



THE GEORGIA MOUNTAINEER

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The Bulletin of the Georgia Appalachian Trail Club

May 2013

Southern Partnership Meeting

By: Shelley Rose

GATC had great representation at the Southern Partnership Meeting (SPM) hosted by the Appalachian Trail Conservancy (ATC) in March. In addition to Bob Almand who chairs the ATC board of directors, Jay Dement, Don Hicks, Keith Moses, Joy Moses, Tom Ottinger, Mark Rottman and I attended the weekend conference.

SPM is an annual meeting of the ATC and its partners at the southern end of the trail. It includes the trail maintaining clubs in Virginia, Tennessee, North Carolina and Georgia. There were representatives from the USFS Region 8, Forest Supervisors and other staff from the Cherokee, Chattahoochee and George Washington & Jefferson National Forests, ATC staff and volunteers from the 12 maintaining clubs that stretch from Springer Mountain in Georgia to Rockfish Gap in Virginia. Usually staff from the National Park Service also attends but due to the federal sequester, they were unable to be there this time; however, the superintendent of

the Smoky Mountains National Park did join us for one day.

The meeting is a great time to get to know these folks on a more informal basis, to hear about the activities going on and to share ideas and information with other clubs. It was held at Kanuga Conference Center in Hendersonville, NC – a beautiful, remote site that is ideal for a retreat such as this.

In addition to reports from agency partners, the Regional Partnership Committees of the Southern Regional Office (SORO – made up of GA, NC, TN clubs) and the Central & SW Virginia Regional Office (7 VA clubs) met on Saturday afternoon to handle business items.

One of the highlights of the meeting was the presentation of awards by SORO to partners who have impacted the trail community in a positive way. Two people nominated by GATC received awards. Bob Kent, Executive Director of the Phoenix Boys Association (PBA), received

the Partner of the Year Award for his partnership with GATC to create and implement a hiking and backpacking program for boys aged 7-15 designed to improve self-esteem and engender personal responsibility. This was the start of the GATC Outreach Program.

In addition, Michelle Mitchell, Volunteer Services Manager with Region 8 of the US Forest Service, received the Agency Partner of the Year Award for her work with GATC in coordinating and facilitating a process to develop a new and more comprehensive Volunteer Services Agreement between GATC and the Chattahoochee – Oconee National Forest. Both awardees have gone above and beyond expectations and were very deserving of this recognition.

All in all it was a great meeting and I encourage GATC members to attend next year to learn more about how GATC fits into the overall management of the A.T.



GATC is well represented at the Southern Partnership Meeting



Michelle Mitchell with her award along with Phillip Royer.



Bob Kent shows off his award.

GATC Spring Picnic

When: Sunday, May 5, 2013 Where: Amicalola State Park

Please mark this date on your calendar, plan to come, and invite your friends to join us at Amicalola State Park on Sunday, May 5, 2013. This will be a fun day. Eating, fellowship with friends, hiking, renewing past friendships are all the agenda for this day. One idea to expand your enjoyment of the picnic would be to rent a cottage or campsite, or stay in the Lodge, for the weekend. The picnic would top off a wonderful weekend in the mountains. Of course, these reservations would be your responsibility and are not part of the official GATC picnic. For information about Amicalola State Park, please see the website at <http://gastateparks.org>.

Of course this wonderful event cannot happen without YOU. We need volunteers. Please look over the list below and let us know where you would like to help. Please email Nancy Lovingood (gardengrows@bellsouth.net) and let her know your choices. The picnic planners thank you in advance for your support.

Set-Up Committee – Arrive at 10:30 before the picnic starts to set up tables and chairs, put up directional signs, set out food, nametags, and utensils, and greet folks as they arrive.

Hike Leaders – Two (or 3) persons are needed to lead hikes. Suggestions include: One in the

morning at 9:00ish, one in the afternoon at 2:00ish, and maybe one for children near the base of the falls. As hike leader, you get to plan the route, the length, and the time you lead. Please let Marilyn know if you would like to lead a hike.

Photographers – Please bring your camera and take pictures of the event. Posting them on our website helps advertise the club to potential members.

Clean-up Crusaders – This group will be available at the end of the picnic, (4 PM), clean-up site, return tables and chairs, and help return items to the cars.

A.T. License Tag Legislation Passes!

By Shelley Rose

After 3+ years of advocacy, the Georgia General Assembly has passed legislation to allow revenue sharing for the A.T. specialty license tag. This means that \$10 of every Appalachian Trail (A.T.) specialty license tag will be returned to support the A.T. in Georgia. The funds will be used to support youth outreach and hiker information programs that will benefit the citizens of Georgia.

It was a long – and curvy – road to get to this point. We had introduced legislation in 2011 and 2012 which did not get very far. But we had made some good legislative friends along the way.

This year we decided to try introducing the bill in the House first. Several of us approached legislators to ask them to sponsor the bill. GATC member Mac Hart met with his representative, John Carson, who agreed to introduce a bill. He and Rep. Mike Dudgeon shepherded House Bill 104 through the House and continued to champion it as it moved through the Senate. Senator Steve Gooch also helped in the Senate.

Then we learned that Senate Bill 121 had been amended in the House to include language for the A.T. tag. The original SB 121 was a bill that allowed for a specialty license tag for retired



members of the General Assembly. The House added the language from HB 104 to that bill. After a series of machinations SB 121 finally passed in the last hours of the session. Yippee!

The bill goes to Governor Deal for his signature. Thanks to all GATC members who contacted their representatives and senators about this

legislation. Special thanks go to Scott Barnes, Frank Wright and Dayton Miller who worked tirelessly behind the scenes for several years to push this legislation forward.

The Appalachian Trail Conservancy is the fiscal agent for the funds and we are working with them to determine the best process for determining how the funds will be spent each year. I am afraid that it is unclear at this point whether the money will actually be allocated to the A.T. We have been told that the legislature is keeping all specialty tag funds for the general budget even though there is legislation designating funding. We will be looking into the status of this and keep you posted through the Yahoo Group.

National Trails Day Trifecta June 1, 2013

Join the Georgia Appalachian Trail Club, the Benton Mackay Trail Association and the Mountain High Hikers for a celebration of National Trails Day at Vogel State Park near Blairsville, Georgia, on Saturday, June 1. Festivities will begin in the morning at 9:00 and include hikes, a pot-luck lunch, and a work detail in the Park.

We have reserved Pavilion #2, down by the creek next to the lake. There will be something for everyone. Please bring family and friends for this celebration. You are invited to bring a dish for the pot-luck lunch at 12:00 Noon. Paper goods, beverages and the pavilion fees will be supplied by the clubs, and there is a \$5.00 admission fee to the park.

Hike #1 will be led by George Owen and will depart from our pavilion at 9 a.m. This will be a

bit over 5 miles, a moderate hike at a moderate pace, very scenic. Hike #2 will depart from our pavilion at 10:30 a.m. This will be an easy hike around the lake and over to the Byron Reese Nature Trail, for about 2 miles. Please contact me (see below) if you'd like to lead this one! Don Hicks will lead the trail work, with details to be provided later.

Displays for the 3 clubs will be there. We look forward to this American Hiking Society backed outing of the three foremost trail clubs in the southeast region. Anyone wishing to do so may swim or rent a boat on the lake.

See you there!!!

Contact: Jay M. Dement, email jay@jayDphotos.com, or phone 404/731-1901.

Konnarock is Coming!

The ATCKonnarockCrew will be traveling to Georgia on May 9th to begin working with GATC volunteers on Friday, May 10th. GATC holds the reputation as one of the top clubs in bringing volunteers to work with Konnarock each year. Let's uphold our reputation in 2013. We will be working on Rocky Mountain from the summit to Indian Grave Gap. In 2012 Konnarock and GATC built one of the finest rock stair cases I've ever seen. A crib wall was built on a ledge of solid rock to widen the trail and make the trail less hazardous. The Konnarock crew is always fun to work with and the crew leaders teach us something new every year. The work schedule is May 10th (Fri) to May 13th (Mon) and then May 16th (Thur) to May 19th (Sun). We will gather each workday at 8:30 at Indian Grave Gap. Come join us! To sign up, contact Don Hicks (donaldjhicks@charter.net), Jerry Carnes (rockkicker@windstream.net) or Tom Ottinger (Ottinger@ellijay.com).

Warrior Hike through Union and Towns Counties

By Dayton Miller, For Blairsville Union County AT Community

On Saturday, March 15, 2013, thirteen men and women, all veterans from the U.S. Army, Marines, Navy, or Air Force, met at the historic Walasi-Yi Center at Neel Gap, Georgia for a final gear and supply check at Mountain Crossings before beginning a through-hike of the Appalachian Trail (A.T.). They spent Saturday night at Blood Mountain Cabins, where they enjoyed a cookout and socializing at the Rabbit Cabin. On Sunday morning, volunteers from the Georgia Appalachian Trail Club (GATC) and Mountain High Hikers (MHH) provided transportation for the Warrior Hikers and their gear to Amicolola Falls State Park, where they began their adventure on the Approach Trail to Springer Mountain, the official starting point of the A.T.

The Warrior Hike is being performed as part of the "Walk Off The War Program" in collaboration with the Appalachian Trail Conservancy (ATC). The Warrior Hike and Walk Off The War Program were developed through the efforts of two Marine Captains, Mark Silvers and Sean Gobin, who hiked the A.T. in 2012 to raise money for wounded vets. The program is designed to support wounded veterans transitioning from military service to civilian life by hiking the A.T. The veterans participating in the 2013 Warrior Hike have served tours of duty in many hotspots around the world including Iraq, Afghanistan, Kuwait, Jordan, Saudi Arabia, Somalia, and the Persian Gulf. To follow the progress of these veterans and for information on the Warrior Hike and the Walk Off The War

Program, please visit <http://warriorhike.com/>. If you encounter these hikers on the A.T. or in our local A.T. Communities, please be sure to thank them for their service to our country.

GATC and MHH volunteers who helped with transporting the Warrior Hikers were Clyde "Bronco" Burnsworth, Irene Reiner, Tom Shope, Vernon and Ginny Smith, and Bob Stone.



Warrior Hike 2013 with friends and supporters preparing to depart Amicolola State Park on the A.T. Approach Trail, March 16, 2013.

Presidential Ponderings

I just got back from the Southern Partnership Meeting in Hendersonville, NC. I am thrilled that Bob Kent received the Southern Region Partner of the Year Award and Michelle Mitchell received the Agency Partner of the Year award. See the article elsewhere in the Bulletin for more information about each of them and their awards.

More good news is that the A.T. specialty license tag that we have been working on for several years has finally passed the legislature and it looks like the A.T. will benefit with \$10 of each tag sale or renewal supposed to go towards the A.T. in Georgia. There is an article in the Bulletin with more details about this as well.

Plan to join GATC members along with members of other local maintaining clubs and ATC members for the ATC biennial, July 19-26 and taking place in Cullowhee, NC at Western Carolina University. Early bird registration ends

May 31 so sign up now to get the best hikes. They are also still looking for volunteers so check out the website to register or volunteer at www.appalachiantrail.org/2013Biennial.

Many of you who have done trail maintenance recognize the name of Andrew Downs. He has been with the Southern Regional Office of the ATC for several years and has overseen the Konnarock program and the Ridgerunner and Caretaker. Andrew has just been promoted to Regional Director of the Central & SW Virginia Regional Office. We will miss him here in the Deep South but are glad that ATC will continue to benefit from his experience and expertise. Good luck in your new position, Andrew!

See you on the trail,
Shelley Rose, GATC President

GATC Welcomes New Members

Rachael Fiore
411 Nelson Ferry Rd
Decatur, GA 30030
Email: Trs3@bellsouth.net
Home: 404-377-2538
Cell: 404-693-3431

Sam Fiore (Jr. Member)
411 Nelson Ferry Rd.
Decatur, GA 30030
Email: sambfiore@gmail.com
Home: 404-377-2538

Cassidy Gerstorff
8310 Mount Vernon Rd
Lithia Springs, GA 30122
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Lois Phillips
2327 Bry Mar Dr.
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Home: 404-633-7666
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Jack Poole
345 Fairleaf Ct.
Alpharetta, GA 30022
Email: bljyrl@gmail.com
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Work: 770-410-6717
Cell: 678-230-5230

James Tracey
2235 Adderbury Court
Smyrna, GA 30082
Email: Trac1102@bellsouth.net
Home: 770-444-9015
Work: 770-595-9804

Prospective Member Applications

The following have applied as GATC prospective members: Lucas Cyr, Lamar Mullis, Gene and Sandra Seago, and Christina Szarko. Any comments or issues regarding a prospective member should be communicated to the Membership Director, Joy Moses. If no comments are received and it has been 15 days since the applicant's name has been published, the prospective member will be converted to active membership status upon completion of all requirements, submission of an application for membership, payment of any required pro-rated dues and review by the Membership Committee.



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Change of Mailing or Email Address:
Please send your mailing or email address changes to:
Sandi Still, GATC Data Base Manager
2850 Faraday Court, Decatur, GA 30033
E-mail: sandi2850@yahoo.com
Changes received by the 1st of the month ensure that the next month's bulletin will be sent to your new address.

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May

May 3-5 (Fri-Sun)

Rainbow Springs Car Camping and Dayhikes

Rating: Varies

Leader: Bob Ruby

Co-leader: Stacy Bredendieck

Our annual Appletree weekend has been moved to the former Rainbow Springs Campground. GATC member Stacy Bredendieck and her friend, Greg, purchased this formerly commercial campground near Standing Indian for private use. It has all the amenities of the USFS Appletree Group Campground and more! The 10-acre property is located near US 64 between Franklin and Hayesville, NC, off the road to the USFS Standing Indian Campground. It has a large pavilion with a stone fireplace overlooking a grassy camping area sloping down to the Upper Nantahala River. They also have several hookups for camper vehicles. The bathhouse has flush toilets and hot water for showers and sinks. All this luxury and at no fee!

The A.T. passes within a mile. We'll plan a variety of dayhikes of 5-10 miles in length for Friday afternoon, Saturday, and Sunday morning on the A.T., Chunky Gal, and other trails in the nearby Standing Indian Mountain complex. Wildflowers should be near their peak.

We'll have coordinated pot-luck dinners on Friday & Saturday evenings for those who wish to participate. There is plenty of room, so let us know if you want to bring family or friends to join the activities or to just hang out and relax at camp or in the area. To register, contact Bob Ruby at bmtabob@gmail.com or 404-252-8888, or Stacy Bredendieck at stacyantje@yahoo.com.

Note: This event was not in the Yearbook.

May 4 (Sat)

Table Rock Dayhike

Rating: B3B

Leader: Melanie Spamer

Co-Leader: Dawn Collinge

This 7-mile strenuous hike is on the Foothills Trail in South Carolina. We will begin at Table Rock State Park and continue an ascent of 2,000 feet to our final destination--Table Rock Mountain. There is a fabulous view from Governor's Rock (at about 2.5 miles); our lunch break will have spectacular views of Table Rock Lake, Caesars Head, and the surrounding area. Our reward at the end of the day is a scrumptious Italian meal at a restaurant in Seneca, SC. To register, please contact Melanie Spamer at (678) 640-5903, mspamer@comcast.net.

May 4-5 (Sat-Sun)

Shining Rock Wilderness Backpack

Rating: Day 1-A2C, Day 2-A2C

Leader: Keith Collier

Co-Leader: Mark Rottmann

This hike is an 18 mile out-and-back so no shuttle is needed. We will start from the Black Balsam Knob trailhead and take the Art Loeb Trail over Black Balsam then Tennant Mountain, both exceeding 6,000 feet in elevation. We will continue on the Art Loeb Trail to Shining Rock Gap and a side trip to the summit of the namesake Shining Rock Mountain. Continuing on the Art Loeb we will cross The Narrows and then up Stairs Mountain and descend into Deep Gap. At Deep Gap we will take the Cold Mountain Trail and climb to our campsite on the western edge of Cold Mountain. The next day we will retrace our steps to Black

Balsam parking area. Hike is limited to 8 people. Contact Information: Keith Collier, Leader, keithc58@hotmail.com, or call 678-641-8191, or Mark Rottmann, Co Leader, Mark.Rottmann@VerizonWireless.com or call (770) 823-0438.

May 5 (Sun)

Chickamauga Battlefield Dayhike

Rating: B4D

Leader: Tony Cook

Co-Leader: Howard Miller

On this leisurely hike we will experience a little bit of history with a human touch. During our 5-mile trek through the battlefield, we will pause occasionally and read an excerpt from Thomas Wolfe's emotionally gripping short story, "Chickamauga." We will walk where two rebel soldiers fought during the battle and eavesdrop on their conversations full of hopes and fears. A big surprise waits for us at the end of the story. Hike leader is Tony Cook, tonyps23@optilink.us or 706-673-9706.

May 11 (Sat)

Beginner River Kayak

Rating: Fun

Leader: Patrick Hall

Co-Leader: James Hawthorne

Follow up your Easy Lake Kayak trip, or just sign up for fun, with this cool beginner river trip! Enjoy a beautiful 7-mile float with some easy Class I's!! It is FUN to paddle in a group down a beautiful river!!! We will take a swim and eat our "trail lunches" on a secluded sandy beach. Small fee to help pay for the boats and equipment and truck shuttle. Leader has the kayaks and will go with the group. Limit 10 with no paddling experience required. It will be FUN!!! To register contact Patrick at ispah@yahoo.com and 404-727-6042(w) or 678 614-3916(c).

May 11-12 (Sat-Sun)

Stratton Bald Backpack

Rating: Day 1-A3A, Day 2-B3B

Leader: Janet Jolly Edwards

Co-Leader: Tony Jenkins

Join us for a beautiful loop backpack in the Joyce Kilmer Wilderness Area near Robbinsville, NC. On Saturday, we will meet in Robbinsville and begin our hike on the Bob Stratton Trail which is a strenuous 9 miles uphill to 5336 feet. We will set up camp near Stratton Bald. Sunday is an easy 5 miles downhill back to the cars. On a clear day, there are spectacular views of the surrounding national forests; and on a clear night, you can see a million stars! Please register with Janet at jjolly1224@yahoo.com or by phone at 770-546-4541.

May 12 (Sun)

BMT Series: Fall Branch Falls to Weaver Creek Road Dayhike

Rating: B3B

Leader: George Owen

Co-Leader: Darcy Douglas

This 6.1-mile trek is one of the favorite sections for hikers on the Benton MacKaye Trail (BMT). It begins early on with a visit to Fall Branch Falls, then hiking up to high country for great ridge walking, and concludes out over Scroggin Knob with views of Lake Blue Ridge and the final drop to Weaver Creek Road trailhead. Your two leaders are old-timers with the Benton MacKaye Trail Association who will share some history of the 288-mile BMT, including how the GATC had a hand in its founding. A short shuttle is involved. To register, contact George Owen at gowen2@tds.net,

706-897-3366, or Darcy Douglas at bmtadarcy@yahoo.com, 404-497-0818.

May 14 (Tues)

GATC Board Meeting

Leader: Shelley Rose

The board of directors meets the second Tuesday of this month. GATC members are welcome to attend. Contact Shelley Rose at curlygirl56@bellsouth.net or 404-728-9703 if you would like to attend.

May 15 (Wed)

In-Town Series: Urban Trek

Piedmont Park/Virginia Highlands/

Inman Park

Rating: B3D

Leader: Barbara Ardell

Co-Leader: Bob Ardell

This mid-week urban trek begins at the Woodruff Arts Center. We will wind our way through Piedmont Park enjoying the new boardwalk through the wetlands and pausing to observe the activity in the dog park. After circumventing the lake we stroll through the quiet neighborhoods to Virginia Highlands for our lunch stop. The final leg of the trip follows the Freedom Park Trail to the Inman Park MARTA station for our return to Arts Center. To register, contact Barb Ardell at barbara.ardell@gmail.com or 770-315-1581.

May 18 (Sat)

District 9 Trail Maintenance

Rating: B3

Leader: Jerry Carnes

Co-Leader: Don Hicks

It's Konnarock time again!! The volunteer trail construction crew will be working just south of Indian Grave Gap finishing what they started in 2012. Their work dates are: May 17-20 and May 23-26. (The GATC work trip will coincide with the May 18 work date). This is a great opportunity to show our support and appreciation for this ATC program and all they do for us. Last year all participants learned a great deal about installing LARGE steps and I am sure the same will be true this year. Join us for a learning experience! Contact Jerry Carnes at 706-896-4690, or email rockkicker@windstream.net or Don Hicks at 678-217-4421, or email donaldjhicks@charter.net.

May 19 (Sun)

Sweetwater Creek Dayhike

Rating: B3C

Leader: Linda Marrazzo

Co-Leader: Steve Marrazzo

We will meet mid-morning and stop for lunch along the trail. We will be hiking the red trail passing the ruins of the old textile mill burned down during the Civil War. The trail is of average difficulty with a short stretch of rocks. The rocks

Hike Rating Codes

Distance

AA	over 13 miles
A	9-13 miles
B	5-9 miles
C	under 5 miles

Pace

1	very fast (over 2.5 mph)
2	fast (2 - 2.5 mph)
3	moderate (1.5 - 2 mph)
4	leisurely (under 1.5 mph)

Terrain

A	very strenuous
B	strenuous
C	average
D	easy

are not steep and not difficult to cross. The trail runs adjacent to the white water rapids which are a beautiful sight. We will merge into the blue trail and take that all the way back. The blue trail is soft, level and easy. It is a very scenic wooded trail. To register, please contact Linda at 678-344-5448 or email lmarrazz@bellsouth.net.

May 22 (Wed)

Prospective Member Orientation

Rating: IAF (informative and fun)

Leader: Joy Moses

Co-Leader: Membership Committee

This meeting is designed to acquaint the prospective member with the workings of the GATC, its organization and mission. The next meeting, which fulfills one of the three requirements for membership, will be held on Wednesday, May 22, 2013. If you are interested in attending this orientation session, please email Joy Moses, Membership Director at athiker_peach@yahoo.com, and she will provide you with the information.

May 25 (Sat)

AT Series: Hike Inn/

Approach Trail Loop Dayhike

Rating: A3C

Leader: Sue Buak

Co-Leader: Pete Buak

On this 10.5-mile loop we will hike from Amicalola Falls to the Len Foote Hike Inn where we will have lunch and visit the lodge. After our visit, we will take the connector to the AT Approach Trail and then south bound back to our cars. To register, contact Pete or Sue at 706-754-7230 or suebuak@gmail.com.

May 25-27 (Sat-Mon)

Bald River, Kirkland Creek, and Warriors Passage Trails Backpack

Rating: B3B, B3B, B3C

Leader: Bob Ruby

Co-Leaders: Barbara & Bob Ardell

This Memorial Day weekend backpack near Tellico Plains, TN, got rave reviews when last held in 2010. We will hike three excellent, but little known, trails in and near the Bald River Gorge Wilderness. On day one we will climb beside the Bald River with its spectacular falls and jog over to pick up Kirkland Creek Trail to our first campsite. On day two we'll continue up through the Upper Bald River Wilderness Study Area to meet the BMT, visit the historic Doc Rogers' ruins and then make a short climb to the top of Waucheesi Mountain where we will camp, enjoying its majestic views. On day three, we will descend on the Warriors Passage National Recreational Trail, recently reopened after arson fires in the late 90's. Each day's hike will be 6-8 miles. Wilderness limit: 12. To register, contact Bob Ruby at bob.ruby.2@gmail.com or 404-252-8888, or Barb Ardell at barbara.ardell@gmail.com or 770-315-1581.

June

June 1 (Sat)

National Trails Day

Leader: Jay Dement

Co-Leader: NTD Committee

Join the Georgia Appalachian Trail Club, the Benton Mackay Trail Association and the Mountain High Hikers for a celebration of National Trails Day at Vogel State Park near Blairsville, Georgia, Saturday, June 1. Festivities

will begin in the morning at 9:00 and include hikes, a pot-luck lunch, and a work detail in the Park. There will be something for everyone. Please bring family and friends for this celebration. You are invited to bring a dish for the pot-luck lunch at 12:00 Noon. For more information, please contact Jay Dement at jay@jaydphotos.com or 404-731-1901. To sign up for the trail work detail, please contact Don Hicks at donaldjhicks@charter.net.

June 1 (Sat)

Prospective Member Orientation

Rating: Fun & Informative

Leader: Joy Moses

Co-Leader: Membership Committee

This meeting is designed to acquaint the prospective member with the workings of the GATC, its organization and mission. The next meeting, which fulfills one of the three requirements for membership, will be held immediately following the Trail Days work trip at Vogel State Park.

If you are interested in attending this orientation session, please email Joy Moses, Membership Director, at athiker_peach@yahoo.com.

June 1-2 (Sat-Sun)

Dicks Creek Gap to Unicoi Gap Backpack

Rating: AA3B

Leader: Carey McDurmon

Co-Leader: Jeff Supper

Walk this beautiful section of the Appalachian Trail with us. Along the way we will take a side trail for a view of Lake Burton, camp at / around Tray Mountain Shelter, and enjoy the friendship of others before popping out on Sunday morning at Unicoi Gap. To register, contact Carey at careymcdurmon@gmail.com or Jeff at supper@gmail.com.

June 2 (Sun)

Signal Mountain Dayhike

Rating: B3C

Leader: Tony Cook

Co-Leader: Joe Boone

We will begin this out-and-back dayhike in Signal Mountain, Tennessee, at the scenic and historic Signal Point overlook high up on the Cumberland Plateau looking down on the Tennessee River. Starting at its southern terminus, we will follow the Cumberland Trail for 2.7 miles crossing a "swinging" bridge (as we say in North Georgia) to the expansive Edward's Point overlook also high above the river and enjoy a lunch with a spectacular view as we sit on a massive slab of 300 million year old sandstone. After lunch and pictures, we will back track to Signal Point on the Cumberland Trail making this a 5.4 mile hike. To sign up contact Tony Cook at tony23@optilink.us or 706-673-9706.

June 8 (Sat)

Intermediate River Kayak

Rating: Fun

Leader: Patrick Hall

Co-Leader: James Hawthorne

Follow up your Easy Lake Kayak or Beginner River Kayak with this cool FUN intermediate trip! Enjoy a beautiful 8-mile float with Class I's and II's! It is FUN to paddle in a group down a beautiful river!!! We will take a swim and eat our "trail lunches" on a secluded sandy beach. A small fee is required to help pay for the boats and equipment. The leader has the kayaks and equipment and will help guide the group. Limit 10 with SOME paddling experience! It will be

FUN!!! To register contact Patrick at ispah@yahoo.com or 404 727-6057w or 678 614-3916c.

June 8-9 (Sat-Sun)

Night Sky Photo Shoot Overnight

Leader: Ray Barron

Co-Leader: Photo Committee

This trip provides us the opportunity to photograph a sunset, the stars of the night sky, and the rising sun in a 12-hour period from Georgia's highest peak. To register, contact Ray Barron at 678-938-1391 or j.ray.barron@gmail.com.

Editor's note: This preview was taken from the Yearbook.

June 9 (Sun)

AT Series: Amicalola Falls to Springer Mountain Dayhike

Rating: B2C

Leader: Keith Collier

Co-Leader: Mark Rottmann

While it's not officially the AT, this is a rigorous, rocky, and steep climb to the top of Springer Mountain. For those wishing to gauge their abilities to determine if they are ready for a thru-hike, this trail is supposed to be a superb test. This 8-mile hike climbs past 3,400' Frosty Mountain through Nimblewill Gap on its way to 3,780' Springer Mountain, the southern terminus of the 2,175-mile Appalachian Trail. To sign up contact Leader Keith Collier at keithc58@hotmail.com, or 678-641-8191, or contact Co-Leader Mark Rottmann at mark_rottmann@yahoo.com, or 770-823-0438.

June 15 (Sat)

Duncan Ridge Work Trip

Rating: Fun and Work

Leader: Ali Ansari

Co-Leader: Shannon Edwards

Please plan to join us for the third Saturday Work Trip on the Duncan Ridge Trail (DRT). We will be putting in water-bars and dips, removing blow-downs, and doing side-hill work. A special request has been made for good weather. Let's hope it's granted! To register, contact Ali Ansari at ansari@bellsouth.net or phone 770-490-8293, or contact Shannon Edwards at lovethfrog@aol.com.

June 16 (Sun)

Big Trees Forest Preserve Dayhike

Rating: C4D

Leader: Don Hicks

Are you looking for a family-fun hike for Father's Day? Then join us as we travel to Big Trees Forest Preserve just minutes from Highway 400 Exit 5B. This site has easy hikes with an emphasis on educating the public about nature and environmental protection. The trails are wide and covered with either wood chips or pine needles and there is little climbing. The hike will probably take no more than 1 to 1 1/2 hours. There are places for the group to picnic or snack afterwards if desired. To sign up, contact Don Hicks, donaldjhicks@charter.net, 770-856-6498.

June 22 (Sat)

In-Town Series: Chattahoochee River NRA East Palisades Dayhike

Rating: C3C

Leader: Richard Eidson

Co-Leader: Linda Meyer

We will start at Whitewater Creek and walk north along the river on the east bank. There will be good views of the river along the way. Then we will hike through the woods and up along the

ridge, down to the observation deck and down to the river. Once again we hike north along the river and through the bamboo thicket to the end of the trail and back again to Whitewater Creek. This is a fairly easy in and out hike. To register, contact Richard at home 770-395-6784, work 678-225-4268, cell 404-245-6969, or email at reidsonr@aol.com.

June 21-23 (Sat-Sun)

Great Smoky Mountains National Park Backpack

Rating: Fri-A3C, Sat-AA3B, Sun-B3C

Leader: Bill Cawthorne

Co-Leader: Mary Hall

Join us on this multi-day backpack in a historic part of Great Smoky Mountain National Park. This area once had copper, silver and gold miners, lumberjacks, and pioneers that lived in this area. We plan to hike the Eagle Creek Trail, Jenkins Ridge Trail, the lower section of Hazel Creek Trail and a section of the Lake Shore Trail. We will cover 28 miles of trails and some 22 stream crossings. Explore old settler cemeteries and homesteads and, if time permits, we will hike up to Hall's Cabin on the Bone Valley Trail. On Sunday we will hike down the Hazel Creek Trail to Fontana Lake (Proctor) for a shuttle by boat back to Fontana Dam. In February, a new permit system went into effect for backcountry site reservations in the Smokies. There is a non refundable \$4 dollar fee per person per night for all overnight back country trips. Getting the permits and reservations may be as challenging as the backpack. Cost for the boat shuttle is \$25

per person. Therefore, the deadline to reserve your place on this backpack is May 20th. The mailing address for your registration fees will be provided when you sign up. If you have to cancel, your shuttle boat fee is refundable. Contact Bill Cawthorne @ bcawthornejr@yahoo.com or call 770 328 5289.

June 23 (Sun)

BMT Series Section 5:

Shallowford Bridge to Wilscot Gap

Leader: Milt Kochenash

Co-Leader: Tony Cook

We'll start next to the Toccoa River and hike up and over Garland, Brawley, and Tipton Mountains. This moderate hike is approximately 8 miles. To register, contact Milt Kochenash at 770-791-0117, or milt.koch@gmail.com.

Editor's note: This preview was taken from the Yearbook.

June 29 (Sat)

Jack's River Trail Cohutta Wilderness Dayhike

Rating: B3C

Leader: Joe Boone

Co-Leader: Tony Cook

What better way to cool off in June than to take a hike along Jack's River in the Cohutta Wilderness. This moderate hike of about 8 miles will take us back and forth across Jack's River several times. So bring some old tennis shoes or sandals and hiking boots, and a couple of hiking sticks and enjoy the rushing water close up. We will explore the area below the falls. We will have lunch beside the cascading river before hiking back out.

This area was heavily logged in the 1930's, but now is returning to a beautiful wilderness spot. Join us for some great June hiking. To register, contact Joe Boone at (706) 835-2269 or booned@windstream.net or Tony Cook at (706) 673-9706 or tonyps23@optilink.us.

June 30 (Sun)

Gahuti Backcountry Trail Dayhike

Rating: B3B

Leader: Melanie Spamer

Co-Leader: Donna McDonald

Are you up for an invigorating summer hike? If so, please join us on this 8-mile moderate to strenuous hike in the Fort Mountain State Park near Chatsworth, GA. The trail winds along the ravines, spur ridges, and slopes of Fort and Cohutta Mountains. Other highlights include: a nice waterfall (Gold Mine Creek), views west looking toward Chatsworth Valley, and finally an overlook of the Cohutta Wilderness at the end of the hike (at an observation deck). Optional dinner will follow at a restaurant near the Park & Ride carpool meeting location. To register, contact Melanie Spamer at (678) 640-5903, mspamer@comcast.net.

Hike Cancellations

Bear Hair Gap Dayhike

March 24

This activity was cancelled due to bad weather.

AT Series Dicks Creek Gap to Blue Ridge Gap

March 9

Reported By: Pete Buak

What a beautiful day--blue skies and a light breeze. Fifteen hikers journeyed from Dicks Creek Gap to Blue Ridge Gap on the Georgia portion of the AT. This section has many uphill and good winter time views of the surrounding area. Lunch was at Plum Orchard shelter where we admired the new roof and discussed bear cables. We talked to a number of prospective thru-hikers throughout the day who are heading to the northern terminus in Maine. A great day with a great group of GATC members and prospective members.

Members: Joel Allen, Pete Buak, Sue Buak, Phil Keeny, Hillis Lanier, Patty Lowe, Robin Messier, Priscilla Padron, and Leah Taylor.

Prospective members: Bridget Melton, Jennifer Moore, Christina Szarko, Martha White, Charles Wood, and Jonathan Wood.



Hikers at Plum Orchard Shelter after lunch and a rest.

Panther Creek Falls Dayhike

March 17

Reported by: Carol Clark

It was a really nice day for a hike--a little warm (for the middle of March), but very pleasant; and the hiking group was great! Panther Creek Falls Trail has varied terrain and plenty of water to view! Panther Creek can be seen or heard for the full extent of the trail to the falls. There are stretches of the trail that are completely flat, but there are also steep rocky bluffs that require careful steps. The parts of the trail beside the cliffs have metal cable at the edge, but unfortunately (over the years), more and more of the cable seems to have come loose from its anchor and is simply hanging; therefore, it requires careful walking to get around the rocks safely. We also had several stream crossings which everyone forded without getting damp (except the leader).

The descent down to the beach by the falls also requires careful walking, but the beauty of the falls more than compensates for a short, rough, downhill trail.

Panther Creek Falls and the surrounding boulder-strewn beach are amazing! After eating our lunches perched on the boulders and enjoying the wonderful scenery, we again climbed back up to the main trail. We were very lucky to have had the beach and falls "all to ourselves" because on our hike back out, we encountered many hikers (and dogs) on their way to the falls. This is a very accessible and scenic hike so it attracts a lot of hikers and a few campers as well. (I just hope it is not loved to death!) Thanks to all the people who made this hike so pleasant--and to Lawson for again taking pictures!

Members: Babette Broussard, Carol Clark, Dorothy Copeland, Lawson Herron, Fran Laprade, Ray Laprade, Sam Skinner, and Leah Taylor.

Prospective member: Hugh Baker.

Elachee Nature Center Dayhike

March 10

Submitted by: Sherry Bryant

All the hikers had "sprung forward" with their clocks and arrived in the Elachee Center parking lot at the appointed time. It was a picture perfect day for a hike, blue skies, warm temperatures, and a feeling that spring was in the air. We started on the Dunlap Trail and hiked across the suspension bridge to connect with the East Lake Trail. We found a nice spot to stop at the gazebo on the lake. It was so warm by then, that a shady spot seemed desirable to sit and have lunch. The trail becomes the West Lake Trail by the lake and we took it back to the parking making the hike a loop. New benches and recent maintenance to bridges and other structures was evidence that someone had been working to enhance the outdoor experience for those visiting the park. There were signs announcing a trail run for the next weekend, so we thought that some of the improvements might have been related to preparation for that event.

Members: Babette Broussard, Sherry Bryant, Patrice Kohler, Jim Oxford, and S.W. Skinner.



Right to left: Jim Oxford, Babette Broussard, Patrice Kohler, and Sam Skinner.

3rd Saturday Worktrip

March 16

Reported by: Don Boney

Twenty-nine of the GATC's finest members and prospective members arrived early Saturday morning at Nimbleshill Church near Amicalola Falls State Park to help dig in the dirt in District 1, the Approach Trail to the AT. The forecast was for a beautiful spring day and Mother Nature did her best to cooperate. It was a glorious day to be outside working on the trail with plenty of sun and eventual high temps in the 60's. We divided into 5 groups to work on the 2 sections of the approach trail from Nimbleshill Gap to Springer Mountain, sections 1.7 and 1.8.

Thanks to the leadership of Dan Bowden, Gary Monk and Christine Ramsey, 3 crews were able to make some significant improvements to the rocky north end of section 1.8. Lawson Herron and Roy Stallings led 2 groups to work on section 1.7 and they made great progress on the steep south end of that section. It was a great day of installing dips, improving existing and installing new waterbars, adding some great rock steps and removing much unwanted berm on the trail's lower edge.

After the work ended, we gathered back at the Church for some refreshments and the opportunity to serenade Gary Monk with a ragged version of Happy Birthday in honor of the 31st anniversary of his 40th birthday. I believe I saw Gary tearing up there near the end—he doesn't strike me as sentimental so maybe the singing was rougher than I remember. Thanks to Lawson for bringing a birthday cake to round out the refreshments and celebration. And many many thanks to everyone involved for making it easier for folks to enjoy a walk in the woods.

Members: Jim Barker, Don Boney, Dan Bowden, Kathy Bowden, David Brancolini, John Cowart, Rick Hartline, Lawson Herron, Al Jones, Bruce Kreitman, Ken Krick, Virginia Lane, Bob Layson, Gary Monk, Don Norton, Christine Ramsey, Craig Samples, Jerry Seabolt, Jordan Shenefield, Roy Stallings, and Bob Stone.

Prospective Members: Robert Collins, Katherine Cornell, Dwight McClure, Kris Murray, Mary Patrick, Lois Phillips, Orval Porter, and Christine Szarko.

Vineyard Mountain Eagle Scout Trail Hike

February 9

Reported by: Linda Meyer

Eleven showed up on a beautiful hiking day to hike a lesser known trail with views of the Etowah River Valley, Allatoona Dam, and Allatoona Lake. We had the trail to ourselves except for a father and son that we passed. Outside of Pat, who helped me scout it last year and MaryAnn who helped me co-lead, it was a new trail to the rest.

There were a few trees down, plus some steps torn up from the recent storms, but I think everyone found this to be a nice hiking trail, and we couldn't have asked for better weather. So if you missed it this year, mark your calendars as I will be doing it next February, 2014, which seems to be the best time for the best views.

Members: Shirley Andrews, Pat Johnston, Linda Meyer, and MaryAnn Pawlowski.

Prospective Members: Caren Carmichael.

Guests: Michelle Crowe, Sherry Duncan, George Pawlowski, Cheri Pless, John Pless, and Diane Simpson.

ATC Membership Information

The GATC, as a trail maintaining organization, operates as a member club of the Appalachian Trail Conservancy (ATC), a non-profit educational organization representing the citizen interest in the Appalachian Trail and dedicated to the preservation, maintenance, and enjoyment of the Appalachian Trailway. If you are not already a member of ATC, please consider joining. Visit the ATC website <http://www.appalachiantrail.org> for information on the ATC and how to join.

The E: Mountaineer Subscribe to pdf version of this newsletter by sending email to Sandi Still at: sandi2850@yahoo.com.

The Georgia Mountaineer:

The best way to keep up with what's going on in the GATC. Free to members, \$20.00 to non-members.

The GATC Yahoo Group:

To subscribe: From your email address to which you wish to receive GATC broadcast messages initiate a message to:

Georgia-at-club-subscribe@yahoogroups.com
It is not necessary to include any message in the body of this email. You will receive a confirmation indicating that you have joined the group.

To send a broadcast message:

Compose your message and send it to:

Georgia-at-club@yahoogroups.com

The following GATC information can be found on the web site
www.georgia-atclub.org

1. Georgia AT Thru-Hiker Patch
2. GATC Decal
3. GATC T-shirts
4. GATC Shoulder Patch
5. Membership Information.

Membership Categories

Junior (Ages 14-17)	\$11.00
Single	\$25.00
Joint	\$30.00
Lifetime Single	\$500.00
Lifetime Joint	\$750.00

Deadlines for Dues

[According to GATC Rules & Regulations]
Dues not paid by February 28 will result in name being removed from the bulletin's mailing list and membership being cancelled.

GATC's Contribution policy

Donations \$100 or greater can have donor-imposed restrictions.

Donations under \$100 will go into our unrestricted general fund.



Cumberland Island Photo Shoot

February 8-10

Reported by: Ernie Loden



Left to right:
Helen Davis,
Sandi Still,
Angela Wagner,
Cheryl Loden,
Ernie Loden,
and Ren Davis.
Mike Wilson
- behind the
camera.

After meeting in St. Marys we departed on the Cumberland Queen at 9:00am for the boat ride to Cumberland Island. The ride out was smooth, and we arrived at the dock on Cumberland around 9:45am for the orientation by the Park Service. Once we selected our camp sites, we loaded our gear on the carts and proceeded on our trip across the island to Sea Camp. The camp sites at Sea Camp are great. After setting up camp we headed out to the south end of the island to take some pictures. Most of the group decided to take a historic tour of the south end of the island led by a Park Service ranger. Cheryl and I decided to explore the south end on our own. We did a loop that took us by the historic ruins of Dungeness on the south end and came back to camp on the beach. It was a good opportunity to take pictures of the ruins and some wild life. After everyone returned to camp that evening we all gathered in one camp site for dinner and to relax and swap stories by a nice fire. It was a little cold at night.

On Saturday some folks got up early for some sunrise pictures but most of us slept in. After breakfast we headed out again for more pictures. Helen and Sandi took the Lands and Legacies Tour to the north end of the island, then to Plum Orchard for lunch and a tour, then to a cemetery, and then back to the dock.

All along, the Ranger was talking about the history of the island and the folks that lived there. Sandi highly recommended it. Angela walked the beach on Saturday and went all the way up to Willow Lake and took pictures of the beach, sand formations, shells, jellyfish, etc. Mike, Cheryl and I walked up the Parallel Trail to Stafford Beach and returned to camp on the beach. It was a great opportunity to photograph the maritime forest in the center of the island. On the way back to camp we were able to photograph birds, shells and anything else that was interesting. Ren walked the Riverview Trail to Dungeness to take detailed images, then returned to camp on the Nightingale Trail. After everyone returned to camp for our evening meal, some of us walked over to the river side of the Island for some sunset pictures. After that we gathered around the fire for more stories.

On Sunday morning some of us got up early for more sunrise pictures. After that we ate breakfast, packed up our gear and headed for the dock to catch the boat back to Saint Marys. It was a great trip and everyone enjoyed our stay on Cumberland.

Members: Helen Davis, Ren Davis, Ernie Loden, Sandi Still, Angela Wagner, and Mike Wilson.

Guest: Cheryl Loden.

Dehydration

by Dick Hurd, MD

Dehydration is best understood as being in a negative bodily fluid balance; in essence, your water checkbook is overdrawn. You can get there in several ways, and at any time of year, but for purposes of hiking and backpacking, there are two ways to lose fluid: sweating, and insensible loss.

Insensible loss comes with breathing. Every breath you take, the air is humidified before passing into the lungs, and when you exhale, the moisture goes into the environment. In the winter, you see this as 'steam'. With vigorous exertion, especially in the winter, with cold and low humidity, this water loss can be significant and will need to be replaced.

Sweating we all know about. It is a way for the body to lose heat, so it seems more obvious during exertion in the warmer months, but again, winter activities such as skiing, backpacking, etc, can all produce heavy sweating. Also, this is not just water loss, but loss of mineral salts (sodium, potassium, magnesium, et al), which are lost in roughly equal proportions to the composition of the blood plasma. The water and mineral salts are both critical, and must be replaced.

Dehydration symptoms generally become noticeable after 2% of the body's normal volume has been lost. This is noticed initially as thirst and perhaps loss of appetite and dry skin, and later, fatigue, confusion, headache, and low blood pressure. Urine output will be decreased, with a very dark color. Dehydration is a risk factor for both hypothermia, and mountain sickness, so watch for those symptoms as well, which overlap.

Allegedly, in people over age 50, the body's thirst perception diminishes and continues diminishing with age. Many senior citizens suffer symptoms of dehydration, which along with hyperthermia results in the elderly dying suddenly during extreme hot weather. Also, senior citizens are more sensitive to heat, as if the thermoregulatory mechanism is malfunctioning.

Prevention is better than treatment, as in most things. My rule of thumb is that if I feel thirsty, I am already behind! When hiking, I stop and rest hourly, and drink water. In a day, I might consume 4 quarts, including cooking, maybe more in the summer months. For routine activities this may be sufficient, but during vigorous exercise, relying on thirst alone may not be sufficient, particularly in hot environments, or those over 65. A simple way to check if you are staying in balance is to check urine color: straw color or clear is good!

With prolonged heavy sweating, replacing water alone is not enough, and can in fact be dangerous. The mineral salts, also called electrolytes, must also be replaced. "Sports" drinks are supposed to help in this regard...read the label of a few sometime. Also, the food you eat on hikes contains electrolytes. Extreme dehydration can be life threatening, and an individual so afflicted warrants a 911 call or transport to an Emergency Room, where intravenous fluids can be given.

An additional note: For those exercising vigorously or doing heavy work in warm weather, or perhaps on a multi-day backpack, sodium (salt) loss via sweating may exceed what would be replaced by "sports drinks", and may require further supplementation. Please view this link for a more detailed explanation: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2267797/>.