



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

Ten Worthless Exercises

With the cooler weather approaching, many of us are likely to pick up the pace of outdoor activity. Something about the transition to autumn (probably knowing that the beastly heat and humidity are over, at least til next year) motivates us to get up and go, not unlike the resolutions we set when a new year is upon us. This is all good; dedication to a more active lifestyle can only be beneficial in the long run. But as we set new goals and schedule new fitness routines, here are some exercises that can be skipped:

1. Beating around the bush - We all know how annoying this can be. Direct and honest dialogue saves everyone's energy, and isn't saving energy a really good thing?
2. Dragging your heels - So hard sometimes to get off dead center and move forward, but what a relief when the albatross is gone and the job is done.
3. Flying off the handle - Ooohh! Patience, patience: a mantra that so frequently comes in handy!
4. Jumping to conclusions - A major cause of chaos in the world. In all honesty, though, if this was an Olympic sport, it might be my only chance for a gold medal.
5. Passing the buck - Whether abstract (an issue to deal with) or tangible (work to be done), somebody's got to do it, so be the catalyst and move the world forward.
6. Pushing your luck - What happens when your luck runs out? Your friends don't want to be left to pick up the pieces. This is not meant to discourage adventurous risk-taking, only to encourage thoughtful analysis of risks/benefits/accomplishments.
7. Running down other folks - Really, now, can't we just live and let live?
8. Skipping breakfast - It's the most important meal of the day! Live it up (but watch your cholesterol in the process)!
9. Stretching the truth - Like the little minnow that becomes a twenty pound catch, our eagerness to edit our life stories often creates a rosier picture than the truth. What's so bad about calling a spade a spade?
10. Tramping on toes - almost everyone's been on the receiving end of this one; that should be enough to strengthen our resolve against this useless exercise.

So Happy Hiking, everyone! I hope that this little bit of wisdom will help you to save lots of energy for the really important activities that the coming season offers.

Lucy Cantwell
AHC President

Allentown Hiking Club

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Sponsored by City of Allentown Department of Parks and Recreation

www.allentownhikingclub.org

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Deadlines for the Winter 2013 Newsletter & Schedule

Happy Hiker Newsletter Wednesday November 27, 2013

Activity Schedule Wednesday December 4, 2013

Please forward all club related articles, thoughts, and items to the Newsletter 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:

October 2nd Cheryl Kunkle will present a program on Acadia National Park

November 6th Janet Goloub will present a program on hiking in Southwestern Utah

December 4th December Holiday Feast. Bring your favorite dish to share with others. Business meeting and scheduling night for January, February & March activities for the Winter Happy Hiker.

Welcome to Our New Members! - Fall 2013

Tiffany Snyder and Nicholas Shimmel
-Allentown, PA

Tom Williams-Allentown, PA

Dennis and Virginia Heller-
Allentown, PA

Savannah Landin-Danielsville, PA

Barbara Szymanski-Bethlehem, PA

Zhiwen Lu-Allentown, PA

Rosalynn Thuresson-Lancaster, PA

Josh & Laura Gambrel-Elkins Park, PA

Susan Norling-Allentown, PA

Dennis Kernan-Quakertown, PA



Work on Yellow Trail Completed

On September 26 -30 ATC Trail crew +3 showed up to finish construction of the trail to the yellow trail spring. 300 feet of trail were completed this year. Last year the crew worked 2 weeks making the trail safer for everyone to get water when the blue trail spring is dried up. Thanks for your support and help. Ed Ritter

Club members Nick Rosato (4th from left) and Carl Griffin (far right) and Ed Ritter (not pictured) pause before starting work. Photo by Ed Ritter.



The Adventures of Mary Ann and Janet on the MidState Trail*

(*Continuation of story from Summer 2013 Happy Hiker)

By Janet Goloub

Mary Ann (MA) was 24 hours late at our meeting place in Blackwell, and a Search & Rescue effort had been started. Once they were doing their job, I was standing around so I decided to take a walk. At the Millers' store a van stopped, and the driver said, "Hi, look who's here!" MA.

He took us to the parking lot, S/R central, where Nick got the search called off and MA told her story. I went up the road to see where I'd gone wrong on the trail, Nick having told me I hadn't been on the trail all those times I'd gone looking for her. Sure enough, a blaze on a tree took me into the woods where the trail took me up the hill parallel to the road I'd taken. I just had been too absorbed in the road to look up at the trees.

"Beginning of the End," Mary Ann's story

Friday. Janet was unable to start today as we planned, so I'm starting without her, to meet on Sunday in Blackwell. I left my car at Little Pine State Park near Waterville, and got on my way at about 11:30. The trail goes up steeply right away, but there are switchbacks (Hooray!). There are big, interesting rock formations, even a lemon squeezer. I go up slowly and rest frequently. At the Picasso Trail it is steep down with no switchbacks. This is one of those "plant your poles, toe jamming, knee cracking" trails. I follow a mostly dry creek bed until I reach a hunting camp after 5 p.m. I find a flat place for my tent. A faucet there has water from the creek, so I treat it.

Saturday. It rained in the night, so I'm carrying a wet tent and am not hiking very fast. I start thinking I will be late meeting Janet. When I camp that night there is a creek with lots of water, but I'm near game land and I hear shotgun blasts for a long time.

It's 38 degrees Sunday morning. Except for some steep downhill, the trail is not too bad, but I hike so slowly that I know I won't make Blackwell by night. I hope Janet will not be too worried. I have been too tired to eat.

The next morning, Monday, I'm stressed about being late and try to hike faster. There are many ups and downs, and many streams to cross. On top of Mount Gillespie Point, there is a geo cache. Coming down, I am stymied by a huge downed tree in the trail, and finally take my pack off and walk it through the branches. I finally get to the road into Blackwell. There is a nice stump in a yard, so I sit on it to rest. A lovely dog came over and barked a little, which made her owner come out to investigate the "lump on a stump," as he described it. When I told him I was a day late meeting my friend, he offered to drive me to the boat access. We saw Janet walking along the road. What a relief to both of us!

Back to Janet, the designated writer.

When MA finished reporting to the S/R people, we got in my car to go back to Little Pine for hers. Stopping at a general store I saw a man in a DCNR shirt who looked like one of the searchers in Blackwell. He wasn't, but had been part of the operation - in fact, had been one of MA's rescuers when she injured her head in 2011! He went to the car, and they had a long chat like old friends. MA thanked him again, and he said her thank-you note of last year had a prominent place in their office.

Willard, the man who picked MA up at his camp on the road leading to the woods, had offered his camp for the night; we agreed, and he was one of the most pleasant and gracious hosts I've ever had. We had showers (an overhead bag of water in a shed), real food and beds, pleasant conversation - the works. End of Monday.

A forecast for rain on Tuesday made itself known in the night. MA, still exhausted, agreed to a 0-miles day, but maybe we could go to the northern end and do our day hikes south to north, starting with the 2.5 mile walk from our parking lot up there to the border, if rain let up. During the hour+ drive, the rain came down in sheets, but did let up when we got to the Tompkins Camping Area on Lake Cowanesque. We started the short walk to the border, but MA was so exhausted I went back for the car to drive back; she ended up getting a ride to the end by a resident along the road who noticed her struggling up the hill. After we took a picture of her at the border, we scouted the south shore of the lake for tomorrow's start. We could leave a car overnight there too. At the Tompkins Camping area, once in the car the wind blew so hard it rocked the car.

Continued next page. See **Mary Ann**.



Mary Ann continued from p.3

Wednesday. A nice day with only a slight threat of weather, around Lake Cowanesque for about 6 miles. We did get off the trail once, but found it eventually, and our feet were soaked from walking in wet grass from Monday's rain. The guidebook described some interesting history concerning the lake's development, and especially on the 2nd half of the hike the trail and woods were very pleasant.

We checked the next day's start in the Ives Recreation Area of Hammond Lake for where to leave a car for Thursday's hike, then back to dinner in a nice pavilion in the south shore parking lot - where there were toilets and sinks with running water! On this section there are 4 parks with offices, camping areas, etc., very nice for overnights. Some even had very nice parking lots for our kind of overnight.

(To be continued...)

For Some, the Passion for Hiking Never Ends

Club member Mary Ann Nissley turned 80 years young this summer marking her octogenarian status not with a mere party or dinner celebration but by doing what she likes to do most – hike! Her family, which includes 4 children, 14 grandchildren and 11 great-grandchildren, went on a 9-mile hike to the Pinnacle on the Appalachian Trail. A party of 22 family members completed the hike in 95-degree weather.

Mary Ann has hiked the entire Appalachian Trail not once but twice, as well as other places in this country, Canada and in the European Alps. But perhaps the one hike that will be most memorable is the one she took with her family for her 80th birthday celebration. You can read more about Mary Ann in a recent article in The Intelligencer online by typing “Nissley” in the search bar. Also, read more about Mary Ann’s adventures on the MidState Trail in this issue of the Happy Hiker.

Maryann Nissley, 80, holds a photograph of everyone who started a hike that she completed recently on her 80th birthday. Nissley hiked 9 miles on her memory-making hike to the Berks County Pinnacle on the Appalachian Trail - which the senior has hiked many times before. Seated with Nissley is her daughter Faith Crowley and her sons Trey, Tegan and Timothy. Photo by Rick Kintzel, Staff Photographer, The Intelligencer.



Club Members Join ATC Rep. in Evaluating Invasive Plant Species on AT

On August 21st, 2013 club members Janet Goloub, Lucy Cantwell, and Mike Cantwell joined Marian Orlousky, the ATC Northern Resource Management Coordinator, in hiking about 4.75 miles of the AT (from the Bake Oven Rd. parking lot to Route 309) to investigate whether significant populations of invasive plant species were present along this portion of the trail, and if so, what could be done to manage them.

The first objective of the hike was to survey the northern half of the AHC’s trail section and determine the conditions of the trail in regards to invasive plants (diversity of invasive species, number of occurrences, density and distribution). Japanese stiltgrass (*Microstegium vimineum*) was by far the most dominant non-native, invasive plant along this section of the trail. For much of the 4.75 miles, it was found in lengthy patches along both sides of the trail. Though it was frequently observed directly bordering the treadway, the stiltgrass did not appear to be invading the interior of the surrounding forest. The second most common non-native species found along the surveyed section of the trail was garlic mustard (*Alliaria petiolata*). The garlic mustard occurred in small random patches along the trail, with the majority of the patches being found within a quarter-mile of the Bake Oven parking area. Garlic mustard frequently invades natural areas and is capable of displacing large areas of native vegetation.

Two Japanese barberry (*Berberis thunbergii*) shrubs were also observed during the hike. Japanese barberry is an extremely problematic invasive when it becomes well established (capable of altering soil acidity, and of fostering abnormally high population levels of the black legged tick (*Ixodes scapularis*)); therefore, prompt removal of these two plants was recommended. The last non-native, invasive species found along the Trail was multiflora rose (*Rosa multiflora*). Multiflora rose can grow aggressively and prevent most native shrubs and herbs from establishing.

Continued next page. See **Invasive Plant Species on AT.**



Invasive Plant Species on AT continued from p.4

The second objective was to choose the best location for a spring, 2014 club invasive species education and management hike. Ms. Orlousky has committed to lead a volunteer invasive education and management hike for the Allentown Hiking Club. It was recommended that the group begin the hike at the Bake Oven Road parking area and work its way south. The majority of the garlic mustard, barberry and multiflora rose were most easily reached from this parking area. Because the best management window for these species varies, there is no perfect time for such a hike, but a late May into June time frame was recommended. During the hike, Ms. Orlousky will point out invasive species and teach volunteers how to properly identify these species. Information about the plants' growth habits, life cycles, and proper management will be included. The group will then work to remove any invasive species found along the trail using pruners, loppers, weed wrenches and possibly a weed whacker. A comprehensive report from this preliminary hike was provided by Ms. Orlousky and is posted on the Allentown Hiking Club Forum.



Marian Orlousky, ATC Northern Resource Management Coordinator, atop Bear Rocks on the AT south of Bake Oven Knob. Photo credit: Mike Cantwell

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

