



SUSQUEHANNOCK HIKER

On Foot in Potter County...God's Country



Fall 2014

PO Box 643 • Coudersport, PA 16915 • www.stc-hike.org • info@stc-hike.org

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.

The Susquehannock Trail Club's

ANNUAL WILD GAME/HARVEST DINNER

Saturday, October 11, 2014 @ 5:00 PM

Gold Church in Gold, PA



This covered dish dinner is always a great feast and one we look forward to each year. Fare consists of delicious recipes made from wild game and plants harvested from the great outdoors, as well as a few dishes made from prepackaged foods. There will be



main dishes and desserts, wild and domestic meats, fish, vegetables, fruits, pie and cakes. There is always a great variety of wild food for all to enjoy.

This year's program is the documentary *Appalachian impressions -- Hiking the Appalachian Trail from Georgia to Maine*. We plan to watch the first half at the dinner and if people are interested we can continue with the second half afterward. Each half is about 1 hour long.

We hope to see you there! ☞

Updating the Constitution

In the summer 2014 edition of the *Susquehannock Hiker* we announced that the club was revising our constitution and by-laws, which requires the vote of the entire membership to go into effect. A major change is the proposed elimination of the Individual Junior Membership, for ages 14-17, which was rarely, if ever used. An Individual Junior Member can vote but not hold office. A Family Membership has only two votes regardless of the ages and number of the children included in the membership.

To our amazement, only one person has offered any comments. For members who would like to propose other changes, we have decided to postpone the voting until the Winter edition of the *Susquehannock Hiker* is published.

If you would like to review the proposed changes, you can read them in the Summer 2014 *Susquehannock Hiker* online at www.stc-hike.org/Newsletter or by contacting the club at info@stc-hike.org, or by mailing us at PO Box 643, Coudersport, PA 16915. ☞

Portable Trail Equipment Storage

By Bill Boyd, Chairman, STC Maintenance Committee



Photo By Lois Morey

The club has recently purchased a brand-new 8-foot trailer for storage and transportation of trail maintenance equipment such as chain saws, loppers, marking paint, the brush mower, and the fuel and oil for the various engines. This vehicle will make it much more convenient to carry the items needed for a work project out to the job site. Many thanks to Bill Boyd for selecting the trailer and equipping it with storage shelves; and to Joe Allis for the fine identifying artwork on the outside. ☞

Trail Maintenance Report

By Bill Boyd, Chairman, STC Maintenance Committee

July 2014

Tom Shatto led Joe Boyd, Brandon Burrell, and Kameron Lepold on a trail clearing trip through the West Branch Connector Trail.

At our annual Camporee, Bob Bernhardt, Bill Boyd, Jack Buckwalter, Kevin Busko, Tom Fitzgerald, Art Huber, Wanda Shirk, and John Zimmer continued digging in a new footpath in lower Long Hollow. This bypasses the original section of CCC trail which hugs the streambed, and has been washed out repeatedly with flash floods over the years. (The old trail is also a garden of nettles.)

The following day, Helen Bernhardt, Roxanne McMillan, and Wanda Shirk did some clearing in Impson Hollow; and Bill Boyd and John Zimmer erected a sign for the Lieb Run Trail along the Shephard Road.

Chuck and Mary Dundon did clearing on the East Fork Connector Trail.

Lowell and Barb Luft cleared the STS from the Short Run Road to Ole Bull Park, and Bill Boyd mowed a part of the Frazier Farm Trail in that section with a heavy-duty Swisher mower. Bill also mowed the Hribar Route and part of the Plantation Trail.

Mark and Denise Kelly cleared blowdowns and laurel on the STS south of Ole Bull.

Joe Allis kept busy all month mowing and clearing areas on several trails, both on and off the STS. They included the Ridge, Ahn, Splash Dam, Palmatier, Township, Jacob, Duck Pond Loop, and White Line trails.

August 2014

Bill Boyd mowed around the Northern Gateway and other STS road crossing signs.

Joe Allis and Jerry Johnston mowed the Shinglebolt Hollow Woods Road, while Bill Boyd and John Zimmer mowed the Camp Beaver Woods Road. Both woods roads are part of the East Fork Connector Trail.

Joe Allis did more mowing and clearing on the Ridge, Township, and Jacob trails.

September 2014

Bill Boyd, Jerry Johnston, and John Zimmer mowed and cleared from 12-Mile Road to Big Springs Road.

Mark and Denise Kelly cleared trail in Impson Hollow.

Chuck and Mary Dundon did some clearing on the old Boone Road and Camp Beaver Woods Road, parts of the East Fork Connector Trail.

Joe Allis, Wayne Baumann, Bill Boyd, Chuck and Mary Dundon, Art Huber, Dan and Sue McDermitt, Andy Salek, and Wanda Shirk, cleared the White Line and Splash Dam trails.

Also, the club built and donated a second picnic table to Ole Bull State Park at Camporee time. This is our way of saying thanks for the accommodations. Cost to each member for this was about 40 cents.

Through a cooperative effort with DCNR, we now have a large, off road, graveled parking area on the Sunken Branch Road at the upper STS crossing. The Susquehannock Forest District put in the base and our club supplied the top dressing gravel. ☛



Welcome New Members

By Lois Morey, STC Secretary

We have several new members who are here to support the trail system and hiking in general. They are:

Jack & Diana Buckwalter
Halifax, PA

Jean Sereno
Westfield, PA

Daniel Flynn
Williamsport, PA

Agatha Tucker
Cameron Mills, NY

Frank Dougherty
Millerstown, PA

Leah Wakley
Lawrenceville, PA

Joanna Heimer
Jersey Shore, PA



STS Circuit Hiker Award

Congratulations to the following for completing the entire STS and earning the Circuit Hiker Award!

1082 Matthew Teeter
Martinsburg, PA

1084 John Armstrong
Pittsburgh, PA

1083 Robert Sutton
Buffalo Mills, PA

1085 Tom Busse
Pittsburgh, PA

For information on the Circuit Hiker Award, contact the Susquehannock Trail Club at PO Box 643, Coudersport, PA 16915, or email us at info@stc-hike.org. ☛

The Sutter 300 Mini Trail Dozer

By Tom Fitzgerald

In the Autumn 2013 issue, we described a prototype of a trail maintenance machine built in Texas called the Hydra Wheel, that was in use in the Susquehannock State Forest to refurbish some of the forest district's long-neglected trails. The machine is owned by the Pennsylvania Department of Conservation and Natural Resources, and is circulated among the forest districts for use where needed. Later models of the machine were renamed the Tushogg. The "Hog" is essentially a spinning sheep's foot roller that can chew up brush and rocks on existing trails that have become overgrown with age and neglect. But it requires a machine like a Gehl Skid Steer to power it, and it also needs a swath six feet wide to permit passage of the Skid Steer. It works fine on ATV trails, but is too wide for hiking trails. Moreover, it can't build a new trail parallel to the contour on a steep hillside or restore a narrow CCC trail without widening it. The width of CCC trails was gauged by the length of a pick handle—3 feet.

Necessity is the mother of invention, as the old saying goes. Enter the **Sutter Model 300 Mini Trail Dozer**, designed and built by the Sutter Equipment Company of Mound House, Nevada. The Sutter 300 is only 29 inches wide—narrow enough to fit through an ordinary doorway. The 300 has been tested on a few national forests and federal Bureau of Land Management tracts in the West, but was not introduced to the Eastern United States until late March 2014. It was demonstrated at a week-long conference of the Professional Trail Builders Association at the Stonewall Resort located on the grounds of Stonewall Jackson Lake State Park, West Virginia. On April 1, 2014, your editor and three family members made a special trip to Stonewall just to see it.

The Sutter 300 Mini Trail Dozer is a self-contained machine powered by its own diesel engine. The operator stands on a platform on the back end, and leans against a seat mounted on a post. All controls are operated by hand. It can rough out a narrow footpath in two passes. The second pass is generally to smooth off a raised berm left by the first pass. If desired, a third pass can be made with the 300 or another small machine to pull a drag along the trail to obliterate the prints of the tracks. It's obviously a lot faster than

digging trails by hand, but like all small dozers in forested terrain, needs to be accompanied by someone on foot with a chain saw or axe to cut large tree roots encountered by the blade. A report of our visit and impressions of the machine was sent to the managers of the two forest districts where the Susquehannock Trail System is located. It is unknown whether the state has sufficient current need for this type of trail-building machine to justify its cost—\$64,000 as of the date of the PTBA conference. A lot of hiking trail construction and maintenance in Pennsylvania is done by volunteers at little cost to the state. ♪

Sutter 300 Mini Trail Dozer



Photo by Tom Fitzgerald

Correction Of Error

Our background article on the state forest lands in Pennsylvania has an error about the Civilian Conservation Corps, according to CCC historian John Eastlake. The Army personnel managed the camps but did not supervise the work projects. The then Department of Forests and Waters hired skilled stonemasons, carpenters, and other artisans to supervise the CCC enlistees at the job sites.

Thanks to John Eastlake for the correction. ♪

Simplified Glop For Breakfast on the Trail

Buckwheat Groats, Quinoa, Chia Seed & Bran: A more healthful kind of GLOP

By Milgora Reamerstraff

Now that fall is approaching, and the sweltering heat of summer is behind us for another year, you're probably feeling more like going backpacking again. Starting a day on the trail with a good breakfast always makes the outing more enjoyable. For simplicity, this recipe will assume only one night on the trail. Just expand the

Supplies needed:

- Buckwheat groats
- Vegetable powder, dried
- Fruit powder, dried
- Pectin powder, dried
- Flax lignans
- Quinoa
- Chia seed or chia seed meal
- Wheat bran
- Oat Bran
- Coconut oil
- Edible yellowgrease (preferably real butter)
- Peanut butter, almond butter, or something similar
- Four small screw-top pill bottles
- Sea salt
- Slightly larger plastic jar
- Iodine or iodide solution in a dropper bottle
- Vitamin pills & medications
- Several paper towels
- Zip-lock bag, quart size
- Zip-lock bag, snack size

There's no point in taking bulk boxes of the food with you. That's what the pill bottles and bags are for. Get the stuff ready as much as you can before you leave home. Stick a blank label on the side of each bottle, and number them 1, 2, 3, & 4. (If you number the caps, you could get the bottles mixed up if you accidentally switch caps.) The measurements given below are only approximate—You may want to err a little on the heavy side if you think you're going to be extra hungry when you wake up.

In Bottle 1, put about two tablespoons of buckwheat groats and a tablespoon each of wheat bran and oat bran.

In Bottle 2, pour in a pretty good slug of vinegar. Two or three tablespoons of vinegar in a bowl of hot cereal is more than enough for most people.

In Bottle 3, put about two tablespoons of quinoa and the same amount of chia seed (or chia seed meal). The chia seed contains omega 3 fatty acids, which most people don't get enough of.

In Bottle 4, put about a tablespoon of dried vegetable powder (IVL's¹ *All Day Energy Greens* or equivalent), a teaspoonful of dried fruit powder (IVL's¹ *Go Ruby, Go!* or equivalent), a tablespoon of flax lignans, and a quarter teaspoonful of one of those pectin powders like Econugenics' *PectaSol-C*.² Most folks don't eat anywhere near enough green vegetables. You probably don't, either. The greens take care of that. The dried fruit powder has the antioxidants of a bunch of different kinds of fruit. The

measurements to account for the number of nights you'll be out there. The easy way to do that is by adding more pill bottles. You do save all your little plastic bottles from the health food store, don't you? Simply fasten the bottles for each breakfast together with a rubber band.

pectin powder is said to help get the lead out (and other toxic metals, too), and the flax lignans are thought to be protective against cancer. Don't forget to add some sea salt. You can put the salt in any of the bottles.

Tighten the bottle caps securely. You don't want them unscrewing and spilling inside your pack.

Put a generous gob of peanut butter or almond butter, along with a little yellowgrease and a heaping tablespoon of solidified coconut oil into the snack-size plastic bag. (Mother always preferred lard, but a lot of people I've talked to say they don't care for the flavor of lard.)

Caution—if you're allergic to nuts, you should skip the nut butters. If your kitchen is so warm that the coconut oil is melted, you can pour it into Bottle 2 with the vinegar. Just make sure the size and shape of Bottle 2 allows you to scrape out the coconut oil with your knife—or at least your finger. It starts to solidify at 76° F. The temperature at your campsite will probably be at least that cool in the morning.

Get an egg out of the refrigerator. Hopefully you're either raising your own chickens or buying from somebody who lets his hens range freely, scratch in the dirt, and eat lots of bugs. Hens like that lay the most nutritious eggs. Inspect the shell to make sure there isn't any hen manure on it. If there is, wash it off or get another egg. Put the egg in the quart-size zip-lock bag and place it in the lightweight plastic jar which should be big enough that there's room to

pad the inside around the egg bag with a few paper towels. That will make the egg less likely to break ahead of time. Of course, tighten the cap. Don't forget any vitamins or medications you take every day.

Put all the stuff in your pack and head out on the trail.

The next morning when you get your campfire going good, put about 1½ to 2 cups of water in the cooking pot. As soon as it starts to boil, open Bottle 1 and slowly sprinkle the groats and bran into the boiling water. If you dump them in all at once in one big plop, they'll tend to form a thick pasty clump that's hard to break up with the spoon. Stir them in well, and let the pot boil for 10 or 20 minutes. If it froths up and starts to boil over, pour in the vinegar from Bottle 2 and drop in some of the coconut oil or yellowgrease. Grease and vinegar will break up the surface tension of the water and keep the frothy bubbles from spilling out over the top and making a burned-on mess on the outside of the pot. (Dishwashing detergent would do the same thing, but it's not a good idea to mix detergent into your food.) If the pot still tends to boil over, move it off the fire a little.

You need to hold off a few minutes before you add the quinoa and chia seed because those things cook up a lot faster than the groats. About two minutes before you think the groats are cooked enough—or you've gotten tired of waiting any longer—open Bottle 3 and slowly sprinkle the contents into the boiling pot just like you did with the first bottle, and stir well.

Now it's egg time. Open the little plastic jar and unwrap the egg. Hopefully it's not already broken. (If it is, wring as much as you can out of the paper towel into the pot before you throw the towel in the fire.) Break the egg and put it, shell and all, into the Glop. Puncture the yolk, crush down the shell, and stir vigorously. The yolk holds most of the nutrients, the shell will add a little calcium to your meal, and the membrane inside the shell is said to contain hyaluronic acid which is supposed to be good for your joints. You don't want aching hips or creaky knees when you're hiking down the trail. The eggshell will also enhance the crunchiness of the Glop.

Take the pot off the fire. Dump in the powders from Bottle 4 and scrape out the rest of the yellowgrease and peanut butter in the snack bag, and stir them into the Glop

until they're mixed in to your satisfaction. Don't forget the coconut oil if it was in Bottle 2 with the vinegar. Also remember to put in one or two drops of iodine. A lot of people are deficient in that mineral anyway, especially if they drink chlorinated water at home or eat baked goods made with brominated flour. As soon as the Glop has cooled down enough to eat without burning your mouth, you can begin your breakfast. Enjoy!

I won't get into dishwashing. You should already know how to clean up after you eat. ☞

1. IVL. Institute for Vibrant Living, a health food and supplement formulator in Camp Verde, Arizona

2. Eeconeugenics. A health food and supplement formulator in Santa Rosa, California

Sleeping Man Shot a Deer Circa 1855

From *Forbidden Land, Strange Events in the Black Forest, Vol. 1, 1614-1895*, Page 34

©1971 By Robert R. Lyman, Sr.

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Henry Hammersley lived at Hammersley Fork, and William Miller at Tamarack, both in Clinton County. Together one night they went to watch a deerlick near Hammersley Fork. Henry fell asleep with his loaded gun by his side. While dreaming, in some unknown manner, his gun went off with a bang. The shot awakened him and he asked William if he had killed a deer. William replied that he had not shot a gun. They decided it was useless to remain longer. As they passed the lick, on their way home, they were amazed to see the warm body of a dead deer. It could have been only the one Henry had unknowingly shot while sleeping.

Henry Hammersley was killed in the Civil War, but William Miller lived on for many years to tell this strange tale. ☞



Photo By Brian Horst

Bushwhacking Through the Hammersley Wild Area

Story by Michael Martin

From *AMC Outdoors*, May/June 2014

Many of the older trails in Pennsylvania's Hammersley Wild Area have fallen into disrepair and are rarely walked, except by the occasional intrepid local hunter. As such they offer the experienced backpacker willing to undertake some off-trail travel a fine opportunity to explore a Mid-Atlantic backcountry that is wilder than one might expect.

Following the roughly 20-mile route that follows will allow a backpacker to get a taste for some of these trails, while also hiking some of the better miles of the Susquehannock Trail System (STS) itself. Several sites of historical importance lie along the route, and the attentive hiker will find remnants of the logging activity that shaped this land.

Starting from the village of Cross Fork, follow the orange blazes as you head out of town to the west. After about 0.8 mile, the blazes leave the road on the right and climb steadily up to the plateau, where level walking follows until the STS takes a right and drops down about 750 feet along Elkhorn Hollow to the Hammersley Branch. Where the STS turns north to follow the creek upstream, you'll turn left to head downstream...off trail and into the wilds (41°30.124' N, 77°51.804' W).

As you hike south, you'll pass a wide area (and possible camping site) where the stream braids. As this area narrows, you'll need to climb steeply up the hollow about 50 feet on your left to reach an old Civilian Conservation Corps (CCC) trail. This trail will sidehill along for a few miles above the stream. As a friend told me of these old CCC trails, expect to have good, well-defined trail about a quarter of the time; obvious but obscured trail a quarter of

the time; partial trail a quarter of the time; and no trail at all the rest of the time.

Continuing south, scope out Cow Run on your right then Dump Hollow on your left. The trail dips down to the riverbed, which you'll work your way along until you find a suspension bridge crossing the Hammersley Branch near a hunting camp (41° 28.118' N, 77°52.539' W). Cross the stream here.

Note the abandoned stone chimney here, which marks the site of an old CCC camp. To the west, you'll spot Beech Bottom Hollow, which hikers sometimes climb to visit a stand of virgin hemlocks on the plateau. Head north on the left bank and pass by an old dynamite shed. The path becomes a jeep path that rises up above the streambed. Following this path northwest you'll reach the confluence of the Bell and Nelson branches, where in the early part of the 20th century, a logging town stood, complete with a boardinghouse, shanties, and a railroad. The loggers who worked here did their jobs thoroughly, clear-cutting the hollows you're passing through, taking even the saplings.

At a Y in the trail, you'll spot two old signposts. Head right, ford Bell Branch, and note the distinct large rock that divides Bell and Nelson hollows. Head north (right) along Nelson Branch on a trail that rides up high above the stream on the left. If you find that blowdowns hinder your progress, descend to the creek and detour along the valley floor. After 2.8 miles, the hollow forks—the Nelson Branch heads northwest while Shang Hollow continues north.

If you're looking for a quick 3-mile route back to the Hammersley Branch, cross the Nelson Branch and head up along a grassy narrow stretch of Shang Hollow. Take the first right-hand turn and head up that upper branch, bearing east. Bushwhack up the hollow, staying to the right as you ascend till you reach the plateau. Continue on a southeast bearing through the upper drainage of Cow Run. Keep your eye out for cut logs hinting at the trail, and stay to the left as you descend Cow Run—eventually you'll find the trail. Once you reach the fork of Upper Cow Run, you may discover the remnants of an old stove near the stream. The men who worked in these woods over a century ago must have cooked many a hot meal here. Following the trail down to the Hammersley will be easy.

Supposing that you're in no mood for a shortcut, however, continue to follow the Nelson Branch trail north about a half-mile. Past a gas line cut, descend sharply to the stream and climb the old grassy rail grade called the Darling Run Trail. Bear right at a fork in the hollow and hold to the left as you crest the plateau. As you descend into the next hollow, you'll meet up with Road Hollow Trail. Turn right and head 1.3 miles downstream to the Hammersley Branch. The orange blazes of the STS will greet you there (41° 31.587' N, 77° 52.335' W).

Back on the STS—which will seem a broad thoroughfare now—head south for 1 mile of gentle walking until you reach Hammersley Pool (41° 30.870' N, 77° 52.045' W), one of the best swimming holes in the region as well as one of the most sought-after campsites along the STS. Your miles of off-trail hiking will surely have earned you a relaxing soak in this beautiful pool. When you're ready to conclude your trip, just head south on the STS, climb Elkhorn Hollow, and return to Cross Fork.

Perhaps the best time to walk this route is in the early spring, when the leaves are not yet fully out, or in the autumn, when they have fallen. Most hikers will find the off-trail travel easier when they're not in the proverbial “tunnel of green” and can spot the passing hollows and other landmarks. The relevant topographic maps and good compass skills are a necessity, particularly when crossing the Allegheny Plateau between hollows. A few GPS waypoints could be quite helpful. If all else fails and you find yourself lost, follow the creeks downstream and you will reach PA-144, which serves as a helpful catching line west of Cross Fork and south of the wild area. ☞

Summer 2014 Camporee

The annual STC camporee was held on the weekend of July 11-13, 2014, a few weeks earlier than usual. The location was once again Ole Bull State Park. Ole Bull is the venue for the camporee most years because the STS runs through the park, and its location along the southern part of the trail system provides a convenient nearby base for maintenance on a part of the trail system that is a fairly long drive from the homes of most of the local members. Eight or ten members camped overnight, and 25 attended the dinner.

On Friday, July 11, a major work party roughed in nearly all of the new footpath in lower Long Hollow far enough above the stream to avoid the occasional flash floods that washed out major portions of the original trail built by the Civilian Conservation Corps in the 1930s. Saturday saw additional work in Impson Hollow, and at several intersections of the trail with state forest roads. Most of the members who attended the Camporee preferred to dig and cut brush rather than just walk down the trail!



Again this year, the club presented Ole Bull with a new picnic table personally built by Bill Boyd. After the meeting, STC (and KTA) President Wanda Shirk entertained the members with a slide show of her recent hike in England and Wales. One of the interesting things about the United Kingdom is their ancient Right to Roam law which makes “No Trespassing” signs illegal on forested and agricultural property. Hikers are asked to stay on a narrow path when they cross cropland. ☞

Katanaboy folding saw

