



# BUSHWACK BULLETIN

VOLUME 45 - No 2

JUNE--AUGUST 1999

OUR OBJECTIVES: GROUP HIKING + TRAIL MAINTENANCE + OUTDOOR RECREATION

## IMPORTANT NOTICE

**DUES WERE DUE AND PAYABLE APRIL 1**

**HAVE YOUR DUES BEEN PAID? CHECK YOUR LABEL!**

**If the digits XXXXX XXXXXX 10499 or  
XXXXXX XXXXXX 20499 appear above your name, your dues are payable now!**

- |                     |                    |  |                            |
|---------------------|--------------------|--|----------------------------|
| June 2<br>Wednesday | 5:30 PM            | <b><u>After Work Hike—Blue Mountain</u></b><br>C+/ Fast paced balloon hike from the Scott Farm to the top of Blue Mountain and back. One climb and one steep descent.<br><i>Meet at the Scott Farm Trail Work Center on Bernheisel Bridge Rd.</i><br>Leader: Rob Shaw, 697-4618 ext. 233 or <a href="mailto:rshaw@coltplumbing.com">rshaw@coltplumbing.com</a>                           | 8.5 miles<br>[0 miles hwy] |
| June 3<br>Thursday  | 9:00 AM            | <b><u>Hike to Dottie's for a Pancake</u></b><br>B+/ Moderate pace, one climb, moderate terrain. <i>Meet at K-Mart parking lot on Route 22.</i><br>Leader: Susanne Donmoyer, 545-5308   | 6 miles<br>[70 miles hwy]  |
| June 5-6            |                    | <b><u>National Trails Day Work Weekend</u></b><br>Join SATC members as we complete a short, more scenic relocation of the Appalachian Trail on our section of the trail in honor of National Trails Day. We hope to have the trail open and dedicated by the end of the weekend. Bring lunch, water, and work gloves.<br>Leader: Jane Greber, 766-1913<br>Leader: Jeff Buehler, 657-8281 | [30 miles hwy]             |
| Saturday<br>Sunday  | 9:00 AM<br>9:00 AM |  |                            |
| June 9              |                    | Deadline to register for overnight horseback riding trip. See below at July 21-23.   |                            |

THE BUSHWACK BULLETIN is published quarterly in the months of Feb, May, Aug and Nov, by the Susquehanna Appalachian Trail Club.  
P O Box 61001., Harrisburg PA 17106-1001.

June 12 Saturday	8:00 AM	<b><u>Ironstone Loop/ Indian Steps</u></b> E+/ Bring lunch and water. Fast paced (3 m.p.h.) loop hike mostly on the Mid State Trail system near State College. One steep climb and descent. Leader: Tom Scully, work phone: 774-7534 or home phone: 671-8241	16 miles [175 miles hwy]
June 13 Sunday	1:30 PM	<b><u>Joint Hike at Boiling Springs with Central PA Council for the Blind</u></b> A/ Slow pace. Bring water. Leader: Susanne Donmoyer, 545-5308	3 miles [30 miles hwy]
June 16 Wednesday	6:00 PM	<b><u>Lemoyne Ice Cream Hike</u></b> A/ Children welcome. Sneakers okay. Meet at the Lemoyne Post Office. Leaders: Louise and Richard Sis, 774-0196	2-3 miles [0 miles hwy]
June 16 Wednesday	5:00 PM	<b><u>Strenuous After-Work Hike—Goldmine Rd. Area</u></b> C+/ Fast pace with two strenuous climbs. Bring snacks and water. Meet in the back parking lot of Holiday Inn in Grantville. Leaders: Jane and Randy Greber, 766-1913	8 miles [0 miles hwy]
June 17-21 Thursday-Monday		<b><u>Mid State Trail Maintenance</u></b> For more information contact John Stein, 533-3679	
June 19 Saturday		<b><u>Appalachian Trail Endurance Hike</u></b> E+/ Fast paced hike from the Scott Farm to Pine Grove Furnace. Terrain varies from flat and easy to rocky and steep. This is a difficult hike appropriate only for experienced hikers. Joint hike with PATC. Contact leader for more information. Leader: Rob Shaw, 697-4618 ext. 233 or <a href="mailto:rshaw@coltplumbing.com">rshaw@coltplumbing.com</a>	30 miles
June 20 Sunday	9:00 AM	<b><u>Appalachian Trail—Conodoguinet to Yellow Breeches</u></b> C/ Easy to moderate terrain, moderate pace. Bring lunch and water. First of a series of hikes to cover the same part of the trail in different seasons. Leader: Frank Bohn, 234-5169.	9 miles [50 miles highway]
June 26 Saturday	9:00 AM	<b><u>Appalachian Trail Maintenance</u></b> Help maintain SATC's section of the AT. Cutting back seasonal growth, trash pickup, etc. Bring lunch, water, and work gloves if you have them. Half day or full day option. Hiking mileage varies. Leaders: Jeff Buehler, 657-8281 and Jane Greber, 766-1913	[40 miles hwy]
June 27 Sunday	9:00 AM	<b><u>Rhododendron Hike—Caledonia State Park</u></b> C+/ Two steep climbs and some rocky terrain. Bring lunch and water. Leader: Bob Keyes, 763-7743	6-7 miles [120 miles hwy]
June 30 Wednesday	5:30 PM	<b><u>After Work Hike—Rocky Ridge and White Rocks</u></b> C+/ Fast paced hike from Sheet Iron Roof Rd. to White Rocks. Several steep climbs, rock scrambling, and some rough terrain. Meet at the White Rocks trailhead on Kuhn Rd. near Boiling Springs. Leader: Rob Shaw, 697-4618 ext. 233 or <a href="mailto:rshaw@coltplumbing.com">rshaw@coltplumbing.com</a>	6.9 miles [0 miles hwy]
July 3 Saturday	8:00 AM	<b><u>Rothrock Rhododendron Hike</u></b> E+/ Bring lunch and water. Fast paced (3 m.p.h.) loop hike including three state natural areas and many rhodo glades. Several steep climbs and descents; some rough terrain. Located in Rothrock State Forest. Leader: Tom Scully, work phone: 774-7534 or home phone: 671-8241	17 miles [175 miles hwy]
July 6 Tuesday	8:00 AM 9:00 AM	<b><u>Lickdale Area</u></b> A/ Moderate pace, no climbs, gentle terrain. Bring water. Restaurant stop. Meet for breakfast at Millers Restaurant. Meet for the hike at Millers Restaurant on the west side of Route 72 between Route 72 and I-81 near the State Police barracks. Leader: John W. Stein, 533-3679	6 miles [0 miles hwy]

July 6 Tuesday	6:15 PM 7:30 PM	<b>Board Meeting</b> <b>Program Meeting for All Members and Guests</b> Come help plan your favorite hikes for the September-October-November quarter. Meet at the Senior Citizens Center, 122 Geary Ave., New Cumberland. <b>Program:</b> Jim Carmines, a world-class racewalker who holds U.S. records for several distances in his class will speak about the differences between racewalking, powerwalking, and hiking.	
July 9-16		<b>Appalachian Trail Conference</b> Radford, VA- see article on page 9 for details.	
July 10 Saturday	8:00 AM	<b>Burnt Cabins-Sydney's Knob</b> D+/ Explore the forest lands of northeast Fulton County on the Link, Tuscarora, Old Forbes Road, and other trails. Expect roadwalk to rock piles. Fast pace and 1-2 significant climbs. Leader: Peter Fleszar, 249-9305 home, 237-2298 work, or <a href="mailto:pfleszar@epix.net">pfleszar@epix.net</a>	10-12 miles [160 miles hwy]
July 14 Wednesday	5:30 PM	<b>Wildwood Lake Ice Cream Hike</b> A/ Easy walk around Wildwood Lake. Bring water and children (optional). Ice cream stop after hike. <i>Meet at parking lot on Industrial Road at I-81.</i> Leaders: The Webster Family, 838-9629 or <a href="mailto:willweb@juno.com">willweb@juno.com</a>	3 miles [0 miles hwy]
July 15 Thursday	6:00PM	<b>Route 225 Ice Cream Hike</b> A/ Sneakers okay. <i>Meet in the parking area of Routes 225 and 325.</i> Leaders: Louise and Richard Sis, 774-0196	3 miles [0 miles hwy]
July 18 Sunday		Deadline to register for Hiking and Camping Weekend with Whitewater Rafting Option. See article on page 10 for information.	
July 18 Sunday	1:00 PM	<b>Goldmine Rd. Loop Hike</b> C/ Moderate pace, one climb. Bring snacks and water. Leader: Susanne Donmoyer, 545-5308	6-7 miles [80 miles hwy]
July 21-23 Wednesday-Friday		<b>Overnight Horseback Riding Trip</b> Three days and two nights on rugged, scenic trails. This guided western-style ride begins near Wellsboro, PA. The cost of \$324 includes camping gear and prepared meals and goes down significantly as group size rises. Minimum age 12, ages 8-11 okay if experienced riders. <i>Call leader for details and to register by June 9<sup>th</sup>.</i> Leader must have checks by June 14 <sup>th</sup> . Leader: Katie Jones, 249-6727	
July 25 Sunday		<b>SATC Annual Picnic</b> Colonel Denning State Park. See page 7 for details.	
July 28 Wednesday	5:30 PM	<b>Strenuous After-Work Hike—Hawk Rock</b> C+/ Fast pace with one strenuous ascent and descent. Bring snacks and water. <i>Meet at the base of Hawk Rock in Duncannon.</i> Leaders: Jane and Randy Greber, 766-1913	8 miles [0 miles hwy]
August 1 Sunday	10:00 AM	<b>Sunset Rocks Circle Hike</b> C+/ Moderate pace, one climb, rocky terrain. Short/slow option with one significant climb. Kids welcome. Bring lunch and water and snacks to share. <i>Meet at Pine Grove Furnace State Park- furnace stack parking lot.</i> Leaders: Will and Jane Webster, 838-9629	8 miles [0 miles hwy]

August 7 Saturday	9:00 AM	<b><u>Trail Maintenance</u></b> Trail worked on to be determined. Cutting back seasonal growth, trash pickup, etc. Bring lunch, water, and work gloves if you have them. Half day or full day option. Hiking mileage varies. Leaders: Jeff Buehler, 657-8281 and Jane Greber, 766-1913	[40 miles hwy]
August 8 Sunday	9:00 AM	<b><u>Blueberry Trail—Tumbling Run Hike</u></b> C+/ One climb, some rocks. Bring lunch and water. Leader: Bob Keyes, 763-7743	8 miles [80 miles hwy]
August 14 Saturday	8:00 AM	<b><u>Tuscarora Trail</u></b> E+/ Cowpens Rd. to The Hemlocks and back. Descend and climb four ridges then turn around and do it again. Some climbs are steep and rocky. Bring lunch and sufficient water. This hike is more difficult than its distance implies. Optional fifth descent/ascent will add three miles. Fast pace. Leader: John Lenahan, 737-7675	17 miles [100 miles hwy]
August 15 Sunday	1:00 PM	<b><u>Red Mountain Loop Hike</u></b> C/ Moderate pace, a few short climbs. Bring snacks and water. Leader: Susanne Donmoyer, 545-5308	6-7 miles [80 miles hwy]
August 20-22 Friday-Sunday		Enjoy a weekend of camping and relaxation near Knoebels Grove Amusement Park. Leave Friday evening. For further details call Gail Guers, 232-0387. If no answer, call 737-7675.	
August 22 Sunday	10:00 AM	<b><u>Pine Grove Furnace to Toms Run and Return Hike</u></b> C+/ Slow to moderate pace. Bring lunch and water. Leader: Bob Keyes, 763-7743	8 miles [80 miles hwy]
August 26-29 Thursday-Sunday		Hiking and camping weekend at Ohio State Park with whitewater rafting option for experienced rafters. See article on page 10 for information.	
August 28 Saturday		<b><u>Cumberland Valley Night Hike</u></b> E/ Moderately paced night hike on the AT from PA 944 to Boiling Springs. A nearly full moon, fields of tall corn, bridges, and puncheon make this a unique hiking experience. Easy terrain. This is a joint hike with PATC, therefore, contact leader for meeting place and time. Leader: Rob Shaw, 697-4618 ext. 233 or <a href="mailto:rshaw@coltplumbing.com">rshaw@coltplumbing.com</a>	12.5 miles
August 28 Saturday	10:00 AM	<b><u>Amazing Maize Maze</u></b> A/ Hiking mileage is variable. There is an admission charge. Leader: Frank Bohn, 234-5169	[80 miles hwy]

**UNLESS OTHERWISE NOTED, all hikes leave from FISHER PLAZA**  
 (ENTRANCE TO THE STATE LIBRARY) behind the State Capitol Building.  
 Should Fisher Plaza be closed, the alternate meeting site will be the parking island in front of the East Gate Office Center on 7th St. opposite the Herr St. underpass  
 Five additional minutes will be allowed at the alternate site.

If you ride with someone, you should give the driver 4¢ times the highway mileage shown, to help defray the cost of gas.

**NO PETS ALLOWED** **CODES FOR THE HIKES ARE SHOWN ON PAGE 7**

## FROM THE PRESIDENT

Greetings from your new president. Hiking has always meant a lot to me, but the best part of the Susquehanna Appalachian Trail Club has been its members. It's an honor to serve this fine organization.

### **Our Thanks to . . .**

Susanne Donmoyer, who will be working with Jeff Pinsler on mastering the assembly and bulk mailing techniques (perfected by Bushwack Bulletin Editor Ralph Kinter) that keep our mailing costs and dues so low;

Past President Jane Greber, who will be taking a more active role in trail maintenance leadership, along with our able Trailmaster, Jeff Buehler;

Barbara Harvey, for taking on her new position as Vice President;

Rob Shaw, for volunteering as club Director and as compiler of the hiking schedule. Note: hike leaders who can't attend a quarterly meeting should now send their hike information to Rob;

All of our hike leaders, trail maintainers, committee workers and other volunteers.

### **Constitution and Bylaws Revision . . .**

Please Vote! Our Club has grown so large (over 600 members!) that if we don't change our constitution now, we may never be able to get the required 25% of members to return a ballot. Thyra Sperry, and the Revisions Committee have worked hard on the revisions to our constitution and bylaws. A version showing the changes is enclosed with this bulletin. These changes have the full support of SATC's Board of Directors. They include a reduction in the number required to return future ballots; changes in term length; and the size of the SATC board; elimination of a sponsorship requirement perceived as discriminatory, increases in the availability of joint memberships; and some legal language necessary to protect officers, directors, and those who act in good faith on behalf of our

Club.

If you have questions about any of these changes, please contact Thyra Sperry at 258-5261 or hikethyra@aol.com.

### **SATC is On-line! (but under construction)**

You may now view our web site at [www.libertynet.org/susqatc](http://www.libertynet.org/susqatc). Thanks to Steve Roy, Dick Martin, Will Webster and Pat Kline for their efforts to set-up and maintain the site.

### **Hike Safety and Publicity . . .**

At the April meeting, the Board of Directors considered member concerns about the safety of inexperienced, new members on difficult (D, D+, E, E+) hikes. There have been several occasions on which inexperienced hikers participated in long, strenuous hikes for which they were unprepared and dangerously delayed completion of the hike until after dark or in a trail obscuring snowfall. In one case, a new hiker unused to rough terrain had to be carried part of the way. She was embarrassed and never hiked with us again. Hikers like these need to be guided to choose easier hikes for their first Club experience. They would make fine members and might work their way up to these longer hikes.

In order to improve the happiness and safety of new and experienced hikers alike, the board agreed to the following:

- 1) Hike leaders will be given more instruction on their role in determining the experience level of potential hikers and more support in insisting that the unprepared begin with less strenuous hikes. To accomplish this, Dick Martin, after consultation with Board members, will be sending suggestions to hike leaders and hike leader training events will be scheduled more frequently.

Continued on next page

**FROM THE PRESIDENT (continued)**

2) When information about club hikes with difficulty levels above C+ is given to local newspapers, magazines, or put on our web site, the press release will

a) not give the meeting location for the hike, allowing the hike leaders to do their screening over the phone; and

b) include stronger wording stressing that experience is required for these hikes.

3) At hike leaders' discretion, some hikes may be publicized only in the Bushwack Bulletin.

Please note that this is not about Club members who work their way up from a C+ hike to a longer one. Hike leaders must expect some variation in pace. The concern is with an inexperienced person's first SATC hike.

**Sunday Hunting. . . .**

The petitions against Sunday hunting signed at our annual meeting and at the Spring Keystone Trails Association meeting have been sent to area legislators and members of the PA House Game and Fisheries Committee, where a bill allowing Sunday hunting has just been introduced. Even more effective than petitions are individual letters. If you feel strongly about this issue, consider writing to your local Representative or to Representative Bruce Smith, majority chair of the House Game and Fisheries Committee, House Post Office Box 202020, Main Capitol Building, Harrisburg PA 17020-2020 or to Representative Gaynor Cawley, minority chair of the House Game and Fisheries Committee, Room 125A East Wing, Main Capitol Building, Harrisburg PA 17120.

Points you might make in your letter (choose a few, add your own.):

SATC's tradition of Sunday hiking;

Risk of injury/death to non-hunters;

Hikers already have only 1 day a week to hike safely;

Church-going hikers have only a half day;

Hiking is more conducive to family togetherness than hunting;

Risk to dogs;

Past surveys of hunters have shown more than half support the current ban on Sunday hunting;

Some landowners would post their land, perhaps against all hunting.

Two public hearing will be held on this issue, the first in the northwestern part of the state in June. The second will probably be held at or near the Capitol. If you are interested in attending, please let me know. SATC members may be invited to testify.

**Projects in the Works. . . .**

Pedestrian bridge for AT hikers over Route 225 on Peter's Mountain;

Relocation of the Victoria Trail;

Scenic relocation of the AT on Peter's Mountain - National Trails Day.

**Please Note! Next Quarterly Meeting. . . .**

The next quarterly meeting will be held the first Tuesday in July to avoid conflict with the ATC conference in Virginia.

Katie Jones  
President

# ANNUAL S.A.T.C. PICNIC

**Sunday, July 25, 1999**

**Pavilion #2**

**Colonel Denning State Park**

(Route 233, North of Newville)

- 8:30 a.m. Meet at Fisher Plaza, for car pool  
 9:30 a.m. 5 mile hike to Flat Rock, features one good climb and a great view (B+).  
 Departs from Pavilion #2.  
 Leader: Katie Jones, 249-6727.  
 10:30 a.m. Short hike for families with children (A).  
 Leader: Jane Webster (biology teacher), 838-9269.  
 Depart from Pavilion #2.  
 12:30 p.m. Picnic at Pavilion #2.  
 2:00 p.m. Afternoon hike, swimming or volleyball.

Everyone, come on out and bring your favorite picnic dish!  
 The club furnishes the barbecue and buns.

Picnic Committee: Barbara Harvey 766-7868  
 Jane Webster 838-9269  
 Katie Jones 249-6727

Call a member of the Picnic Committee to let the committee know  
**what you are bringing or, if in doubt, about what to bring.**

## CODES FOR THE HIKES

A -	Easy	- Hikes of up to six miles with very little hill climbing [Excellent for beginners.]
B -	Fairly Easy	- Hikes of up to six miles with some climbing. [Good for beginners.]
B+ -	Moderate	- Hikes of up to six miles with more difficult climbs.
C -	Fairly moderate	- Hikes of 7 to 9 miles with very little climbing.
C+ -	Strenuous	- Hikes of 7 to 9 miles with several significant Climbs
D -	More strenuous	- Hikes of 10 to 12 miles with very little climbing.
D+ -	Very strenuous	- Hikes of 10 to 12 miles with several significant climbs.
E -	Difficult	- Hikes of over 12 miles.
E+ -	Very difficult	- Hikes of over 12 miles on very rugged terrain.

In addition the leaders should describe the pace and footing, where this is essential, such as: "Easy with moderate or fast pace;" or "Easy with nature stops;" or "Good footpath;" or "Rocky and rough;" etc.

### SMOKING GUIDE LINES

The S.A.T.C. prefers that hikers refrain from the use of tobacco products during club activities.

Smokers are responsible for damage to the forests.

Pack out all waste materials.

## NEW MEMBERS

Please join us in welcoming these new members:

NAME	ADDRESS	POST OFFICE	PHONE
Wilma Ann Bailey Thomas M Baum Jr Mary Jo Brown Sheree L Brown Christiana Briddell		Grantham PA 17027-0083 Stevens PA 17578 Camp Hill PA 17011-2814 Harrisburg PA 17104 Carlisle PA 17013-0928	
David M Colestock September Cooper Thomas A Coyle III Donna L Czeiner Tony & Carin Doddroe		New Cumberland PA 17070-2613 Harrisburg PA 17111 Dillsburg PA 17019-9674 Duncannon PA 17020 Carlisle PA 17013	
James C Gardinier Dorothy J Gilloway Elizabeth H Goldstein Richard W Green Edward J Hafner		Enola PA 17025 Harrisburg PA 17109 Palmyra PA 17078 Harrisburg PA 17111 Hershey PA 17033	
Jane K Havnaer Nathan Herd John Heckman Linda M Hill Mary K Hostetter		Camp Hill PA 17011 Camp Hill PA 17011 Middletown PA 17057 Dillsburg PA 17019-9674 Lebanon PA 17046	
Mickie M Jones Shawn Liebrum Michelle L Meek Tim Newberry Edith Nichols		Dillsburg PA 17019 Mechanicsburg PA 17055-5642 Middletown PA 17057 Harrisburg PA 17109-4616 Harrisburg PA 17110-3140	
Todd & Karen Peffer Nelda R Preidis Tamra & Hanna Scanlon Nancy R Sherer William C Shoop		Mechanicsburg PA 17055 Myerstown PA 17067 New Cumberland PA 17070-1311 Dillsburg PA 17019-9539 Hershey PA 17033	
Pete Siefring Tim & Ryan Spangler Geri S Stahr Barbara & Tim Walton Karen S Williams		Palmyra PA 17078-2822 Harrisburg PA 17112 Grantville PA 17028 Dillsburg PA 17019-9718 Mechanicsburg PA 17055-3169	
Suzanne M Williams Leonard C Winters Jared Worman David & Mary Zulick		Harrisburg PA 17111 Mechanicsburg PA 17055 Camp Hill PA 17011 Palmyra PA 17078-1328	



# The BULLETIN BOARD

## PETITION ENCLOSED

With this issue of the *BUSHWACK BULLETIN*, we have enclosed a petition. We are asking as many of our members as possible to have your friends and neighbors sign the petition, which then should be forwarded to Thyra Sperry, address at the bottom of the petition.

Thyra will then forward or deliver them to the appropriate person or persons in order to get action on preserving our 18 hiking trails in the state plus both national scenic trails.

## RADFORD 1999

The biennial meeting of the **Appalachian Trail Conference** will be held July 9-16 at Radford University in Radford, Virginia. Come for all or part of this week of hiking, workshops, excursions, entertainment and official ATC business. There is a wide variety of hikes scheduled every day and even a program for children. Please contact Katie Jones, 249-6727 or jonesk@dickinson.edu for registration information.

## 1999

### EXTENDED TRAILCARE

The Keystone Trails Association will be having three weeks of **EXTENDED TRAILCARE** in June. The work week runs from Thursday through Monday. The dates are June 3 through 7 on the Quehanna Trail; June 10 through 14 on the Chuck Keiper Trail;

June 17 through 21 on the Midstate Trail Southern Extension.

Meals and lodging will be provided.

If you can spare a week, give us a week-end or just a day or two, please think about signing up. No volunteer will be turned away. Forward all inquiries to Joe Healey, 93 Cedarwood Dr., Laffin PA 18702 or feel free to call me at [570] 655-4979.

I will send all the information and a map directing you to the respective campsites/campsites.

### NATIONAL TRAILS DAY TRAIL CONSTRUCTION

**Saturday and Sunday  
June 5th and 6th, 1999**

Join SATC's Trailmaster Jeff Buehler and Past-president Jane Greber as they finish construction of a short, scenic relocation of the Appalachian Trail. This section ends at the Route 225 parking lot on Peter's Mountain. No special skills are necessary -- just bring lunch, water and work gloves if you have them. This new section should be open and officially dedicated by the end of the weekend. Meet at Fisher Plaza at 9:00 a.m. on either day or make arrangements with Jeff (657-8281) or Jane (766-1913) to meet at the work site. Your help will be much appreciated! (Possible free National Trails Day T-shirts while supplies last.)

Continued on the reverse

# The BULLETIN BOARD PAGE 2

## HIKING & CAMPING WEEKEND

at Ohiopyle State Park  
(with Whitewater Rafting Option  
for Experienced Whitewater Rafters)  
Thursday through Sunday  
August 26, 27, 28, and 29, 1999

**Thursday, August 26** — Rafters arrive at Ohiopyle State Park Campground this evening or meet at rafting trip departure point at 11:00 a.m. Friday morning.

**Friday, August 27** — Take a day off work to take advantage of a dam release on the Upper Youghiogheny. This scenic river is a "steep and technical work of art," featuring class V+ rapids through the heart of the river gorge. The trip is run in 4 person rafts with a guide in every raft. Rafters must have previous whitewater rafting experience, be in good physical condition and be 18 years of age or older. The cost is \$119.00, with possible additional group or AAA discount, and includes lunch.

**Not Rafting?** Arrive at the Campground Friday evening, or come Thursday night and plan your own Friday activity.

**Saturday & Sunday, August 28 & 29** — Hiking at beautiful Ohiopyle State Park includes the Laurel Highlands trail and Youghiogheny River views. Leader anticipates hikes no more difficult than "C+." Alcohol and pets are not permitted at the campground.

Please call leader as soon as possible as campsites must be reserved early. **Rafters**, please call leader by July 18th for more information and to register. Leaders must have rafting checks by July 23rd.

Leader: Katie Jones, 249-6727

## LYME DISEASE VACCINE UPDATE

One HMO, Etna Health Care, has approved payment for the Lyme vaccine, Lymerix, for high-risk persons. In recent testing, people receiving the 3-injection vaccine suffered 78% fewer incidents of Lyme disease than the control group.

## WHAT DO ALL THOSE NUMBERS ABOVE YOUR NAME ON YOUR LABEL MEAN?

XXXXX xxxxxx XXXXX

The first five digits are a code that tells us where to look for your name, address and telephone number in our files.

The next six digits represent the latest date of record on updating your address. We use it if there is any question over failure to deliver your newsletter.

The last five digits explain your expiration date. The 1 is an individual member; 2 a dual membership. 04 indicates dues are due the 1st of April, and the last two digits represent the year your membership expires. If the last four digits are 8888 or 9999, they tell us you are a life-member.

## DEADLINES FOR THE NEXT BUSHWACK BULLETIN

ARTICLES Jul 10, 1999  
HIKE SCHEDULE: Jul 17, 1999

Jul 10 is the absolute deadline, beyond which no articles can be accepted. Once the Bulletin is set up, it is too much work to go back, make revisions and have to spend hours redoing the setup.

The next issue of the BUSHWACK BULLETIN is scheduled to arrive about Aug 28, 1999. Should you fail to receive your copy by Aug 31, call Clarence Fredlund, 564-1447.

**The SIOQUISHANNA APPALACHIAN TRAIL CLUB, INC**

<p align="center"><b>LIST OF OFFICERS - 1999-2000</b></p> <p><b>PRESIDENT:</b> Kathryn H. Jones 249-6727 504 Highland Ct. Carlisle, PA., 17013-3923</p> <p><b>VICE-PRESIDENT</b> Barbara Harvey 766-7868 19 Hemlock Dr. Mechanicsburg, PA., 17055-4712</p> <p><b>SECRETARY:</b> Richard A. Martin 258-5251 740 Oak Hill Dr. Boiling Springs, PA., 17007-4413</p> <p><b>TREASURER:</b> Clarence V. Fredlund 554-1447 7901 Chambers Hill Rd/ Harrisburg, PA., 17111-5409</p>		<p align="center"><b>DIRECTORS</b></p> <p><b>CLASS OF 2000</b> Bonnie Booth 533-3566 39 W. Maple Ave. Hershey, PA., 17033-1456</p> <p>Jane M. Webster 838-9625 522 E. Maple St. Palmyra, PA., 17078-2518</p> <p><b>CLASS OF 2001</b> Robert C. Shaw, IV 737-2475 50 W. Lauer Ln., Camp Hill, PA., 17011-1318</p> <p>William B. Webster 838-9625 522 E. Maple St., Palmyra, PA., 17078-2618</p> <p><b>IMMEDIATE PAST PRES:</b> Jane E. Greber 766-1913 124 Brindle Rd. Mechanicsburg, PA., 17055-9780</p>	
<p align="center"><b>DELEGATES TO AFFILIATED ORGANIZATIONS</b></p> <p><b>APPALACHIAN TRAIL CONFERENCE, INC.</b> Jeffrey R. Buehler Barbara Harvey Kathryn H. Jones Richard A. Martin</p> <p><b>KEYSTONE TRAILS ASSOCIATION, INC.</b> Clarence V. Fredlund</p>		<p align="center"><b>COMMITTEE CHAIRPERSONS</b></p> <p><b>AUDIT</b> Ronald M. Leik <b>BUSHWACK BULLETIN</b> Ralph H. Kinter <b>CONSERVATION</b> Richard A. Martin <b>HIKE LEADERSHIP PROGRAM</b> Susanne Donmoyer <b>PUBLIC RELATIONS</b> Barbara Harvey <b>TRAIL MASTER</b> William B. Webster <b>WILDERNESS EMERGENCY</b> Jeffrey R. Buehler Dr. Randolph Greber</p>	
<p align="center"><b>THE BUSHWACK BULLETIN</b></p> <p><b>EDITOR:</b> Ralph H. Kinter 545-4089 6312 Chelton Ave., Harrisburg PA 17112-2366</p>			

**RETURN SERVICE REQUESTED**

NON-PROFIT ORG.  
U S POSTAGE  
PAID  
HARRISBURG PA  
PERMIT NO 15

**DATED MATERIAL**

Sioquishanna Appalachian Trail Club  
P O BOX 61001  
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