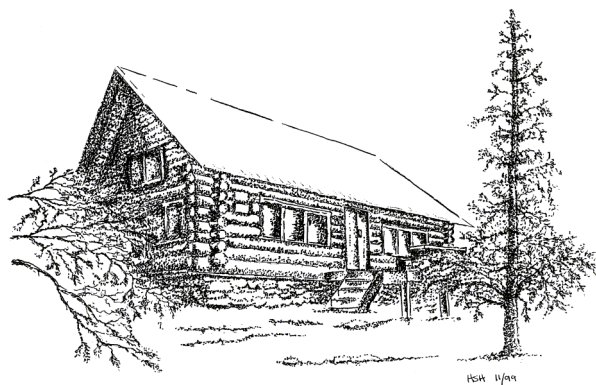


RIDGE LINES



GREEN MOUNTAIN CLUB
BURLINGTON SECTION

SPRING 2004

TRIUMPH COMES IN MANY FLAVORS

by Deb Brown

My mother is afraid of heights. Climbing up to paint the second story of her house is not an option. And, until recently, neither was hiking, as any steep or rocky section would shake her confidence. We hadn't been hiking together since I was 16, when some rocks half a mile up the Sunset Ridge Trail stopped her progress. But from time to time she'd mention that it might be nice to climb Camel's Hump or Mt. Mansfield again someday.

So, several years ago, my Christmas present to my mother was a gift certificate for "A Guided Hike." I provided advance consultation about clothing and footwear, and we hiked to Taylor Lodge on the Nebraska Notch Trail on a lovely, late summer afternoon (after bug season). My mother loved seeing the beautiful pattern of sunlight dappled on a forest floor. She was cautious about her footing but when I loaned her my hiking poles on the way down, she took off like a horse out of the gate! That fall, we also hiked up Stowe Pinnacle. Mom carefully negotiated the steep ascent and rocky summit, testing the reliability of her Vibram-soled boots. Though the hike took four hours, I was truly impressed by her increasing confidence.

Next year's Christmas present was a set of adjustable trekking poles, plus "Three Guided Hikes." Our plan was for several training hikes culminating with a trip up Camel's Hump. We began with Mt. Moosilamoo in June. It was humid and rainy and the black flies were out, but despite wet boots and some slippery spots, Mom remained in good spirits. We even crossed a small stream! We did Laraway Mountain next, a great training hike for its vertical gain and occasionally rocky footing.

Finally, the big day arrived. It was a chilly October day when we headed up Camel's Hump via the Burrows Trail. Mom said her backpack felt noticeably heavier with all the extra layers. I carried the special amenities – a bottle of hot tea and a foam pad for sitting on during breaks.

About halfway up, we began to notice small patches of ice. Mom proceeded cautiously. We kept getting passed by other hikers, families with young children, and even old dogs. After a while, we began hearing from descending hikers that the ice on the summit was even worse, so we stopped for lunch before attempting the last 0.3 mi to the summit. Out came the butt pad and the hot tea! On went the warm layers! The reports from descending hikers varied, so we decided to give it a try and then turn around if the footing became too risky.

If we'd had crampons, it wouldn't have been a big deal. And if you placed your foot carefully on a flat spot, you could easily proceed. But this requires great trust in your boots and your own balance – which is not so easy when your legs are tired. Finally I knew we probably wouldn't make it to the top. Mom was 10 feet below me on the trail, looking dubiously at the partially ice-covered rocks between us. I could see her confidence waver. "We can turn back any time, Mom, but I think you can push yourself a little further." And she did - for another 300 feet. We turned around approximately 0.15 miles from the summit, slightly disappointed but not at all ashamed.

I told her, "You aren't missing anything. We can come back on a nice summer day when you can enjoy the view. Think of how easy the hike will seem then!" Not only had my mother hiked a rocky, steep trail, but she had persisted despite ice and cold and had increased her own sense of how much she could handle. I could not have been more proud. It was even better than going to the top.

But just you watch out, Camel's Hump. We'll be back next year!

Trail Food Recipe: Congo Bars

Last issue, we asked our readers to tell us about their favorite trail food. We heard from Charles “Pete” Davis, who lives in Crested Butte, Colorado but remains a loyal Burlington Section member. He said he’s made and revised the following recipe many times over 30-40 years.

These trail munchies are called Congo Bars, and Pete doesn’t know why - but “*they contain a lot of calories and quick energy, and are much less expensive than Clif Bars!*”

First, coat a 9x12 glass or metal oven pan with shortening. (The pan has to be at least 2” deep!) Preheat oven to 350 degrees.

Second, mix in large bowl:

2 cups rolled oats

2 cups high gluten white flour

1/2 tsp. salt

1 T. baking powder

1 cup Grape Nuts (or use cracked wheat)

1 cup dark brown sugar

1 cup white sugar

Third, add:

1 cup chocolate chips

1 cup broken walnuts

1 cup raisins

Fourth, add and mix well:

1 tsp. vanilla (or whisky or rum)

2 eggs

2 sticks of softened butter

8 oz. water (closer to 6 oz. if you’re at or near sea level)

Fifth, put mixture into greased oven dish and bake for 45 minutes. A toothpick should come out clean. **Note:** Pete has adapted this recipe to baking at 9000 feet and he urges us here in Vermont to watch carefully the first time we make this recipe to avoid overcooking.

Sixth, cool the bars to room temperature, cut them into pieces, and wrap individual pieces in plastic sandwich bags.

You can also bake these as cookies. Drop two tablespoons at a time and bake at 350 for about 15 minutes.

Pete’s bars don’t need refrigeration, but if you’re not going to be hiking for several days, put them in large airtight plastic bags in the fridge.

Pete says he lived for forty years in Chittenden County. In his new home, he’s been a fully trained and active member of the Crested Butte Search and Rescue Team for almost eight years and says the Team is busy year round.

Thanks, Pete!

Any more recipes or favorite trail foods?? Let us know!

Education Committee

submitted by Brynne Lazarus

Activities in 2003 included a weekend First Aid workshop organized by Walter Lepuschenko and taught by instructors from SOLO. There were also two winter hikes for beginning snowshoers, which succeeded in getting some people hooked. (Good thing the trips are advertised in the newspapers as well as in GMC publications! Asking GMCers to try snowshoeing seems as preposterous as offering reading lessons on a college campus.)

The education committee would like to thank TUBBS for generously loaning us the snowshoes for the two introductory trips. Their generosity made it possible for us to offer the hike to those who needed it the most. Imagine life in Vermont without snowshoeing! Four intrepid folks braved frigid temperatures to hike the Nebraska Notch trail to Taylor Lodge on January 24th. On February 1st, a crew of eight tackled Prospect Rock and the goodies at the CITGO station in Jeffersonville. Thanks are especially due to Paul Adams from TUBBS for his assistance.

While we have your attention, we should point out that many folks take the initiative to organize and lead educational outings on their own (birding, wildflowers, map and compass workshops, just to name a few). This seems like as good a place as any to thank them – THANKS!!!

Do you have ideas for educational programs you'd like to see? Do you have knowledge or skills you'd be willing to share? Let us know! Call Walter Lepuschenko at 849-6493 or Brynne Lazarus at 863-1469.

Keep an eye out for a camp stove potluck, coming this summer!

Outings Committee

submitted by Phil Hazen and Paul Houchens

In 2003 there were a total of 110 outings offered, with activities as varied as birding, beginning snowshoeing, investigating carnivorous plants, tracking, trail work, and map and compass. Along with many sites in Vermont, participants went to NY, NH and Maine. The most popular destinations were Mt. Mansfield and Camels Hump. One of the most popular outings was the Winter Solstice Hike to Butler Lodge, led by John Connell. About twenty-five hikers trekked up on a frosty December day in 2003.

submitted by Pam Gillis

In 2003, the Burlington Section had a total of 42 work-days. (That's the number of workers multiplied by the number of days worked by each.) In spring, we had our five regular Long Trail walk-throughs. The turnout was been lower than in any recent years, probably because the work outings were mistakenly left off the spring Activities schedule. We had a maximum of 15 and a minimum of 3, including leaders. However, the trails are in good shape and we were able to do a lot of basic maintenance, mostly in groups of 2 or 3 workers. We took blown-down trees with the chainsaw as needed, but there weren't many down. The late spring meant there was less clipping than usual. Trail adopters will need to do some clipping in the summer after there has been more growth.

We also had two outings in August to replace the puncheon over the beaver dam south of Taylor Lodge. With the help of AmeriCorps volunteers, we completed that task.

The Boy Scout troop that has adopted the LT from Jonesville to Bolton Notch Road did blazing and trail clearing, and we covered the trail with two volunteers to do the required chainsaw work.

Our work outings in 2003 covered the LT up to Butler Lodge. We've also done some maintenance (amount varying from trail to trail) on Nebraska Notch, Butler Lodge, Lake Mansfield, Sunset Ridge, and Halfway House Trails. In each case, we concentrated on what was needed the most since we had so few workers.

There are two short reroutings that we're waiting for permission to do. One is between Mayo and Bolton to avoid a big mud puddle; this will be done by the adopter, Doug Houston. The other is just north of Jonesville to avoid a very steep rock climb, and the section will do that.

(Committee Reports continued on the next 2 pages)

Ridge Lines

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The Outings Committee again thanks the many volunteer trip leaders.

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More Porky Stories from the LT

by Daan Zwick

Porcupines can make a wide variety of noises: low piggy grunts, loonish wails, clicks and mutters. One evening I was alone in Taylor Lodge, which at that time was an enclosed log cabin. I was preparing a late supper, well after dark, when I heard people talking outside the cabin. I thought it was a small group of women discussing quietly whether they should come in or not. Always the welcoming caretaker, I took my kerosene lantern and swung open the door to invite them in. All I saw in the light of the lantern were four porcupines grouped around the fire-ring a few feet in front of the door. On my disturbing them, they ambled slowly into the darkness of the nearby forest, still making sounds so like human voices.

Another time, I found a large hole in a wooden chest holding summer supplies. A porky had made the hole, and then mice had joined him in the feast. The mice had been attracted to the Hershey bars – but the porcupine had been chewing two bars of Fels Naptha (yellow) soap!

GREAT OPPORTUNITY FOR GMC MEMBERS

The GMC has accepted ownership of the **Wheeler Pond Camps** in Barton, VT, which were previously owned by the AMC. Each of the Camps sleeps eight, has a woodstove, and can be rented by members for \$30 per night. One camp is right on the Pond and both can be reached by an easy walk in from the road. There are hiking and walking trails all around, with great views from the Wheeler Mountain summit.

The camps have lots of regular “customers”, so if you’re interested you should reserve early. Mark and Brenda Pockell have handled reservations for years and have agreed to continue keeping track of keys, arrival dates, etc. Contact them at 781-986-6762.

Director's Report

submitted by Deb Brown

(The Director attends meetings of the GMC with news from our section and brings back information from the larger organization.)

Headquarters: As a result of the fire that took the South Barn early in 2003, the GMC lost presentation materials and educational displays, archival documents, merchandise and guidebooks, and – most important – a wonderfully historic building that provided a hiker center and a gathering place for events like the Snowshoe Festival and Taylor Series.

The Headquarters Planning Committee presented draft plans to the Board last fall and a revised plan this January. A hiker center, meeting space for 100 people, and improved offices are among the competing priorities. The current idea is to build in stages to allow more time for fundraising. The project is roughly estimated at one to one and a half million dollars. (Some of the bricks and not-very-charred timbers from the old South Barn will be incorporated into the new structure.)

Trails and Shelters: Work at Smuggler's Notch resort requires closing the LT around Sterling Pond this year. The trail will be temporarily relocated onto Elephant's Head Trail, and Watson Camp will be removed this year. We built two shelters in 2003, the Bromley Mountain Shelter and Journey's End II. We acquired the Wheelock property in Bolton, protecting 1000 feet of the Long Trail. The Board approved a trail relocation on Bromley as part of a proposed land swap between the Forest Service and Bromley ski area. And we finally obtained an Act 250 Permit for a bridge across the Lamoille River in Johnson!

Windpower: The Board adopted a policy opposing windpower projects within the 1000-foot corridor of the Long Trail system and any projects that pose "significant adverse effect" on the LT system or hiker safety.

Publications: Sales of the beautiful new 25th Edition of the Long Trail Guide and the Day Hiker's Guide were comparable to previous years, and are a source of profit for the club. The GMC came out with a new Membership Brochure and Group Use Guide, and reprinted the Trip Leader's Handbook this past year. Soon to come – a new, full-color Long Trail map designed by Wilderness Map Company!

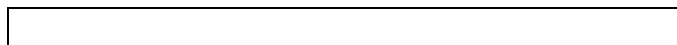
Vote! Look for the ballot of candidates for General Director positions in the Spring issue of

Shelters Committee

submitted by Chris Hanna

During the 2003 hiking season, Leo Leach filled in for me while I was hiking the Appalachian Trail. A new "crib" for the mouldering privy at Taylor Lodge was built and installed. Leo, Scott Christianson, Bruce Bushey, and Jeff Bostwick were involved in the project. Residents of Woodside Juvenile Rehabilitation Center and the UVM Alternative Weekend group carried in the lumber for the project.

I would like to thank all of the shelter adopters: Kerstin Lange - Duck Brook, Clem Holden and Gardener Lane - Buchanan, Jeff Bostwick - Puffer, Leo Leach - Taylor, Todd Mallory - Butler, Scott Buckingham - Twin Brooks, John Bennet - Taft. Gardener Lane is retiring from his adopter position and Herm Hoffman will take over as co-adopter with Clem Holden at Buchanan.



The Long Trail News. Be sure to vote!

Serve! This will probably be my last year serving as the Burlington Section Director. If want to learn more about being a director, please feel free to contact me at 654-7831. Or, better yet, let the Executive Committee know about your interest.