TRAIL BLAZER

NEWSLETTER OF THE ROANOKE APPALACHIAN TRAIL CLUB

Summer 2017

The Roanoke Appalachian Trail Club is a recreational hiking association of volunteers who preserve and improve the Appalachian Trail as the nation's premier, continuous, long-distance footpath.

CALENDAR OF CLUB ACTIVITIES

Cornboil Potluck Picnic Celebrate with the Konnarock Crew July 22, 6:00 PM, Catawba Center

First Saturday Work Hikes
Bruce Agnew
540-846-6180 - csc236inf@gmail.com

Monday Work Hikes
Monday, July 3 - 8:30 AM
Monday, July 17 - 8:30 AM
Monday, August 7 - 8:30 AM
Monday, August 21 - 8:30 AM
Monday, September 4 - 8:30 AM
Monday, September 18 - 8:30 AM
Trail Supervisor

Jim Webb 540-266-8537 – startover14@peoplepc.com

BOARD MEETINGS
Glenvar Public Library
3917 Daugherty Rd, Salem 24153
(All members are always welcome.)

Monday, July 10, 7:00 PM

Monday, September 11, 7:00 PM Prof. Katherine O'Neill-Climate Change on AT

Monday, October 2, 7:00 PM Jim Beeson - My 2016 Thru Hike

Monday, November 6, 7:00 PM
Bill Hackworth & M. Cupka-Cons. Easements

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It is not possible for the Mountain Valley Pipeline to cross the National Forest and comply with the National Forest Service standards for water quality, old growth protection and protection of the quality of the Appalachian Trail. These standards are the result of decades of planning involving much citizen participation. The National Forest is a multi-use resource and these standards have evolved to protect all users. The NFS is considering compromising all of these standards to accommodate the pipeline. There is a limited time for us to respond, as individuals and as a club. The ATC, with help from Diana and many others, is preparing specific information on how to respond which should be ready by the time you read this. Please link to the ATC website:

https://appalachiantrail.org/home/conservation/advocacy/mountain-valley-pipeline

President's Report - "To walk. To see. To see what you see."

More than any long trail in America and perhaps in the world, the Appalachian Trail binds people to nature and to each other in a way that can only be described as ... Trail Magic!

Last week I got a call from a young man who had just hiked the Dragon's Tooth/McAFee Knob/Tinker Cliffs and North Mountain in a single day loop. He wanted to know whether anyone else had done it and whether he had set a speed record. So of course I congratulated him and said our club did not keep such records and that our volunteers mostly worked to make sure we had a quiet place of refuge and joy as well as challenges. He was not worried about the record. He really just wanted to share his experience and his life story. He told how he had first attempted the hike several years ago after losing a woman he loved. But he was not physically ready for the test, and he gave up before finishing. It bothered him. Eventually he gathered a couple of gung-ho friends and they drove 2½ days each way to do this thing. They must have walked before and after dark, because they averaged less than two miles an hour, even though they started out trying to run it. When he got home, he had lost so much weight that his Mom marveled at how skinny he looked, and he ate most of a watermelon to help him rehydrate. He went on and on. This trip was something he will remember for the rest of his life.

Like all of our hike leaders, volunteer ridgerunners, maintainers, shuttle drivers and simple lovers of the AT, I hear a great story from someone's AT experience every time I get near the place. Even though there are too many cars at the McAfee lot and a few trashy hikers all along the Trail, there are also new flowers almost every month and new hikers from all over the world and a new bear cub with its mom. People are excited to come here as if they were attempting to climb Everest, raft the Grand Canyon or make a puff pastry (that last one might be the hardest for me...)

I think Benton McKaye and Myron Avery would be proud of how we have taken care of the Trail, though of course they would argue about the details and Avery would probably still be miffed about how the Blue Ridge Parkway is built right over the AT route. But I bet he would appreciate the way we are defending the Trail from monstrosities like the Mountain Valley Pipeline.

Just as the Trail itself is a footpath that connects us end to end with Maine and Georgia every time we step on it, the human chain that connects environmental heroes is also a living thing. I was reminded of this last week when being interviewed by WDBJ along with Rupert Cutler and Andrew Downs. Andrew is the Regional Director for the Appalachian Trail Conservancy, a young dynamo who has overall responsibility for the AT from Waynesboro to the Tennessee line. He is the future. Rupert, who is a longtime RATC member, has also been a leader in the Wilderness Society and helped write landmark legislation protecting wilderness in the 1970s. He is a link to the past. Rupert mentioned that he actually met Benton McKaye who wrote an article in the 1920s that led to the creation of the Trail. I had just been reading an old AT story written by McKaye, who said that he met John Wesley Powell at a meeting in 1891. Powell did go down the Grand Canyon, a one-armed veteran of the Civil War sitting in a chair that was tied to his boat, shouting instructions as his rowers went through the rapids with their backs to the river. I have gone down the Big Ditch, as river guides lovingly call the Grand Canyon, and it is the other place I know that combines a lot of people with a remote experience that cannot really be described. An experience that binds us together and makes strangers feel like members of the same family without a word being spoken.

The Trail itself makes the magic. It changes us simply by making us part of it. Whether we are swinging a Pulaski or carrying a pack, it allows us to practice mindfulness, if we will. McKaye himself said that the ultimate purpose of the Appalachian Trail is "To walk. To see. And to see what you see."

Many thanks to all who take part in the effort! See you on the Trail.

Diana Christopulos

Member News

We are happy to welcome the following new members:

Judith Azulay Christopher Dadak Kevin & Sue Overby

Franklin Crabtree James Dalton Mark, Mary & Family Psiaki

Robin Bagby John Davis Kaleb C. Reed

Laetitia Barnhill Lynn Ferrara Craig T. Rightmire

Thomas Barnhill Carol Furlong Brent Scott

David & Mary Bernitt Daren Gunter Kathy Smith

Jamie Brown Bill Hendon Bobbi Trout

Tammi Cascone A. J. McPeak Chris Venable

Brian Collins Barry Morton

Donations to RATC in 2017:

Jim & Jill Beeson Al Stewart Edward & Elizabeth Hazen

Inge BuchardtChris MeansEllen JohnsonFred CoughlanNancy SnyderAlexandra French

Christopher David & Donna Anonymous hiker Karen & David Gorgonzola

Plott Lynch Liz Belcher Katie Levy

Reinhard O'Neill Heidi Ketler Michael "Tabasco" Smith

Stafford Query, Jr Bonnie Pulliam Rob & Kay Saul

Pete & Jenn Whiteis Will Kyle

Donations in memory of Carroll D. Rea:

Mitzi H. Maxey Dudley & Natalie Woody Harwell McCoy Darby, Jr.

Wise Moon Brown Edwards Jean Darby

Michael Morissette Linda Frith Dan & Kathy Phlegar

Michael Smeltzer Scott & Renee Ayres

Mr&Mrs Cranston Williams Jr Cynthia Brown

Donation in memory of Mervin Brower:

Dan & Kathy Phlegar

Donation in Memory of Malcolm & Jimmie Black

John & Elizabeth Demaree

Donation in honor of Liz Belcher, Shannon Palmer & Joe Reich:

Shiloh Union Church

Charles Parry recognized by the Appalachian Trail Club Hall of Fame

It is hard for me to realize that many of you do not know Charles Parry, just as I don't know Benton McKaye. Charles was a great force and this honor was rightfully his. The following was delivered at the ceremony by the love of his life - Ed.

Charles was a lucky man in that he had two great passions: teaching his students mathematics at Virginia Tech and his work on the AT. The interest he took in preservation of the the Appalachian Trail was a great benefit to all. His work there was truly a labor of love.

His interest and commitment to conservation, his belief in the protection of the trail for future generations, his joy in nature and his love of nature inspired many. Charles's commitment led to opportunities for others also to serve and make possible the joy we experience in hiking the AT. Many of us gave time and labor to assist him on his work hikes -- his marathon work hikes. We broke rocks, blazed trees, cleared land, built trail to his specifications and cleaned up after hurricanes roared through, Hurricane Hugo being one I remember well with him. This is just a brief outline of duties performed. He had such a great passion for this and one had to admire him for it.

Charles served as a liaison between RATC and the Forest Service. He attended meetings with the Forest Service on a regular basis and met with rangers on the AT and adjoining lands for whatever was needed. He consistently stepped up to the plate – whatever was needed.

Many Eagle Scouts earned their badges after working with Charles on his projects. Recently at church I ran into a couple whose sons had earned their Eagle Scout badges working with him and they commented they had wondered where Dr. Parry was until hiking McAfee Knob one day and seeing his memorial there. I was moved to tears.

His visions and his dreams live on in that magical place we call the Appalachian Trail. As we walk that path and enjoy the beauty and serenity we realize that without the work and commitment of men like Charles Parry we would not have such to enjoy. It is an honor to have Charles remembered in the Appalachian Trail Club Hall of Fame. He would be very proud just as all who knew and loved him are. Thanks to all who made tonight possible. We are truly honored.

Gloria Parry

Hike Reports

Saturday, March 25, 2017, 8:00 AM Blue Ridge Sampler

Josiah Leonard (Leader) and Dan Chitwood

After a postponement and cancellations, we were down to just two people by the time this hike started. Luckily, Dan and I decided to hike anyhow since we were already dressed and ready for a great day in the woods. We did make one change, though -- we decided to park at Jennings Creek and get our biggest climbs out of the way early.

With just two hikers, Dan and I made great time up and over Chestnut Mountain, then followed Fallingwater Creek to the cascades. From there, we had a strenuous

climb from the cascades all the way to the summit of Flat Top. The skies were overcast for most of the day, but actually made the hiking just about ideal even if the views were not quite as sharp as usual. We had a nice lunch with several other hikers near the summit, then descended steeply to the Peaks of Otter Recreation Area. We stopped briefly at the Lodge for a bathroom and water break.

Dan had never been to Johnson Farm, so we made the short deviation from the route to pass by the Depressionera homestead. The normally moderate climb up to Harkening Hill was taxing toward the end of the staggering loop. The steep and off-trail downhill on the flip side proved be an equal challenge to the climb, but

we made good time to the forest service road and then to the Glenwood Horse Trail back to my Jeep.

Special thanks to Dan for hanging in there on this challenging hike. I think even Myron Avery would have approved of this rugged route!

Sunday, March 26, 2017, 8:00 AM Apple Orchard Falls, Cornelius Creek, Guillotine

Fred Meyer (leader), Amar Kumar, Donna Musgrave, Kris & Bob Peckman, Margaret Wilmeth, Jamie Brown, Denise Tuttle, Dee Case, and Mangala Kumar

This was a strenuous 10-mile hike beginning at Sunset Field at milepost 78.4 on the Blue Ridge Parkway. It is only about 1.5 miles to see the wonderful 150-foot Apple Orchard Falls, and we stopped there to take pictures and have a snack. It is another 1.7 miles until you meet the Cornelius Creek junction and this is where we had our lunch. Getting back to the Appalachian Trail is a strenuous 2.8-mile uphill climb and then it is another 1.2 or so to Sunset Field. Some of us continued another 2 miles through the Guillotine on the Appalachian Trail where we had a car waiting. Everybody agreed it was a nice hike, but definitely strenuous.

Monday, March 27, 2017 Workhike - Sinking Creek Mt. near Keffer Oak

Dave Horst, Mike Vaughn, Bill Neilan & Jim Webb



With the threat of rain once again in the air, we headed over to the Sinking Creek valley and northward up the mountain to the power line right of way. The trail under the power line has a couple of steep uphill spots that are becoming eroded and slippery when wet.

Cutting some Black Locust logs from the woods above the worksite, we proceeded to install 12 log steps in the treadway and a waterbar to keep water off the trail above them.

Sunday, April 2, 2017, 8:00 AM North Mountain

Kris Peckman (sweep), Val Dymond (real leader), Shawn Buck, Dee Case, Carol Rowlett, Georgia Shaurette, Bobbi Trout

We had almost perfect hiking weather today: sunny, no wind, ideal temperatures, and only a few gnats to annoy us near the end. Good company, too: a mix of familiar faces and new ones. Bobbi came all the way from North Carolina to work on Sinking Creek Mountain yesterday and hike with us today.

Coming up the Catawba Valley Trail – thank you again, Bill Gordge and Midweek Crew for this work of magic – near the top we were greeted with a whole slope full of blooming cut-leaved toothwort. That was definitely the flower of the day, though we did note some moss phlox on the ridgetop and, on the warm, sunny slope coming down to 311 we saw birdsfoot violet, trailing arbutus, gaywings, serviceberry and one lingering trout lily.

Once we reached the ridgetop, we continued climbing and descending the many humps as we admired the green pastures below. Some members of our group scared up a flock of wild turkeys, and a little brown lizard posed on a rock for Bobbi to photograph it.

By the time we crossed Route 311 to the Dragon's Tooth parking lot, our hike clocked in at 11.7 miles, according to Shawn's GPS.

Sunday, April 9, 2017, 8:30 AM Chessie Nature Trail

Kris and Bob Peckman (leaders), Caralee Eicher, Will Schneider, Georgia Shaurette, Madeleine Taylor

We could not have asked for better weather: sunny and comfortable temperatures. This hike is even more beautiful than I had remembered. It follows the Maury River along a former towpath and later railroad bed, alternating cliffs and pastures on both sides, with the most amazing display of wildflowers, including large colonies of Dutchman's breeches, Virginia bluebells, and toadshade trillium. Columbine clung to cliffsides, along with a couple of patches of what might be

mountain sandwort. We also spotted wild pink, star chickweed, cut-leaved toothwort, golden ragwort, perfoliate bellwort, Dame's rocket, rue anemone, and buttercups. There also are plenty of bloodroot and May apple, flowering in a slightly different time. You should see Madeleine's beautiful photos at https://www.meetup.com/Roanoke-Appalachian-Trail-Club/photos/27762216/459919315/#459920739

We immediately split into two groups, the hikers and the photographers and wildflower spotters. The hikers waited patiently for the others, and we did eat lunch together near a lock just before the end of the hike.

Saturday, April 15, 2017, 8:30 AM John's Creek Mt. VA-601 / Kelly's Knob VA-42

Joe Berney (leader), Kris & Bob Peckman, Michael Lee, Ken Myers, Robin Bagby, Robert Beightol

We started with a beautiful morning and trudged up the first 1/2 mile, which I think was straight up (or some of those foreign language idioms that were discussed). Michael enlightened Kris on the trials and tribulations of graduating from the 5th grade to middle school. We had Kelly's knob to ourselves for awhile, with good scenery and views. As we were leaving, two section hikers showed up. We moved on down to the shelter where we had our lunch. We met two nobo through hikers at the shelter, with their dog and then the two section hikers came along there also. After lunch, we headed north again and just enjoyed the company and leisurely pace. Thanks to everyone that attended!







Wednesday, April 26, 2017, 9:00 AM Broad Run Mountain Loop

Josiah Leonard (Leader), Beverly Appel, Jeff Edwards, Kris & Bob Peckman, Julie Petruska, Wilma Vargas, Nancy Wallace

After the entire Roanoke Valley nearly got filled to the brim with water after four straight days of rain, we had glorious and sunny spring weather for our hike. No one took me up on my offer of adding 20 miles to the hike, so we all met-up at the Park & Ride for the short commute to Broad Run Mountain. Thanks to Bob and Nancy for being our drivers.

The hike started with an easy stroll along the old forest service road that rises steadily to the saddle with Caldwell Mountain then drops and peters out to an informal trail. Stone Coal Creek is usually an easy rock hop, but after so much rain, the creek crossings were challenging. We all seemed to hold up well, though we did have to break out first aid kits for scratches and poison ivy once we reached our short road walk. We climbed the road and then the Ferrier Trail to gain the

ridge of Broad Run Mountain, which made for an ideal lunch spot.

The ridgeline was a true spring treat with wild flowers blooming and the winter views yet to be blotted out by leaves. Broad Run Mountain is a saw tooth ridge with seemingly endless knobs, some of which are appreciable climbs in their own right. Our group got separated along the ridge, but we all made it back to the vehicles after a wonderful day in the great outdoors.

On a personal note, special thanks to the Peckmans for dropping me along the old A.T. to shorten my return hike and to all of the hike participants for making it a nice day. I would also like to credit John Merkwan, who led this hike in January 2016, for the route. (John should be given credit for many of the wonderful innovative hikes in our library. Ed.)

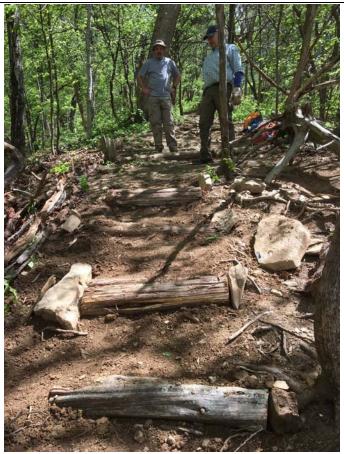
Tuesday, May 2, 2017, 8:00 AM McAfee Knob and Tinker Cliffs

Susan and Kathryn Herndon-Powell (leaders), Beverly Appel, Julie Petruska, Doris Moorman, Dee Case, Nancy Wallace, Ken Myers, Curry Fisher, Dave Horst, Wilma Vargas

It was a beautiful day to hike on May 2, sunny and a little chilly in the morning when the group first met at the Andy Layne Trail. We quickly shuttled ourselves around to the start of the hike at the McAfee Knob parking area. The group split into two smaller hiking groups, with one group wanting to hike a little faster than the other. Dave Horst led one group, while Kathryn and Susan led the other. We had a great view from McAfee Knob that we shared with several other day hikers and a few backpackers. We also met several thruhikers as we headed to Tinker Cliffs. The weather stayed clear for a view of the Catawba valley from Tinker Cliffs. After a long hike along the ridge, we headed way down to VA-779 along the Andy Layne Trail. A great hike all around!

Tuesday, May 2, 2017 Workhike - Andy Layne Trail

Mike Vaughn, Robert Bomber, John Hvozdovic, Ernest Correale & Jim Webb



Robert Bomber and John Hvozdovic - Webb

Sunny, breezy weather was on order as we headed up the Andy Layne trail to work on the log steps on the steep section about midway to the top. A lot of the steps had been eroded away by the increased used of the trail. Others were simply too small or had been poorly placed when installed 3 years ago. This workhike we were using a larger diameter and longer length cedar logs. These were spaced closer together and allow for a more regular pace while climbing or descending the hill. The total for the day was the replacement of 13 log steps with 22 new ones.

Saturday, May 6, 2017 Workhike - Relocation on Sinking Creek Mtn.

Ernest Correale & Jim Webb

A 30 percent chance of rain and strong winds was not enough to deter this small crew from revisiting the relocation site on Sinking Creek. We focused on a small narrow section of the trail that needed to be cribbed. With all the rain of the past few days, the worksite was soon slippery with mud but we managed to put in a small crib wall and widened the trail.

Monday, May 8, 2017 Workhike - Andy Layne Trail

RATC: Mike Vaughn, Jim Beeson, Dave Horst, Bradford Clay & Jim Webb.

Nicus Software: Jason Thompson, Bill Walker, Chris Shepperd, Jason Craft, Randy Foley, James Deyerle & Ronald C.



We were joined on this beautiful spring day by a group from Nicus Software in Salem. Their company has started a program in which they volunteer to work for a charity or non-profit for a day 2-3 times a year. On this day it was RATC's turn to have them work with us.

Hike leader, Jim Webb, took the Nicus crew up to near Scorched Earth Gap to redig a narrow section of the trail. This section of the trail is very steep and the hillside keeps eroding downhill onto the trail.

The rest of the RATC members were busy cutting and installing log steps on most of the switchbacks. Some of the old steps were removed and replaced with new ones. Total for the day: 6 removed and 15 new added.



Saturday, May 13, 2017, 9:00 AM Mountain Lake Wilderness

Joe Berney (leader), Michael Lee, Karen Callahan, Catherine Cotnepi, Mary Psiaki, Robin Bagby



Sunday, May 14, 2017, 1:00 PM Hike Salt Pond Rd to AT Junction then Return

Cancelled - No takers on Mother's day

Monday, May 15, 2017 Workhike - Andy Layne Trail

Jim Beeson & Jim Webb



On a beautiful spring day we headed up the Andy Layne trail to continue improving the steep sections by putting in log steps. With just two of us we still managed to put in 8 log steps.

Saturday, May 27 to Wednesday, May31, 2017 Konnarock Week One Sinking Creek relocation

Jim Webb, Bruce Agnew, Kathryn Herndon, John Hvozdovic, Fred Meyer & Ernest Correale

This year's first of three weeks of Konnarock trailbuilding was manned by a group of military veterans from the University of Central Missouri. While not being as experienced at trail construction as last year's crews they made up for it with their enthusiasm. With good weather for the entire week they were able to put in 15 large rock steps with the required cribbing.



Fred Meyer tries out the new steps - Webb

Sunday, May 28, 2017, 10:00 AM Hungry Mother Four-Trail Lake Loop

Chris Means (leader), Julie Shumaker, Joe Horse, Shaun Buck, Ken Myers, Jennifer Frye, and Chastity Graham



With the promise of rain our group of 7, comprised of both RATC and ROAG members, made its way down from the Roanoke area to Marion and Hungry Mother State Park. The weather was kind to us this day and the wet stuff stayed away for the most part. As a group we trekked almost 10 miles through 4 distinct trails. Snacks and great conversation were included as always and an enjoyable hike was the best descriptive I have.

Saturday, June 17, 2017, 10:00 AM Brushy Mountain, Bland County

Joe Berney (leader), Michael Lee, Ken Meyers, Rachael Tylock, Robin Bagby, Sissy Logan, and Judy Repass

A total of nine people went, two which started late and had to catch up. Bridgette Cota was a no-show, numerous others canceled the night before the hike. Rachael Tylock from Sierra club joined us on the hike. Sissy Logan has a remarkable talent to be able to identify all birds by not only sight, but song; so she kept us informed along the way. We stopped for lunch along a rocky outcropping and finished the hike by crossing the Kimberling Creek suspension bridge. As soon as we got to the vehicles, a torrential rainstorm hit; so perfect timing!





Tuesday, June 20, 2017 Workhike: Bridge 1 mile north of VA-624

Barry Morton, Bill Neilan, Julie Petruska, Jim Beeson & Jim Webb

The rain let up for a couple of days and allowed us the time to construct a large rock crib as the support for the new bridge at this location. We used some heavy timbers donated by Bruce Davidson and brought to the location a week before by a crew consisting of Dave Horst, Jeff Edwards, Dave Youman and Jim Webb.

The positioning and assembly of the cribbing went along smoothly as did the gathering of the rock to fill it. Left to do will be the cutting of a couple of large white oak trees as stringers and bringing in the pressure-treated lumber for the decking.



Barry and Bill take a break while another timber is carried to the site



The crew shows off their work

Hiking Guidelines http://www.meetup.com/Roanoke-Appalachian-Trail-Club/#calendar

Both hikers and leaders, please go to https://www.ratc.org/regional-hiking-resources/ and click on Bob Peckman's Regional Hike List to consult the hike descriptions at http://peckmaniazz.com/HIKERATC.HTM Tell me how to make the descriptions better. Try to use the name and description when posting a hike on Meetup, or maybe suggest changes or new hikes.

The Roanoke Appalachian Trail Club consistently tries to provide a wide range of hiking opportunities for people of all ages, interests and abilities. Guests are always welcome to join us. Make requests if we don't fill your needs.

Hikes are rated by length and terrain so hikers can evaluate them based on their individual strengths. Easy terrain – Greenways or old roads Moderate terrain – Typical AT Strenuous terrain – long climbs and rough trails Challenging – neglected trails and bushwhacking

Shuttle lengths are included to calculate carpool fees. Carpooling is encouraged to save gasoline and because trailhead parking may be limited. The hike leader is responsible for arranging the carpool. While there is no fee to hike with the club, the carpool fee is for the driving expenses.

If you are new to hiking or unfamiliar with the hike, contact the leader who will be glad to help you evaluate whether the hike is appropriate for you and also if you are properly equipped. Hike leaders should recommend that you don't come if you are not prepared with equipment or condition.

The club is always looking for experienced hikers to help lead club hikes. RATC needs you! Get on Meetup and lead a hike or contact the leader on a hike and offer to assist. Come out for the next hike-leader training. Contact Susan Herndon-Powell, hikemaster@ratc.org.

Roanoke Appalachian **Trail Club Application** New and Renewal

If accepted	for mem	bership	I agree to:
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- 1. Support the objectives of the Roanoke Appalachian Trail Club
- 2. Abide by the rules of the national and state parks and forests 3. Respect the interests of the owner when on private property
- 4. Keep trails and woodlands free of litter, and
- 5. Abide by the instructions of the leader on group hikes and trips.

and the Brook mine	T-Po-
New Member Packet Fee \$5.00	
Indiv. # of years	x \$15.00
Family # of years	x \$20.00
Individual Life membership \$250.00	
Family life membership	\$300.00
Donation	\$
Amount Enclsed	\$
	Indiv. # of years Family # of years Individual Life membership Family life membership Donation

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The Roanoke Appalachian Trail Club is an affiliate of
The Appalachian Trail Conservancy
and a member of The Nature Conservancy and the Blue Ridge Land Conservancy