role of editor-in-chief in 1933 have endured. The standards she set for the Appalachian Trailway News when she became its founding editor in 1939 endured throughout its 66 years, even though she relinquished her editorial role after the first 25. Her standards as a writer and editor extended to all publications of the organization, but her influence far exceeded those public channels. Her knowledge of



Dr. Jean Stephenson

the Trail was encyclopedic and her perspectives on its development and nature from the early 1940s seem as fresh today as when they were written.

She came to the A.T. project in 1933, 15 years after arriving in Washington via Cornell University from her native Waco, Texas, earning a doctorate in law from National University School of Law. She held a full-time job at the Department of the Navy during most of the time she was active with the A.T. The Trail had been essentially completed in the South by then, but Maine was lagging behind the other states. She joined the founders of the Maine A.T. Club and enlisted in Myron Avery's intense 1935 expedition to mostly finish the route there.

She remained active in the Maine club almost to her end, serving for a period as its treasurer. After the passage of the 1968 National Trails System Act, she aggressively lobbied timber companies and other major landowners in Maine to contribute to a new corridor for the footpath.

It is clear from Myron Avery's papers that our honoree was in many ways a shadow chairman during most of the quarter-century that Avery was effectively at the helm of PATC, the Maine A.T. Club as well as ATC itself. In Avery's final year, for example, as his health declined, she took over the detailed preparations for the conference that would elect Avery's successor. For most of the next decade after Avery, it is clear she, without title, was holding the headquarters of ATC together and assuming his role as liaison to federal agencies and counselor to the board.

Our honoree was awarded PATC's first honorary life membership in 1950. Beyond her trail activities, she was active in national genealogical organizations. She published books and articles in that field that are still cited today by professionals and amateurs alike. She became the first president of the Board for Certification of Genealogists when that field of history was first recognized as a pro-

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## Hall of Fame, cont'd

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fession. That, after all, was what she did — set standards and keep the faith alive. She passed away in 1979. Her name is Jean Stephenson.

### ■ MAJ. WILLIAM A. WELCH

Our last honoree was the first general manager of the New York–New Jersey Palisades Interstate Park Commission, a position he held for 26 years. It was a paid position directly related to his role as the first volunteer chairman of the Appalachian Trail Conference. However, neither “first” captures the pivotal, pioneering role he played in the history of public recreation in America.

A descendant of Presidents John Adams and John Quincy Adams, he was born in Cynthiana, Ky., and earned his engineering degrees from Colorado College and the University of Virginia. He spent his early career working for the federal government in the Alaskan territory, designing railroads in Central and South America, and then, after a bout with yellow fever, working privately for renowned landscape architects John and Frederick Law Olmsted.

After five years at the new Palisades Interstate Park Commission, beginning in 1912, he took a leave for what turned out to be the last two years of World War I. He was given the rank of major and served in the Signal Corps in the Pacific Northwest as manager of production of lumber for airplanes. It is for this service that he is almost always referred to as “Major” in trail lore and the records of ATC. By the time he returned to New York, already a million people a year were going to his fire-scarred and overhunted Palisades Park.

Without precedents to guide him, Welch embarked on aggressive infrastructure investments to combine public recreation with conservation, stressing reforestation, lakes and lodging and food-service facilities, wildlife restoration, campgrounds targeting urban youth, and the roads and bridges and other utilities needed to deliver the visitors. Although he spent a lifetime refusing news interviews and lived quietly in a hidden cabin near Bear Mountain, his work soon attracted the attention of state parks directors, also new to their roles. Much of that attention came as a result of his speech in



William Welch

## SUMMER PROGRAMS AT THE A.T. MUSEUM

The Appalachian Trail Museum will host the following programs on Sundays at 2 p.m. all summer long. Programs are free and donations are appreciated.

Weather permitting and when appropriate, programs will be outdoors on the grounds of the museum. People are encouraged to bring lawn chairs or blankets for seating. Plan to arrive early and ask at the museum for program location. Sunday hours are 12 noon to 4 p.m. Children 12 years of age and under must be accompanied by an adult.

### July 8: The Magic of the A.T

A talk on the history and basic information of the A.T. and stories about how volunteers started the A.T. Museum.

### July 15: Celebrating the 100th Anniversary of Girl Scouting

The Museum will host a special display on Girl Scouting, as the Scouts participate in a “Halfway There” Camporee.

### July 22: A Woman’s Story of Super-Hiking

Join Elizabeth “Liz” Thomas, a triple crowner (hiked the A.T., Pacific Crest Trail and Continental Divide Trail) who currently holds the women’s record for an A.T. unassisted thru-hike (80½ days), will tell stories about her amazing hiking experiences.

### July 29: Family Concert of Traditional “Mountain Music”

Randy Heisley-Cato returns for a concert featuring southern Appalachian music, early Gospel and novelty tunes.

1917 to the first “national parks conference” organized by founding National Park Service Director Stephen Mather. Soon, he would be touring the new national parks — then all in the West — to provide advice. Later he would accept Mather’s invitation to help select eastern sites, ultimately choosing the Great Smokies and Shenandoah.

It was in 1922 — the same year he hosted the second national conference on state parks that included many A.T. proponents — that Welch’s connection to the Appalachian Trail, just proposed the previous October by Benton MacKaye, would begin. Two years earlier, he had been invited to meet with a walkers club to discuss ways to involve the park’s trail system. By 1922, that club had been renamed the New York–New Jersey Trail Conference and began routing the first footpath section of the A.T., from the Hudson to the Ramapo River. For that section, Welch designed — and had his park crews make for 6 cents each — a square, die-cut copper marker with the A.T. monogram that evolved over the next decade to the diamond marker that endures as the Trail’s most recognized



**Aug. 5: Appalachian Trail Safety**  
Meet an A.T. ridgerunner. Learn about this unique job assisting hikers, and how you can stay safe on the Trail.

**Aug. 12: The Art of Hiking Stick Carving**  
Learn from local carvers how the common wooden stick is transformed into a work of art. Demonstrations and samples.

**Aug. 19: Iron-making and the Iron-makers at Pine Grove Furnace**  
Learn how to make pig iron and hear about the iron-making community at Pine Grove Furnace and its prominent figures.

**Aug. 26: Geology of the A.T.**  
Mountains, gaps, rivers, balds, etc. all present an exciting variety of geology along the Trail.

**Sept. 2: Heroes of the A.T. — Volunteer Trail Maintainers**  
Information tables will offer literature on area maintaining clubs. Trail maintainers will discuss their equipment and work.

*Programs are subject to change. Visit [www.atmuseum.org](http://www.atmuseum.org) for current information.*

symbol. Parks groups in which Welch was active were among the sponsors of the first “Appalachian Trail Conference” in 1925 that gave birth to the organization of that name and selected him as chairman. Although he would cede that position two years later to G. Arthur Perkins, he continued for a dozen years as honorary chairman or honorary president and was repeatedly called upon to preside over the conference’s periodic meetings, especially when controversy was expected.

Fifteen months into retirement, he died in May 1941, just before the last meeting of the Appalachian Trail Conference before World War II, at his Bear Mountain Inn. A memorial tribute said of the quiet Kentuckian: “He wrought a miracle of transformation. By his magic touch, forests grew in waste spaces, lovely sheets of water appeared in valleys long since gone dry, roads and trails threaded the woodlands, the deer, the beaver and the elk returned to their ancient haunts in the Highlands, and camps on the banks of lakes echoing the laughter of innumerable children. He loved Nature and used her treasures to make humanity happier.”

His name is Maj. William Adams Welch.

— Compiled by Jim Foster,  
with contributions from Brian King, Tom Johnson, Larry Luxenberg and Bill O’Brien



# Trail Days bonus pics



'Lone Wolf,' at left, donated an old A.T. sign to the A.T. Museum during Trail Days this year. The sign is historically significant since it lists the headquarters of the Appalachian Trail Conference as being in Washington, D.C. ATC headquarters moved to Harpers Ferry 40 years ago this August, making the sign probably at least 50 years old if not older. Accepting the sign on the museum's behalf is Museum President Larry Luxenberg.

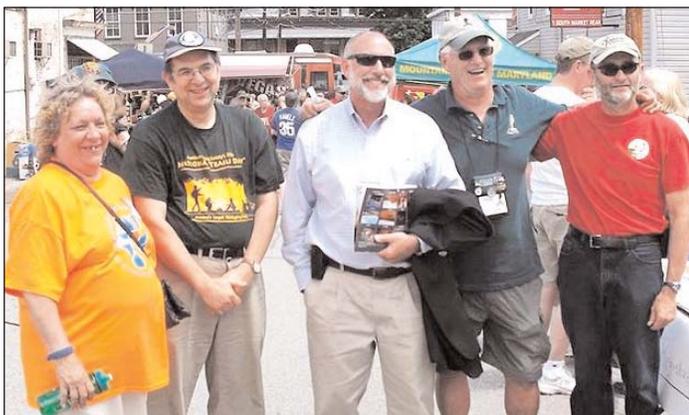
PHOTOS CONTRIBUTED BY MIKE WINGEART



At far left, goodies at the ALDHA Hiker Feed. At left, ALDHA's membership guru, 'Sly,' sets up shop in the shade. At right, 'Wingy' takes no prisoners.



# Duncannon officially dubbed an A.T. Community



At the festival, from left: Mary Parry, A.T. Museum President Larry Luxenberg, ATC Executive Director Mark Wenger, ALDHA Coordinator Mike Winggart and A.T. Hall of Fame founder Jim Foster.

**D**UNCANNON held a festival on June 2 celebrating its designation by the Appalachian Trail Conservancy as an Appalachian Trail Community. The festival, which had "Saving Our Community from Nature Deficit Disorder" as its theme, was enjoyed by about 600 people.

It included club-sponsored hikes in the morning and the festival in the afternoon. About 40 information vendors related to the outdoors were on hand, including ALDHA, the A.T. Museum, ATC, Susquehanna A.T. Club, Mountain Club of Maryland, Cumberland Valley A.T. Club,

the YHC and the KTA.

There was live music from Randy "Windtalker" Motz, Brian "Nimble" McPherson and Morgan "Folksinger" Evans, and outdoor-related presentations including a panel on the culture of thru-hiking with "City Slicker," "Laces," "G-Hippie," "Irish Charm" and "Falling Turtle."

A special thanks goes out to the Quick Mart for the use of its lot, the Duncannon Borough Council, Duncannon Fire-Police and the many other volunteers that made the event successful. It was organized by DATC Coordinator Mary "Trailangelmary" Parry.

## Workin' on the trails

# Tuscarora Trail gets a little more comfy

By **MIKE WINGEART**  
ALDHA Coordinator

**T**HE TUSCARORA TRAIL HAS ANOTHER NEW shelter that hikers can call home, at least for a night's stay during their hikes. The Spruce Pine Hollow Shelter was formally dedicated on June 23.

Located near Berkeley Springs, W. Va., it was built by the Potomac Appalachian Trail Club during 2010 and just a few minor touches were completed this year.

There were 27 volunteers working on this REI-funded project during 2010. It took 1,200 hours to complete.

The 12-by-14-foot shelter has a 12-by-8 sleeping area and a 12-by-6 covered deck with cooking table. The construction is a hybrid post and beam with board and batten sides.

All the posts and beams are pressure-treated lumber for longer life. The sides are red oak treated with a preservative to prevent/inhibit insect activity and stained to protect it from the weather.

It is on a concrete foundation with access to the sub flooring. The sub flooring is a combination of three-quarter inch pressure-treated plywood covered with preservative and tar paper to prevent decay. The flooring is 2-by-4 pressure-treated tong and groove lumber recovered from another project. The roof is CMS 29 gauge Rib-Loc steel, painted green on custom built rafters and purlins.

It has bullet proof Plexi-glass in the gables for stopping the wind and to allow light into the interior. A privy was dug on the site and built with a unique split door to allow one to enjoy the facilities and enjoy the view at the same time. A picnic table was constructed on site and placed in the front of the shelter for hiker use. There are metal plates on the cooking surfaces to prevent burns from alcohol stoves.

The shelter will serve the hiking public for many years. REI has been a great help with the trail's shelter program.



PHOTOS CONTRIBUTED BY MIKE WINGEART

In top photo, the finished Spruce Pine Hollow Shelter sits on the Tuscarora Trail. At right, taking part in the dedication were, top row from left: Jason Rainville, PATC bridge engineer; and Jeff Seals, assistant crew leader. In front row, from left: Ric Francke, PATC supervisor of lands; Vickie Fruehauf from REI; Lee Schaffer, PATC vice president; and Mike Wingert, ALDHA coordinator. The shelter was funded by a grant from REI.



### BARCLAY RUN SHELTER DEDICATION SET FOR AUG. 25

Join the Tuscarora Trail Central District to dedicate the Barclay Run Shelter on the Tuscarora Trail near Gore, Va. ... *All members of ALDHA are welcome!*

**Date:** Saturday, Aug. 25, 2012    **Time:** Noon

**Location:** PATC map L. Take Route 50 West out of Winchester, Va. Travel 10 miles to Gore. Turn left onto Gore Road. Travel 0.3 mile to the Gore General Store. Turn left onto Sinking Spring Lane. Cross over the railroad tracks, travel 0.8 mile and park at the shelter signs. Hike up the access road to the shelter.



Youngsters got into the Hard Core spirit during the post-Trail Days event.

## Thru-hikers once again flock to Hard Core

The post-Trail Days work trip organized by Bob Peoples and known as Hard Core drew 88 thru-hikers and others who joined 32 members of the Tennessee Eastman Hiking and Canoeing Club for extensive rock work on the A.T.

On Sunday night they were treated to dinner at Watauga Lake Point under the pavilion supplied by the NPS, and on Monday, "Baltimore Jack" and "Chief Paul" fixed a pasta dinner at Kincora Hostel. Bob and the TEHCC would like to thank Laura Reed, "1 Pint," for her donation of snacks and daypacks for everyone, and ALDHA for its generous donation.



Bob Peoples and his volunteers at the pavilion.

# RPH Cabin: *Come on down!* July 13-15

By BILL O'BRIEN



PHOTOS BY FRED STERN

The RPH work trip lets you see old friends from ALDHA as well as new folks, not only from other trail clubs but also from the current class of thru-hikers who drop their packs, pitch in, then join us afterward for good food and cold drinks. Above, Kevin Reardon (aka 'Slider') digs in during some boardwalk work last year. At right, the brain trust: Tim Messerich and Chuck Wood.



Some of the most rewarding trail experiences you can have do not involve carrying a hiking stick in each hand and sweating out the miles until you reach the next shelter.

Try carrying a pick mattock and other tools in your hands and sweating out a summer work trip at a shelter or out on the trail.

Now that's fun!

Especially if you have the good fortune to be part of the annual RPH Cabin work trip in New York, where the weekend is not only chock full of trail chores but also well stocked with tons of food, grilled to order, with all the sides and fixin's and drinks you can handle.

And the camaraderie is not to be matched, since you not only get to mingle with fellow ALDHA members and folks from the RPH Cabin Volunteers Club who organize this fete, but you also get to meet all the thru-hikers who come pouring into the shelter each afternoon, shocked and wildly surprised to find out there's a party going on, and they're invited!

So what are you waiting for? Pack your tent, some work clothes, extra clothes, even your swim suit for wading in the creek, and head for RPH Cabin on the weekend of July 13-14. Email Tim Messerich, the general overseer, at [bascomgrillmaster@yahoo.com](mailto:bascomgrillmaster@yahoo.com).

You won't regret it in the least. ALDHA has donated \$200 to this year's work trip, so all ALDHA members are most welcome.

For more details, photos and a map, go online to [timtrek.mikentim.com](http://timtrek.mikentim.com).

## Deans Gap Shelter relocation project needs some muscle

And now for something a little different: Taking apart, not building, a shelter.

The remains of a stone shelter in Pennsylvania that used to be on the A.T. will be disassembled Saturday, July 28, and hauled away for later reconstruction near the A.T. Museum in Pine Grove Furnace State Park, Pa.

The old Deans Gap Shelter might have been built by Earl Shaffer. Or maybe not. Either way, it is worth preserving.

About 10-12 able-bodied volunteers are needed. If you want to help, email Larry Knutson at [larry@penntrails.com](mailto:larry@penntrails.com).



LARRY KNUTSON

Max Bramel and Skip Klein check out one of the stone walls of the old Deans Gap shelter in Pennsylvania. Once an A.T. shelter it is now far off the trail. Crews plan to take it apart and reassemble it, stone by stone, near the A.T. Museum in Pine Grove Furnace State Park.

# ALDHA's spring steering committee meets at Bears Den Hostel in Virginia for first time

## ALDHA 2012 SPRING STEERING COMMITTEE MEETING MINUTES

Bears Den Hostel, Va.  
April 14, 2012

**BOARD MEMBERS PRESENT:** Coordinator – Mike Wingart; Recording Secretary – Sue Spring; Membership Secretary – Robert Sylvester; Treasurer – T. Scott Dowling; At-large Board Members – Randy Anderson, Noel DeCavalcante, Bill O'Brien, Kip Redick, and Jim Niedbalski.

**BOARD MEMBERS ABSENT:** Assistant Coordinator – Kent Wilson; and At - large Board Member – Janet Hensley.

**OTHERS PRESENT:** LuAnne Anderson, Tom Evans, Jeff Haas, Larry Luxenberg, Steve Paradis, Mary Parry, Laurie Potteiger, Sue Williams, and Martha Wingart.



MARTHA WINGEART

The board of directors at the 2012 spring steering committee meeting held at Bears Den Hostel in Bluemont, Va., April 14. Seated, from left: Treasurer T. Scott Dowling; Coordinator Mike Wingart; and Recording Secretary Sue Spring. Standing from left: Membership Secretary Robert Sylvester; and at-large members Kip Redick, Jim Niedbalski, Bill O'Brien and Randy Anderson. Absent were Kent Wilson and Janet Hensley.

1. **MEETING OPENED** at 9 am — Mike Wingart, Coordinator.
2. **ADOPTION OF THE AGENDA** - Mike Wingart. Motion made by: Noel DeCavalcante. Seconded by: Kip Redick. Unanimous
3. **ALDHA'S STATEMENT OF PURPOSE** – Mike Wingart
4. **SIGNING OF CONFLICT OF INTEREST POLICY** – Mike Wingart
5. **WELCOME TO BEARS DEN HOSTEL** – Justin Lavigne, hostel caretaker
6. **READING OF MINUTES:** From Gathering 2011 Steering Committee Meeting – Sue Spring. Approved as read.
7. **REPORTS OF OFFICES/OFFICERS:**
  - A. Coordinator – Michael D. Wingart
  - B. Treasurer – T. Scott Dowling
    - a. Annual Report – T. Scott Dowling
    - b. Pay Pal
    - c. New Bank
    - d. 2011 Budget Final – Mike Wingart. Wingart noted that if an expenditure is over – budget, there is a need to advise the Coordinator.
    - e. Adoption of 2012 Budget - Mike Wingart. Motion to adopt proposed budget made by: Bill O'Brien. Sec - onded by Robert Sylvester. Unani - mously approved.
  - C. Membership Secretary – Sly Sylvester
    - a. Report
    - b. Facebook
  - D. 2011 Gathering Critiques – Mike Wingart
  - E. Gathering 2011 (Program) – Bill O'Brien
  - F. Gathering 2011 (Facilities) – Jim Niedbalski
  - G. Gathering 2012 (Program) – Kip Redick
  - H. Gathering 2012 (Facilities) – Janet Hensley

- I. Gathering 2012 (campsite) – Noel DeCavalcante
- J. Gathering 2013 - Mike Wingart
  - a. Shenandoah University
  - b. Shippensburg University \*\*

**MOTION:** “To conduct the 2013 ALDHA Gathering at Shippensburg University on Columbus Day Weekend.”

Motion made by Bill O'Brien. Seconded by Noel DeCavalcante. Unanimously approved.

- c. Three Year Rotation

- K. Website – Bill O'Brien
- L. Newsletter – Mike Wingart
- M. Companion – Robert Sylvester
  - a. Report
  - b. Sales Report - Laurie Pottieger
  - c. Online Companion
- N. Directory - Robert Sylvester
- O. Merchandise - T. Scott Dowling.

**MOTION:** “To provide the Merchandise Coordinator with \$500 additional for purchase of merchandise.”

Made by: Noel DeCavalcante. Seconded by: Bill O'Brien. Unanimously approved.

- P. AT Services – Mike Wingart
- Q. Work Trips – Randy Anderson.

**MOTION:** “To provide Hard Core and RPH work trips with \$200 each for work trip support.”

Made by Bill O'Brien. Seconded by: Robert Sylvester. Unanimously approved.

- R. ALDHA Care – Robert Sylvester
- S. Trail Days & the ALDHA Hiker Reception

- Mary B. Parry
- T. Outreach Committee - Volunteers
  - a. Slogan “If you are a hiker or ‘a want to be’, you should be an ALDHA Member!”
- U. Honorary Life Member - Bill O'Brien
- V. ATC Report
  - Steve Paradis & Laurie Potteiger
  - a. 75th AT Anniversary Celebration. Aug. 11-12, 2012, at Harpers Ferry.
  - b. 2000-Miler Update
  - c. New ATC Executive Director, Mark “Animal” Wenger
  - d. Updating online AT Hiker Photo Album
- W. Appalachian Trail Museum
  - Larry Luxenberg

### 8. UNFINISHED BUSINESS

- A. Presentation of Trade Mark Certificate to the Board. Hard copy to recording secretary
- B. Unveiling of the ALDHA banner
- C. WTYADAGJ Certificate – to be designed by Bill O'Brien.

### 9. NEW BUSINESS

- A. Motion 1 - Noel - Change of Titles for Coordinator and Assistant Coordinator. Motion made by Noel DeCavalcante and seconded by Bill O'Brien was rescinded, and the decision was made to address the topic as an “operating instruction.” An ad hoc committee was appointed to review current bylaws, including: Bill O'Brien, Noel DeCavalcante, Mike Wingart and Robert Sylvester. The committee will present its findings at 2012 Gathering.



MIKE WINGEART

Bears Den hostel caretaker Justin 'Deal' Le Vigne, at left, makes sure Martha Wingearst stirs the sauce correctly. In photo at right: Taking a post-meeting break on the overlook at Bears Den are, from left, Scott, Noel, Martha, Bill, Kip, Larry Luxenberg and Jim.

**MINUTES:** *Continued from Page 20*

**B. Motion 2 – Requirements for Board Membership.**

**MOTION:** “The general criteria will be as follows:

1. Any person being nominated must be an ALDHA member in good standing and their name listed in the most current ALDHA Directory.
2. Anyone nominated for a “Member - at - Large” position is expected to have attended a previous Gathering and should have attended a Board of Directors Meeting.
3. Any person being nominated for an Officer position must have been a Board member.
4. Nominations should be submitted to the Nominating Committee at least 24 hours prior to the General Membership Meeting.
5. Anyone being nominated for any position must be present at the General Membership Meeting.”

Motion made and amended by Noel DeCavalcante. Seconded by Bill O’Brien. Unanimously approved.

**Motion 2a – Noel – Deletion of ALDHA Operating Instruction #2.**

**MOTION:** “That the ALDHA Operating Instruction #2 be deleted.”

Motion made by Noel. Seconded by: Bill. Unanimously approved.

**C. Motion 3 - Sly - Reimbursement of Expenses**

**MOTION:** “That a resolution be adopted that would partially defray traveling expenses incurred for ALDHA board members (coordinator, asst. coordinator, treasurer, recording secretary, membership secretary and at-large members) to attend the spring meetings as follows: \$0.20 per mile (round trip from home to spring meeting venue) not to exceed \$200 for any one spring meeting. Any reimbursement of traveling expenses to the spring meeting of non-voting

coordinators or editors (newsletter editor, companion editor, gathering coordinators, including program, facilities, campsite coordinators, work trip coordinator and others) to be determined by budgetary constraints with approval of coordinator and board. Any official representative of ALDHA travelling to an event may be reimbursed at \$0.20/mile up to \$200 upon prior approval of coordinator.”

Motion made by Robert Sylvester. Seconded by Kip. Passed, in favor – Sly, Sue, Scott, Jim, Kip, Randy. Abstained – Bill and Noel.

**D. Motion 4 – Bill O. – ALDHA Logo Proportion.**

**MOTION:** “That the ALDHA logo, which is now the trademark property of the Appalachian Long Distance Hikers Association, must never be misused or reconfigured for any purpose. The ratio of height to width of the original logo created by Frank Logue in 1991 must never be altered. It can be shrunk or enlarged for any ALDHA-related purpose, but the ratio of height to width must remain constant.”

Motion made by Bill O’Brien, seconded by Jim Niedbalski. Unanimously approved.

**E. PATC/ALDHA Kiosk at Mason/Dixon Line.**

**MOTION:** “That ALDHA will spend up to \$500 on the Mason-Dixon kiosk.”

Motion made by: T. Scott Dowling. Seconded by: Kip Redick.

In favor: Randy Anderson, Noel DeCavalcante, Robert Sylvester, Kip Redick, T. Scott Dowling, and Sue Spring. Opposed: Bill O’Brien. Motion passed.

- F. Skype – Everyone to sign on.
- G. Election of Officers at Gathering: Treasurer, Membership Secretary, three At-Large Positions (Kip, Bill, Janet)
- H. ALDHA Coordinators for 2013:
  - a. Work Crew
  - b. Merchandise
  - c. Out Reach

- d. Trail Days
- e. Program Coordinator 2013
- f. Facility Coordinator 2013
- g. Campsite Coordinator 2013
- I. 2013 Publications:
  - a. Brochure – Sly
  - b. Directory – Sly
- J. ALDHA Business Meeting is Sunday, October 14, 2012, at 9 am.
- K. Gathering Steering Committee Meeting, October 14, 2012, at 3 pm
- L. Spring Steering Committee Meeting at Ironmasters Hostel, Pa., April 13, 2013 - \$200.
- M. Pictures of the Board of Directors, Officers - Group and Individual
- N. Adjourned 4:52 pm.

*Respectfully submitted,  
Susan W. Spring, Recording Secretary*

**ADDENDUM TO THE MINUTES:**

After dinner on Saturday, Kip brought up a good point about the increase in Gathering fees and the effect it may have on families attending the Gathering. Further discussion led to the Motion concerning Gathering Fees for Families.

**MOTION:** Individual members 13 and under are free. Family registration fee will be \$50.

Motion was made by Kip Redick, seconded by T. Scott Dowling and passed by Sly, Bill, Noel, Randy, Sue, Jim, Kip, and Scott. Janet and Kent were not there.

Discussion: ALDHA is working to get the younger generations to the trail. We need their parents to bring them to the Gathering. So those with children 13 and under can bring them for free. For those with children 14 and older, ALDHA will charge just \$10 additional for the whole family. So in addition to the parents’ fees of \$40, add just \$10 for a total of \$50. ALDHA feels that this is the best way to help expose those children to the Gathering and, by extension, to the trail.



APPALACHIAN LONG DISTANCE HIKER'S ASSOCIATION

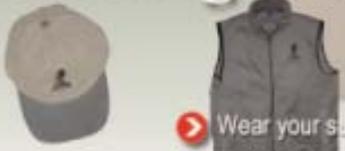
# ALDHA STORE

*Distant mountains call hikers to press on...*

## SUMMER TIME ON THE TRAIL

 Thru-Hiker's Companion now available for download
  Hike ALDHA way! Wear your club support.

### Clothing



Wear your support!

### Keepsakes



Commemorate your journey!

### Club Gear



Publications, stickers and more

[www.aldhastore.com](http://www.aldhastore.com)

### Ordering online

Visit [www.aldhastore.com](http://www.aldhastore.com) to purchase any items online. We accept MasterCard, Visa, American Express, Discover online. All online transactions are secured through PayPal. You do not have to join PayPal to use your credit card.

### Ordering by mail

If you prefer to order by mail, print out the order form on the next page, fill it out and mail it with your **check or money order** to ALDHA, 10 Benning St. PMB 224, West Lebanon, NH 03784.

*For questions regarding merchandise or purchasing, email [merchandise@aldha.org](mailto:merchandise@aldha.org)*

# Order Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

QUANTITY <i>(fill this in)</i>	ITEM	SIZE S, M, L, XL, 2XL	PRICE	SUBTOTAL <i>(fill this in)</i>
	Men's royal blue polo shirt		\$28.00	
	Women's royal blue polo		\$28.00	
	Men's hunter green polo		\$28.00	
	Women's hunter green polo		\$28.00	
	30th anniversary T-shirt		\$16.00	
	Wicking T-shirt		\$21.00	
	Fleece Vest		\$36.00	
	Nylon Jacket		\$35.00	
	Short-sleeve T-shirt		\$16.00	
	Long-sleeve T-shirt		\$19.00	
	Ball Cap	n/a	\$15.00	
	Coaster	n/a	\$11.00	
	Mouse Pad	n/a	\$11.00	
	Katahdin paperweight	n/a	\$39.00	
	Katahdin pin	n/a	\$10.00	
	Springer paperweight	n/a	\$39.00	
	Springer pin	n/a	\$10.00	
	ALDHA Patch	n/a	\$3.00	
	ALDHA Hat Pin - Gold	n/a	\$4.00	
	ALDHA Hat Pin - Silver	n/a	\$4.00	
	ALDHA Hat Pin - Black	n/a	\$4.00	
	Bumper Sticker	n/a	\$1.50	

## HOW TO ORDER

To purchase any of the items shown in the ALDHA Store, visit the new online store at [www.ALDHAstore.com](http://www.ALDHAstore.com) or print out a copy of this form, fill in quantity, size (if applicable), and mail it with your check to:

**ALDHA**  
10 Benning St. PMB 224  
West Lebanon, NH 03784

Subtotal: \$ \_\_\_\_\_

Shipping: \$ **FREE** *(until Dec. 20)*

**Total:** \$ \_\_\_\_\_

***Make check or money order payable to ALDHA.***

Visit our new online store at [www.ALDHAstore.com](http://www.ALDHAstore.com)



## STATEMENT OF PURPOSE

The four-fold purpose of the Appalachian Long Distance Hikers Association:

◆  
To represent and promote the welfare of the Appalachian long distance hiking community.

◆  
Provide service in a cooperative spirit with other Appalachian hiking organizations.

◆  
Provide education on the use and preservation of Appalachian long distance trails.

◆  
Provide opportunities for interaction and camaraderie within the Appalachian long distance hiking community.

# ALDHA ALMANAC

## Consider helping a hostel help thru-hikers

By **ROBERT "SLY" SYLVESTER**  
*Membership Secretary*

A new pilot program in conjunction with the Endangered services campaign will assist free or low-cost hostels during peak thru-hiker season.

We're looking for ALDHA volunteers who would be willing to spend a week or longer (less if that's the only time you can afford) at one of the hostels along the Trail, helping owners and caretakers handle the increase in hikers as they pass through heading to Katahdin or Springer.

Your duties will range from shuttling hikers to cleaning to cooking and to teaching hikers how to "hike in harmony."

Your only compensation will be the satisfaction of giving back one of the service providers that ask little of the long-distance hiker.

During the coming weeks, participating hostels and time slots will be announced. In the meantime, if you think you may be interested in helping out and volunteering to assist one of the hostels along the trail, email [aldhacare@aldha.org](mailto:aldhacare@aldha.org).

### SUPPORT GROUP FOR SERVICE PROVIDERS

The Yahoo ATservices Group was created by ALDHA several years ago to enhance contact among Appalachian Trail service providers such as hostels, stores and other groups or businesses. The list is private, invitation only, and FREE! It has been used to communicate about problem hikers, extreme weather, trail closures, lost or overdue hikers, and sometimes just good news! If you're a service provider and would like more information or to join the list, contact Mark Hudson at [mvhudson@gmail.com](mailto:mvhudson@gmail.com) or call him at (845) 635-9383.

— M.H.

### TRAIL DATES

**Hike for History,  
Pine Grove Furnace State  
Park, Gardners, Pa.  
Saturday, Sept. 15**

The A.T. Museum will hold a major fundraiser called the Hike for History in a bid to raise much needed funds to expand the museum to the building's upper floors. More details will be posted on the museum's website, [www.atmuseum.org](http://www.atmuseum.org)

**Trail's End Festival,  
Millinocket, Maine  
Sept. 15-17**

This small but cozy festival taps into the early colors of northern Maine with Mount Katahdin as a backdrop. For more information, visit [www.trailsendfestival.org](http://www.trailsendfestival.org)

**ALDHA West Gathering  
at Camp Arrah Wanna,  
Welches, Ore.  
Sept. 28-30**

ALDHA West, a separate organization with similar interests as ALDHA, has more information on its website at [www.aldhawest.org](http://www.aldhawest.org)

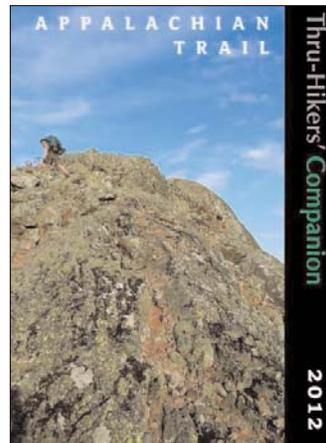
## Every hiker needs to have a Companion

The A.T. Thru-Hikers' Companion comes in a size that will fit inside a quart-size Ziploc baggie, making it much easier to put in your backpack. The book is edited by Robert "Sly" Sylvester with research by more than three dozen thru-hiker volunteers in 14 states, backed by the first-hand information of the Trail's volunteer and staff maintainers and managers and extensive information from the 2012 A.T. Data Book.

It's 312 pages with maps, illustrations, equipment-makers' toll-free numbers and trail town post office hours. The price is \$14.95. See Pages 22-23 for how to buy a hard copy through the ALDHA Store.

If you wish to buy a digital copy, visit [www.aldha.org/comp\\_pdf.htm](http://www.aldha.org/comp_pdf.htm).

Already an ALDHA member? You can obtain a digital copy for FREE by visiting [aldha.org/join.htm](http://aldha.org/join.htm). If you want to become an ALDHA member for only \$10 (includes a free digital Companion) follow same link.



# HIKE IN HARMONY