

**Officers
and Committees:**

President:

John Heiam 938-9655
johnheiam@charter.net

Program Chairperson:

Kim Steffes 409-0870
steffes@chartermi.net

**Secretary/Membership/
Trail Guide:**

June Thaden 947-8476
jthaden00@yahoo.com

Secretary/Recording:

Bette Jackson 933-0959
mailto:jacksonbette@gmail.com

Treasurer:

Darlene Warren 223-9818
jdarwarren@aol.com

**Administrative Trails
Coordinator:**

Arlen Matson 941-4152
matsonarlen@sbcglobal.net

Field Trails Coordinator:

Dick Naperala 223-7903
napperri@yahoo.com

Advisor (Sales):

Mike Schaeffer 947-9379
mk.schaeffer@yahoo.com

Adopt-a-Trail Coordinator:

Betsy Duede 946-4524
stevebetsyduede98@charter.net

Member At Large:

Ed Morse 276-7901
ed.morse@charter.net

Publicity:

Heather Peyton 392-5699
westridge3551@yahoo.com

Newsletter:

Marilyn Hoogstraten 631-3561
hoogstraten@charter.net

Web Page:

Brian Cox (231) 883-3722
tcbrian@chartermi.net



A CHAPTER OF THE NORTH COUNTRY TRAIL

Volume No. 18 Issue 4 December 2011

MUSINGS FROM OUR PREZ

From John Heiam, President

As you may have heard, I am stepping down as president of the GTHC, effective January 1, 2012. I have held this position for eleven years! When I took the post, I had been in the club for about six months, so I knew little about the inner workings of the organization. In eleven years, I have made some mistakes, but I have had the benefit of many hard working volunteers who picked up the tasks I dropped, and did things I didn't even know needed doing. I would not have kept the job this long had it not been for all of you who have stepped up when something needed to be done. I want to take this opportunity to thank everyone who has helped the club through the years. You have accomplished more than any other chapter in the North Country Trail Association (NCTA).

It has been fun and rewarding, but now it is time for someone else to head the GTHC. I will continue to write a column for the newsletter, but it will be from the perspective of my position as an NCTA board member. Many of you are not aware of the work being done nationally, and I hope I can make everyone feel like they are part of something bigger than the GTHC.

Since I have held this post for so long, I have accumulated several extra duties simply because I offered to do them. The problem is that over time, too much work ended up in my hands, and now it is difficult to find a replacement. The Board has recognized this, and has restructured the jobs so that no one person is burdened with too much responsibility. We hope that this will encourage people to step up and take on one of these smaller jobs. The whole organization will be much healthier because of this restructuring. See Marilyn's column below for further details.

Once again, it has been a pleasure serving as the president of the GTHC, and I hope to see you out on the trail in the future.

WINTER PROGRAMS

Kim Steffes, Program Chair

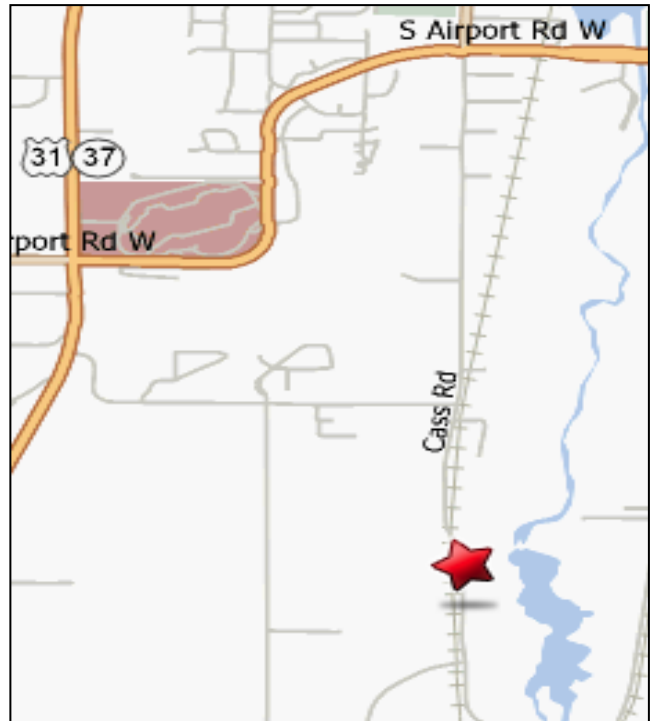
Monthly meetings are held at the Boardman River Nature Center, 1450 Cass Road (1.5 miles south of South Airport Road, Traverse City, Michigan unless otherwise stated in the program description.

Tuesday, January 17, 2012, 7:00 p.m.

Boardman River Nature Center

Sara Cockrell - Another "Rocky Mountain High"...XC skiing in Yellowstone, whitewater rafting the Middle Fork of the Salmon & hiking in the Sawtooths

We'll start with XC skiing in Yellowstone, the most spectacular time to visit the park, all covered in snow, geysers, hot springs, bubbling mudpots, bison & other wildlife, from West Yellowstone, Old Faithful, Hayden Valley & the Canyon Skier's Yurt Camp last January, 14 trails in 11 days. Next, we'll travel down the Middle Fork of the Salmon "River of No Return", a premier, week-long river trip through the Frank Church Wilderness, the largest in the Lower 48 & the 3rd deepest "Impassable Canyon". Come experience 100 rapids in 100 miles at a 30 ft/mile gradient in oar & paddle rafts, and my favorite, a 9-ft inflatable kayak. We also hiked small sections of the 90-mile trail that follows the river during my August trip. And finally, we'll discover the Sawtooth Wilderness, as stunning as Grand Teton but without the crowds, as we hike & backpack 115 miles in 10 days among jagged snowy peaks, aquamarine lakes, in wildflower heaven. Once-in-a-lifetime adventures? Maybe or maybe not!



Tuesday, February 21, 2012, 7:00 p.m., Boardman River Nature Center

Annual Meeting – Club Awards and Recognition of Volunteer Hours

John Briggs – Celebrating GTHC's 100 Miles of Trail

We'll celebrate our 100 mile section of the North Country Trail with a 30 minute slideshow of members' images, following a journey from our southern point at the Hodenpyl Dam TH, progressing north to finish at Starvation Lake Road north of Kalkaska. Along the way enjoy the flora and fauna, as well as trail challenges and beautiful views. We will also recognize those individuals who have completed the 100 mile challenge in 2011. *Come get inspired to take the challenge in 2012!*

Tuesday, March 20, 2012, 7:00 p.m., Boardman River Nature Center

Mike Schaeffer – Part One – Pacific Crest Trail Hike

Zigzagging its way from Mexico to Canada through California, Oregon and Washington for 2600 miles, the Pacific Crest Trail (PCT) boasts the greatest elevation changes of any of America's National Scenic Trails. It passes through six out of seven of North America's ecozones including high and low desert, old-growth forest and alpine country. The PCT is a trail of diversity and extremes. From scorching desert valleys in Southern California to rain forests in the Pacific Northwest, the PCT offers hikers a unique, varied experience.

At the end of 2010, I retired from my job and decided to attempt a thru hike of the PCT. Eventually, the high snow levels and total length of the trail convinced me that I would enjoy the hike a lot more by slowing down and doing the whole thing over two years, rather than one. From April-October, I managed to complete 1700 miles.

WINTER OUTINGS

Yahoo Group Outings

The GTHC uses a Yahoo Group to publicize hikes led by members (not to be used for discussions or any other purpose).

To use the site:

1. Click on this link to go to our group site: <http://groups.yahoo.com/group/GrandTraverseHikingClub/>
2. If you already have a Yahoo sign-in, go to step 3 below. If you do not have a Yahoo sign-in you must create one: In the upper left hand corner of the page, click on "create account". Fill out the information on the page and click on the button at the bottom.
3. Click on **Join this Group**. You have four options under Message Delivery that will affect the way this site works for you:
 - a. "Individual Email", you will be notified by email whenever a member posts a hike.
 - b. "Daily Digest", once a day you will receive an email with all the new messages that have been posted to the site.
 - c. "Special Notices", you will only get emails from the administrator about the status of the site.
 - d. "Web Only", you will never receive an email from this site. You can still see all the postings by going to the site whenever you want.

You can change your Message Delivery preference at any time by clicking on "edit membership" near the top of the page.

To post an outing on this site you have two options:

1. You can go to the site and post an outing (click on the word "POST" on the left border).
2. If you are not concerned about hiding your email address from other members, you can send an email through your normal email account to: grandtraversehikingclub@yahogroups.com

The notice will appear on the site, and people who chose to get notified by email will receive an email message with the total text of your message.

Sunday, December 11 at Muncie Lakes Pathway from 1:00-3:30 PM, followed by dinner at Peegeo's. Come join your friends from Grand Traverse Hiking Club, Cherry Capital Cycling Club & Traverse Nordic Ski Club for a **Holiday Celebration ... mtn bike or hike, XC ski or snowshoe**, depending on trail conditions (always more snow there than along the bays).

If no snow, we'll mtn bike or hike. If adequate base, we'll snowshoe or XC ski (classic only, may be ungroomed or self-tracked). So, bring all your gear, and we'll decide when we get there. Regardless, we'll get out & enjoy comraderie with new friends & old!

Muncie Lakes Pathway has several loops, like an ice cream cone, and posted maps at every junction. You can do one dip, 2, 3 or 4 dips, for 2,4, 6 or 8.5 miles. All have hills, and the outer loops have views of the lakes, and the Boardman River at the farthest point.

Afterwards, we'll change clothes & drive to Peegeo's for an early dinner, approx 4-5PM. If you have other plans for the afternoon, you can still join the fun at dinner. We may have some birthdays to celebrate, too!

DIRECTIONS

Muncie Lakes Pathway: From Traverse City, take S Garfield 7.5 miles south of Hammond Rd. Turn left on Hobbs Hwy at the Ranch Rudolph sign. At the bottom of the hill, .7 mile, fork left up the hill & around several curves. At approx one mile, take the fork to the right onto Ranch Rudolph Rd, following the ridge east above Brown Bridge Pond. Drive 2.25 miles to the trailhead on the left. If you drive the dirt road down the hill to Ranch Rudolph, you went a little too far.

Peegeo's: From 4-Mile Rd, take Hammond Rd east around the curve to the right, then continue south (straight), which turns into High Lake Rd. Peegeo's is on your right at 525 High Lake Rd, phone 941-0313. If you take the curve to the left onto Supply Rd, you're headed in the wrong direction, east instead.



TRAIL TREADWAYS

Report from Arlen Matson, Administrative Trails Coordinator

Island Lake Area In September, the trail crew adjusted the NCT off from the deteriorated two-track just south and east of Island Lake rejoining the Shore to Shore Trail. This location is about midway between Traverse City and Kalkaska. Signage was moved slightly to correct changes.

Dollar Lake Trailhead This trailhead is located adjacent to Supply Road several miles east of Traverse City. It also serves as a staging area for snowmobilers. The large parking area is currently being upgraded by the snowmobilers. Weathering both rain and hail, 5 of our trail crew installed a new kiosk near the NCT at the northeast corner of the parking area. The Traverse City DNR provided some protective guard posts which we also placed. The kiosk will be serviced by the Brumbaugh's who are a part of our Kiosk Team.

Glengary Mud Hole In September the trail crew walked in a half mile and installed a planked boardwalk near an old railroad grade. It was a pleasure not to carry those long 2x12's into the site thanks to the Bailey's who with a friend in the area delivered them on site. We also placed two posts with directional markers in the field just south of that location. Fields are always difficult to mark due to the lack of trees. Four by four's work well with their identifying symbols.

Hodenpyl Dam/Pond Area While some of the crew was working in the Glengary area, another group cleaned up the beginning of the Woodpecker Creek Trail that loggers had

rutted this past winter. Northern Exposure Campground has removed the 5 backpack sites at the west end of their campground due to a problem with licensing. These exceeded their quota. This means that there are 2 options for backpackers when hiking in the Hodenpyl area: (1) You may camp at the main campground for the normal fee of \$20 which entitles you to all the amenities, or (2) You may camp at the Fletcher Creek backpack area located about a mile west of Fletcher Creek Campground. The fee here is \$6 and is located in a small grassy area adjacent to a pretty bay. Registration is at the Fletcher Creek Campground.

Smith Lake Area With the 100 Mile Challenge going on this Summer, we received a more concise view of the NCT from those walking it as a total unit. In this process it was pointed out that there were 3 locations where signage could improve the route. One of them was the south side of Smith Lake where there was a converging of a two track, railroad bed and another trail. In early November, our trail crew of 15 adjusted the NCT off from the existing two track onto an existing trail bordering Smith Lake. It mostly required widening it enough to meet NPS Trail standards. This was the first opportunity to try out our new DR Brush



Photo by Richard Naperala

Mower which we received from the NPS. Our old one has only 1 speed, pulls to the right and tires that are thread bare. It was one of the first tools we received as a chapter back in 1995. Dick Parks operated and critiqued it. The signage that was a problem for our backpackers was relocated at both ends of this change. Now all hikers are on a well marked trail with a continuous view of the lake interspersed with some choice red and white pine trees. There also is a pretty camping spot midway on this trail.



Photo by Marilyn Hoogstraten

Our Trail Crew Our seven work sessions this year accumulated a total of nearly 700 hours of labor which was slightly more than 2010. We consistently had a good dozen mix of women and men working with the addition of new folks as well. We are thankful for the National Park Service funding the kiosk (\$1200) and the new brush mower (\$2000), carsonite markers (\$100), paint (\$65) and emblems (\$45). The North Country Trail Association also funded the 5 benches (\$250) and marker posts (\$80). All of these funds come from grants submitted in 2009 and 2010. THANK YOU!

WANTED: A FEW GOOD PEOPLE

What makes our club run efficiently is the help of a lot of people. There are times in our lives when we just can't take on any more tasks, but if you are able to give a little time, we could really use your help in one of the following tasks. Or find a fellow member and share a task.

President: Tasks - develop Board Meeting Agendas, run Board meetings, sign grant proposals, and answering inquiries that come your way. Board members will rotate running the monthly meetings.

Facility Coordinator: Tasks - responsible for a key from the Nature Center and arrive early to monthly meetings to unlock the building, set up the room, put back in order and lock up.

Assistant to the Program Chair: Some techie skills would be helpful. Tasks - at the monthly meetings help the speaker set up, resolve projector/computer glitches (or grab someone to do that), and in the Program Chair's absence introduce the speaker.

If you can help in any of these areas, please contact any of the Board members soon. Thanks!



SAVE A TREE

Get your newsletter quicker, in color, help save a tree, and save the club about \$1 per newsletter. If you are able to download your GTHC newsletter via the web, please contact June Thaden. Leave a message at 231-947-8476 or send an email to: jthaden00@yahoo.com By doing this, you will help save both a tree and money for our club. Thank you.

100 MILE CHALLENGE

Submitted by Heather Peyton

To celebrate our "near" completion of 100 miles of premier trail, the GTHC challenged its members and the public to hike the whole 100 miles.

To date, fourteen people have completed the challenge. Five people choose to backpack it, all taking five days. Others did day hikes, averaging ten days, and some chose a combination. Some took two weeks, others over a month, and some four months. Some hiked it in the spring, others choose to hike it mostly in the fall.

However they chose to hike it, the "completers" all commented on how beautiful and enjoyable the hiking was as well as their appreciation of the work done to create the trail. So the rest of you, when will you start? Snowshoeing and cross country skiing count! Out you go! Just do it!!!

Completers to date are:

Heather Peyton and Marilyn Hoogstraten – 5 days, backpacking, May 24

Nancy Briggs – 10 days, day hiking, May 26

Sara Cockrell – 8 days, day hiking, May 31

Ed Morse – 8 days, backpacking and day hikes, June 7

Mark Meengs (Grand Rapids), **Nate Richardson** (Grand Rapids), **and Jon Prins** (Boulder, Colorado)– 5 days, backpacking, June 16

Andy Hazel – backpacking, August 2

Dick Naperala - backpacking and day hikes, June 12

Cheryl Wegener, Tom Wegener, Amanda Wegener and

Kerry Mosko – 10/11 days, day hikes, October 16

Steve Rouse – day hikes, November 8.

Linda Pelkey - day hikes, October 27

Tracie Lord – day hikes, October 10

There's no deadline, and we will continue to recognize individuals who complete our 100 miles.

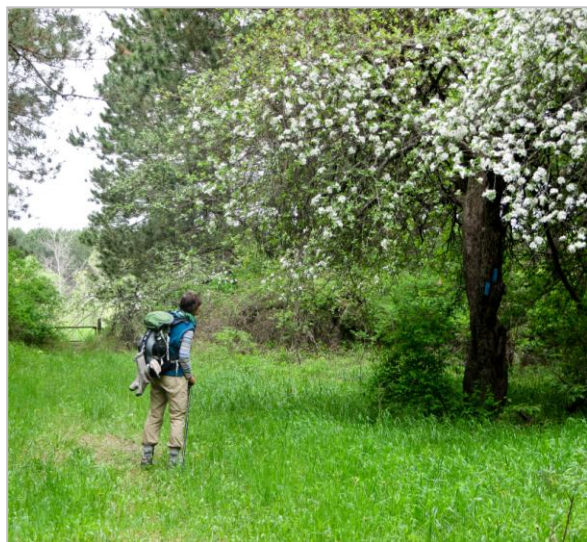


Photo by Marilyn Hoogstraten

Places to Hike

The following links provide maps and descriptions for 75 trails in our area, and many more for the rest of the state. Sleeping Bear Dunes has an excellent web site that has maps of all their hiking trails. <http://www.nps.gov/slbe/planyourvisit/trails.htm>

The Leelanau Conservancy has a web site that lists all their trails.

<http://www.theconservancy.com/naturalareaspres.html>

The Grand Traverse Regional Land Conservancy has a web site that lists their trails.

<http://www.gtrlc.org/preserves/preservemap.php>

The Grand Traverse Conservation District has a web site that lists all their trails.

<http://www.gtcd.org/trailmaps/>

The Michigan Department of Natural Resources has a web site that lists their trails:

http://www.michigan.gov/dnr/0,1607,7-153-10365_16839_50522---,00.html

Michigan Trail Maps has an extensive online collection of Michigan trail descriptions and maps, as well as a blog and newsletter written by noted travel writer Jim DeFresne

<http://MichiganTrailMaps.com/>

There are also many nature and outdoor events scheduled at the Boardman River Nature Center: 1450 Cass Road, Traverse City, MI 49684, 231.941.0960 <http://www.NatureIsCalling.org/>

Check out the calendar at

<http://www.gtcd.org/calendar/>

Suggested donation \$5 for all programs

To learn more about the GTHC, check out our website at:
www.northcountrytrail.org/gtr

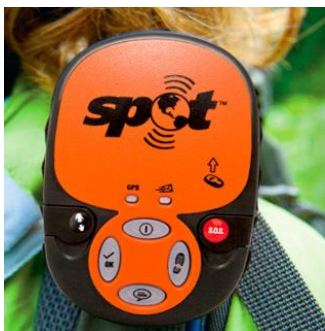
FOR SALE

If you have something hiking related that you'd like to sell, you can bring it to any monthly meeting, or put a notice in the GTHC newsletter by sending the information, and a photo if available, to Marilyn at hoogstraten@charter.net.

Get your CleanSeat and Support the Grand Traverse Hiking Club

The CleanSeat is something that every serious hiker should have! The CleanSeat will solve the problem of finding a dry place to sit and rest while hiking! Just drape the 17"x22" sheet of strong, durable, waterproof Tyvek over a log or place it on the ground before you sit down. Also great for setting down your camera, bare feet, socks, or other sensitive gear to avoid wet and dirt.

It is great for picnics, beaches, and stadiums! The CleanSeat has useful information printed on it that will insure a safe and pleasurable journey. You will find hiking tips, gear lists, examples of animal tracks, common knots, and poison ivy and tick identification. The CleanSeat is light weight (.5 oz) and it can be folded to fit into a pocket or day pack. The CleanSeat costs only \$5.00. \$2.00 of this amount goes to support the Grand Traverse Hiking Club. If you would like to purchase a CleanSeat, send \$5.50 (\$5.00 for the CleanSeat and \$.50 for postage) to Dick Naperala, 1086 Quaker Valley Drive, Traverse City, Michigan 49686. OR email Dick at napperri@yahoo.com OR call him at 231-223-7903.



Spot Satellite GPS Messenger

Check in with friends and family, or send an SOS even when there is no cell phone service. Check it out at <http://www.findmespot.com>, then call if interested. \$60, Rick Halbert at 231-947-8485

Osprey Stratos 24 Ventilated Daypack

Air-mesh suspension system to keep you dry and cool, hydration compatible, external loops, compression straps; hip-belt pockets, external pockets, small zippered pocket at top, deep front pocket, size L. New ones are about \$100, I bought this one for \$60 from past club member so my daughter wouldn't have to carry packs on the plane when we met at the Grand Canyon. I think the trip down the Canyon is the only time it was used. Price: \$40. Contact: Marilyn Hoogstraten 231-631-3561 or hoogstraten@charter.net.





New Member Form:

1. Fill out the form.
2. Mail it with a check to:
North Country Trail Association
 229 E. Main St.
 Lowell MI 49331 49331

When you join the North Country Trail Association (NCTA), the organization that supports the many clubs that do the work of building and maintaining the trail, you also become affiliated with the Grand Traverse Hiking Club. Our Sponsored Membership Program allows current members to sign up new members at an introductory rate of **just \$23.00**. To qualify, Sponsored Members must be new to NCTA, or not have been members for at least two years. The rate for continuing members is \$46.00.

Sponsored by: John Heiam (NCTA #5951) – President Grand Traverse Hiking Club		
Name (please print)	Daytime phone (area code first):	
Address:		
City:	State:	Zip:
Email Address:		
Skills to volunteer:		



Grand Traverse Hiking Club
520 Highland Park Drive
Traverse City, MI 49686

