



The Keystone Hiker - March 2022

Member's Corner

PA Trails Advisory Committee

KTA's Brook Lenker has been selected to serve as a Member-at-Large on the Pennsylvania Trails Advisory Committee. PTAC is a voluntary 20-member, DCNR-appointed committee that represents both motorized and non-motorized trail users; and advises the commonwealth about the use of state and federal trail funding. The committee is charged with implementing the development of a statewide land and water trail network to facilitate recreation, transportation, and healthy lifestyles for all.

In Memory of Joanne Dobbins Champion of Hiking & Friend of KTA



Joanne G. Dobbins, 93, passed away peacefully on January 1, 2022 surrounded by family and loved ones. She was born in Cleveland, Ohio on October 30, 1928. She graduated from Lakewood High School, attended Bowling Green State University and the University of Akron where she earned her degree/certificate in Licensed Practical Nursing.

She spent the first two decades of her career in various secretarial roles. In her early 40's, she decided to change direction and become a Licensed Practical Nurse working at several area nursing homes, then retiring from Akron City Hospital (Summa) in 1989. She was also a freelance writer and columnist for the Village Sun Newspaper and assisted her husband, Cecil, in his Swiss hiking business, Alpine Adventure Trails Tours for 20 years. Joanne and Cecil were frequent world travelers and continued travelling for many years after the sale of their business.

After Cecil's death, (1/9/2020), Joanne moved to assisted living in Cincinnati to be closer to her son, Kent and her four grandchildren.

Walking was Joanne's lifelong hobby as well as reading, gardening, birdwatching, word puzzles, handicrafts including macramé chair making and

punch embroidery and spending time with her grandchildren. She advocated for the environment and the preservation of nature. She was a Girl Scout Troop leader and Neighborhood Block Watch Captain. She was a member of Unity Chapel of Light, Tallmadge, Ohio and Christ Woodland United Methodist Church, Akron.

She was predeceased by her husband of 65 years, Cecil L. Dobbins, her mother, Grace (Heinlen) Greene, her father, Arthur F. Greene Sr., and brother, Arthur F. Greene Jr. Survivors include her brother, James Greene, sisters Nancy Ritter and Susan Craney, two children, June and Kent (Pamela), four grandchildren Andrew, Elizabeth, Lindsay and Meghan and many nieces and nephews.

A Memorial Service celebrating Joanne's life followed by inurnment will be held on May 21, 2022 at 11:30 a.m. at the chapel at the Woodlawn Cemetery, 5134 OH-235, Ada, Ohio 45810. Lunch will follow at a nearby restaurant.

In lieu of flowers, contributions can be made in Joanne's memory to The National Audubon Society, 225 Varick St., 7th Floor, New York, NY 10014 or The Foundation Fighting Blindness, 6925 Oakland Mills Rd., #701, Columbia, MD 21045.

Friday Breakfast Rambles

Reservations not required. No cost to participate.

Join the Executive Director, Brook Lenker, for short (< three miles) morning hikes and get to know Keystone Trails Association and the trail of the day. Afterwards, if you wish, join Brook for breakfast (on your own) and conversation at a nearby diner.

Meet: 7:45 a.m.

Hike ends: 9:45 a.m.(approx.)

Breakfast: 10:00 a.m.(approx.)

April 8 - Fort Hunter Conservancy, Harrisburg

- Meet at the Fort Hunter Main Parking Lot - East Side of N. Front Street
- Breakfast at the Front Street Diner, 4003 N. Front Street

May 13 - Appalachian Trail - Cumberland Valley

- Meet at the Craig Dunn Trailhead on Trindle Road, West of Mechanicsburg
- Breakfast at Dalicia, 105 S. Market Street, Mechanicsburg

June 10 - Capital Area Greenbelt, Paxtang Parkway Section

- Meet at the Greenbelt lot off Derry Street @Parkway Boulevard in Paxtang
- Breakfast at the City Line Diner, 3302 Derry Street, Harrisburg

See You at Spring

The [2022 KTA Spring Hiking Weekend](#) will be held on April 29th - May 1st at Bongiorno Conference Center in Carlisle, PA. Join us for a weekend of hiking and comradery, featuring a Trail Celebration event led by Master Naturalist candidate Kristin Joivell and education reptile presentations by biologist Dr.

Scott Boback. Hotel and dorm style accommodations are available.

We hope to see you there!

KTA Classifieds

Seeking Roommate for Spring Hiking Weekend

Hi KTA community

I'll be traveling from Pittsburgh for the KTA Spring Weekend and looking for a roommate to socialize and get acquainted at my first in-person KTA event, since I only recently joined the club.

As for vaccine status, I'm double-vaxxed and boosted. I'm in bed early and like to wake up early for stretching, exercise and morning coffee. Avoiding electronics at night, I like to read a book and wind down with a cup of herbal tea before bedtime.

Feel free to reach out at 412-915-5468 or chaswags@gmail.com with further questions. Thanks!

Chas Wagner

Volunteer's Corner

Trail Care 101: Leadership Workshop

Renewing our tradition of providing training on relevant trail and outdoor topics, KTA has an opportunity for you, **March 25-27, 2022**, in South Central Pennsylvania. [Register for our Trail Care 101 Leadership Workshop](#) near Arendtsville and proximate to the Michaux State Forest. Our lead trainer is Tom Moutsos, a Regional Trail Manager with the North Country Trail Association. Tom will be assisted by Jenn Ulmer, an experienced KTA trail care leader.

Learn or hone a variety of trail maintenance and design skills plus best practices for organizing safe, fun, and effective workdays. Major topics to be covered include protective gear & safety equipment, risk management, trail survey and design, ADA standards, hands-on practice using clinometers and flag lines, a 'trail eyes' hike to see trail design-caused problems, common trail maintenance practices, a group trail project, and tool maintenance & tips on transporting tools and people.

Lodging (double-occupancy rooms) and meals are provided from our base at Camp Nawakwa. The workshop convenes Friday evening and adjourns Sunday afternoon. Participants representing member clubs are offered a discounted price, but anyone with a passion for trail work is encouraged to

Trail Care Confidential

A basic and often anticipated element of the Trail Care experience is the camping component. The [KTA Trail Care Program](#) always provides a site for free camping for participants of the event. Most often this is at a State Park, but may also be based out of another location managed by DCNR, a private campground, Scout Camp, Church Camp, hunting camp or Town Park that is accessible by car. In rare instances a lodge or house may be available, but, due to possible space limitations, volunteers should always be prepared to sleep under the stars. Most of the time showers and modern bathroom facilities will be available, but when the camping is of a more primitive nature volunteers will be given advance notice.

Participants are responsible for providing their own tent or degree of shelter they require. Alternatives to tenting include hammock hanging or sleeping in your vehicle. People who plan to bunk in their car usually have given the sleeping arrangement some forethought and possible interior space realigning so that they are able to stretch out and be comfortable. If none of the above options appeal to your nocturnal needs or preferences you can choose to rent a camper lot, reserve a cabin or book a nearby hotel room, at your discretion. Temperature and weather conditions can vary widely in the spring and fall so bring the gear you will need to be comfortable both in camp and on the trail. If you are staying elsewhere, always plan on being at the designated camping location by 7:00 in the morning so work crews can be established with a pull-out time of 8 a.m.. People who arrive after 8 a.m. may well find the camp inhabited only by the wind.

Participants are expected to provide for their own victual needs, which should include a trail lunch that can be eaten at the work site. Always bring an over capacity of water containers that are packable. Although Pennsylvania is blessed with an abundance of streams and rivulets, when maintaining a trail that runs along a dry ridge top in the summer heat, having a ready supply of water is not a luxury, it is a necessity. Depending on the proximity to eateries and brew pubs, Trail Care volunteers sometimes enjoy going out to eat, after getting cleaned up, for an evening meal. Afterwards, returning to camp for a congenial dusking around a campfire's alchemy before turning in for the night.

Ed Lawrence

The Briar Patch

Scourge of the Month: Japanese Barberry (*Berberis Thunbergii*)

Japanese Barberry is a non-native woody shrub that sports very sharp spines along the length of its stems. It can grow 2 to 6 feet tall and, over time, spread from a single plant to a dense prickly thicket that turns into an impenetrable barrier. No trail in Pennsylvania is safe from the reach of this usurper. It was first introduced into North America in the mid 1870s as an ornamental plant



that produces a plethora of bright red berries and, in the autumn, its leafage takes on an attractive pink to red hue. However, it has turned out to be an aggressive and prolific invasive threat that, in 2021, was added to the Pa. Department of Agriculture's list of noxious weeds.

The red berries of this rouge plant provide food for both birds and mammals, who then can spread the seed to woodlands and meadows. It further propagates via its root system and can reroot itself when branches touch the ground. It is both shade tolerant and drought resistant so that it is able to crowd out native plants in the forest understory. Once established it begins to alter the PH and the biological activity of the soil, to further displace native foliage. If this rap sheet wasn't troubling enough, Japanese Barberry also seems to be a favored shelter for ticks, providing a conducive habitat that promotes an increased incidence of tick borne disease including lymes. This is one of the most malignantly resourceful members of the Briar Patch family.

Ed Lawrence

What to Expect: April 7-10 Snyder Middleswarth Trail Care

Dear Potential Trail Care volunteers: first and foremost, we're hoping for spectacular weather. But, since we're in central PA in early Spring, expect anything from snow to sleet to rain. Average temperatures for April are: lows near 39°F and highs around 63°F.

Work sites: We will be working primarily on the 1-mile inner and 3.3-mile outer loops that begin at Snyder Middleswarth Picnic Area, west of Troxelsville in Snyder County. These trails traverse the 500-acre Snyder Middleswarth Natural Area, host to magnificent old-growth white pine, hemlock, and pitch pine. KTA volunteers last worked there in 2015, so the trails could use some tender loving care. From Reeds Gap, there is about a 30-minute drive to the Snyder Middleswarth picnic area, where most of our work crews will start. We carpool; please let me know if you are not comfortable riding with others or driving on gravel forestry roads. We may also access the trails from Tower and Bull Run Road, depending on road conditions. If time allows, we may be able to extend our work further west to Krebs Gap Trail on Swift Run and Thick Mountain Trails. You can view/download maps of the loops and Reeds Gap from my Google Drive: tinyurl.com/4zp9a9ny.

Work types (with estimated level of difficulty - easy, moderate, strenuous - and reasons in parentheses): A couple of us will be assisting bridge guru Tom with the rehabilitation of the trail bridge (see picture) near the intersection of Swift Run and Hemlocks Trails (moderate difficulty- strength). More of us will be needed to carry materials and tools 0.4 miles from the trailhead to the bridge site (moderate- distance, strength). Both the inner and outer loop would benefit from blaze freshening and associated lopping around blazes (easy to moderate- distance). There are a couple short stretches of sidehill digging and

brushcutting needs along Swift Run Trail (strenuous). The nose of Thick Mountain always seems to be rife with blowdowns. Chainsaw work also exists along Swift Run- there was a reroute up and over some downed trees (for experienced sawyers only, plus swamper help). If removed, the trail could return to its natural path. The ease of crossing Swift Run at Tower Trail varies with water levels. There is a fortuitous hemlock that fell just downstream and we will be clearing a path to that crossing (easy to moderate). I am developing a gpx file of the trails ([caltopo.com/m/34N0P](https://www.caltopo.com/m/34N0P)) with work sites, etc.

Camping: We'll be based at Reeds Gap State Park in campsites 1-5 (and hopefully 6). If you are coming for the day only, please park at LOT D and walk in to find us. We intend to go out to eat Saturday night (Dutch treat), likely returning to the New Lancaster Valley Wilderness Lodge (formerly a CCC mess hall in the 1940s). If weather allows, we'll have a campfire in the evenings. Bring a chair, gather 'round, and regale us with tales of your day, favorite hiking trails, etc.

All abilities and experience are welcome - we offer "on the trail" training! Please consider joining us for a day or the weekend. If you have any questions, or would like to participate, please contact me at hawk2373@yahoo.com / 570-854-8316. It is VERY helpful to know ahead of time who is coming, along with their experience level, when planning task divvying and for less stressful mornings. General information about KTA Trail Care on our website: kta-hike.org/trail-care-and-trail-crew.html

Jenn Ulmer

KTA Trail Care

April 7-10: Trail Care

Snyder-Middleswarth Natural Area
Bald Eagle State Forest
Leaders: Jenn Ulmer / Donna Thompson
Hawk2373@yahoo.com
570-854-8316
Camp: Reeds Gap State Park

April 21-24: Trail Care

Bear Run Nature Preserve
Western Pennsylvania Conservancy/
Laurel Highlands Hiking Trail
Laurel Ridge State Park
Leader: Ed Lawrence
cemclaw216@gmail.com
570-925-5285
Camp: WPC's Ohler house
Off Route 381 near
Falling Water

May 5-8: Trail Care

Black Forest Trail

July 14-17: Trail Care

Allegheny Front Trail
Moshannon State Forest
Leader: Ben Auer
auer.ben@gmail.com
608-772-1715
Camp: Black Moshannon State Park
Regular Camp Ground
Sites # 76, 77, 78 and 80

August 18-21: Trail Care

Thunder Swamp Trail System
Delaware State Forest
Leader: Ed Lawrence
cemclaw216@gmail.com
570-925-5285
Camp: Resica Falls BSA Camp
off Route 402
Bear Paw site

September 15-18: Trail Care

Bucktail Path
Elk State Forest

Tiadaghton State Forest
Leaders: Jenn Ulmer / Donna
Thompson
Hawk2373@yahoo.com
570-854-8316
Camp: Ruth Will cabin
at Pump Station Fire Tower
off Route 44

May 19-22: Trail Care

Houselander Trail
Tiadaghton State Forest
Leader: Tony Robbins
tony.robbins.kta@excellservices.com
570-437-0065
Camp: Little Pine State Park
Organized Group Tenting Area
Site # 1

June 2-5: Trail Care

Mid State Trail, Everett Region
Buchanan State Forest
Leader: Chad North
chadnorth@gmail.com
570-238-3591
Camp: Tenley Park, Everett

June 23-26: Trail Care

Mid State Trail, Tioga Region
Tioga State Forest
Leader: Pete Fleszar
tioga@hike-mst.org
717-576-3112
Camp: Hills Creek State Park
Organized Group Tenting Area

Leaders: Shira Blady / Brian
MacNamara
bladysh@gmail.com
267-970-1280
Camp: Sizerville State Park
Regular Camp Ground
Sites # 3, 19, 20, and 21

October 1: Code Orange 1 day

Saturday Only event
Gifford Pinchot State Park
W/ Friends of Pinchot S.P.
Leader: Steve Stroman
stevestroman@hotmail.com
717-350-0437
Meet at 8:30 am at the campground
office, off of East Camping Area
Road.
Friends of Pinchot will provide a trail
lunch for participants.
Free camping and showers available
Friday & Saturday for participants in
Group Camping Areas D, E, and F.

October 27-30: Trail Care

Pinchot Trail System
Pinchot State Forest
Leader: Jeff Mitchell
jmitchmitch@hotmail.com
570-441-2952
Camp: Pocono Mountain Bible
Conference Camp
191 Clifton Beach Rd.
Clifton, Pa. 18424
Meet: Manny Gordon Picnic Area off
Bear Lake Road at 8:00 a.m. each
morning

. Visit <https://www.kta-hike.org/trail-care-and-trail-crew> for more info on
volunteering with KTA

Hiker's Corner

ATV Vista - Seeking Hike Leaders

A.T. Vista (previously known as the Biennial) is taking place at the State University of New York in New Paltz on August 2-8, 2022. Hike leaders are needed for this event! Lead a hike on the A.T. or on a nearby trail. If you have an interest in being a hike leader and would like to see a list of the available hikes that you could lead, or would simply like to learn more about this

opportunity, [please click here](#).

We are also looking for excursion leaders! If you have an interest in being an excursion leader and would like to see a list of the available excursions that you could lead, or would simply like to learn more about this opportunity, [please click here](#).

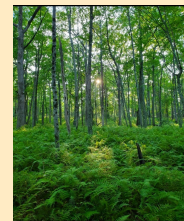
Thank you for the consideration!

Alivia Acosta
A.T. Vista Volunteer Coordinator

Jeff's Jaunts

Hike the Cornelia & Florence Bridge Nature Preserve

The Bridge Preserve is a great place for an easier hike with rolling and level terrain, winding trails, and good scenery. Many of the trails are wide and trail junctures have signs. The forests are mostly hardwoods with glades of ferns and some laurel.



From the parking area we hiked down the Cornelia Trail and crossed a stream or wetland. Then we turned right onto the Florence Trail as it gradually climbed a hill and went behind some houses. The trail left the houses and went deeper into the woods. We continued on to the pond, a quiet, serene place with a small pond set in the woods. We retraced our steps to the juncture with the Frank Trail.



The Frank Trail meandered through beautiful woods with big hardwoods and lots of ferns. We gradually climbed a hill and reached a large meadow with a pavilion and many pine trees. We completed the loop with the Cornelia Trail and retraced our steps back to the parking area.

-Jeff Mitchell

Snow Coverage Helps Ticks Live

Did you know snow coverage helps ticks live??

All the snow keeping our grounds covered throughout these cold winter months has only helped the tick population. Snow coverage acts as a giant quilt or insulator to keep the ticks warm under the leaf litter. While ticks are less prevalent during the winter months, you should still keep an eye out for ticks during the cold months, especially when temperatures peak above freezing and snow has melted. Remember to take proper preventive measures when enjoying the great outdoors! The primary tick that remains active throughout these winter months in the northeast is the adult female blacklegged (deer) tick.

Adult female blacklegged (deer) ticks have the highest infection rates of tick-borne diseases. These pesky critters can carry pathogens and transmit such as

Lyme disease, anaplasmosis, babesiosis, relapsing fever, bartonellosis, mycoplasmosis and deer tick virus (Powassan virus).

To avoid exposure to a tick bite while working, hunting, or just enjoying the great outdoors, check the ground to see if it's frozen and check the temperature to see if it's below the tick's active temperature (37°F). If you answer no to both conditions, then the blacklegged (deer) ticks will be active. Be sure to follow our tick safety and prevention tips before, during and after your outing.

[PA Tick Research Lab](#)

Trail News

[Pennsylvania hires Nathan Reigner as its first Director of Outdoor Recreation](#)

[PA DEP awards \\$575K for Delaware River projects including Chester trail](#)

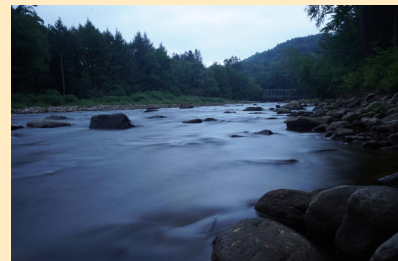
[Student Art Competition To Raise Awareness About Ticks, Lyme Disease](#)

[Water-trail project would tie together several upstate rivers](#)

2022 Winter/Spring KTA Photo Contest

Submit your photos at <https://www.kta-hike.org/photo-contest.html>

The winner will be announced in July and will receive a free 1 year membership and KTA hat.



Community Calendar

[KTA Events](#)

[Trail Care 101: Leadership Workshop](#)

March 25 - 27th

Learn or hone a variety of trail maintenance and design skills plus best practices for organizing safe, fun, and effective workdays.

[Spring Hiking Weekend](#)

April 29 - May 1st

Join us at Bongiorno Conference Center in Carlisle for three days of hiking and camaraderie. Meet other KTA members and enjoy local guided hikes, family-friendly programs, a Trail Celebration networking event and more.

Allegheny Front Trail Slackpack

May 27 - 30th

Take on this fantastic 41.7 mile loop around Black Moshannon State Park with just a day pack. Shuttle between the trail and a cozy cabin every night.

Allegheny National Forest Weekend

August 26 - 28th

Take a trip to Pennsylvania's only National Forest and stay in the beautiful Olmstead Manor in Ludlow for a weekend of amazing and wild hikes.

KTA Trail Challenge

September 10th

Take the challenge to conquer our 25k or 50k trail run, based out of Pequea Creek Campground and Susquehannock SP in Lancaster County.

Black Forest Trail Slackpack

September 30 - October 3rd

Take advantage of this incredible opportunity, to complete in ONE WEEKEND the trail that everyone talks about: The Black Forest Trail. Shuttle between the trail and a cozy cabin with a home-cooked meal every night.

Community Events

Planning for Trails in Wetlands Workshop

April 29 - 30

Join [WeConservePA](#) and [PennTrails, LLC](#) for Planning for Trails in Wetlands and Wet Areas, a workshop focusing on the specialized demands placed on trail managers and management organizations when planning, designing, and maintaining trails in wet environments. This workshop will be hosted by [Allegheny Land Trust](#) at the Millvale Food+Energy Hub and the project site on the Girty's Woods Conservation Area

Allegheny 100 Challenge

June 10 - 12

The 2022 Allegheny 100 Challenge (A-100) is scheduled for June 10th – 12th along the 100 miles of the Allegheny National Forest section of the North Country Trail. This year it will be run from north to south. The event will be run in the traditional manner with the return of the optional shuttle bus to take you to the start. The registration fee is \$80 and does not include any membership to the North Country Trail Association.

The lottery to win a spot to register for the A-100 opens on March 7, 2022. Go to the A-100 event page at <https://northcountrytrail.org/events/a-100/> for an explanation of the lottery and additional information about the event.

The inaugural Allegheny 100 Hiking Challenge was held in June 2010 with 19 participants. The event was conceived by one of the founding members of the Allegheny National Forest Chapter, Bert Nemcik. Bert knew from thru-hiking

the Appalachian Trail that the NCT needed greater exposure to the hiking community in order to help improve the trail. The ANF Chapter is saddened to report that Bert passed away in December 2021. The 2022 A-100 is being dedicated to Bert.

Best of luck in the lottery! Hope to see you in June.
Questions? Email us at anf@northcountrytrail.org

WANT YOUR EVENT FEATURED ON THE COMMUNITY CALENDAR?

KTA will promote your club/organization's major events through The Keystone Hiker, Facebook, and our website. It's a perk of membership! Just submit a list with date, time, location, and link to web page for only those events that the public should see, to ktaadmin@kta-hike.org.

Club Spotlight

Susquehanna Appalachian Trail Club



SATC is one of 31 volunteer groups that maintain the 2,189.2 miles of the Appalachian Trail (A.T.). We offer more than 100 group hikes for people of all skill levels. We also host several fun social activities, including the December Holiday Party, a March Banquet, and a Summer Picnic. We have two general membership meetings that provide guest speakers on topics relevant to club members and our mission. Membership, while welcome, is not required.

Our volunteers contribute at least 2000 hours each year toward the care and preservation of a 20-mile section of the A.T. from PA-225 on Peters Mountain north to Rausch Gap. We are responsible for most of the day-to-day work of keeping the A.T. open. SATC is a 501(c)(3) charitable, tax-exempt organization.

NEWSLETTER SUBMISSIONS

This newsletter is published monthly by Keystone Trails Association. Submissions are accepted on a rolling basis. Opinions expressed are those of the listed authors. The Editor encourages submissions reflecting all viewpoints, but reserves the right to edit material. You are encouraged to submit material (even just a trail closing or care alert!) to the Program Administrator, Casey Schneck, at ktaadmin@kta-hike.org. The deadline for newsletter submissions is the 15th of the prior month. Submissions received after that time will be considered for the next month.

Please reference our **Editorial-Style Guide** while you compose your piece.

