



# STC NEWSLETTER

**“ON FOOT IN POTTER COUNTY”**

P.O. Box 643  
Coudersport, PA 16915

## JANUARY 2007



The purposes of the STC are to build and maintain trails; aid in the conservation of wetlands and wildlife and promote good fellowship through the medium of hiking and nature study.



## WINTER FROLIC FEBRUARY 17

### Saturday Evening:



#### Dinner, Meeting & Program

**Time:** 6:00 pm Dinner

**Place:** Lutheran Parish Hall, corner of Borie Street & Allegany Avenue in Coudersport.

**Dinner:** Catered dinner by Bernie LeFever serving baked stuffed chicken breast and baked ham plus all the trimmings and desert, served buffet style.

**Cost:** \$ 9.50 per person.

### ALL DINNERS SERVED BY ADVANCE REGISTRATION ONLY. Deadline Feb 9.

Use the enclosed registration form and envelope.

After the dinner, there'll be a short monthly business meeting followed by an evening program. Looking forward to seeing you there!



### STC Newsletter still available by e:mail

Some of our members have requested to receive their STC quarterly newsletter by e:mail.

When you renew your membership, you can select the option of receiving the newsletter by e:mail instead of by U.S. Postal mail.



## TIME TO PAY 2007 DUES

It's time to get dues in the mail.



**Dues:** \$5.00 individual or \$10.00 family membership.

Check the date on your mailing address label. You must renew if it says "Last Pd Dues 2006". Also, consider a gift membership for a friend.

We have again provided an addressed envelope to help remind you to return them promptly. You may combine dues with Winter Frolic reservations on the same check, made payable to "The Susquehannock Trail Club", using the form included in this newsletter.

Send in those dues **now** so we can keep you on the club membership roll, plus you'll continue to receive the STC Quarterly Newsletter.



### Welcome to New Members since September:

William & Nancy Trendru & Family, Coudersport, Pa.

Joe & Eppy Bailey, Coudersport, Pa.

Gary & Dale Grubb, Hightstown, N. J.

Jeff & Joann Nelson, Waterford, Pa.

Meghann Burke/Michelle Lane, Frenchtown, N.J.

Stewart Young Family, Coudersport, Pa.





## Trail Work Weekends planned in 2007

by Bill Boyd



We plan to hold perhaps a couple of trail-work weekends next year, probably in April/May. So if members can spend a few hours,

a day, or a weekend doing some trail work, it will go a long way toward keeping our trail in good condition. If you are a trail-maintainer, and your section, or any section, needs some work, please contact the club by early spring, so we can work out the details. Hikers are also urged to report on clearing or repair that needs done. Chores will include lots of brush-nipping, debris-tossing, blaze-painting, and probably some chainsaw work, so it should be a good time for all. You can contact Bill Boyd at [billboyd@pennswoods.net](mailto:billboyd@pennswoods.net) or write to club address Susquehannock Trail Club, P.O. Box 643, Coudersport, PA 16915.



## 2006 STS Trail Maintenance

by Bill Boyd



Summary of trail work for the year: 343.5 hrs. doing trail maintenance and 109 hrs. of travel time.

Trail workers included:

Charles Kern, Richard Wolf, and scouts from Troop 32; Richard Wolf, Brandon Weldon, Dennis Bream, Anthony, Andy and Adam Salek, Ed Vandergrift, Wayne Baumann, Curt Wunderlick, John Krum, Brian Sheets, Zack Wenrich, and scouts Nathan Sheets, Rob Fidler, and Mike Zombro; Jack Wunderlick, John Fram, Doug Macy, Raymond Buck, Roger Buck, Cliff Wood, Sally Smith, Tom Leete, Donna Batterson, Lowell and Barb Luft, Gary and Alice Buchanan, and scouts from Troop 536; Bernie and Jake Goch, and Bill Boyd.



## Step Away from the Automobile

By Tim Schlitzer

Much of my childhood was spent looking out a car window as we traveled around the country to places my parents planned for us to visit. As I peered out the window, wondrous places in between passed my eyes shouting for me to stop and take time to enjoy what they had to offer. I often asked my parents to pull over “*hey I want to see that*” but the response was, “*we have to get to where we are going.*” They would say when you have your own car you can stop wherever you want.

As I grew older, I saved for that first car like so many other American teenagers. And the freedom it brought was all that it promised and more. Starting my own family and traveling to see friends and family as well as traveling the country for my job had me rushing off to distant places just as I had as a child. But something was missing. Those places in between still called out for me to stop and see what I was missing.

My first taste of real freedom came in Vermont as my wife and I (out of shape but determined) pedaled our bicycles aimlessly around the state seeing sights on our own power. Oh the stress of leaving the car in some parking lot for a week as we traveled unaided around the Green Mountain State. Would someone break into our car? Would they steal the tires? Would they steal the car? On the last few days of the trip my wife joked that she secretly hoped someone did steal the car, then we could ride our bike all the way home to New Jersey.

It just was a notion that would not get out of our heads. From that day forward we have tried to do everything possible to leave our car behind. Our car-less adventures have led us to many places that include hiking the Susquehannock Trail, backpacking across Spain, biking to family picnics, riding bikes to this year’s STC Camporee and our ultimate car-less journey, a seven-week cross-country bike trip as a family starting in Los Angeles and riding back to the New Jersey shore.

Beyond the obvious health benefits (I have dropped 50 lbs slowly over the last 15 years), this freedom from our car has shown us so many sites we would not have seen driving by at 55 MPH. It has also introduced us to the richness of meeting people

along the route interested in where we are heading and where we have come from.

Our latest idea has been to connect our work related travel to our goals of getting away from our car. This past month while traveling to a conference in the San Francisco area my wife Jackie and I participated in the Pacific Coast Trail Run. An event whose slogan is "Runs that Aren't Races In Beautiful Places". And wow were they right. Our 30K trek took us along an amazing visual tour of the north coast of California following the Coastal Trail, Dipsea Trail and Redwood Creek Trail from Stinson Beach to John Muir Beach. We climbed up and over two mountains and could see the Golden Gate Bridge from the top as well as breathtaking views of the ocean.

This event promotes that while awards are given to the top finishers, the event is designed to be non-competitive, encourage the enjoyment of trail running, emphasize personal achievement, and to just have "serious fun". It also offers distance options ranging from 12K, 20K, 30K and 50K. You can learn more on their website at [www.pctrailruns.com](http://www.pctrailruns.com)

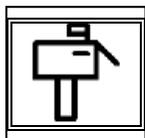
While life goes by at a million miles per second, we are learning to slow things down and enjoy what we would normally miss strapped behind the wheel of our automobile. My parents always said that once I was old enough I could stop where I wanted, they were right!

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## HAPPY NEW YEAR

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### MARCH 14, 2007: NEXT NEWSLETTER DEADLINE



Please have your information in the mail by March 14, 2007 to:  
Roxanne McMillan

STC Newsletter Editor  
P.O. Box 427, Landisville, PA. 17538  
Or e:mail [roxanne\\_mcmillan@hotmail.com](mailto:roxanne_mcmillan@hotmail.com)

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## ALONG THE TRAIL...by Wil Ahn

### DON'T MOVE FIREWOOD

The USDA Forest Service-Northeastern Area has recently put on a full-scale advertising campaign concerning invasive pests in firewood. A full-page color ad "Don't Move Firewood" appears in the 2006 Fall Issue of Pennsylvania Forests magazines. Campers are advised our forests are threatened by non-native insects that can kill large numbers of trees. Three recently introduced insects – emerald ash borer, Asian long horned beetle, and sirex woodwasp are wood infesting species that can be transported long distances in firewood.

Once transported into new areas, these insects can become established and kill local trees. WE MUST STOP THE SPREAD OF THESE INSECTS and protect our forests and trees. Here is how you can help: •Leave firewood at home, do not transport it to campgrounds or parks. •Use firewood from local sources. •If you have moved firewood, burn all of it before leaving your campsite.

Your cooperation is important and needed.

### CHUCK DILLON DOES IT AGAIN

Chuck Dillon lives in the village of Ansonia in Tioga County, Pa. and operates Pine Creek Outfitters, Inc., guiding canoe, raft, and bicycle trips and natural history hikes. Author of Guide to the Susquehannock Trail System, he recently produced an updated version of Short Hikes in Pa. Grand Canyon. Curt Weinhold's color photo of the canyon is on the cover. This book describes 44 short hikes and weekend backpacking trips. The book is an excellent source of detailed information and maps for your enjoyment in the Tioga State Forest.

You may purchase this book Short Hikes in Pa. Grand Canyon from our STC Secretary for the price of \$14.95 plus \$3.50 postage. In addition to personal use, it makes a nice gift for a hiking friend. We highly recommend this 181 page book.

(Along the Trail - Continued on next page)

(Along the Trail .... continued)

## **🌲 FORGOTTEN FOREST**

Some members in the STC like to keep me informed on articles or happenings in our North central Pennsylvania forest land, especially Potter and Tioga Counties. I recently heard from members Bob Bernhardt, Wellsboro, Pa. and Francis Clark of DuBois, Pa. Both avid readers and subscribers to Smithsonian Magazine, they sent me pages removed from the publication of the February 2006 issue in which appeared an article "*Forgotten Forest*", by Ronald E. Ostman, Professor at Cornell University, and Harry Littell, from Tonkins Cortland Community College. It tells a most interesting story about photographic plates discovered in a dusty shed depicting life in the Penna. Big Woods logging camps over a hundred years ago. When the photographic plates were first discovered by Lois Barden in an old shed near Rochester, N.Y., they were thought to be dusty old window panes.

The story centers on William T. Clarke, a photographer who roamed backwoods logging camps taking photos of every day life of the loggers or "wood hicks" as they were called and their families. Dates scratched on the plates went back to 1897-98. Born in New York in 1859, Clarke attended Yale University, but because of poor health he was advised by his doctor to go to the Big Woods of Penna to rest and recuperate.

He stayed in Conrad, Potter County Pa., and roamed the camps and work places of the loggers photographing their work and leisure time. Many of his photos included families of the loggers who lived and stayed with their men in the camps. Clarke died in 1930 at the age of 71.

It is remarkable the salvaged plates in the hands of experts Ostman & Littell have kept alive history of logging in Potter County over 100 years ago. I thoroughly enjoyed the article knowing that you and I and other hikers walk through the very same territory on the STS where Clarke took his pictures: The Hammersley, Wild Boy, East Fork, Cross Fork, Conrad and now reforested, sleepy little villages which were once a bee-hive of activity.

To top it off the PA Lumber Museum on Route 6 across from the Denton Hill Ski area arranged with Ostman & Littell to attend the Lumber Museum

Associates annual meeting on Sunday, Oct. 22, 2006 and show their collection of historic photos taken by Clarke of the loggers and their families. They were much appreciated by lovers of the "Big Woods" and early logging days.

Thanks Bob and Francis for sharing with us and the PA Lumber Museum for arranging the slide program and guest speaker.

## **🌲 OLD TIMERS - GONE BUT NOT FORGOTTEN**

It has been a pleasure over the years to know well and associate with Regina "Jeanne" Knowles from Ulysses, Pa. and Lewis "Lew" Baker, West Pike, Pa. Jeanne Knowles passed away on November 20 at age 86. Lew Baker died on December 5 at age 95. Both were very early members of the STC when it was formed back in 1967.

Jeanne Knowles, wife of Bob H. Knowles, was an active member in her younger days, fun loving, very popular with our members and always ready to do her part in Club Activities. She is survived by husband, Bob.

Lew Baker, his wife Jeanette, and daughter Lois Morey, our STC archivist, were the first family to hike the entire 85 mile STS in a series of hikes between May 4, 1969 to October 25, 1969, thus earning numbers 1, 2 and 3 Circuit Hiker Awards. Lew, during his time as an STC member, served as Vice President and on the Advisory Committee. An ardent outdoorsman, hunter, hiker and fisherman, he was also an excellent mechanic and gardener. Lew was instrumental in the building and rebuilding of the "Ten Pines" cable type footbridge crossing the Kettle Creek at Cross Fork on the STS.

The STC held its first Camporee on the Baker's property along the Pine Creek on July 17-18, 1971. Lew was also known for many years for the excellent production of maple syrup, with the maple sap tapped and collected on the Baker property.

Yes, we will miss our friends Jeanne and Lew, but many of us will not forget them.



**SEE YOU ALONG THE TRAIL  
Wil**

**Detach and mail in this form:**

**2007 Dues / Winter Frolic Reservation Form \*\***

NAME: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Check only one box:

Send me the STC newsletter in the U.S. Postal mail to the address above.

Send me the STC newsletter by e:mail.

Note: If you sign up for the newsletter by e:mail you will no longer receive a copy in the US postal mail.

Here is my e:mail address: \_\_\_\_\_

2007 Membership Dues = \_\_\_\_\_  
\$10.00 family..... \$5.00 individual

Gift Membership for: = \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\$10.00 family                      \$5.00 individual

Winter Frolic  
\_\_\_ Meals at \$9.50 each = \_\_\_\_\_

**Total amount enclosed** = \_\_\_\_\_

Make checks payable to "Susquehannock Trail Club".  
Mail to P.O. Box 643, Coudersport, PA 16915

**NOTE:**    **\*\*Deadline for dinner reservations is February 9, 2007**





**Susquehannock Trail Club**  
**P.O. Box 643**  
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## Report on 2006 HIKES from Bill Boyd



We had 21 successful hikes, with a total of 62 individual (not repeat) hikers. Carl and Bonnie Davis had the most hikers, at 16, on their hike up Mt. Tom, at Ansonia. Sunday hikes, although a little shorter, drew a lot more participants than Saturday hikes did. Therefore, we probably will tend to schedule more Sunday hikes this next season.

### 9-Grain bread recipe brought to the trail club's 2006 holiday party.

Courtesy of: Whole Grain Breads by machine or hand, Beatrice Ojakangasm, provided here by Jackie Schlitzer

For a 1 lb loaf (the book also gives 1 ½ lb and 2 lb versions):

**2/3 c.** water

**3/4 t.** salt *\*(sea salt)*

**1 T.** canola oil *\*(light olive oil)*

**2 T.** honey *\*(agave nectar)*

**1/4 c.** sunflower seeds *\*(roasted & unsalted seeds)*

**1/8 c.** whole golden flax seeds *\*(this is not listed in Ms. Ojakangas' recipe)*

**1/2 c.** 8-grain or other multigrain flour *\*(9-grain flour)*

**1½ c.** bread flour *\*(organic white bread flour or King Arthur brand or for a denser, healthier version substitute with whole wheat bread flour)*

**1 t.** active dry or rapid-rising yeast

*\*Note: the items listed in italics are my substitutions/preferences.*

Due to space limitations in the newsletter it's best to e-mail me if you would like the step-by-step instructions for making this delicious bread. Please send your request to: Jackie Schlitzer @ [ntcoop@mac.com](mailto:ntcoop@mac.com) and be sure to note if you need the by hand, electric mixer, food processor or bread machine version (feel free to request the larger recipe conversions too).

Wishing you a delightful bread making experience! Jackie

