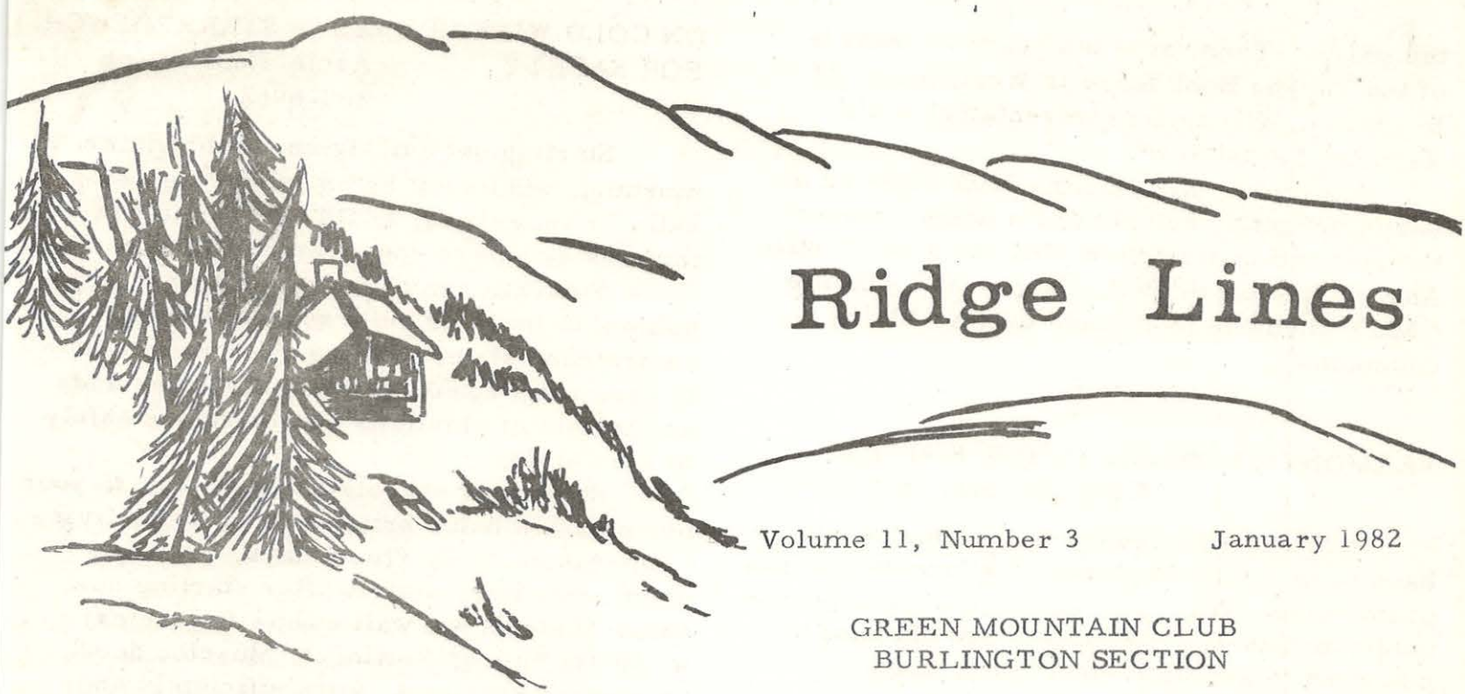


Ridge Lines

Volume 11, Number 3 January 1982

GREEN MOUNTAIN CLUB
BURLINGTON SECTION

PRESIDENTIAL THANK YOU

Andy Squires, President
434-2533

I'd like to take this opportunity to thank all the people who have turned out to work for the section this past summer.

Your contribution of time and energy has made our work season a success. Some of you have worked on shelters, some on trails -- a few have done a lot of work on trails -- and some have provided food for these workers. We really appreciate it all. This is what makes a volunteer organization tick, and we hope that we can count on you to keep us going next year, too.

Thank you.

TAYLOR LODGE VANDALIZED

Keith Edson, Properties
878-5979

The perpetual problem of abuse and destruction of Long Trail shelters reached Taylor Lodge again this fall.

On or about November 22nd, some person or persons present at Taylor removed the chicken wire "porkie screen" from the base of the Lodge. Then they folded the mesh into a pad and placed it on the floor of the shelter. Being ignorant enough to believe this would serve as a fire shield, they proceeded to build a fire upon the floor using bunk boards, picnic tables, and benches as fuel.

The end result, besides the loss of tables, bunks, and benches, was a sizable hole burned through the floor boards and one of the floor joists.

Although I have not had an opportunity to make an on-site assessment of the damage (the storm of December 12, the day we had planned to go in, turned us back), I fear that the repairs will probably consume most, if not all, our shelters' maintenance budget for next year.

A similar report reached me via Rod Rice concerning the outhouse at Duck Brook, which apparently about the same time was subject to the same type of abuse and for the same reason.

These two repair jobs of course will receive top priority in the spring. But what about basic preventative maintenance on our shelters? Perhaps a new roof is needed or creosoting or a few window panes here and there. Where will this money and time come from?

Vandalism is a problem to which there is no apparent solution.

GMC/BURLINGTON SECTION ANNUAL MEETING January 23

Man, Nature, and the World of George Perkins Marsh Tom Brooks 899-2048

Will and Jane Curtis will provide a slide-show program that examines the life of a native Vermonter who traveled extensively as a U. S. congressman and foreign minister and who awoke the world during the 19th century to the disasters confronting it. The meeting will be held at the College Street Congregational Church, Burlington. See attached sheet for details.

George Marsh was a teacher, lawyer, statesman, writer, artist, and diplomat. He was also the grandson of Joseph Marsh, one of Vermont's founding fathers. He was born in 1801 in Woodstock, VT, and died in 1882 while he was ambassador to Italy. His most famous book, Man and Nature, suggested that man was disturbing nature to an extent that would cause the downfall of man himself.

Who are Will and Jane Curtis? Will Curtis, with the capable help of Jane, is probably most known for his Vermont Public Radio and National Public Radio talks on numerous topics dealing with Mother Nature. Topics range from stars and birds to your friendly neighborhood raccoon. . ."and that's the nature of things."

They originally came to Vermont as dairy farmers. This life was continued for

ten years. Then came ten years as owners of the Yankee Book Store in Woodstock, VT. In 1962-3, Will as a representative in the Vermont Legislature.

Don't miss this exciting slide show on a very interesting subject and a unique chance to meet nationally known Will and Jane Curtis. And, while you're at it, share some yummie GMC homemade food made by your hiking companions.

VERMONT'S FORESTS IN THE FUTURE

Corky Magoon 878-2035

In the past few years economic pressures have been placed on Vermont's forests because of increased firewood consumption and because public and private companies are planning to use wood to generate electricity, produce methanol, heat commercial buildings, and fuel industries. Conventional forest industries are developing ways to harvest trees more efficiently and to manufacture products out of smaller and lower quality trees. Vermont is presently using only one-quarter of its annual timber growth. There is still time to decide what uses might best serve Vermont's interests.

In an effort to advise the Governor and General Assembly on forest policy and use, the Vermont Forest Resource Advisory Council has prepared a report that outlines the issues, opportunities, and choices before Vermonters. They are seeking our opinions.

Comments from Vermonters are needed as to whether to rely primarily on supply and demand to determine how much wood should be harvested; whether Vermont should encourage the harvest and use of cull wood until the supply has been substantially reduced; whether the state should encourage forest management with emphasis on 1) growth of wood fiber, 2) growth of prime quality trees, 3) higher priority to wildlife and recreation values than to the production of wood products; whether to encourage the use of wood energy to heat homes, businesses, public buildings, and to produce steam, electricity, methanol, particleboard, or strandboard.

How many of you who burn wood plant trees? A great many woodburning civilizations have completely destroyed their forests (old China, for example) and many others are well on the way (India and many South American countries).

Your opinion is sought and valued concerning the future use of Vermont's forests. Write Forest Resources Advisory Council, Agency of Environmental Conservation, Montpelier 05602.

ON COLD WINTER DAYS -- STRRRRRETCH FOR SAFETY

Arnie Neustaetter 863-6962

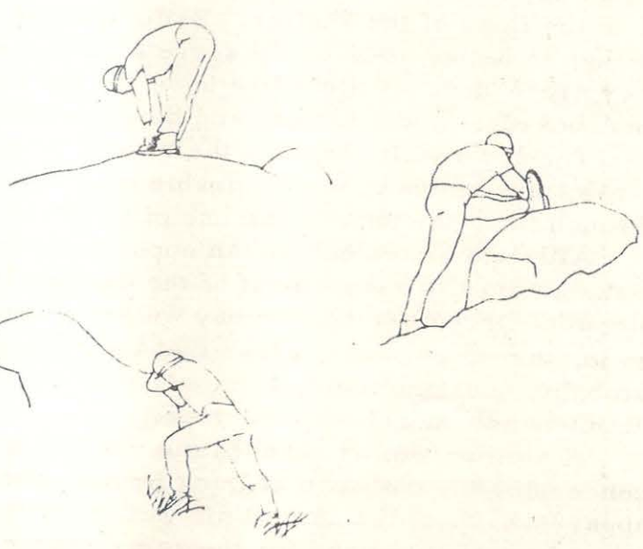
Starting out quickly on a cold winter morning, whether it be on cross-country skiis or snowshoes, could lead to muscle injuries -- unless you stretch first.

Typically, muscles are tight and more subject to tears or pulls when in a cold, unstretched state. Taking a few moments to perform a couple of basic stretches adds an element of elasticity and therefore safety to your outing.

Stretching stimulates blood flow to your muscles and helps bring them up to "working temperature." On frosty days, few of us drive away immediately after starting our cars; instead, we wait awhile for the car to get its "juices flowing." Muscles need the same warm-up to work efficiently and safely.

When stretching, hold the stretch just to the point of pain, then back off a bit until the stretch feels comfortable. Never make bouncing movements when stretching as this may actually make you tighter than when you started. Instead, hold a stretch in a static position for 20 to 30 seconds.

As we get older, especially with disuse, muscles tend to become tighter and less elastic. A regular stretching program can help fight off this tendency. Holding the pictured stretches before outdoor physical activity, followed by slow starts, will give you that added margin of safety for your winter outings.



GRAND MANAN 1981

Irena Case
482-2420

It was supposed to be a two-carload GMC trip for seacoast hiking last summer. A week before our departure date August 5, sign-ups dwindled to two, my ten-year-old daughter and I. We unloaded the gas-guzzling Mercury and reloaded everything in the little Honda Civic.

The second morning we crossed into Canada at St. Stephen. The New Brunswick travel bureau personnel were like little mother hens keeping track of all the tourists. By 12:30 p.m. we were waiting for the ferry in Black's Harbour.

Aspirin, Please

The fine drizzle driven by a brisk wind had raised big waves as the first ship, the "Lady Manan" came into dock. A few individuals disembarked, some with sick smiles on their faces. Grand Manan is an island and rough seas were ahead of us. Two hours after we boarded the ferry, I knew what the other passengers had experienced. The waves were as large as a house, but others did the "oohing and aahing"; I was too seasick.

We came to Grand Manan at North Head Harbour. I was so sick I drove off the ferry without handing in my ticket, realized the mistake, and then tried to back onto the ferry again. At that point Catherine began to show a little concern.

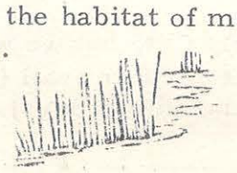
Reaching the campground was like coming home. Mrs. Daggett, the director, offered me an aspirin and said that the fires had been burning all day in the kitchen shelters. Everyone was sympathetic, Catherine cooked supper, and we found friends easy to make from the moment we set foot on Grand Manan.

Herring Weirs and Whales

So what was the hiking like, once there? For day hiking I would say it is very good indeed. There is a lot of variety and no major hills; only cliffs, rocky or sandy shores, and woodland paths where there had been lumbering activities.

One of many highlights of the island was our walk on the North Head trail along the top of a wooded cliff. Streams crossed our path at regular intervals, turning into waterfalls as they plunged to the rocky shore. In one direction we could see herring weirs, and while we looked west into the distance over the blue waters, now and then we could see whales. Below us eider ducks paddled along with almost grown families and cormorants were drying their feathers in the sun. This beautiful trail passes the former summer home of famous Canadian author Willa Cather.

On another occasion Catherine was astonished to see the heaps of scallop shells discarded by fishermen in a marsh that was also a birdwatcher's paradise. Castalia township is the habitat of many varieties of shore birds.



A free ferry took us to neighboring White Head Island. At Gull Cove an old caretaker in charge of the few buildings pointed out a saw-whet owl on a nearby fence post. We had never seen such a sleepy bird; he couldn't keep his eyes open. That day we spent hours playing with sea-polished stones in a cove sheltered from the wind. At Long Point, a large expanse of dark sand was dotted with flocks of white seagulls. They flew off in a whirling cloud as someone with a dirt bike roared through their midst.

Dark Harbour

We had to cross westward, the cliff side, to get to Dark Harbour. It was an awesome sight. Looming up on both sides, like temple walls, were 300-foot cliffs. They were joined, north and south, by a natural breakwater, a pebbly beach perhaps 200 feet wide. In the center before us was a huge pond, a natural reflecting pool that mirrored the scenery all around. Around the sides (as though the dwellings of temple's priests) were little tar-paper fishermen's shacks. Dulse gathering is the main occupation at Dark Harbour.

We found the people of Grand Manan a gentle and resourceful lot, people who have survived in a harsh environment. Not everyone of the inhabitants elects to stay on; we found evidence of the restlessness of the youth. There was beer drinking at night on the dangerous road to Dark Harbour, and we met a 16-year-old at White Head Island. He was homeless and stood clutching his four-week-old Newfoundland puppy in his arms for comfort. He spoke of going to Alberta the next week because he had heard the opportunities were supposed to be good.

Wayfarers All

Traveling home through a congested New Hampshire town, I noticed a blue pickup truck with several people behind us. The truck followed close behind, and once in a while the horn would honk. I couldn't figure it out until the truck finally passed. The back of the truck was covered with canvas to protect camping gear, and inside was a woman with her two children. Ah, the fellowship of the road!

MORE TRAILS AT BOLTON VALLEY

Cross-country skiing enthusiasts will be happy to know that the Bolton Valley trail system has been expanded to approximately 50 miles of trails as a result of the summer's work. According to Gardiner Lane, the "trails -- tracked, rolled, and unrolled wilderness -- offer something for everyone."

GMC'ers can ski for a special $2 rate. In addition to that enticement, there is a warming hut where you'll probably find Gardiner Lane, where you can purchase GMC T-shirts, and where topographical trail maps precisely depicting terrain are available. See you there.

JACK JUMPING

Judy Lance

An Old Sport Makes a Comeback

Back in the old days before the coming of the snowmobile, loggers working in snowy Vermont mountain forests would hurry home at the end of the day by way of a jack jumper. These simple little vehicles were originally made of a barrel stave with a section of log nailed upright in the center and a wooden seat nailed to the log. The logger would sit down, hold onto the sides of the seat, put his feet up in the air, and head down the hill, using his feet for balance and brakes.

In recent years jack jumpers have come to be used for fun and sport. Just about any snow-covered hill will do, and the exercise you'll get climbing back up the hill will give you that indescribable feeling that comes only from physical exertion. Anybody from a pre-schooler to a senior can have fun jack jumping. It takes only a few runs down the hill to "get the hang of it." Since you're sitting close to the ground, you don't have far to fall, and you don't have to worry about getting hurt as long as you don't let the speed get out of control, that is. Jumping can easily be combined with a sledding or tobogganning outing to provide a little variety. It's also a great conversation starter!

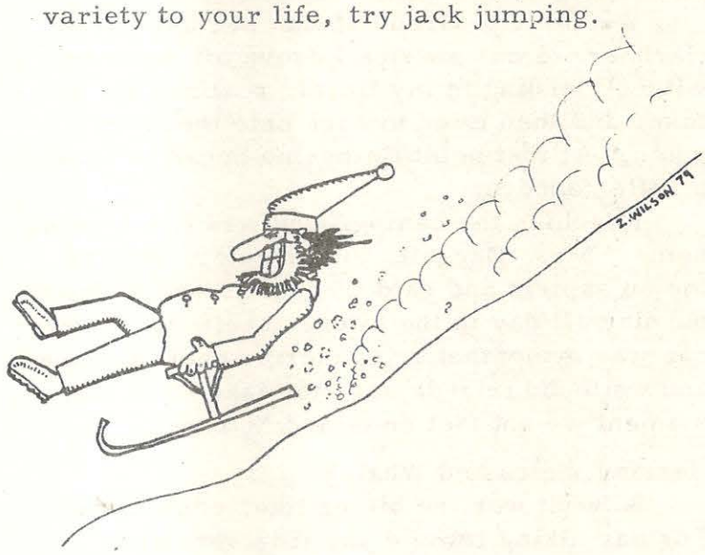
If you have an old downhill ski, you can build your own jack jumper for nothing but a little time and effort. Just attach a section of log to the center of the ski and then attach a board seat to the top of the log. It's a good idea to pad the seat with foam, sheepskin, several layers of wool fabric, or anything else you may have handy. This will help minimize the posterior pain which has been known to result from jumping over bumps.

Jack jumpers come in a wide variety of models, and there is really no fixed design. The use of imagination and creativity is much admired by jumping enthusiasts. Short skis turn more easily than long ones, but a long ski does not sink into the snow as readily. Short skis are lighter and easier to carry back up the hill. A short seat post will lower the center of gravity and give you more stability as will a long ski.

Those of use who don't have the time nor the inclination to put together our own jumpers might try to find a pre-owned one at an antique shop or auction or yard sale. You might even be lucky enough to locate a tandem or low-slung "sports car" model. A fellow in Richmond, VT, James (Jeb) Bush, makes and sells posts and seats that you can mount on your own ski. Jeb used to make for sale beautiful oak jumpers with short, narrow runners with rolled steel bottoms. Unfortunately, he found that the price he had to charge to compensate him for materials and labor was more than the market would bear. There is also a new commercially made jumper on the market made of high-impact plastic.

If you feel you aren't quite ready to become a participant but would like to be a spectator, there are occasions to observe this phenomenon. The Laisdell Hill Jack Jumpers hold an annual race in Jericho off Plains Road. This year's date has not been set, but it will be sometime in February or March. The organizers post notices and have it announced on radio stations. The serious entrants will give you a chance to see "professional" jack jumping. There is also plenty of opportunity for novices to try their hands at the sport. It's a fun day, and spectators are encouraged by the organizers to attend. If you get busy and make your jumper now, you'll have plenty of time to practice and you might even want to enter the race. Smugglers Notch Ski Area holds an annual race, usually in March, as do a couple of ski areas in the southern part of the state. These are not usually very well publicized, so you have to keep your ears tuned and be willing to attend with just a couple days' notice.

If you're feeling a bit of the post-holiday blahs and want to add a little spice and variety to your life, try jack jumping.



NOTES ON COMING EVENTS

The Burlington Section outing schedule mailed in September listed all section events scheduled for October through March. Check the Burlington Free Press for last minute, weekly announcements of time, meeting-place, etc. Call the hike leader listed on the schedule if you need further information.

Adirondack Overnight Jan. 16-17
Cross-country Ski and Backpack
Arnie Newstaetter 863-6962

Following a classic winter route using frozen snow-covered Henderson Lake and the Preston Ponds, we will penetrate deep into the Adirondack wilderness to camp at one of the most remote shelters in the High Peaks.

Skiing is mainly flat, but we will probably have to break our own trail (approximately 14 miles total in two days).

Contact leader Arnie Neustaetter for reservations and information. Group size limited to ten.

Chandler Ridge/Silver Lake Feb. 14
Carlene and Andy Squires
434-2533

We plan to ski either the Chandler Ridge trail or the Leicester Hollow trail. Either trail will lead us to the shore of Silver Lake.

A description of the Leicester Hollow trail is found on page 74 of the GMC "Day Hiker's Guide to Vermont." Chandler Ridge trail is a fairly new trail which follows an oak-covered ridge and offers spectacular views of Lake Dunmore. Details will be available in February.

Adirondak Loj Ski and Fun Weekend
Feb. 26-28 Carlene and Andy Squires
434-2533

There's still space left for Adirondak Loj weekend. At this writing there are bunks for ten more people and a private room for two (extra cost).

The Loj has a variety of trails for skiing and snowshoeing; all sizes of mountains for peak-baggers; lots of good food; and a fireplace to warm you up afterwards. The Mt. Van Hoevenberg Olympic facility is nearby if you prefer groomed trails.

Reservations can be made with a $15 deposit to Andy Squires by January 20. After that date, non-GMC members will be welcome.

1982 OFFICERS NOMINATED

The nominating committee - Pieter Crow, Dot Myer, Carlene Squires (Chairperson) -- has submitted the following slate of officers for election at the Burlington Section annual meeting January 23: Andy Squires, president; Judy Lance, vice-president; Barbara Stevens, secretary; Paul Beebe, treasurer; Arnie Neustaetter, Carlene Squires, trails; Keith Edson, properties; Tom Brooks, recreation; Corky Magoon, membership; Elizabeth Thompson, publicity; Pieter Crow, Dot Myer, outings; Rod Rice, Andy Squires, Ron Whipkey, directors; Judy Lance, alternate director.

NEW MEMBERS

Rose Bloomhardt
864-7903
Elise Palmer
658-0372
Membership

The Burlington Section welcomes the following new members.

Wayne Ellis, RD 2, Box 158, Packard Rd., Jericho, VT 05465; Christine Halpin, P O Box 386, Middlebury, VT 05753; Holly Meystre, 25 Lakeshore Dr., No. 1 Colchester, VT 05446; Cliff White, 83 North St., No. 3, Burlington, VT 05401; Barbara A. Yerrick, 65B Holy Cross Rd., Colchester, VT 05446.

RIDGE LINES

Ridge Lines, the Burlington Section newsletter, is published June, September, January, and March. Send news items to Sally S. Spear, RD 4, Colchester, VT 05446.

We May Lose You Unless --

With this issue Ridge Lines has changed from first class mailing to a third class bulk rate. This reduces mailing costs but also means that issues will no longer be forwarded or returned to us if addresses are incorrect. Don't let us lose you. Notify Ridge Lines or the membership chairperson if you change your address or name.

Thank you to Pieter Crow for information on bulk mailing.

Contributors to this issue: Rose Bloomhardt, Tom Brooks, Irena Case, Keith Edson, Judy Lance, Gardiner Lane, Corky Magoon, Arnie Neustaetter, Sally S. Spear, Andy Squires, Carlene Squires, Elizabeth Thompson, Ann Thornhill.

GMC, BURLINGTON SECTION
Sally S. Spear
RD 4
Colchester, VT 05446

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