



Mountain High Hikers Newsflash August 5, 2009

Long Hike Schedule Change for August 18th Big Frog Trail hike: From: Frank Ensenat

The Big Frog Trail hike meet time needs to be adjusted to accommodate travel time to the trailhead. The meeting place is changed to Hardees parking lot in Ducktown, TN, time 8:00. If you desire to carpool to Hardees, meet at the SE corner of Hwy 64 and 19/129 in NC. At 7:30. Any questions, call Frank at 828-644-0493.

Lake Winfield Scott Membership Meeting, Saturday, August 29th 9:00 until Guests Welcome

The day will begin with a 6 mile hike (Lake Winfield Scott-Jarrard Gap-Slaughter Gap loop). This is a pleasant 6 mile hike with moderate ascents and descents. A beautiful in and out shorter hike will also be offered.

Communal picnic to follow the hike around 1:00 pm. Membership meeting to follow picnic. We have reserved a large beach- front pavilion with electrical outlets on Lake Winfield Scott in Suches, GA. There is a roped off beach with floating dock, bathrooms with showers and fishing dock. Human-powered and electric-motor boats are allowed. The lake is stocked with trout, bass, catfish, brim and perch (GA. fishing license is required).

Bring a covered dish to share, lawn chairs, sunscreen, hat, swimsuit, boats and beach toys. \$5.00 or Golden Age Pass is required at Lake Winfield Scott. Directions: Take U.S. #19 / #129 south from Blairsville for 10 miles; Turn right (west) on Georgia #180 for 7 miles. Turn right onto Forest Service Road #37 at Lake Winfield Scott Recreation Area entrance.

New Information and RSVP for Conasauga Hike and Snorkel in the Cohutta Wilderness

Monday, August 24th

The day will begin with a 4 mile easy hike on Jacks River Trail in the Chattahoochee National Forest. We will hike in 2 miles to the first crossing then turn back. After the hike, we will return to the Conasauga River at Jacks River Bridge to swim and snorkel the still, clear pools filled with an abundance of underwater wildlife. Over 65 species of native fish have been spotted here with 4

species found nowhere else in the world - the amber darter, blue shiner, frecklebelly madtom, and Conasauga logperch.

Bring water shoes, lawn chair, swimsuit (or equivalent), sunscreen, towel, float (if desired) and snorkel equipment. We have several snorkels, masks and fins to share. The squeamish can purchase new snorkel gear at Wal Mart.

We will have picnic lunch after the hike. Bring your own drink and a dish to share. There are picnic tables and a bathroom available.

Meeting spot at the SE corner of Hwy 64 / Hwy 129 in Murphy at 9am.

RSVP to Pam Sullivan via email (pams24@tds.net) or 706-374-5281

Heard on the Trail:

Jon (Speedy Gonzalez) Dulude is a winner! On a lark, he entered a 5K race in NY, ran it in 23:37 minutes, and won his age group. Awesome going Jon, er Speedy!

Wayne Buchanan recently completed another section of the AT! (Actually, I heard that on the river as I was being rescued by one of Wayne's buddies!)

Membership chairman John and Barb Orr are living the life of "Riley" this summer, smack dab in their niece's luxurious Jellystone campground in Williamsport, MD. John is a Park Ranger and Barb handles customer packages. They write, "remember the first exit off of I-81 into Maryland and to the right about 1 – 2 miles." Over and out Ranger John!

Many welcomes back to Lanier Deal, who has been on the injured reserve list. He picked a hot and humid day to return to the trail but he finished the hike in good form!

And Now, Time for a Commercial Break

Music starts, models appear wearing MHH gear, and with much enthusiasm they start to dance and sing (off- key of course) the following zany song.....

"Clothing, we've got clothing. We've got lots and lots of clothing. Show the world that you care, order your MHH wear....to show that you're a hiker... extraordinaire."

After insulting boos and a few tomatoes being tossed, an announcer says "oh well, we do have trunk showings, orchestrated by Head Designers Bob and Anna Stone, Janet "MoneyBags" Faist, and Sandra "On" Key.

(Boy, but I'm glad I slept through that scary commercial. And now back to our regularly scheduled program.....A Nightmare on Elm Street)

FORESTWATCH RETREAT

Saturday, Oct. 10, 2009

Vogel State Park (south of Blairsville, Georgia)

*"Back to the Forest...
Into the Future"*

This year's retreat is rustic and affordable! We'll have audience-interactive discussions with national forest leaders on critical issues, followed by lunch, hikes, cookout dinner and music around the evening campfire.

Day Fee: only \$20 per person

(Day fee includes 2 meals & all programming.)

Does not include \$5 park entrance fee at the gate.)

Lodging available for Fri & Sat nights:

Limited number of cabins & tent sites available for additional fee. Contact our office manager Jill to reserve at 706-635-8733.

Come just for the day or make a weekend of it.

We're putting the word out early because of limited lodging at Vogel State Park - get it while it lasts!