

The Long Distance Hiker



The Newsletter of the Appalachian Long Distance Hikers Association

Vol. 29, No. 3

'ALDHA News That Fits We Print Since 1983'

Fall-Winter 2018

INSIDE THIS EDITION:

GATHERING ROUNDUP

■ Photos and related story from ALDHA's 37th annual Gathering. **PAGES 6-9.**



NORTHERN RUCK

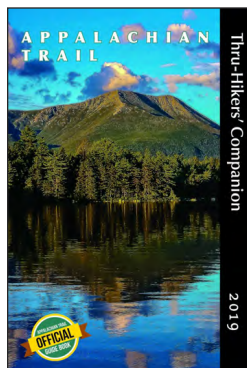
■ An invitation to attend the annual Ruck at Bears Den Hostel. **PAGES 3-4**

GIVE BACK TO A.T.

■ Volunteer for one of our trail work trips: in the North or in the South. **PAGE 4**

HALL OF FAME

■ Get your nominations in for the A.T. Hall of Fame's class of 2019. The deadline is approaching. **PAGE 5**



THE NEW COMPANION

■ It's already for sale: The only official guidebook for A.T. hikers, with new info, data and maps. Proceeds go into the trail. **PAGE 5**

ABOVE AND BEYOND

■ One of the newcomers to ALDHA this past fall is on a mission to hike the Appalachian Trail. **PAGE 8**

MORE INFO: aldha.org



'Billy Goat' holds a new ALDHA award, named in his honor, for having the most hiking miles under his belt at a ceremony at the Gathering. He surpassed the 50,000-mile mark during the past year.

SHIPPENSBURG 2018

Reflections on another classic ALDHA Gathering

By **JIM CHAMBERS**
ALDHA Coordinator

Recognition of 50,000 miles hiked, 50 years of National Scenic Trails, a new A.T. Hall of Fame inductee and the loss of a special friend brought many ALDHA members together for the 37th annual Gathering at Shippensburg University in Pennsylvania.

What started as a warm and rainy week in Shippensburg ended as a wonderful testimonial to those who have truly served ALDHA and the Appalachian Trail — with a little snow thrown in on Sunday morning.

The 37th Gathering didn't just bring hiking friends together for a weekend, this Gathering proved that ALDHA is indeed a Trail Family in every respect.

As a family, we celebrated the accomplishments of our hiking brothers and sisters — in particular the achievement of 50,000 backpacking miles by "Billy Goat" — and we mourned the loss of a dear friend — Earle Towne, a hostel owner in Maine — by celebrating his life and dedication to the trail commu-

Continued on Page 9

The Long Distance Hiker

Fall-Winter 2018

Vol. 29, No. 3

Editor-in-chief
Bill O'Brien

The Long Distance Hiker is published four times each year by ALDHA, the Appalachian Long Distance Hikers Association, a 501(c)3 nonprofit registered in New Hampshire at 10 Benning St., PMB 224, West Lebanon, NH 03784.

Membership is open to all. To sign up, fill out and mail the form on Page 16, or go online to www.aldha.org/join.html.

Email us at info@aldha.org if you have any questions. Our online home page is at <http://www.aldha.org>. For a list of key email addresses, see Page 17.

ALDHA Coordinator
Jim Chambers

Assistant Coordinator
Ron Burger

Treasurer
Jill Byrd

Membership Secretary
Robert Sylvester

Recording Secretary
Sue Spring

At-Large Board Members

Randy Anderson '20

Kenneth Bunning '19

Vera Hurst '20

James Niedbalski '20

Peter Passalacqua '19

Steve Toth '19

2018 Gathering Coordinators

Program: Jim Niedbalski

Facilities: Jim Sample

Outreach Team

Ron Burger, Judy Young, Jim Sample

2019 Companion Editor

Robert Sylvester

Webmaster

Sly Sylvester

Merchandise Coordinator

Mike Wingart

ALDHA Care Coordinator

Jim Chambers

A.T. Museum Representatives

Noel DeCavalcante

Bill O'Brien

ALDHA Grows Coordinators

Peter Passalacqua, Jim Niedbalski

Ken Bunning

DEADLINE FOR NEXT ISSUE: Feb. 15

Mail items to newsletter@aldha.org or to 181 Highland Ave., Meriden, CT 06451

No copy of this newsletter may be posted online in whole or in part without the editor's consent.



'CROOKED STICKS' H. DEAN CLARK

ALDHA Coordinator Jim Chambers chats with Membership Secretary Sly Sylvester at the site of the 2018 Gathering on the Shippensburg University campus in Pennsylvania.

Blazing new lines of communication

As 2018 comes to a close, I am proud to announce the beginning of a new media platform in which we will communicate with our membership.

As we expand our outreach and trail programs, the newly formed "ALDHA Blaze" will give our membership up-to-date information on outreach opportunities, trail work in your region and outdoor events along the A.T.

From ALDHA's coordinator

The "Blaze" will be emailed on a monthly basis to members who have email addresses in our database. If you do not wish to receive these emails, there's an option to unsubscribe. The first Blaze was sent in time to wish everyone season's greetings.

ALDHA is dedicated to bringing the complete trail experience to our membership, and I invite you to bring your vast trail experiences to this organization. Further, I challenge ALDHA's membership to make our 38th year one of our best.

In other news heading into the new year, the A.T. Companion for 2019 will be out as of Dec. 21, the ALDHA Membership Directory is being compiled and work trips are already being lined up for the early part of the year.

Thanks to all who helped make the 2018 Gathering in Shippensburg a success. Isn't it

great to gather with old and new trail friends?

This year we are soliciting an exciting slate of speakers and presenters. It is not too early to start thinking about a workshop that you can present. What is your passion? It is sure to be a fun-filled weekend, especially with your help. The Gathering weekend is a time to socialize, educate and inspire each other about not only the A.T., but also all the other trail gems out there.

Williams College with its gorgeous '62 Center for Theatre and Dance is a wonderful venue and is perfect for some surprising sights and sounds that we have in store for you. Again this year, Eric White will be joining us as campsite host, opening up his field with its wonderful view of Mount Greylock as the fall colors burst forth in their autumn glory.

Mark your new 2019 calendars as the Gathering returns to Columbus Day weekend. The exact dates are Oct. 11-13, with Monday the 14th the holiday. Get the latest updates for the 2019 Gathering here: aldha.org/gathering.

If you have any questions or want more information, please feel free to contact ALDHA's coordinator at coordinator@aldha.org.

Jim Chambers

aka "Just Jim"

ALDHA coordinator



THE 23RD ANNUAL NORTHERN RUCK

Jan. 25-27

Bears Den Hostel, Bluemont, Va.

“It’s a weekend gathering of hikers to talk trail”

We’ll “tuckerize” your pack

Answer your hiking questions

And we’ll have the *2019 Appalachian Trail Thru-Hikers’ Companion*

ATC, PATC, ALDHA, AT Museum folks will be on hand conducting workshops, answering questions and leading discussions on hiking.

The Northern Ruck (“NoRuck”) is a great place to meet A.T. Thru-hikers, 2000-milers, NOBOs and SOBOs who have been there and done it!

We have a Facebook page and group, Northern Ruck, and a website, paruck.com, for the details, or you can call Mike Wingart, “Wing-Heart,” at 443-791-9196

THE NORTHERN RUCK APPROACHES



‘CROOKED STICKS’ H. DEAN CLARK

The sign outside Bears Den Hostel, site of the Northern Ruck.

By **MIKE WINGEART**
“Wing-Heart”

The 23rd annual Northern Ruck will be Jan. 25-27 at Bears Den Hostel in Bluemont, Va.

This is a weekend gathering of hikers to talk trail. We’ll have representatives from ALDHA, ATC, PATC, and the A.T. Museum on hand to answer all of your hiking and trail questions. We will conduct workshops, hike and do a corridor/boundary monitoring work trip. The feature presentation on Saturday night will be Ron Burger’s presentation on the 50th anniversary of the National Trails System Act and ALDHA’s National Scenic Trail Hikes in 2018. This is a great place to meet A.T. thru-hikers, 2,000-Milers, NOBOs, SOBOs and

Flip-Floppers. These hikers have been there and done it! We will “Tuckerize” packs and discuss current issues on the A.T.

We will have the 2019 edition of the Thru-Hikers’ Companion on hand, and the editor, Robert, “Sly” Sylvester, will be there to sign your copy. We’ll even offer a “special” for \$15 in which you will receive an autographed copy of the Companion, a digital copy of it for your phone, plus a one-year membership in ALDHA.

If you have a workshop or presentation for the Northern Ruck please let me know ASAP.

Please visit our website at paruck.com or our Facebook group and page sites for the latest information. Or just call me, trail name “Wing-Heart,” at 443-791-9196. ☐



‘CROOKED STICKS’ H. DEAN CLARK

The crew for the post-Gathering work trip at the Shippensburg 2018 Gathering gets ready to head out Monday morning.

Give back to the trail: Join an ALDHA work trip

By **RON BUNGAY**
ALDHA Work Trip Coordinator

ALDHA will be conducting two boundary work trips in the spring and we are in need of about 12 volunteers for each trip, especially for a work trip in New York.

We need smiling volunteers willing to bushwhack along the boundary of the A.T. to help with our effort to protect the Appalachian Trail corri-

dor. Work involves walking the line — the boundary line, that is — cutting back vegetation, painting yellow blazes and locating survey markers.

We try to have a comfortable place for you to rest your head at night, and delicious food is funded by ALDHA. Speaking of food, a volunteer cook is also needed. The camaraderie is great and you’ll leave knowing that you gave back to the trail.



Here are the dates:

April 28-30 — We’ll rendezvous and stay at the PATC’s Blackburn Trail Center in Round Hill, Va.

May 8-10 — New York/New Jersey area. We’ll likely be working in the Hariman State Park area.

If interested, contact me, ALDHA’s work trip coordinator (trail name “Yellowshoes”), at 410-627-6367 or ronbungay@verizon.net.

A.T. Hall of Fame accepting nominations for class of '19

GARDNERS, Pa. — Nominees for the Appalachian Trail Hall of Fame class of 2019 will be accepted through Jan. 31. The Hall of Fame recognizes those who have made a significant contribution toward establishing and maintaining the roughly 2,190-mile footpath that passes through 14 states from Georgia to Maine.

“Nominees should be people who have made a significant positive contribution to the Appalachian Trail and who have unselfishly devoted their time, energy and resources toward making the Appalachian Trail a national treasure,” said Larry Luxenberg, president of the Appalachian Trail Museum Society, which oversees the Hall of Fame.

Some 36 individuals have been inducted into the Hall of Fame in the first eight years. Their names and biographies can be found on the museum’s website, atmuseum.org.

Nomination criteria and the nominating and selection processes for the 2019 Hall of Fame are as follows:

CRITERIA — Those eligible for inclusion include anyone who has made an exceptional and positive contribution to the A.T. or trail community, either by leadership, inspiration, service, achievement or innovation. This includes, without limitation, pioneers who conceived of and developed the trail; those who organized or directed major trail organizations

like the Appalachian Trail Conservancy and Appalachian Trail clubs; maintaining clubs; longtime trail maintainers; leaders who promoted and protected the A.T.; hikers who have made significant accomplishments; and other persons who have enriched the culture or community of the Appalachian Trail by their association with it. Eligible persons can be living or deceased. The emphasis will be on persons who have made their contribution to the A.T. over a long period, regardless of whether they are still active. Eligibility and selection will be determined without regard to race, creed, color, gender, sexual orientation or national origin.

NOMINATIONS — Nominations will be solicited from throughout the hiking and trail community. The easiest way to submit a nomination is by using the online site at surveymonkey.com/r/B52YFMV. Nominations also may be submitted using the paper nomination form available at tinyurl.com/yd75hey2, or by requesting one from the museum.

A nominator need not be a member of any hiking organization, but he or she may make only one nomination per election cycle. Nominators will be asked to justify their nomination in a brief statement that describes the nominee and why he or she fits the criteria.

DEADLINE — Nominations must be received by Jan. 31. ☐

Sandi Marra to emcee Hall of Fame induction ceremonies at new venue

The 2019 Appalachian Trail Hall of Fame banquet will be Saturday, May 4, at a new venue — the U.S. Army Heritage and Education Center at 950 Soldiers Drive in Carlisle, Pa. The evening will begin with a reception at 6 and dinner at 7.

The master of ceremonies will be Sandi Marra, chairwoman of the board of the Appalachian Trail Conservancy since 2013. Marra is a past president and honorary life member of the Potomac Appalachian Trail Club and has been an A.T. maintainer for more than 30 years.

She has been on the ATC board of directors since October 2008, having previously served six years on its predecessor, the board of managers, where she chaired the membership and development and strategic planning commit-

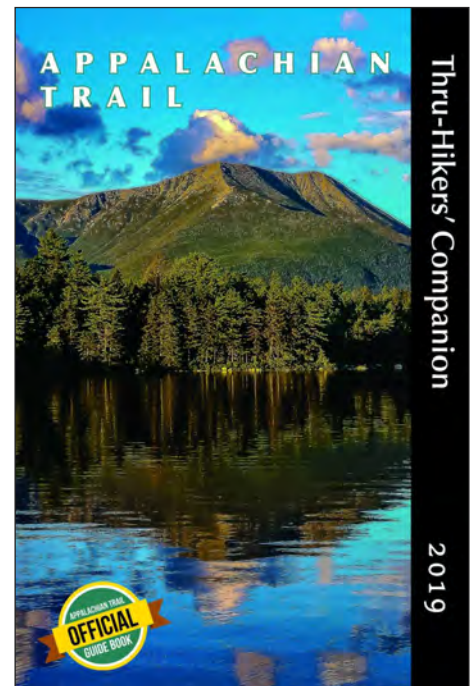


MARRA FACEBOOK

tees. Marra recently retired as chief operating officer of St. Coletta School of Greater Washington after a career in human resources and administration.

Army Heritage and Education Center collects contemporary and historical materials honoring soldiers, past and present. At the 2019 banquet, the museum will honor the 70th anniversary of Earl Shaffer’s first A.T. thru-hike. He tackled the trail in 1948 after serving honorably in the Army during World War II. Shaffer referred to his thru-hike as “walking off the war.”

Tickets to the banquet are now available. Check the museum’s website, atmuseum.org, or email atmbanquet@gmail.com for information.



New Companion is set to go hiking

The 2019 A.T. Thru-Hikers’ Companion is now on sale from the ALDHA Store at aldha.org/store and other venues.

This is the 26th edition of the only official guidebook for A.T. thru-hikers, and it offers up-to-the-minute knowledge of the A.T. from current hikers and trail maintainers — more than three dozen volunteers giving back to hikers and the trail. It provides essential information on hiker-oriented services near the trail. It has new maps, revised tables with new information, and professionally drafted elevation profiles with 2019 data.

The Companion remains the only thru-hiking guide that reflects the perspectives of many different members of the trail community, and the only guide that is produced by nonprofit groups that put all proceeds entirely back into trail-related programs and maintenance. ALDHA, the only organized trail users’ group, compiles the Companion in collaboration with the Appalachian Trail Conservancy, the volunteer-based organization responsible for overseeing management of the trail. Together, they seek to make walking on the A.T. your adventure, or as the late Ed Garvey would say, “the adventure of a lifetime.”

One of the perks of membership in ALDHA is that, for your \$10 family or individual yearly membership fee, you get to download the Companion for free. Visit our website, aldha.org, where you can learn how to get the Companion, either in digital format for free with membership, or by purchasing a soft-cover book for \$14.95. ☐

THE FACES OF SHIPPENSBURG 2018



'Trailangel Mary' Parry is surprised with the presentation of ALDHA's Honorary Life Membership Award.



Vera Hurst and Beverly Murano share a moment at a get-together on the Thursday before the Gathering began.



Newly minted A.T. end-to-enders share the spotlight during the opening session of the 37th Gathering.



Mike and Martha Wingart greet Tom Evans and Sue Spring.



Mike and Jim Sample show off their dual choice of evening wear.



ALDHA Coordinator Jim Chambers paces before the opening session of the 37th Gathering, above, with Randy Hammond of Shippensburg University and Kip Redick in the front row. Below left, Rita Molyneaux, Joe Fennelly, Ron Tipton and Cindy Ross all hiked in 1978, so this was their 40th anniversary. Nathaniel Shank of the A.T. Museum, bottom left corner, and H. Dean Clark, ALDHA's photographer, also posed for pics.



PHOTOS BY
'CROOKED STICKS'
H. DEAN CLARK





PHOTOS BY 'CROOKED STICKS' H. DEAN CLARK

Jacob Valdez, left, at the 2018 Shippensburg Gathering. With him are ALDHA members he met before and during the Friday reception: Andrew Sam, center, and Wayne Greenlaw.

for this NEWCOMER *it's a special* MISSION

By **BILL O'BRIEN**
Editor-in-chief

WHEN YOU'VE BEEN IN ALDHA for a while you get to recognize most returning members at the Gathering, even if you don't know them by name. Throw in a few years as Directory editor and you recognize the names when you hear them, even knowing where they live in some cases.

So when I saw someone pitching his tent near the skating pavilion where registration for the Gathering was set up on Friday, I knew right away he was a newcomer. When I had a chance, I went



over to introduce myself and welcome him to the Gathering. His name was Jacob Valdez, he had flown in from Texas for his first Gathering, and he was thinking of hiking the Appalachian Trail.

"How did you find out about the Gathering?," he was asked. His answer came as a surprise, but only because we sometimes take ourselves as an organization for granted.

Jacob said he was looking around the internet for information on a possible thru-hike, and when he stumbled upon ALDHA, he saw an organization that seemed to know what it was doing. He planned to attend workshops geared toward A.T. newcomers like himself and meet some of the folks he had read about online.

I had the feeling he considered it an honor to be there, at the 37th annual Gathering, meeting folks who have logged, as a group, hundreds of thousands of miles on the A.T. and other trails. In reality, the honor was all ours to have Jacob Valdez join our group and attend the Gathering.

You see, Jacob is a veteran. He served four tours of duty in the U.S. Army, two each in Afghanistan and Iraq. In Afghanistan he took a bullet, entering and exiting one side of his abdomen despite wearing Army-issue body armor. That earned him a Purple Heart; likely not the first member of ALDHA to have earned one, but wait.

He returned to active duty after he recovered, and on a subsequent tour, in Iraq, his vehicle rolled over an improvised explosive device, or IED, and the horrific blast embedded shrapnel in his body, mostly his back, piercing his spine.

Purple Heart No. 2.

In a country where the word hero is sometimes bandied about without regard to its meaning, there is something especially heroic in Jacob's story, because as he was fighting to recover from this latest wound, he was told he might never walk correctly again. Bull, he thought.

The dire prognosis made him fight that much harder, and little by little, he overcame the doubts. He walked around the Gathering (in his new ALDHA ballcap!) without any sign of physical impairment, although when asked, he would show you the scars of that last assault on his body. What better way to recover from such a wound — and from such a war — than to walk the Appalachian Trail. After all, Earl Shaffer did it. And if that's why the first thru-hiker did the trail, why not others, like those in the Hiker Warrior program.

Jacob Valdez may not be the first ALDHA member to have a Purple Heart, but I'm almost certain he's the first to have two. He made several friends during his visit to the Gathering, and I was lucky to be one of them. It was an honor for me to skip the Sunday afternoon sessions so I could give him a ride to the airport for his flight home.

We've kept in touch since then through text messages, including plans for a hike in 2019 on the A.T. somewhere in Virginia with "Medicine Man" and maybe a few others. And on Nov. 11, I made sure to send him a simple text message. It was an image of a Purple Heart and the words: "Thank you for your service." □



PHOTOS BY 'CROOKED STICKS' H. DEAN CLARK

Days of rain before the Gathering saturated the ground around the pavilion near the stream that runs alongside the athletic fields at Shipensburg University, host of the 37th Gathering. It was 2018, which means some folks were celebrating the 40th anniversary of their 1978 thru-hikes (see photo on Page 7). There was also a piano presentation by longtime ALDHA member Karen Berger, below.

GATHERING: Trail family get-together at its best

Continued from Page 1

nity with testimonials and a touching video.

We opened the night with a lovely musical presentation by veteran backpacker and triple-crowner Karen Berger, and continued on Saturday night with an eloquent presentation by another triple-crowner, Cindy Ross, who is also an ALDHA co-founder and former coordinator.

We took note of the A.T. Hall of Fame induction of our own Bob Peoples earlier in the year, and celebrated the 50th anniversary, just a few days before the Gathering, of the National Trails System Act, which forever enshrined the Appalachian Trail and other trails as a national

treasure worthy of public support.

At a glance, the 37th ALDHA Gathering appeared as many Gatherings do: a well-established ALDHA Central with merchandise and ALDHA Outreach materials for our guests and membership, a Hiker Fair with some of our favorite vendors and trail clubs, workshops celebrating the trails of the world, and our traditional post-Gathering trail work trip on Monday morning.

However, if you looked under the surface, the 37th Gathering displayed a certain level of dedication, volunteerism and a keen desire to preserve the founding principles of ALDHA.

Well done ALDHA!



PASSAGES

He wrote the book on building the A.T.

Bob Proudman, 69, was instrumental in setting the standard

One of the most well-known and respected trail stewards of all time died Oct. 18 after a short battle with cancer. Bob Proudman was 69.

He retired in 2017 from the Appalachian Trail Conservancy after nearly 50 years of service to the trail, beginning when he was a 16-year-old trail crew member in the White Mountains of New Hampshire. He rose through the ranks to become the first full-time, club-wide supervisor of trails in 1972 — at age 23.



From 1975-78 he served on the former Appalachian Trail Conference's board of managers. He joined the National Park Service's A.T. Office in 1979,

then went to work for the ATC in 1981.

Proudman helped found the ATC's corridor monitoring program, trail crew programs, ridge-runner and caretaker programs, as well as government-funded procurement programs for removing structures and dams along the trail. Before his retirement from ATC he was operations director for the conservation department, addressing external threats, specialized trail issues, policy and plan development, program safety management, park law enforcement and Search & Rescue operations along the Appalachian mountain range.

He worked nationally and internationally as a consultant, trail designer and recreational safety expert and had extensive outdoor experience as a mountaineer and adventurer. In 2016, he went to Lake Hovskol National Park in Mongolia to assist in park conservation and trail construction, traveling on horseback to remote areas.

But it was two things Proudman will forever be remembered and revered for. He wrote the ATC's handbook, "Appalachian Trail Design, Construction and Maintenance" (1st and 2nd editions), with Bill Birchard and others, which set the standard for structures along the A.T. His influence in this area will be felt from Georgia to Maine for years to come.

And he was a huge mentor to fellow trail stewards and staff members. As the ATC's Laurie Pottteiger pointed out in an online tribute:

"Bob was the person you could go to with



FACEBOOK

Proudman on a hike with Steve Paradis, left, and fellow ATC staffer Tim Schenken at right.



Proudman is seen working on the Garfield Ridge shelter in the White Mountains of New Hampshire in August 1971, when he was 22.

COURTESY HAWK METHENY VIA FACEBOOK

whatever challenges you were facing related to the A.T. and he'd either help you solve them or put them in perspective. He was a good storyteller and good listener, with deep compassion as well as a sense of humor, which made him very approachable. His knowledge and understanding of the A.T. was incredible. He was simply the go-to guy, revered and beloved from Maine to Georgia. If he didn't know the answer, he could tell you which volunteer in which of 31 trail clubs or which agency partner could answer your question or help you get things done. He helped so many others lead effectively."

One lasting memory of Proudman is of him relaxing over a beer after a particularly long ATC board meeting and lending his ear (and advice) to then-board member Sandra Marra, who as always was passionately talking trail. I'd like to think the counsel she received then, and later, from this sage of the mountains has served her well. She is now chairwoman of the ATC board.

A personal favorite story about Proudman in-

volves his early days at the A.T. Project Office in the late '70s. It was Proudman who was dispatched from Harpers Ferry to assess the value of acquiring McAfee's Knob and relocating the A.T. there. It was considered a longshot. At best it would be a brutal legal battle with well-heeled private landowners all along Catawba Mountain, potentially costing millions of dollars to officially secure a scenic landmark that was still not universally known in A.T. circles.

After exploring the area and seeing McAfee's Knob for his first time, Proudman returned to Harpers Ferry and made his report to his superiors. As he related to Sarah Mittlefehldt in her book, "Tangled Roots," Proudman told them: "I have bad news. McAfee's is beautiful."

The rest is history. □

— Bill O'Brien

Memorial donations can be made to the Trail Crew Association (amctca.com) or Appalachian Trail Conservancy (appalachiantrail.org).

HIKERS' MUSE

The late Walkin' Jim Stoltz coined this term when he did a workshop at the 2009 Gathering where hikers could share stories, poems, songs or other musings. Send your creative output, commentary, etc., to newsletter@aldha.org.



Twilight

BY ALLEN POOLE

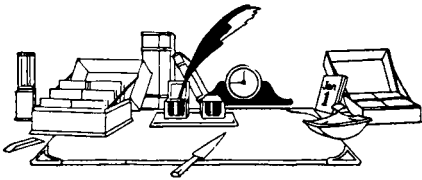
Adieu! and the sun goes awearily down,
The mist creeps up over the sleepy town,
In the valley below, as night draws near,
And the twilight sky reveals the celestial sphere.

Adieu! the years are a broken song,
And the legs are grown tired on the trail so long,
In the night comes the whip-poor-will's refrain,
And the old days never will come again.

Adieu! where the mountains afar are dim,
'Neath the setting sun of Elysium,
Shall not our restless hearts prevail,
That have known the peace of the woodland trail.

Adieu! Some time shall the veil between,
The things that are, and that might have been,
Be folded back for my eyes to see,
And the meaning of all be clear to me.

Adapted from "Twilight" by Edward Elgar, 1910, who wrote his version from "Twilight of Love" by Sir Gilbert Parker. Allen Poole went to his first Gathering in 1984 and became ALDHA's first work trip coordinator in 1986. The North Carolina resident has written a reminiscence of his hiking experiences and his involvement in ALDHA in the '80s for the next edition of *The Long Distance Hiker*.



Minutes of meetings

ALDHA 2018 ANNUAL MEETING

Shippensburg University, Shippensburg, Pa.

Oct. 14, 2018 — DRAFT

I. CALL TO ORDER. The meeting was opened by Coordinator Jim Chambers at 9:02am.

2. BOARD ATTENDEES: ALDHA Officers: Jim Chambers, Coordinator; Ron Burger, Assistant Coordinator; Robert Sylvester, Membership Secretary; Sue Spring, Recording Secretary; and Jill Byrd, Treasurer. At-large Board Members: Bill O'Brien, Ken Bunning, and Jim Niedbalski. (NB: At-large Board Members Bev Murano and Shelly Huskey both resigned from the board prior to the Gathering.) **NON-BOARD ATTENDEES:** Laurie Potteiger, ATC Information Services Manager; Warren Doyle.

3. AMENDMENTS TO AGENDA: The Coordinator's Report was moved from immediately prior to the Election of Officers to immediately after the Election of Officers.

4. APPROVAL OF AGENDA: A motion was made to approve the proposed agenda.

MOTION: To approve the proposed agenda. Motion made by Dennis Webster and seconded by Rush Williamson. Unanimously approved.

5. ALDHA STATEMENT OF PURPOSE: The four-point Statement of Purpose was read by Sue Spring, Recording Secretary.

6. APPROVAL OF MINUTES FROM 2017 GATHERING BUSINESS MEETING: A motion was made to approve the minutes as written.

MOTION: To approve the minutes from the 2017 Gathering Business Meeting. Motion made by Martha Wingart and seconded by Bev Murano. Unanimously approved.

7. Election of Officers

A. Membership Secretary (2-year term)

MOTION: To re-elect Robert "Sly" Sylvester to a two-year term as Membership Secretary. Motion made by Mike Wingart and seconded by Vera Hurst. Unanimously approved.

B. Treasurer (2-year term)

MOTION: To re-elect Jill Byrd to a two-year term as Treasurer. Motion made by Ron Burger and seconded by "Sly" Sylvester. Unanimously approved.

C. Member-at-Large (3 slots for 2-year terms, 2 slots for 1-year term):

ELECTION RESULTS: Jim Niedbalski – 59 votes; Randy Anderson – 59 votes; Vera Hurst – 58 votes; Steve Toth – 48 votes; and Peter Passalacqua – 37 votes.

BOARD RESULTS:

Three-year terms: Niedbalski, Anderson, and



PHOTOS BY "CROOKED STICKS" H. DEAN CLARK

ALDHA members attend the annual business meeting at the 2018 Gathering at Shippensburg University in Pennsylvania on Oct. 14.

Hurst. Two-year terms: Toth and Passalacqua.

8. Coordinators Report Jim Chambers

9. Treasurer's Report Jill Byrd

10. Membership Report Robert Sylvester

11. Companion Report Robert Sylvester

12. Newsletter Report Bill O'Brien

13. Museum Report Larry Luxenberg

14. ATC Report Laurie Potteiger

15. Gathering Coordinator Report Jim Niedbalski

16. ALDHA Outreach Report – 50th Anniv. Nat'l. Scenic Trails Act. Ron Burger

17. ALDHA SAR Ken Bunning

18. ALDHA Work Trip Report Jim Chambers

19. Old Business Jim Chambers

a. It was noted that ALDHA has taken an official stance against the Mountain Valley Pipeline project.

20. New Business Jim Chambers

a. Jim Chambers confirmed the 38th Annual Gathering in 2019 will take place at Williams College in Williamstown, Mass.

b. The 40th Annual Gathering in 2021 will be coordinated by Bill O'Brien.

21. Motions/Resolutions Jim Chambers

MOTION: That ALDHA stop funding for SAR in 2020. Motion made by Warren Doyle and seconded by Jim Niedbalski (for discussion purposes). Motion defeated.

22. Coordinator's Awards Jim Chambers

a. Coordinator's certificates were given to the following people:

(1) Bev Murano – Friday night reception;

(2) Chuck Wood – Campground coordinator and "Metal Man" crafter;

(3) Steve Toth – Hiker Fair coordinator;

(4) Jim Sample – Gathering Facilities coordinator;

(5) Robert Sylvester – Registration coordinator; and

(6) Jim Niedbalski – Gathering coordinator.

b. SAWC T-shirts were given to Mike and Martha Wingart.

c. ALDHA "Metal Man" was given to Robert Sylvester for his work on the ALDHA website.

d. ALDHA "Metal Man" was given to Ron Burger for his work on the 50th Anniversary of the National Scenic Trails Act.

23. Announcements/Closing Remarks Jim Chambers

24. Motion to Adjourn

MOTION: To adjourn the meeting at 11:38 am. Motion made by Martha Wingart and seconded by Dennis Webster. Unanimously approved.

Respectfully submitted,

Sue Spring

ALDHA recording secretary

ALDHA 2018 GATHERING BOARD MEETING

Shippensburg University, Shippensburg, Pa.

Oct. 14, 2018 — DRAFT

I. CALL TO ORDER. The meeting was called to order at 2:45pm. Jim Chambers

II. BOARD ROLL CALL: ALDHA Officers: Jim Chambers, Coordinator; Ron Burger, Assistant Coordinator; Robert Sylvester, Membership Secretary; Sue Spring, Recording Secretary; and Jill Byrd, Treasurer. At-large Board Members: Two-year Board Members – Jim Niedbalski, Randy Anderson, and Vera Hurst; One-year Board Members – Steve Toth and Peter Passalacqua.

III. ADOPTION OF AGENDA: A motion was made to approve the proposed agenda.

MOTION: To adopt the proposed agenda. Motion made by Peter Passalacqua and seconded by Robert Sylvester. Unanimously approved.

IV. APPROVAL OF MINUTES FROM 2018

ALDHA SPRING MEETING: A motion was made to approve the minutes as written.

MOTION: To approve the minutes from the 2018 ALDHA Spring Meeting as written. Motion made by Randy Anderson and seconded by Ken Bunning. Unanimously approved.

V. GUESTS: No guests at meeting.

VI. TREASURER'S REPORT:

Jill Byrd
a) 2018 Gathering Expenses to date: No summary given at this time.

VII. CURRENT/OLD BUSINESS: Jim noted this meeting is primarily intended to address "house-keeping" matters... and to prepare for the November board meeting, scheduled to take place Nov. 17, 2018, at Bears Den Hostel, Va.

a) Welcome Aboard for new Board Members
Jim Chambers

b) Board Information Roster Update: The roster update will contain the following: Name, Trail name, Mailing address, Telephone number and Email address.

c) November ALDHA Board Meeting
Agenda/Deadlines: Jim announced that Nov. 1, 2018, is the deadline for requesting changes to the agenda for the upcoming meeting on Nov. 17, 2018.

d) 2019 Gathering Venue: Jim Niedbalski announced the 2019 Annual ALDHA Gathering is scheduled to take place at Williams College, Williamstown, Mass., on Oct. 11-13, 2019. Jim will be the Facilities Coordinator for the event.

e) ALDHA Logo Use Authorization for Southern Appalachian Work Center: A motion was made to allow appropriate use of the ALDHA logo in this organization's work.

MOTION: To allow the Southern Appalachian Work Center to use the ALDHA logo for outreach materials. Motion made by Jim Niedbalski and seconded by Robert Sylvester. Unanimously approved.

f) Kennebec Ferry Support: Treasurer Jill Byrd



Sly Sylvester, membership secretary

noted there is \$1,000 allocated in the current budget for this use. Jim Chambers told the Treasurer to release this money. Further discussion/support of the project was tabled by Chambers until the Nov. 17, 2018, meeting.

g) ALDHA Newsletter: Randy Anderson commented to the group that the current newsletter is more truly a "magazine," adding that the organization's needs would be better served by a document that was more truly a "newsletter." It was noted that the current website contains a section called "What's New." Vera Hurst spoke in favor of having a monthly online email "blast." Sue Spring suggested the formation of a subcommittee to review the possible options and report back to the board. Jim Chambers said he would speak with Bill O'Brien, the newsletter editor, who was not present for this meeting.

MOTION: To develop a subcommittee to discuss options for how to communicate more effectively with the membership via newsletter or other electronic means and to report back to the 2019 Spring Board Meeting. Motion made by Sue Spring and seconded by Ken Bunning. Unanimously approved.

h) ALDHA Search and Rescue: SAR Coordinator Ken Bunning told the board he has resigned after APPA declined to support the ALDHA SAR work. Ken said that at this time he is willing to "re-up," knowing that former ATC CEO Ron Tip-ton has offered to intercede.... "The doors are not completely closed....," Bunning noted. Chambers asked Bunning to prepare a tentative SAR budget for the November ALDHA board meeting. "We should proceed as if we were going to fully fund the project," Chambers said, adding ALDHA will try to make headway on this project in 2019.

VIII. NEW BUSINESS - ALDHA Coordinator

a) Pay Pal: PayPal had helped ALDHA expand and retain members, Membership Secretary Robert Sylvester said. Regarding technical difficulties with updating of the records, Treasurer Jill Byrd suggested a new membership account be set up with her name on it... and let the cur-

rent account exist until all current names are gradually updated and shifted (or become obsolete) to the new account. Sly and Jill agreed to work together on this process.

b) 2020 Gathering Venue: The 2020 Gathering will take place at the Southwestern Virginia Higher Education Center. Chambers said he will confirm the arrangements/dates with the SVHEC Program Coordinator. Better arrangements for food service are needed, the board agreed. In 2021, the year of the 40th Gathering, Bill O'Brien will be the coordinator of the event, and it is hoped to hold this Gathering at Pipestem, near Concord University in West Virginia.

c) ALDHA Trail Work Program: Coordinator Jim Chambers told the board he put together the booklet on the trail work program, so that the group would have "full transparency" on this topic.

d) ALDHA Care: Jim Chambers told the board he needs help with this effort. Steve Toth offered to help, noting that he does the notebooks now for distribution up and down the trail. Chambers said he will put this matter on the agenda for the November 2018 board meeting.

IX. ANNOUNCEMENTS/PROMINENT FALL MEETING AGENDA ITEMS:

The following items are expected to be placed on the agenda for the November meeting.

- a) 2019 Budgets for all Outreach Programs
- b) 2019 Gathering in Williamstown, Mass.
- c) 2019 Southern and Northern Rucks
- d) 2019 Trail Days
- e) ALDHA Merchandise and Outreach Displays: Jim Chambers and Ron Burger both spoke of improving the group's displays, to "step up our game."
- f) 40th ALDHA Gathering
- g) Request from Waynesboro, Va., officials for a fence around the hiker pavilion. The town's park and recreation department will supply the labor and they wish to use rocks for the enclosure. There is money left over from building the pavilion, it was noted. This item will be placed on the agenda for the November meeting.
- h) The Green Mountain Club of Vermont has requested funding for repair of the tower on Bromley Mountain.
- i) ALDHA "Colors": Recording Secretary Sue Spring suggested developing a set of "colors" for ALDHA. The item will be placed on the November meeting agenda.

j) Other items for the November 2018 meeting agenda include: budget, future gatherings, rucks, merchandise, outreach and Bromley Tower support.

X. MOTION TO ADJOURN: A motion was made to adjourn the meeting.

MOTION: To adjourn the meeting at 4:21 p.m. Motion made by Ken Bunning and seconded by Randy Anderson. Unanimously approved.

Respectfully submitted,
Sue Spring
ALDHA recording secretary



PHOTOS BY "CROOKED STICKS" H. DEAN CLARK

At the Nov. 17, 2018, ALDHA board meeting, from left: Vera Hurst, Steve Toth, Peter Passalacqua, Ken and Mary Beth Bunning, Martha and Mike Wingear, Sue Spring, Jim Niedbalski, Tom Evans, Randy Anderson, Jill Byrd and Jim Chambers.

ALDHA 2018 NOVEMBER BOARD MEETING

**Bears Den Hostel, Bluemont, Va.
Nov. 17, 2018 — DRAFT**

I. CALL TO ORDER. The meeting was called to order at 9 a.m. by Coordinator Jim Chambers.

II. BOARD ROLL CALL: ALDHA Officers: Jim Chambers, Coordinator; Sue Spring, Recording Secretary; and Jill Byrd, Treasurer. At-large Board Members: Two-year Board Members – Jim Niedbalski, Randy Anderson, and Vera Hurst; One-year Board Members – Steve Toth and Peter Passalacqua. Absent: Ron Burger and Robert Sylvester.

III. ADOPTION OF AGENDA: A motion was made to approve the proposed agenda.

MOTION: To adopt the proposed agenda. MADE BY: Randy Anderson. 2ND BY: Vera Hurst. **VOTE:** Unanimously approved.

IV. APPROVAL OF MINUTES FROM THE 2018 ALDHA GATHERING BOARD MEETING: A motion was made to approve the minutes as written.

MOTION: To approve the minutes from the 2018 ALDHA Gathering Board Meeting as written. MADE BY: Peter Passalacqua. 2ND BY: Ken Bunning. **VOTE:** Unanimously approved.

V. GUESTS: Laurie Potteiger, Appalachian Trail Conservancy. Laurie noted the passing of Bob Proudman and the retirement of Karen Lutz.

VI. TREASURER'S REPORT: The report was made by Treasurer Jill Byrd.

a) Final 2018 Gathering Expenses: Jill reported that this Gathering brought in \$9,000, with expenses of \$9,600.

b) 2018 Profit/loss: Jill reported that expenses are expected to come in under the budgeted amount.

c) Line Item Budget Report: Two-page report distributed by Jill Byrd during the meeting.

d) Provisional 2019 Budget: A \$32,600 budget is proposed.

MOTION: To approve 54.5 cents per mile for travel for this meeting not to exceed \$200 for mileage. MADE BY: Jill Byrd. 2ND BY: Randy Anderson. **VOTE:** Unanimously approved.

MOTION: To approve for 2019 ALDHA spring/fall

board meetings mileage expenses as per current IRS regulations. MADE BY: Jill Byrd. 2ND BY: Vera Hurst. **VOTE:** Unanimously approved.

VII. CURRENT/OLD BUSINESS: The following items were presented by the coordinator:

a) 2018 Gathering Review: This item was tabled during the meeting process until Jim Niedbalski arrived, having been delayed due to adverse weather conditions. See Item "f." at the end of this section.

b) 2018 Trail Days Review: Jim Chambers told the board that the Trail Days weekend went well, that the ALDHA tent was well done, that sales were great, that the lunch at the school went well, and that the greenway tent went well. Chambers suggested that there is a need for better signage, with more information given.

c) Executive Officer/Program Coordinator Replacements: Jim Chambers welcomed Vera Hurst, Randy Anderson, and Peter Passalacqua to the board. Chambers said the board should take several short-term replacements which had been mentioned.

d) ALDHA Support of the Kennebec River Operation: Coordinator Jim Chambers told the board this is an opportunity to: (1) Solidify with ATC; (2) Put ALDHA's "money where their mouth is"; and (3) Establish a professional protocol with other organizations. At this time, ALDHA has a three-year contract with ATC, which extends through 2019. Chambers told the board he would put together an award letter to the ATC with the fundamentals of the future award program. A summary of recent donations by ALDHA to ATC is: 2014... \$1,000; 2015... \$3,000; 2016... \$2,000; 2017... \$1,500; and 2018... \$1,500.

MOTION: To provide the ATC with \$3,000 per year for the next three years... to be sent with an award letter. ALDHA is not in favor of hiker donations. Having this in place will help ALDHA plan the award as a percentage of the total budget. The ALDHA logo/name will remain the same, and will be on the distribution list for all reports and meetings. MADE BY: Ken Bunning. 2ND BY: Randy Anderson. **VOTE:** Unanimously approved.

e) Southern Ruck and ALDHA's Participation: Jim Chambers noted that ALDHA's role in the SoRuck has drastically diminished. The relationship with the leadership is "contentious," Chambers said. Also, it is not practical to do trail work

in the area where the SoRuck currently takes place in late January, Chambers noted. Also, merchandise has not sold well by history at the SoRuck. Chambers said he would reach out to Shelly Huskey and "play it by ear."

f) 2018 Gathering Review: Jim Niedbalski noted that Shippensburg University has "limits," notably with respect to "rooms, screens, and laptops." There is a good dining room facility, he noted. For the 2019 Gathering, Jim suggested there be a better "welcome" for "newbies," namely by way of workshops. Jim suggested doing a "coffee hour" at Williamstown. Also, there will be a Friday night chili and hotdog dinner in the barn at Eric White's farm, with a "welcoming committee" on hand. Ken Bunning voiced support for aiming information towards first-timers and newcomers. Mike Wingear suggested the critique sheet be put back in the info packet, not just online. Jim Chambers and Laurie Potteiger spoke about the "2,000-miler certificates," with Jim noting that the ATC is welcome to hand out their certificates at our event.

VIII. NEW BUSINESS: Items in this category were introduced by Coordinator Jim Chambers.

a) 2019 ALDHA "Companion"/Directory: Speaking for "Sly" Sylvester, Jim said the "Companion" is expected to go to press by Thanksgiving. ATC compensation for the "Companion" remains at 4 percent of the net profit.

b) Website Update: Jim Chambers relayed information on this topic for "Sly" Sylvester, the membership secretary, who has played a leadership role in linking ALDHA to the "Wild Apricot" website.

MOTION: (in absentia) To pay "Wild Apricot" \$3,264 for two years of service, to be paid before March 31, 2019. MADE BY: "Sly" Sylvester. 2ND BY: Peter Passalacqua. **VOTE:** Unanimously approved.

c) ALDHA Newsletter (Winter Deadline): Jim Chambers conveyed from Bill O'Brien that the Winter edition of the Newsletter will be ready shortly after Thanksgiving. Also, March 1, 2019 is the deadline for the Spring Newsletter.

d) 2019 ALDHA Tri-fold Outreach Brochure: Jim Chambers conveyed from Bill O'Brien that the publication date for this brochure has not been set. Details regarding officers need to be made clear, as well as choice of a cover photo. A total of 500 copies will be printed.

e) ALDHA Membership Communications Committee: The committee seeks to improve outreach and trail work communications. The committee seeks to create monthly email "blasts." The first "blast" will be published around January 15, 2019, approximately one week before the "NoRuck."

MOTION: To begin a monthly email called the "ALDHA Blaze," to start in January 2019, to increase monthly communication with the ALDHA membership. **MADE BY:** Peter Passalacqua. **2ND BY:** Ken Bunning. **VOTE:** Unanimously approved.

f) ALDHA Merchandise Report: Mike Wingert told the group he would like to step down as Merchandise Coordinator. A profit of roughly \$3,000 has been earned so far this year, Wingert told the group.

g) ALDHA Merchandise/Outreach Display Upgrade: Jim Chambers has applied for two grants for revenue from license plates in North Carolina and Tennessee, seeking a value of \$1,500.

h) ALDHA Care Report/2019 Budget: It is planned to use \$366 from the A.T. Passport Program for ALDHA Care. Monthly plans include the following coverage: January, Georgia; February, none yet planned; March, North Carolina (Hemlock Hollow... Irwin, Tennessee... ATKO); April, Damascus, VA; May, "hit" everything up to Maine.

MOTION: To increase the travel budgets for ALDHA Care, ALDHA Outreach, and ALDHA SAR from \$250 to \$500. **MADE BY:** Peter Passalacqua. **2ND BY:** Vera Hurst. **VOTE:** Unanimously approved.

MOTION: To approve the 2019 ALDHA Care budget as amended. **MADE BY:** Vera Hurst. **2ND BY:** Jim Niedbalski. **VOTE:** Unanimously approved.

MOTION: To approve the 2019 ALDHA Outreach budget as amended (\$6,490). **MADE BY:** Jill Byrd. **2ND BY:** Randy Anderson. **VOTE:** Unanimously approved.

NB – Jim Chambers told the board, "It is important to step up our game in public displays." Chambers has sought grant money for this.

i) ALDHA Outreach Report/2019 Budget: Jim Chambers gave the report. The total budget request is \$3,550. In response to the "Hike the Hill" event planned in Washington, D.C., Feb. 10-14, 2019, the following related motion was passed:

MOTION: ALDHA will refrain from political advocacy. **MADE BY:** Ken Bunning. **2ND BY:** (for discussion purposes): Jim Niedbalski. **VOTE:** "Yes" – Spring, Anderson, Bunning, and Byrd; and "No" – Niedbalski and Passalacqua. Abstentions: Hurst and Toth. **VOTE TALLY RESULT:** Motion passed.

NB – This topic will be included in the Spring Board Meeting agenda, Chambers told the group.

j) ALDHA Trail Work Report/2019 Budget: Jim Chambers reported that three work trips were cancelled due to adverse weather conditions. Rain adversely affected trail work more than boundary work, Jim said.

MOTION: To approve the ALDHA trail work budget (\$3,450.) **MADE BY:** Jill Byrd. **2ND BY:** Ken Bunning. **VOTE:** Unanimously approved.

k) ALDHA Search and Rescue Report/2019 Budget: The report was given by Ken Bunning.

MOTION: To approve the 2019 ALDHA SAR budget as amended. **MADE BY:** Vera Hurst. **2ND BY:** Randy Anderson. **VOTE:** Unanimously approved.

l) ALDHA Photography Expenses: The expenses for using "Flickr" for online photograph storage are covered in the budget, according to Treasurer Jill Byrd.

MOTION: To fund "Flickr" online photograph storage for ALDHA photographs. **MADE BY:** Peter Passalacqua. **2ND BY:** Ken Bunning. **VOTE:** Unanimously approved.

m) VSA (Volunteer Service Agreement) for ALDHA Trail Work/Man-hour Reporting: VSA provides liability coverage, Chambers told the group. The hope is to have three regional representatives. At this time, the South and Northeast are covered, but coverage is needed for Virginia through the mid-Atlantic states, Chambers said.

n) ALDHA Representatives for ATC Partnership Meetings: No notes.

o) ALDHA Representative for ATC Stewardship Council: Hopefully, the group will have a representative to this group within the coming year, Chambers told the board.

p) ALDHA Information Binder Report/2019 Budget: Steve Toth told the board he will come back with a "cost per" for hostel binders. Toth is asking for a \$500 budget amount. He will come back with a price for the spiral-bound format.

MOTION: To approve the ALDHA Information Binder budget for \$500 for 2019. **MADE BY:** Jim Niedbalski. **2ND BY:** Ken Bunning. **VOTE:** Unanimously approved.

q) "Friends of Baxter" State Park update: Sue Spring told the board that FOB continues to "meet" monthly by way of phone calls. Over the past several years the group has found numerous positive ways to organize efforts to improve and control the hike experience in the area of Baxter Peak. A new Visitors Center in Monson is working effectively to serve the hiking community.

r) ALDHA "Colors": Ron Burger communicated that he is interested in formulating an ALDHA A.T. patch. Similarly, Sue Spring has expressed an interest in deciding on "colors" for the organization. At the meeting, Sue showed yarn samples for color ideas, including: "earth" brown, "growth" green, and "sky" blue... in conjunction with a frequently-used patch "border" color of red-orange. A committee was formed to move forward on this for presentation at the ALDHA Spring Board meeting, including: Sue Spring, Ron Burger and Jim Chambers.

+++ ADDED INFORMATION FROM TREASURER INTERJECTED DURING MEETING IN PROGRESS: ALDHA Treasurer Jill Byrd told the board expenses so far this year (2018) have been \$41,894... with an income of \$33,600, which gives a negative balance of \$8,294. The treasurer said the year will end with a "better than break-even balance for this year."+++

s) Protective Fence in Waynesboro, Va.: The ALDHA pavilion has the organization's new sign. Waynesboro crews will handle the installation. A total of \$3,000 was spent for this project.

MOTION: To provide \$2,400 for 310 feet the area adjacent to the Waynesboro pavilion parking lot.

Money to come from the 2018 budget, with the work to be started this year. **MADE BY:** Jill Byrd. **2ND BY:** Peter Passalacqua. **VOTE:** Unanimously approved.

t) Financial Assistance for Green Mountain Club: The board made and approved the following motion:

MOTION: To support the Bromley Observation Tower Replacement project with a one-time donation of \$1,000 from 2018 funds. **MADE BY:** Ken Bunning. **2ND BY:** Vera Hurst. **VOTE:** Unanimously approved.

u) 2019 Trail Days: Jim Chambers is in touch with Tuesday Pope, wherein ALDHA has been charged for our usual site. "Trailangel Mary" has said she will again do the lunch reception at the Rock School. ALDHA will provide two "clickers" for counting the number of people attending lunch.

v) 2019 Gathering in Williamstown, Mass.: The 2019 ALDHA Gathering is scheduled to take place Oct. 11-13, 2019. Scott Lewis from the Williams College Outing Club and Dr. Eric White, landowner for ALDHA tenting/welcoming, will help with local support and planning. University parking passes will be needed for the Gathering. The traditional "bake off" will not be done at this Gathering.

w) 2019 Gathering Team: A Saturday night keynote speaker is needed, Chambers said. "I'll Push You" has been suggested as a possible program. A Campground Coordinator is needed. There will be a hiker fair and a used gear sale.

x) 40th Annual Gathering Update: This item was tabled until the 2019 Spring Board Meeting.

y) ALDHA By-law Review Committee Update: Jim Niedbalski has done some work on the by-laws, and he asked that this item be made "#1" on the Spring Board Meeting agenda. Two suggestions were made for people who might be helpful in reviewing the by-laws: Matt Perinode, an ALDHA member; and Bruce Mattson, a friend of ATC. Vera Hurst, Mike Wingert and Jim Niedbalski also expressed interest in working on the by-laws.

z) ALDHA Appalachian Trail Patch: Tabled to the 2019 Spring Board Meeting.

IX. ANNOUNCEMENTS/PROMINENT SPRING MEETING AGENDA ITEMS:

MOTION: To approve the 2019 ALDHA budget as presented. **MADE BY:** Peter Passalacqua. **2ND BY:** Ken Bunning. **VOTE:** Unanimously approved.

a) 2019 Gathering in Williamstown, Mass.;

b) 2019 Trail Days;

c) ALDHA Outreach and Trail Work Update: to be addressed at 2019 Spring Board Meeting;

d) Friends of Baxter State Park Update;

e) Merchandise/ Outreach Displays; and,

f) 2019 Southern/Northern Ruck Reports.

X. MOTION TO ADJOURN:

MOTION: To adjourn the meeting at 6:20pm. **MADE BY:** Ken Bunning. **2ND BY:** Randy Anderson. **VOTE:** Unanimously approved.

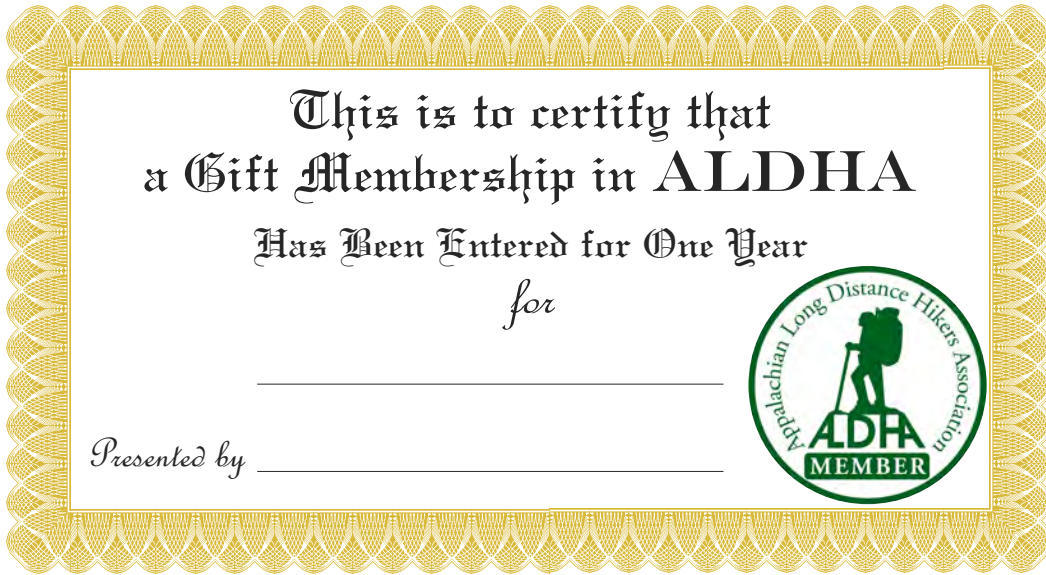
Respectfully submitted,

Sue Spring

ALDHA recording secretary

ALDHA ALMANAC ~ I

Give the gift of an ALDHA membership



Print the certificate at left (in color if possible), trim it around the border, fill in the recipient's name and give it to him/her.

Note: It is sized to fit neatly inside of a No. 6¾ envelope.

... and help our organization grow. It's only \$10, and the recipient may become a member for life. Know someone who's interested in hiking? Simply fill out the form below with the recipient's information (mailing address, email, etc.) and mail that to us with the payment. (Or do it online, <http://bit.ly/2kvMgN2>)

MEMBERSHIP AND GATHERING REGISTRATION

Name(s) _____ Current Member Yes No Date _____ / _____ / _____
 Address _____ City, State, Zip _____
 Telephone (with area code) _____ Email address _____
 Trail name(s) _____
 Trails completed and years they were hiked _____

I would like to help ALDHA with: The Gathering Companion Field Editor Trail Work Publications Publicity ALDHA Care

Memberships are \$10 per family per calendar year or \$200 for lifetime membership. Memberships filed after Sept. 30 will also include the following year.

Number of years _____ x \$10 per year = \$ _____

Lifetime membership \$200 (Does not include yearly Gathering registration fees.)

Gathering Preregistration is \$20 per person, only \$50 for families of 3 or more

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Donations to ALDHA, a registered 501(c)3 nonprofit organization, are tax deductible.

Amount of donation: \$ _____ **Total enclosed:** \$ _____

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Or, register online at <https://secure.jotform.com/form/10562609918> Questions? Email membership@aldha.org

ALDHA ALMANAC ~ II

KEY DATES IN 2019

- JAN. 18-20** — Southern Ruck, Vogel State Park, Blairsville, Ga.
- JAN. 25-27** — Northern Ruck, Bears Den Trail Center, Bluemont, Va.
- MARCH 1-3** — Appalachian Trail Kick-Off, Amicalola Falls State Park, Ga.
- MARCH 4** — Southern Work Trip, Greasy Creek Gap, N.C.
- APRIL 6** — ALDHA Steering Committee Meeting, Bears Den Trail Center, Bluemont, Va.
- APRIL 27-28** — ATC's Flip-Flop Festival, Harpers Ferry, W.Va.
- APRIL 28-30** — ALDHA Work Trip, Blackburn Trail Center, Va.
- MAY 4** — Appalachian Trail Hall of Fame Banquet, Carlisle, Pa.
- MAY 8-10** — ALDHA Work Trip, Harriman State Park area, N.Y.
- MAY 17-19** — Trail Days, Damascus, Va.
- JUNE 1** — National Trails Day
- SEPT. 13-16** — Trails End Festival, Millinocket, Maine
- OCT. 11-13** — 38th ALDHA Gathering, Williams College, Williamstown, Mass.

BOOTS McFARLAND



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Good luck to all members of the A.T. class of 2019.

Where to email officers, other key people

| | | | |
|---|-------------------|--------------------|---------------------------|
| Coordinator | Jim Chambers | "Just Jim" | coordinator@aldha.org |
| Assistant Coordinator | Ron Burger | "Gray Beard" | assistant@aldha.org |
| Treasurer | Jill Byrd | "IWOX" | treasurer@aldha.org |
| Membership Secretary | Robert Sylvester | "Sly" | membership@aldha.org |
| Recording Secretary | Sue Spring | "Mama Lipton" | recording@aldha.org |
| Gathering Program Coordinator | Jim Niedbalski | "High Octane" | program@aldha.org |
| Gathering Facilities Coordinator | Jim Sample | "White Sidewalls" | facilities@aldha.org |
| Gathering Campsite Coordinator | Bob Peoples | "Mini Mart" | campsite@aldha.org |
| Companion Editor | Robert Sylvester | "Sly" | companion@aldha.org |
| Newsletter Editor | Bill O'Brien | "Sprained Rice" | newsletter@aldha.org |
| Website Editor | Robert Sylvester | "Sly" | info@aldha.org |
| Work Trip Coordinator | Ron Bungay | "Yellow Shoes" | worktrip@aldha.org |
| Merchandise Coordinator | Mike Wingart | "Wing-Heart" | merchandise@aldha.org |
| Outreach Coordinator | Ron Burger | "Gray Beard" | outreach@aldha.org |
| ALDHA Care Coordinator | Jim Chambers | "Just Jim" | aldhacare@aldha.org |
| A.T. Museum Representative | Noel DeCavalcante | "Singing Horseman" | museum@aldha.org |
| A.T. Museum Representative | Bill O'Brien | "Sprained Rice" | newsletter@aldha.org |
| Search and Rescue Coordinator | Vacant | | searchandrescue@aldha.org |
| Leave No Trace Coordinator | Ron Burger | "Gray Beard" | leavenotrace@aldha.org |

OUR MISSION

- I**
To represent and promote the welfare of the Appalachian long distance hiking community.
- II**
To provide service in a cooperative spirit with other Appalachian hiking organizations.
- III**
To provide education on the use and preservation of Appalachian long distance trails.
- IV**
To provide opportunities for interaction and camaraderie within the Appalachian long distance hiking community.

| | | | | | |
|---|--|---|---|---|---|
| <p>Test your memory of the previous issue of the newsletter:</p> | <p>1 A new guide-book for A.T. day-hikers in the South was written by this couple from Atlanta.</p> | <p>2 Who finished hiking all 30 trails in the National Trails System on the system's 50th anniversary?</p> | <p>3 Name the long-time ALDHA member and three-time A.T. thru-hiker who died at age 100 on Oct. 6.</p> | <p>4 In which state is the new Southern Appalachian Work Center (created by Jim Chambers) located?</p> | <p>5 Who was given a certificate of appreciation for her work organizing ALDHA's hiker feed at Trail Days?</p> |
|---|--|---|---|---|---|

ALDHA ALMANAC ~ Part III



ALDHA ALWAYS NEEDS VOLUNTEERS TO HELP SET UP AT TRAIL FESTIVALS. EMAIL COORDINATOR@ALDHA.ORG



2018 PHOTOS BY 'CROOKED STICKS' H. DEAN CLARK

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SHOW YOU'RE WITH US

Once you join ALDHA, we hope you'll show everyone you belong to a great organization. We have a membership decal (above) for your vehicle or other prominent spot, as well as other stickers like the iconic "I Brake for Trail Crossings" bumper sticker (see the ALDHA Store), which dates to the late 1980s. And when you sign a register on the trail, by all means let people know you're a member.

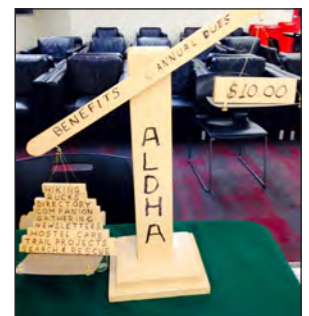
Why Join ALDHA ?

Click the box above to watch a video with the answer to this question.

You can count all the benefits from \$10 dues

In case you've forgotten, the annual \$10 dues goes a long way. You (and your friend) get all these perks:

- Quarterly issues of *The Long Distance Hiker*, the newsletter of our group, which you're reading now.
- Annual Membership Directory listing trail names, locations, email addresses, trails hiked and other info about our members.
- Free digital copy of the Appalachian Trail Thru-Hikers' Companion, the official guidebook for hikes of any length on the A.T.
- Invitation to attend any and all ALDHA events, like the 2,000-miler reception at the ATC Biennial conferences.




BILL O'BRIEN PHOTO


- The chance to buy stuff with the ALDHA logo from the ALDHA Store.
- Free patches for ALDHA trail crews.
- Your dues — but more importantly, your volunteer help — go toward a growing list of trail-related activities that benefit the users of the A.T. — your fellow hikers.

ALDHA ALMANAC ~ Part IV

The Appalachian Long Distance Hikers Association



Authors of the **OFFICIAL** guide to the Appalachian Trail:
THE COMPANION
and host of the 2019 Gathering in Williamstown, Mass., Oct. 11-13



Stop by the ALDHA Tent on the Midway to find out more, or visit aldha.org

Finish the A.T. this year, then come to this fall's Gathering to get a patch, certificate and applause!

HAVE A SAFE AND FUN TRAIL DAYS!

Here's our ad for the 2019 Trail Days program. (The image above is less than half its actual size.)


See us at Trail Days

ALDHA will be in Damascus in full force for Trail Days this year, which is May 17-19. The Hiker Feed that ALDHA puts on for hikers and other Trail Days attendees will be Friday, May 17, at the Rock School. All are welcome.

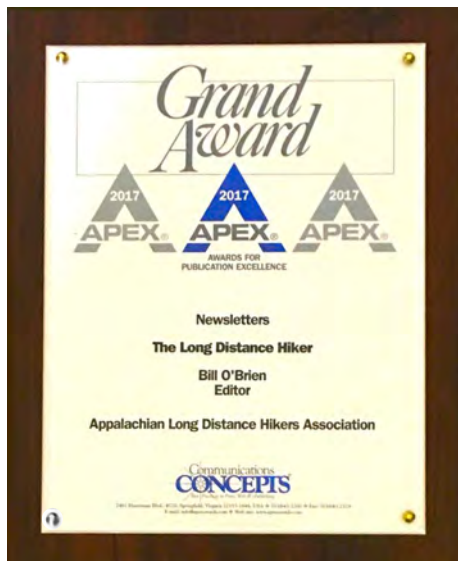
The big ALDHA tent will be set up in its usual spot on the Midway, near the ATC tent. Inside ALDHA's tent you'll find displays that help tell the story of ALDHA and the full complement of merchandise items from the ALDHA Store. It's one of your best chances, outside of the Gathering, to purchase items from the store in person.

And if you're hiking the A.T. this year and you're at Trail Days, by all means stop by our tent and ask for a post card. We'll give you a free post card that you can fill out and address, and we'll mail it for you, complete with a 1st class stamp compliments of ALDHA.

ALDHA
Trail Days
Damascus, Va



**Mom and Dad
123 Family St.
Hometown, US 01234**



One of only four newsletters to win a Grand Award in 2017's national Apex Awards contest.

Deadlines for the newsletter

The newsletter comes out four times a year. Use this guide for deadlines to submit material:

- Spring** — Feb. 15
- Summer** — May 15
- Fall** — Oct. 15
- Winter** — Dec. 15

Please submit written material as plain text in an email. Send photos as high-resolution jpeg attachments to those emails. *Thanks!*

Things we always need: If you see a post on ALDHA's Facebook page or other social media and would like to share it with the rest of us, by all means copy and paste it into an email and send it to us. Want to write up a recent long-distance hike? Tell us how you got permits and resupply items, and include some pictures. We'll run it.

QUICK BRIEFS

Southern Ruck moves to new location in Ga.

The Southern Ruck is set for Jan. 18-20 at Vogel State Park in Blairsville, Ga., a new location this year.

It's a great time for dreamers, hikers and trail friends to gather in a southern location for fun, food and camaraderie.

For details, visit tinyurl.com/yd4d4qw5

The ALDHA Directory is coming ...

Double check your membership status to make sure you won't be left out of the 2019 Membership Directory. Use the form on Page 16 to get caught up on dues and to update your completed trails. For details, email membership@aldha.org.

... As are hostel binder updates

Every year around this time, ALDHA sends out updates for its hostel binders. Basically they're notebooks chock full of information about the various programs that ALDHA has to offer.

If your hostel has had a binder in the past, you'll get an updated packet to insert in the binder. If you're a new hostel owner and don't have a binder from last year, email coordinator@aldha.org to get on the mailing list.

GIVE US YOUR OPINIONS, COMMENTS, INPUT



Like what you see or read? Have a bone to pick with us? Want to have your voice heard? *We'd love to hear from you!* Please email your signed letter to aldha@aol.com and put "newsletter" in the subject line.

JANUARY

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Appalachian Long Distance Hikers Association
10 Benning St., PMB 224
West Lebanon, NH 03784
www.aldha.org

2019



Key Dates to Remember

- Jan. 18-20 Southern Ruck at Vogel State Park, Blairsville, Ga.
- Jan. 25-27 Northern Ruck at Bears Den Hostel, Bluemont, Va.
- March 1-3 Appalachian Trail KickOff, Amicalola Falls, Ga.
- April 6 ALDHA Spring Meeting, Bears Den Hostel, Va.
- April 27-28 ATC's Flip-Flop Festival, Harpers Ferry, W.Va.
- April 28-30 ALDHA Work Trip, Blackburn Trail Center, Va.
- May 4 A.T. Hall of Fame Banquet, Army Center, Carlisle, Pa.
- May 8-10 ALDHA Work Trip, Harriman State Park, N.Y.
- May 17-19 Appalachian Trail Days, Damascus, Va.
- Oct. 11-13 ALDHA's 38th Gathering in Williamstown, Mass.

JULY

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DECEMBER

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APPALACHIAN LONG DISTANCE HIKERS ASSOCIATION
VISIT OUR ONLINE STORE

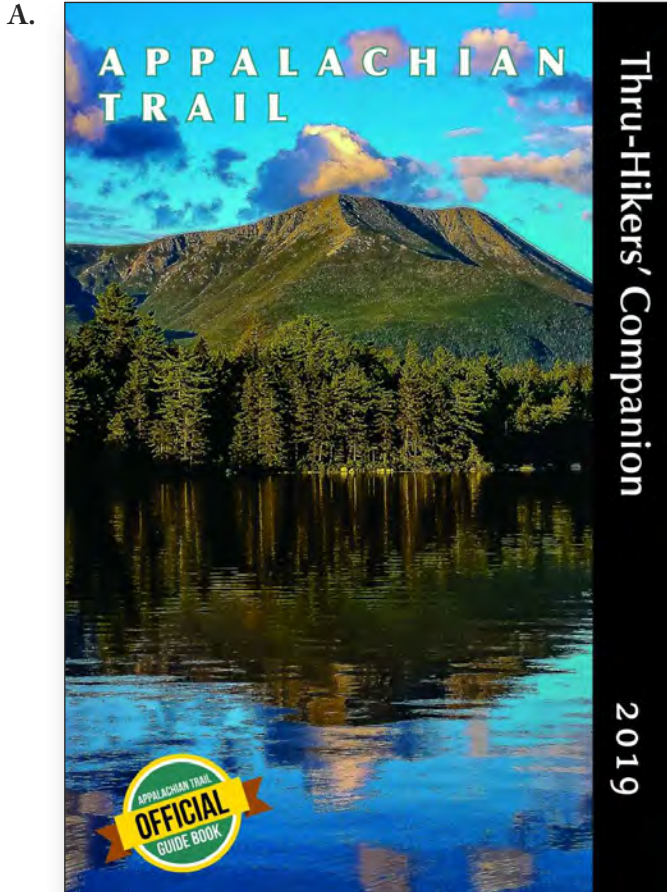


**Your purchases help
support our programs**

www.aldha.org/store



NOTE: THE PREVIOUS PAGE SHOWS PART OF THE ELABORATE STORE DISPLAY BY MERCHANDISE COORDINATOR MIKE WINGEART AT THE 2018 GATHERING.



A. Appalachian Trail Thru-Hikers' Companion: The Official Guide to Hiking the A.T.

Now in its 26th year, the official guidebook for A.T. hikers draws on annual updates from more than three dozen volunteer ALDHA field editors and the staff of the ATC. All proceeds go back into trail programs. Paperback. **\$14.95.**

B. Kitchen Magnets

Remind yourself of you favorite trail organization every time you look at your fridge. Made of wood. In green, blue, red. **\$5.**



MAGNET PHOTOS BY "CROOKED STICKS" DEAN CLARK

A. Appalachian Trail Benchmark Paperweight

A 3¼" diameter benchmark for the Appalachian National Scenic Trail as a handy paperweight. Cast in fine pewter. Felt backing with soft fleece pouch. Comes in a clear viny-covered box. **\$39.**

B. Springer Mountain Benchmark Paperweight

A 3¼" diameter replica of the U.S. Geological Survey benchmark atop Springer Mountain in Georgia, southern terminus of the Appalachian Trail. Cast in fine pewter. Felt backing with soft fleece pouch. Comes in a clear viny-covered box. **\$39.**

C. Mount Katahdin Benchmark Paperweight

A 3¼" diameter replica of the U.S. Geological Survey benchmark atop Mount Katahdin, northern terminus of the Appalachian Trail. Cast in fine pewter. Felt backing with soft fleece pouch. Comes in a clear vinyl-covered box. **\$39.**

D. Springer Mountain Benchmark Pin

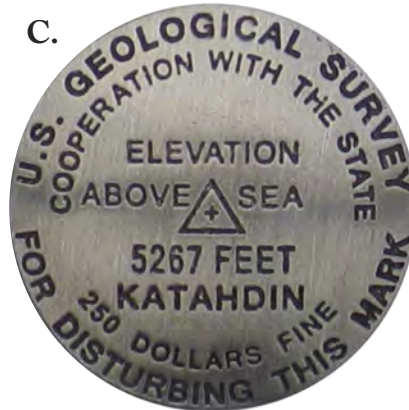
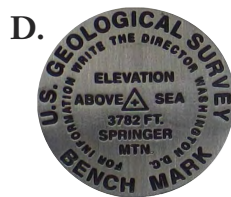
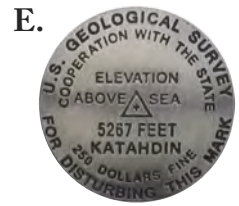
A 1" diameter replica of the USGS benchmark on Springer Mountain. Cast in fine pewter with a military clutch back. **\$10.**

E. Mount Katahdin Benchmark Pin

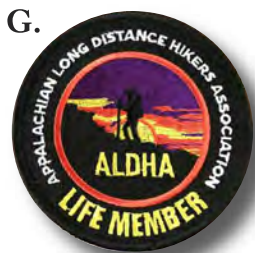
A 1-inch-diameter replica of the USGS benchmark on Mount Katahdin. Cast in fine pewter with a military clutch back. **\$10.**

F. Hat/Lapel Pins

Available in gold, black or silver. **\$4.**



ALDHA Patches



G. H. I. J. K. ALDHA Patches

There's the Work Crew patch, the A.T. Completion patch and the classic ALDHA patch, all to help promote your affiliation with ALDHA. Each patch is 3 inches in diameter. **\$4 apiece.**

T-shirts

www.aldha.org/store

A. & B. These great-looking Tees are soft and comfortable and come in either short-sleeve or long-sleeve. Made from 100% cotton, with the familiar ALDHA logo printed on the front left and back.

Short-sleeve (Sage Green) in S, M, L, XL **\$16**. 2XL **\$18**.

Long-sleeve (Heather Gray) in S, M, L, XL **\$20**. 2XL **\$22**.

C. Moisture Wicking T-Shirts

Fast drying and odor resistant, the Navy short-sleeve shirt and jet black long-sleeve shirt are made of moisture-wicking material and have the ALDHA logo embroidered in white.

Navy short-sleeve in S, M, L, XL. **\$25**. 2XL. **\$27**.

Black long-sleeve in S, M, L, XL. **\$28**. 2XL. **\$30**.



D. 30th Anniversary Reissue of the First Official ALDHA T-Shirt

A reproduction of the original ALDHA T-shirt that came out in 1991. Same cream-colored shirt with design in dark green, only the circular image is on the back this time, and a plain, smaller logo is on the front left-breast area.

Available in S, M, L, XL. **\$16**. 2XL. **\$18**.



ALDHA Work Crew T-shirt
Stand out while working in the woods with this blaze orange work crew T-shirt, with our logo in black.

Available in S, M, L, XL. **\$20**. 2XL. **\$22**.

Hike in Harmony T-shirt
ALDHA's "Hike In Harmony" message on wicking T-shirts, in gold, lime green and bright blue.

Available in S, M, L, XL. **\$20**. 2XL. **\$22**.

ALDHA Care T-shirt
A new T-shirt to show your support for our efforts to help low-cost hiker hostels on the A.T. White letters on black T.

Available in S, M, L, XL. **\$20**. 2XL. **\$22**.

ALDHA SAR T-shirt
Designed to help our Search and Rescue team on the trail, this blaze orange wicking shirt, has our logo and SAR motto.

Available in S, M, L, XL. **\$20**. 2XL. **\$22**.

Polo Shirts, Bandanas & Vest

ALDHA Polo Shirts

Great for casual work settings. 100% cotton. Available in Men's and Women's sizes. S, M, L, XL. **\$30.** 2XL. **\$32.**

A. Hunter Green Polo Shirt

Hunter green with logo embroidered in khaki.

B. Royal Blue Polo Shirt

The ALDHA logo is embroidered in white.

C. White Polo Shirt

White shirt with green embroidered logo.

D. Burgundy Polo Shirt

Polo shirt is burgundy with logo in gold.

E. Dark Navy and Black Polo Shirts

Dark navy and black polos have the logo in silver.

E. Sand Polo Shirt

Sand-colored polo has the logo in burgundy.



G.



G. ALDHA Bandana

100% Cotton ALDHA Bandana in 10 different colors. Choose red, royal, yellow, gold, gray, green, orange, light blue, light pink or purple. **\$5.**

H. Cozy Fleece Vest

Gray fleece vest with black piping and embroidered black ALDHA logo. Available in S, M, L, XL. **\$36.** 2XL. **\$38.**



Hats

www.aldha.org/store

I.



I. ALDHA Ball Cap

This ball cap is pigment-dyed, 100% cotton twill, lightweight, low-profile, unstructured with an adjustable slide closure so one size fits all. **\$15.**

J.



J. ALDHA Structured Hat

Structured hat retains its shape all the time. Off white, black logo, dark green trim and visor. **\$15.**

K.



K. ALDHA Stocking Hat

Perfect for winter, a warm pullover hat, one size fits all. Gray and black knit, with white logo. **\$12.**

Handmade Ceramic Mugs



Detail of the imprint on the mugs



C. ALDHA Ceramic Mug
Back in stock is a new batch of handcrafted ceramic mugs with a stylish ALDHA logo. They were made by Jean Cashin's son. No two are alike. **\$25.**



Stickers & Decals



E. "Hike in Harmony" bumper sticker. **\$2.**

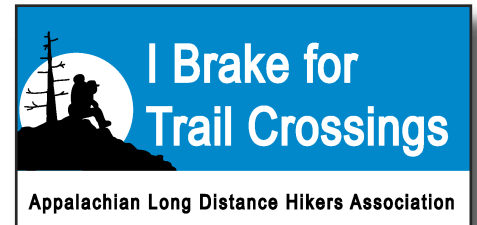
F. Window decal with the ALDHA logo on an orange background. \$2.

G. "I Brake for Trail Crossings" bumper sticker. \$2.



F.

G.

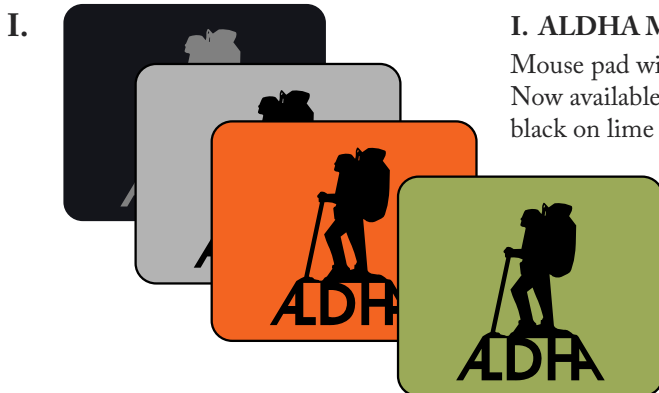


H.

H. The official ALDHA membership decal. \$2.

Pads & Coasters

www.aldha.org/store



I. ALDHA Mouse Pad
Mouse pad with the ALDHA logo imprinted on it. Now available in black on white; black on orange; black on lime green; and white on black. **\$11.**

J. ALDHA Coaster
Absorbent Sandstone coaster, 4 1/4" diameter with the ALDHA logo imprinted in black on white. **\$11.**



J.

A PACK FULL OF ALDHA PROGRAMS



Every fall since 1982, long-distance hikers have been gathering under the banner of trail camaraderie to revisit with their hiking buddies, make new and lasting friendships and share their latest adventures. It's called the Gathering. Visit www.aldha.org/gathering



The Appalachian Trail Thru-Hikers' Companion is an ALDHA guidebook for every hiker on the A.T., and now it's also the official guidebook of the Appalachian Trail Conservancy. It is updated each fall by your fellow hikers. Find out more at aldha.org/companion

The Long Distance Hiker

Published quarterly, our award-winning newsletter is chock full of info about ALDHA, its members and some of the groups it supports, like the A.T. Museum. Submissions are always welcome. The e-edition is in full color and available at aldha.org/newsletter



The World Wide Web didn't feel complete until 1996 when ALDHA put its page on the Internet. We were one of the first groups in the A.T. community to go online. It's gotten a bit crowded in the 23 years since, but we're still going. Check it out at www.aldha.org



There is nothing else quite like it in the A.T. community: Our annual Membership Directory, listing addresses, emails, trails hiked, etc. Indexed by town and trail name, too. (For members only.)



ALDHA has been sending members out to work on the Appalachian Trail for more than 35 years. Dubbed Trail Aid in keeping with that era (1980s), our work trips always go hand in hand with A.T. maintaining clubs. Visit aldha.org/worktrip for the latest dates and join in.



The ALDHA Store is now stocked with a diverse array of ALDHA-themed merchandise, from hats, polo shirts, T-shirts and other apparel to stickers, patches, pins, coasters, mouse pads, mugs and paperweights (above). Proceeds aid programs. Shop at aldha.org/store



Outreach activities over the past few years have seen ALDHA spread its message far and wide at outdoor expositions in Minnesota as well as the usual places like the A.T. Kickoff in Georgia, Trail Days in Virginia and the Trails End Festival in Maine. Stop by to say hi.



If you finish hiking the Appalachian Trail in any given year, head for the fall ALDHA Gathering to get the recognition you deserve from your fellow hikers. You'll be called up on stage to take a bow and receive a completion certificate as well as the nifty patch above.



ALDHA Care has been taken to new heights, including the creation of a logo, patch, T-shirt, exhibit and a website, at www.aldhacare.org. ALDHA Care boxes are delivered to low-cost hostels between Georgia and Maine, and one gets cleaned up every spring.



There are two wintertime A.T. celebrations called Rucks, one in the South and the other in the mid-Atlantic known as the Northern Ruck. Now run by ALDHA, the NoRuck occurs in mid-January, one week before Super Bowl Sunday, at Bears Den Hostel in Virginia.



ALDHA continues to develop its Search and Rescue Team and welcomes any member to join. The first mission was a weeklong search for missing hiker Geraldine Largay in May 2014. More information is on the web, at www.aldha.org/sar.html



Epitomized by a bumper sticker and now a set of wicking T-shirts, ALDHA's **Endangered Services Campaign** has sought to get hikers to follow the rules as they would the white blazes so that services — and the trail itself — remains in place for generations to come.



The Yahoo AT Services Group was created by ALDHA over a decade ago to enhance contact among A.T. service providers such as hostels and stores to share info on problems common to all. To join the private list, email Mark Hudson at mvhudson@gmail.com



ALDHA spreads the word about its many programs in hostels and other locations up and down the A.T. by way of binders that contain information, updated every year, on not just ALDHA but on several other trail-related resources that can be of help to visiting hikers.

SUPPORT THESE PROGRAMS: RENEW YOUR MEMBERSHIP TODAY

WILLIAMS WELCOMES YOU!



WILLIAMS COLLEGE

COME TO THE 38TH ANNUAL ALDHA GATHERING



**OF LONG-DISTANCE
HIKERS, DREAMERS
& FRIENDS**

**Oct. 11-13, 2019,
at Williams College,
Williamstown, Mass.**

Check aldha.org for details