

Summer 2012



# THE HAPPY HIKER

The Official Newsletter of the Allentown Hiking Club

MEMBER OF THE APPALACHIAN TRAIL CONSERVANCY AND THE KEYSTONE TRAILS ASSOCIATION

## PRESIDENT'S MESSAGE

### The Allentown Hiking Club Enters the Age of Social Media

The AHC has recently embraced the newest form of personal networking with the creation of the Allentown Hiking Club facebook page. A big thank you to Karen Gradel for taking the initiative to set this up for the club. The AHC facebook page is a place where members can share pictures and stories about club experiences, add posts about upcoming events, and where non-members can also post things of interest to our hiking community.

Multiple club members are working together to monitor the postings on this page and moderate what is posted, so that the content remains relative to the club, hiking, trail maintaining and other activities and missions of the club. This page provides a way that is different to communicate with club members than the existing AHC Forum e-mail list. The Forum e-mail list is intended to communicate urgent club matters to club members such as hike cancellations and additions or other urgent club matters but is not intended for casual updates such as event pictures or reports and is not available to non-members. This new facebook page provides a place for members and non-members alike to share anything of interest to the hiking community in real time. With today's smart phones it is possible to post pictures right from the trail to the facebook page as an AHC hike is taking place!

Club members that are active facebook users are invited and encouraged to "like" the AHC facebook page. It can be found by searching for Allentown Hiking Club in the facebook search bar. The more members participate in posting things the richer the experience will be for everyone. This page will also serve to show prospective members what we already know - that the AHC is a great group of people that have fun whenever we get together to hike, bike, paddle or do trail work. Nothing will sell the club better than pictures and stories of us enjoying the outdoors.

But what if you aren't presently on facebook? It is easy to join, free, and with the account settings you can share as little or as much information about you as you like with the general public. Once you click the "Like" button on the AHC page you will get any updates to the AHC page delivered to your news feed that you get whenever you access facebook. If you just want to view what is on the AHC facebook page you can access it at <http://www.facebook.com/AllentownHikingClub>. However you will not be able to post to it without a facebook account.

I have to admit that I resisted joining facebook for quite some time but now that I have joined, it has become a valuable tool for staying up to date with what my friends are doing. With the new AHC facebook page I am now able to enjoy seeing pictures and stories from AHC hikes I was unable to attend and stay up to date with club happenings. So please join us online.

Mike "Sparky" Wuerstle  
AHC President

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Check the club web site, [www.allentownhikingclub.org](http://www.allentownhikingclub.org), for changes in the hiking schedule and current news.

## Allentown Hiking Club

P.O.Box 1542 — Allentown, Pa 18105-1542

Sponsored by City of Allentown Department of Parks and Recreation

[www.allentownhikingclub.org](http://www.allentownhikingclub.org)

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### Deadlines for the Fall 2012 Newsletter & Schedule

Happy Hiker Newsletter      Wednesday August 29, 2012

Activity Schedule      Wednesday, September 5, 2012

Please forward all club related articles, thoughts, and items to the Editor by mail or, preferably, by email. Send all hiking schedule activities to the Hiking Schedule Coordinator.

### Upcoming Programs at the AHC Meetings

In addition to the normal business meeting there is also generally a program which is related in some way to the club's activities. The following is a preview of the upcoming programs:

**July 11<sup>th</sup>** Monthly meeting and Potluck picnic at Franco Park. Directions on page 7.

**August 1<sup>st</sup>** Charlie Root, EPA Site Manager for the Palmerton Superfund, will speak on the restoration project on the Blue Mountain east of Lehigh Gap.

**September 5<sup>th</sup>** Scheduling night for events for October, November and December in the Fall Happy Hiker.

### Welcome to Our New Members! - Summer 2012

William Antrim -Whitehall, PA	Marie Helmold -Bethlehem, PA	Bill McClain - Royersford, PA
Kevin Dealy -Bethlehem, PA	Anthony & Jody Marsicano -Allentown, PA	Charlene O'Brien -Coopersburg, PA
Stefan Goslawski -Allentown, PA		Larry O'Donnell -Jim Thorpe, PA

### New Corridor Monitors

Dave Hoffman, who monitored NPS tracts between Bake Oven Road and Bear Rocks for 15 years, has retired as a club monitor. On behalf of the club, I want to thank Dave for his years of dedicated and conscientious service as a corridor monitor. Dave Rohlffing and Dave Rose have volunteered to serve as AHC co-monitors for these tracts.

Edna Himmler, who was a co-monitor of the tracts south of PA 309, has relinquished her position and Dan Ahren will be stepping up to fill this position.



### 2011 Corridor Monitoring

Members of the Allentown Hiking Club who participated in the 2011 Corridor Monitoring were honored at a recent AHC meeting where they received their official T-shirts. Pictured here are Barb Wiemann, Jim Gabovitz, Carl Griffin, Anne Griffin, Ed Ritter and Nick Rosato.



## The Adventures of MaryAnn and Janet on the Mid State Trail Part II

By Janet Goloub

We'd planned to hike together again in August, starting from wherever MaryAnn had ended in June; that was Everett. We met in a trail town this time, Williamsburg, and drove down to Everett, another trail town, getting on the trail easily, since MA had already walked a couple of miles north in June. We'd learned that a maintenance crew had done serious maintenance on the southern section of the MST, so were really dismayed to run into the same kind of brambles MA had gone through in June. She hadn't exaggerated about them; they were awful. They lasted only about ¼ mile, thank goodness, and the trail went on a short way to a short, steep drop with nothing to hold onto that dumped us onto Federal Rt. 30, a very busy highway. We hurried along for about 1/3 mile where it turned onto a lesser road.

It was a nice day, but quite hot. I had 2 liters of water and drank pretty freely. Our campsite that night was after getting off roads, turning into a farm, and chasing a herd of cows up a lane to where the forest started. They were with us much of the night. The next day we started up Tussey Mountain, on whose ridge we'd stay much of the day. The trail up was full of brambles for a short way, but with blackberries so sweet we pretty much forgave the maintainers.

We walked on rock boulders, not making very good time, and we had 12 miles to go before the next water source. This seemed to be where the dearth of water sources on the MST is. MA is slower than I, but she knows how to deal with rattlesnakes better. I came to a boulder and the angriest rattler I've ever heard let me know I wasn't welcome. I waited for MA, who saw where it was and turned away from it; the rattler immediately stopped its commotion, and we bushwhacked for 10' and climbed up onto the boulder.

I realized I needed to get water and couldn't continue at MA's pace; we agreed to separate, I went ahead and on down the mountain. The next couple of hours are an example of being really unprepared. MA had the guidebook; I'd read it, but it had been confusing, and I couldn't remember everything it said. As I got to a turn I heard voices in the opposite direction and wasted time looking for a house that wasn't there, hoping to get water. Back to the blazed trail, they disappeared after awhile, so I went back to the bottom of the ridge to wait for MA. She didn't come, but 3 people on horseback did; one of them gave me a pint bottle of water, much of which I drank immediately. They also told me how to get to the creek we were heading for. I waited for MA a little while longer, but realized I really needed to get moving, that the afternoon was coming to an end. The blazes stopped at a fork; I went on the wrong tine there; went on the other and saw no blazes. As it was dusk, and I was getting a little scared that I wouldn't get to water, I decided to just take a trail down the slope, thinking there'd be a creek at the bottom.

It was getting dark when I saw a light coming up a trail off to the side; I flagged it down, two boys on an ATV. They'd actually been looking for us, the driver's mother having been one of the people on horses. They took me to the creek, one of the bumpiest rides I've ever been on! Reminded me of a couple of motorcycle and hot-rod rides of my youth. Then the boys headed off to look for MA. At the big creek next to a highway, with a path along it through high grass, I bade them farewell with HUGE thanks, and filled both liter bottles immediately. Then I found a place with well-matted grass, spread drop cloth and sleeping bag, and climbed in. It was a lovely night. I'd been asleep for a very short time when someone across the creek called out. What relief; MA had got here.

It wasn't her, but a woman who came along with a flashlight asking about our hike and where MA might be. I told her, and she asked me if I'd come with her, that the local search & rescue people were out and they'd like my help. !!! Search & Rescue? Yikes. We got to their gathering place, and suddenly there were huge light towers, flashing fire engine, huge EMS ambulance, and dozens, it seemed, of ATVs to oversized pick-ups plus their people – an amazing array to my unfamiliar eyes. They asked me all their questions, chiefly where MA might be. I told them we were hiking the MST and approximately where she'd be, and that she was a very experienced hiker.

Not a one of them knew anything about the MST, though a couple of them had heard of it. Eventually they sent 2 hardy men up the trail; they hadn't set up their operation at the trailhead, so I told them how to find it, and told them that if they tried to bring her down she'd be furious. A message later said they'd found her asleep in her tent and they were bringing her down.

My reaction is that they were all very polite and considerate, kept talking about our ages, and I think they were really worried about the 2 old women, at the same time kind of intrigued about the 2 old women backpacking. I think they hadn't had many chances to search or rescue; I also think lots of them were family, there for entertainment, since most of them didn't have a role to play in the activities. Well, MA was alright, albeit furious, and they took us to the trailhead where we spread our sleeping bags and slept until daylight. It was about 3 a.m. when we bedded down – again.

A main thing I'm left with is that I was the one that needed rescuing; MA was just fine. She was pooped, she pitched her tent, and went to sleep. We did get it worked out that if we needed to separate again, we'd have plans B. Duh?



## ATC seeks Volunteers interested in Landscape Protection

*We love our Sawyers, but we also need Lawyers!*



The creation of the Appalachian Trail is one of the greatest examples of vision, leadership and perseverance in our nation's history and the footpath and Trail experience continue to evolve. No longer simply viewed as a long-distance recreational trail, the Trail today is recognized as a vital economic asset and a critical component in the quality-of-life of the many residents and visitors that use it. As population and development along the eastern seaboard has grown, the landscapes surrounding the Trail have changed. The concept of protecting the trail for future users has shifted from the narrow perspective of the footpath itself to a broader focus on the land use of surrounding private property and the decision-making of municipal partners.

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

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

**How can you get involved?** Allentown Hiking Club members interested in learning more about landscape protection issues, volunteering as a land use monitor, engaging with municipal decision-makers or willing to provide some level of professional assistance to conservation and trail-related planning are all key allies in addressing these challenges. You can support this effort by:

*Volunteering as a land use monitor.* Be the "eyes on the Trail" and surrounding landscapes in your or neighboring communities. Upcoming volunteer training workshops will provide a basic understanding of community government, tools available for guiding growth and protecting regional character, and the powerful role of citizens who work towards common goals in the land use planning process.

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

For more information on volunteer opportunities or to add your name and area of expertise to a network of professionals ready to assist in protecting the Trail experience and supporting local conservation efforts along the Kittatinny Ridge corridor, get in touch with Kim McKee, Act 24 Coordinator in ATC's Mid-Atlantic Regional Office at (717) 258-5771 or [kmckee@appalachiantrail.org](mailto:kmckee@appalachiantrail.org).

### "One" in a Million

One of our Allentown Hiking Club members, Al Karp, aka "One" for his trail name, is currently hiking the Appalachian Trail on a thru-hike. Al started at Springer Mountain, Georgia on April 11th of this year and now, two months out, is somewhere north of Waynesboro, Virginia having completed over 850 miles. Al has been posting photos and journal entries on TrailsJournals.com. When you visit the website, click on Appalachian Trail and page down to "One". You can read all his journal entries and view his photos. Be sure to sign his guestbook with an encouraging note. Al is expected to be tromping through the Lehigh Valley during the beginning of July. Fellow club members hope to meet up and walk with him and share some "Trail Magic".



Al Karp (right) at the start of his journey.

### 3 AHC Members Attending ATC Volunteer Leadership Meeting this Coming August 10<sup>th</sup>–12<sup>th</sup>

Paula Uhrin and Chris Jackson will be representing the Allentown Hiking Club at this year's ATC 2012 Club Leadership Meeting at the National Conservation Training Center (NCTC) in Shepherdstown, WV. The meeting will be held from the afternoon of Friday August 10<sup>th</sup> and adjourn mid-day on Sunday, August 12<sup>th</sup>. A registration fee of \$300 per person that will cover lodging and meals at NCTC will be paid by a grant from the National Park Service. Once a regularly scheduled event, ATC has not held a meeting such as this since 2002. Barb Wiemann will be attending as Chair of the ATC Stewardship Council RPC/Volunteer Committee.





## An Orange by Any Other Name



Osage Orange (*Maclura pomifera*) also known as hedge apple or horse apple

The Osage-Orange tree may have evolved its large pithy fruit and short stout thorns both as a means of seed dispersal by, and protection from, large Pleistocene herbivores such as the giant ground sloth, woolly mammoth and mastodon. Today the orange-scented fruit is largely inedible although modern horses and other livestock sometimes eat the fruit. The hard-to-get-at 200 seeds per fruit are readily eaten by squirrels and can also be consumed by humans. The tree is a close relative of the mulberry tree which bears similar looking, although smaller bumpy fruit. The osage orange fruit is 4-5 inches in diameter and turns a bright yellow green when ripe in the fall. Its milky, acrid juice repels mosquitos, cockroaches, crickets and ticks. One study shows that it can work as well as DEET in repelling mosquitos.

Named for the Osage Indian Tribe, the tree is historically found in the Red River Valley of northern Texas, southern Oklahoma and southwest Arkansas. Also called the Boise D'arc (bow wood) the bright orange yellow, close grained wood is both strong and flexible and is prized for making bows. This dense wood is rot and termite resistant and is widely used for fence posts and tool handles as well. The thorns were used as treenails.

The tree grows 40-60 feet tall but was often cultivated as a spikey hedgerow before the invention of barbed wire. Flowering in June, the male (staminate) and female (pistillate) flowers appear on different trees. Only the female trees bear fruit.

### AHC Gets a Facelift...facebook that is!

The Allentown Hiking Club has its own facebook page! You can now share photos and stories of hikes and keep in touch with other club members through our new facebook page. Started at the end of April, you can "Like" our hiking club at facebook.com/AllentownHikingClub and receive photos and updates on hikes and club events through your facebook page. Current facebook members see this as a way to attract more people who may be interested in joining our club and also a fun and convenient way to stay in touch. For more information contact Karen Gradel or Jessica Ritter on facebook.

## MEMBERSHIP APPLICATION



INDIVIDUAL MEMBERSHIP DUES ARE \$10.00 PER CALENDAR YEAR FROM JANUARY TO DECEMBER, AND RENEWALS MUST BE MADE BEFORE JANUARY 31ST TO STAY ON THE CLUB'S MEMBERSHIP ROLLS. DUES CAN BE PAID AT THE MONTHLY MEETING OR MAILED TO THE CLUB MEMBERSHIP SECRETARY. HOUSEHOLD DUES (MORE THAN ONE MEMBER PER ADDRESS) ARE \$15.00.

**MEMBERSHIP SECRETARY:** Paula Uhrin: 283 Ridgeview Drive, Alburtis Pa. 18011

NAME(S):

ADDRESS:

CITY:

STATE:

ZIP:

PHONE:

RENEWAL

NEW

EMAIL:

\_\_\_\_\_ Dues @\$10.00 / \$15.00 Household

SML MED LRG XLG

SML MED  LRG

XLG

\_\_\_\_\_ Club T-shirt @ \$6.00 + \$3.50 shipping ea.

\_\_\_\_\_ Club golf shirt @ \$12.00 + \$3.50 shipping ea.

\_\_\_\_\_ Club Embroidered patch @ \$1.50 + \$.75 shipping ea.

\_\_\_\_\_ Club window decal @ \$2.50 + \$.75 shipping ea

\_\_\_\_\_ Club window cling decal @ \$2.50 + \$.75 shipping ea

Checks payable to "Allentown hiking Club"

Total enclosed \_\_\_\_\_

Yes - Please sign me up for the Allentown Hiking Club's email list --- the AHC Forum

