



Join our Mailing List

Forward this email



Vol. 5 Issue: 8

August 2009

IN THIS ISSUE

[Junior Ranger Program](#)

[Trails Forever News](#)

[Hiking Tips](#)

[The Gorgeous Gorge](#)

[2009 Summer of Service](#)

[Chapter Information](#)

[Parkway Activities](#)

[Road Closures & Construction](#)

QUICK LINKS

[About Us](#)

[Volunteer](#)

[Join FRIENDS](#)

[Donate](#)

[Past eNewsletters](#)

[Press Releases](#)

PARKWAY TRIVIA

Did you know that the Blue Ridge Parkway is 469 miles in length?

Virginia claims 217 miles while North Carolina contains 252 miles.

STAY CONNECTED

Dear Friend,

Happy American Adventures month! What, you didn't realize it was that time of year again? Surprise!

What better way to celebrate than to plan an adventure on the Blue Ridge Parkway this month?

You'll find plenty of activities taking place all along the Parkway to make your adventure one of a kind.

For a complete list of Parkway events, please visit our [website](#).



FRIENDS News

FRIENDS Supports Junior Ranger Program *Joining forces with the National Park Service*



FRIENDS is proud to support the National Park Service's Junior Ranger Program. This is a program that allows children to see and interact with the Blue Ridge Parkway at their own pace.

Youngsters can pick up a Junior Ranger folder at any park visitor center. Then, as they travel the Parkway with their family, they can get additional activity sheets that relate to the stories and places they are visiting.

Once the series of activity sheets have been completed, they simply share their answers with a Park Ranger. The Ranger will then present the child with an official Junior Ranger patch, badge and certificate.



[Become a Facebook fan](#)



[Join our Flickr group](#)



[Follow us on Twitter](#)

You may view a copy of the folder and activity sheets by clicking [here](#). Happy Junior Ranging!

FRIENDS' Virginia License Plate

Show your support

FRIENDS of the Blue Ridge Parkway is partnering with the Blue Ridge Parkway Association to sponsor a Blue Ridge Parkway specialty license plate in Virginia. For more information about this exciting venture, visit our [website](#) or drop us an [email](#).



CONTACT US

FRIENDS of the Blue Ridge Parkway, Inc.
P.O. Box 20986
Roanoke, VA 24018

540.772.2992
800.228.PARK (7275)

staff@friendsbrp.org

"Like music and art, love of nature is common language that can transcend political or social boundaries."

~President Jimmy Carter

Newest FRIENDS Members



Betty B. Fulcher
Ellen Holtman
Frank & Kandace Walters
Karen B. Hylton
Sharon H. Kimble
Dewey Siler
Thomas J. Delph
Doug & Page Worthington
Hunter Hancock
Derek & Winter Borstelman

Tom Wolf
Jay & Connie Wiese
Philip & Shirley Vestal
Donald L. Brown
Emma Pequend
Lee & Gordon Crawford
J. Brandon Trivette
Lisa & Nathan Parrish
Kristi Ciener
John & Tess Fullerton

Terri Hylton
Shaunya Foster
Mark Broomwell
Sharlan Wilmot-Eng
Janet H. Harrell
Kit & Betsy Hale
Matthew Rosen
Doris Lee
Stephen Keibler
Linda Loescher

Thank you for joining us in our effort to help preserve, promote and enhance the Blue Ridge

Parkway. Not a member of FRIENDS? For information, including how to join, please visit our [website](#).

FRIENDS' Trails Forever Program

How you can adopt a trail



FRIENDS provides volunteers to the Blue Ridge Parkway that work to adopt, construct, maintain and enhance over 91 trails spanning approximately 350 miles. The Trails Forever Program includes the Blue Ridge Parkway Adopt-A-Trail and Adopt-An-Overlook Programs. In addition, we provide not only volunteers but financial support for trail equipment and materials, trail head kiosks, maps and signage. Improving trail accessibility for physically impaired visitors is also important to FRIENDS.

The Appalachian Trail at Milepost 6 is currently available for adoption. This trail is 2 miles in length and is rated as strenuous. For more information about the Adopt-A-Trail program, visit our [website](#) or call 540-772-2992. You may complete the online [volunteer application](#) on our website as well.

Related Trail News...

FRIENDS of the Blue Ridge Parkway is proud to support the [Recreational Trails Program](#). RTP provides funds to states to develop and maintain recreational trails and trail-related facilities for both non-motorized and motorized recreational trail uses. The RTP is an assistance program of the Department of Transportation's Federal Highway Administration.

Hiking the Blue Ridge Parkway

Tips from Nye Simmons

- ◆ Supportive boots are highly recommended. This helps provide support for your ankles.
- ◆ A hiking staff (or two) provides stability and balance on the downhill, reducing falls and ankle injuries.
- ◆ Carry water and snacks. You will probably need both. Dehydration can sneak up on you when climbing steep trails.
- ◆ Carry appropriate storm gear. Rain is common, as is wind, and at the high peaks (nearly 6,000 feet) conditions can be drastically different than at the trailhead.



These tips have been reprinted with permission from Nye Simmons, author of *Best of the Blue Ridge Parkway*. For more information about his book, or to purchase, visit our [online store](#).

The Gorgeous Gorge of the Rock Castle

by: Susan Roquemore



Susan is a member of FRIENDS of the Blue Ridge Parkway as well as a member of the Rocky Knob Chapter of FRIENDS. She will be writing a series of articles about her adventures on the Parkway for upcoming issues of our enewsletters. Following is her first installment, *The Gorgeous Gorge of Rock Castle*.

There is grace in walking a downhill trail. There is joy in not climbing today. There is a lot to be learned about this Rock Castle Road -- these Rock Castle People.

This is not a "trail." It is the "main drag" of a bustling little community of farmers, merchants, a miller, soldiers and schoolteacher. There's a school, a burying ground baptismal pool. Ghosts. The road jumps up to slap us in the face with stories. Historian Mike Ryan knows tall and long tales. We begin with the Cherokee Nation in the colonial era on our five-mile stroll into yesterday. [Read more.](#)

Artist Uses Talents to Benefit FRIENDS

Supporting FRIENDS through art



Just a reminder....Susan Stanton, a Western North Carolina resident, has generously offered to donate 10% of the proceeds from her August exhibit, *Captured on Canvas*, to FRIENDS.

You can visit her exhibit at the Black Mountain Center for the Arts, located in Black Mountain, NC.

You can also see her full collection of photographs on her [website](#), where her exhibit schedule can also be found. Don't forget, your August purchase will benefit the Blue Ridge Parkway and FRIENDS. Thank you, Susan, for the integration of nature, art, and philanthropy.

The 469-Mile Club

Recent Award Recipients Announced

| | |
|------------------|---------------------|
| Alex Boothby | Theresa Boothby |
| Cheryl Dominguez | Greg Dominguez |
| Alan J. Ebel | Joel E. Ebel |
| John V. Ebel | Julia T. Ebel |
| John Ehrlichman | Virginia Ehrlichman |
| Doug Hawker | Nic Hawker |
| Joanne Jackson | Bill Miska |
| Joan Carol Miska | Ellen Nassberg |
| Chris Nelson | Jim Tarantino |
| James Suggs | Chris Phelps |



Congratulations to all of you for traveling all 469 miles of the Blue Ridge Parkway. What an accomplishment! If you have driven, biked or even walked the full length of the Parkway, please let us know. We would love to present you with a 469-Mile Award too. You can [email us](#) or complete our [application](#) online.

Related 469-Mile Award News



trip of a lifetime."

A family of four completed all 469 miles of the Parkway in July 2009. Nic Hawker; his father, Doug Hawker; sister, Theresa Boothby and nephew, Alex Boothby came together from three different states to make the trip.

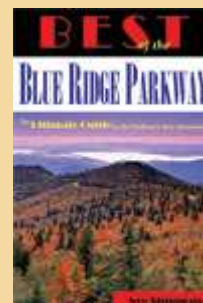
They made their three-day Parkway journey in Nic's restored 1980 International Harvester Scout, nicknamed "Wednesday". Along the way they tent camped at Mt. Pisgah, which Nic describes as the "best campsite I've been at." Nic goes on to say that the family "had a blast" and that their Parkway excursion was the "road

Here's a big high five for you and your family, Nic. Be sure and keep us posted on the details of your next Parkway trip!

FRIENDS Merchandise Item of the Month

Best of the Blue Ridge Parkway

The Ultimate Guide to the Parkway's Best Attractions. Author Nye Simmons has written a guide which is filled with detailed information on the best hikes, scenic stops, waterfalls and historic locations. Information on lodging, way stations, side trips, hiking trails and attractions of interest are also included. You can find this, and other great items, in our [online store](#).



National News

Summer of Service 2009 Continues

Volunteers continue to serve

As mentioned in our [previous enewsletter](#), President Obama is calling on all Americans to participate in our nation's recovery and renewal by serving in our communities. This initiative, *United We Serve*, continues through Sept. 11th. What are you doing to meet this challenge?

To continue your service beyond the Sept. 11th deadline, please think about participating in [National Public Lands Day](#). This is an annual event that takes place on Sept. 26. This special day began in 1994 with three federal agencies and 700 volunteers. Last year 120,000 volunteers worked at over 1,800 locations and in every state. Now, 8 federal agencies and many state and local lands participate in this annual day of caring for shared lands. Stay tuned for dates and times of FRIENDS Chapters' planned events.



To find out more, get involved or sign up to participate, visit the NPLD [website](#). For additional [volunteer needs](#), please visit the FRIENDS of the Blue Ridge Parkway website. Or, to be a part of the next Mountain to Sea Trail work day (Aug. 8) contact [Jim Hallsey](#). Thank you in advance for pitching in and doing your part!

Film Spotlights Blue Ridge Parkway

Ken Burns' film to premier on PBS



National Parks: America's Best Idea is a new documentary directed by Ken Burns and set to air on PBS Sept. 27th. This will be a six episode series that tells the story of how America's national parks came to be. It was filmed over six years in some of the nations' most spectacular parks, including the Blue Ridge Parkway. You can see a preview of this amazing film on the [PBS website](#).

FRIENDS Chapter News

Peaks of Otter Chapter Ridge District

Pete Lascell, Peaks of Otter Chapter member, recently constructed three double-sided message boards for use by Rangers at the Peaks of Otter. They are going to be used to call visitor's attention to Ranger programs, events and related interest items. Thanks Pete!



Rocky Knob Chapter Plateau District

This chapter has just completed their annual work project at Floyd Fest. Members rotated the four work days and completed two shifts per day. Their work resulted in earning \$1,250 for FRIENDS. Gloria Hilton, Chapter Chair, says everyone greatly enjoyed sharing their love of the Parkway and FRIENDS with others.

Additionally, some Chapter members completed the snake fence at Rock Castle Gorge during the month of July. Other members worked on the Chapter's Adopt A Highway project.

Saturday, Aug. 8th, will find members staffing a booth at the Peach Festival in Stuart, VA. Please join us as we listen to beach music, enjoy tasty food and continue to share our enthusiasm for FRIENDS and the Blue Ridge Parkway.

Fisher Peak Chapter Plateau & Highland Districts

Eleven chapter members contributed 44 volunteer hours at a July work day at the Blue Ridge Music Center. The members weeded all of the gardens and landscaped areas around the Interpretive Center and Amphitheater.

They also created a drainage run-off in the grassy overflow parking area at the rear of the paved parking lot. A special chapter member, Mary Guynn (a FRIENDS founding board member) rewarded their efforts by preparing and delivering their lunches. We thank each of you for your tireless work and dedication!



They are having another work day on August 15th at Cumberland Knob followed by a cookout. For more information, email [Dottie Bramley](mailto:Dottie.Bramley), Chapter Chair. This Chapter is also in need of volunteers to staff the FRIENDS information table on various Saturday evenings at the Blue Ridge Music Center. For more information, contact Dottie Bramley as well.



Asheville Chapter Pisgah District

FRIENDS' Asheville Chapter recently submitted a grant to [REI](http://REI.com). REI is the nation's largest consumer cooperative with over 3 million members. Each year REI donates millions of dollars nationwide to support conservation efforts. The Asheville Chapter's grant was approved and they were recently awarded \$5,000 to continue their efforts in preserving our magnificent Parkway. Thank you, REI. We

greatly appreciate it!

For a complete list of all active chapters, as well as chapters seeking chairpersons and/or steering committee members, please visit our [website](http://www.friendeducation.com). Get involved and see for yourself how fun it is to meet new people and to work for a worthy cause.

Want to find out about each chapter's upcoming events? Our website lists those as well. Just follow these links to see what the [Humpback Rocks](#), [Peaks of Otter](#), [Roanoke Valley](#), [Rocky Knob](#), [Fisher Peak](#), [Appalachian Statue University](#) and [Asheville](#) Chapters have on their calendars for the coming months.

Parkway News

Parkway Activities & Events for Children

Upcoming YVIP schedule

Sept. 17 - 20, 2009 -- Overmountain Victory Celebration. Youth Volunteers In Parks (YVIP) will be assisting park staff in the largest special event on the Parkway. Volunteer duties will be assigned each day of the event. This takes place at the [Museum of North Carolina Minerals](http://www.museumofnc.com), Milepost 331.

Oct. 10 & 17, 2009 -- YVIP Programs for Parkway Visitors. YVIPs will present mini programs for Parkway visitors. Arrangements must be made prior to this event to pick up program supplies. Linville Falls Visitor Center, Milepost 316.4.

For a complete list of all Parkway activities and events, visit our [website](http://www.friendeducation.com). You're sure to find something for everyone to enjoy!



Parkway Road Construction & Closures

Mabry Mill Area

Full Depth Pavement Reclamation work began on July 28th at Milepost 175.1. The work will proceed north until completed. This work will involve traffic delays of approximately 15 minutes.

Cascade Falls Area

MP 270 at Phillips Gap to MP 272 at Cascade Falls is closed due to road construction. However, the Cascade Falls Picnic Area will remain open.

Bamboo Gap Area

MP 285 at Bamboo Gap to MP 288 at Aho Gap is closed to facilitate deck replacement, painting of superstructure steel and related work on the Goshen Creek Bridge.

Craggy Gardens

At MP 365, Parkway motor road is still under construction and is reduced to one-lane traffic. Flagmen and traffic lights are posted.

A Special Thank You from FRIENDS

We would like to extend a heartfelt thank you to Mr. Bill Adams for his tireless work and dedication to maintaining the Buck Run Trail in Roanoke, VA. He has worked on this trail for many years. During these years he has replaced 8 water bars, replaced trail signs, maintained litter control and performed shrub and tree maintenance.

Thank you again, Mr. Adams. You have made a significant difference on the Buck Run Trail!



Make a
Donation

FRIENDS of the Blue Ridge Parkway utilizes volunteer services, but needs your support to fund our programs. Please offer your generosity in support of our mission to preserve, promote and enhance the Parkway. Thank you.