

## Susquehannock Trail Club News – 12-22-2022

By Bill Boyd

Another little (we hope) taste of winter coming through as I write (15th). It's hard to say what we'll get - they like to change the forecast frequently. When we get this freezing rain and sleet, it's good to stay off the highways unless we really need to be somewhere. Even then taking it slow and easy will usually work. The road crews do their best, what with the pretreating, plowing, salting, sanding, etc. It's up to us to use good judgment and lots of caution.

For those into winter sports like skiing it's a chance to get out there on the trails. And there are plenty of cross-country ski trails in the area, including some at Denton Hill, Patterson Park and Cherry Springs. Not to mention parts of the STS and the old RR grades. As most are aware the RR grades are usually 3%, which isn't much, unless you're running an old steam-engine pulling a log train. And we're not likely to see that anymore, although they sure left us with some fine hiking trails.

If and when you do venture out, go prepared - by that I mean dress in layers, carry matches, lighter, fire starter, etc. You probably will never have a use for them, but if you ever do, you'll be really glad you took them. Or maybe part way into your trek you'd like to stop in a hemlock grove and cook a hot-dog. We used to do that on a family outing - a great way to spend a winter afternoon. And building the fire is good practice. I mention hemlock as those tiny dead twigs are one of the best ways to get a fire going.

And always be aware of hypothermia - it's so insidious you'll think you're just fine - oh you may feel tired and sleepy (and watch for the "umbles", mumbles, stumbles and grumbles) - at that point head out to safety, other people, buildings, a vehicle. Whatever you do, don't just sit down and think maybe you'll feel better if you take a nap - it could be your last nap. It's always best to go with others anyway.

Merry Christmas from all of us here at the Susquehannock Trail Club - Peace on earth - enjoy!