

Tidewater Appalachian Trail Club

Appalachian Hiker

Banner Photo by Mark Ferguson

PREZ SEZ

TATC will be buzzing with activity in October and November. Our General Membership Meeting on October 11th features Bruce Julian as the program speaker. Bruce and his wife, Margaret, have been very long-time members of TATC and have been stalwart supporters of at False Cape State Park. At a recent General Membership Meeting, Bruce described his adventure at False Cape trying to keep a female turtle from returning to the water while receiving turtle reversal instructions from a state biologist. It was a hoot. Bruce kindly agreed to return and do an entire program about the park. Mark your calendar for October 11th. This is another not-to-be-missed presentation.

Our largest trail maintenance event of the year will take place October 20th through the 22nd. John Sima, our Trail Maintenance Supervisor, will lead the Fall Maintenance Trip. In past years, we've had as many as 90 plus people attending. Our campsite will be at Sherando Lake Recreation Area at Williams Branch. It's a great bonding experience for TATC members. Whether you are on one of the trail crews, helping to organize the event, on the cooking crew, or just camping, I think you'll have a good time. The weather is usually delightful (no guarantees, though) and we're up there when the leaf coloration is gorgeous. If you only do one overnight camping event this year, the fall maintenance trip is the one to attend.

Speaking of overnight events, our new Cabin Committee Chair, Greg Hodges, is sponsoring a cabin maintenance trip the 10th, 11th, and 12th of November. The weather is a little cooler by then, but the forest is still beautiful. Cabin maintenance consists of a variety of tasks including cutting and stacking wood for winter renters of the cabin. renters of the cabin.

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Visit our website at www.tidewateratc.com

October 2023 - November 2023
50th Edition, 5th Issue

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If you've never done a cabin maintenance trip before, consider this one. It's also the orientation trip for anyone wishing to rent the cabin in the future. You need to make the trip if you want to rent the cabin. Remember, the sleeping platforms now have mattresses--which have received very positive reviews.

Every year TATC staffs a table at the Newport News Fall Festival, now called the FALL-O-WEEN. This year, it is on October 7th and 8th. Jim Newman is organizing our participation and by the time the Newsletter hits your inbox he may already have enough people to staff the table, but that shouldn't deter you from attending. Newport News goes all out to make this a delightful weekend. Rows of sellers present handcrafted items and the food vendors offer dozens of different types of food. Here is the link so you can see for yourself: <https://www.newport-news.org/media/writer-resources/events-and-festivals/2755/fall-o-ween-formerly-newport-news-fall-festival/>

TATC regularly gets asked to help other non-profit, environmental organizations to help them. We can't support them all, but we do like to inform you about them so you could contribute time if you wish. Check out the opportunities listed in our calendar of activities. Here's the link: <https://tadc.wildapricot.org/Schedule>.

I reported last month that Mike Martin, a new member, got lacerated when he fell on a swingblade while doing maintenance on the A.T. Mike's fine and, to his credit, eager to help again, but the incident was taken seriously by Trail Maintenance Supervisor, John Sima, and the entire Board. We're reviewing and strengthening our health and safety procedures. That includes a look at our emergency communications training and testing, revamping our emergency evacuation procedures, and making swingblade safety covers. So, the next time you handle a swingblade you'll probably be protected by a high density, cross-linked, polyethylene swingblade cover.

The Board takes members' safety very seriously. If you ever notice any aspect of TATC operations that strikes you as unsafe, please tell a Board member. They are all listed on the website at <https://tadc.wildapricot.org/TATC-Board>. You can always reach me at president@tidewateratc.com

Lastly, don't forget to follow us on our Facebook page so you can stay linked in with the rest of the TATC community. For example, a recent post shows John Sima and a small trail crew doing a previous year's Backpacking Fall Walk Thru. That's a critical precursor to the big maintenance event. It looks like they had a good time as well. Here's the link: <https://www.facebook.com/groups/2366193230213291>

I hope you can take the opportunity to get outdoors soon. The mid-September to mid-October period is one of the best of the year in our area. Don't let it pass you by.

Happy trails.

Lee

Cabin Report

By Greg Hodges

The cabin maintenance and orientation trip were a huge success despite the rain. 4 new people were qualified: Ruth P., Miho B., Denete T., and Jay (Martha H.s' grandnephew). Other people on the trip included Kevin D., Christopher B., Martha H., Kari P., Gregory H., and, we had a small dog named Winn Dixie.

Work accomplished included:

- Replacing the old firewood box with two new firewood stands, one for split wood and one for unsplit wood (see photos), the new racks are 4' high x 6' long x 2' wide
- They are currently covered by either the old tarp or a new tarp that I donated (because I had it for years and had not used it)
- Will need to order wood pile covers now that I know what the finished dimensions are of the racks
- Replaced old, laminated privacy path sign with a new, aluminum sign
- Inventory of chemicals
- Inventory of tools
- Inventory of food
- Inventory of games
- Seasoning cast iron pots and pans
- Move the large chimney cap to the cabin and the body harness, but the chimney cap did not get installed due to weather (they are located underneath a bunk in the loft)
- Cleaned surfaces and windows
- Cut and cleared multiple blown trees on the trail into the cabin (one which must have fallen on Saturday evening)
- Cut and cleared multiple blown trees on the wood pile

It seems as if the method of storing the mattresses in a vertical position has prevented any more damage from mice and has prevented the mice from soiling the mattress surfaces.

V/r,
Greg

Thanks for the Newsletter Help!

A big thanks to Peg Seriani who helped produce this edition of the newsletter by collecting and editing articles and photos while Jim was away on vacation.

Photos by Kari P.



Removed the old firewood box



Replaced the old firewood box with two new firewood stands

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Packed and ready to go after a fulfilling maintenance weekend!



Inside the Cabin

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Seasoning the cast iron pots.



Learning all about the stove

Trail Maintenance News

By John Sima

We had successful Swingblade & Lopperfest 2 and 3 events. We put a lot of effort in cutting back Mountain Laurel near the top of Three Ridges and St Mary's Wilderness. This was very labor-intensive project that was overdue. We will reap the fruits of our labor next year when only light trimming will be required.

I want to thank all the Volunteers who showed up to maintain our sections of the AT and St Mary's Wilderness. Sadly, only five different TATC Board members showed up to support these Lopperfest events throughout the year.

Lessons learned:

- 1) 3 to 4 Liters of water is not enough during the hot summer events. Always bring your water filtering kit.
- 2) Safety protocols were improved as a result of these two events. Swingblade covers are being manufactured to be used in future events. GPS units were reprogrammed to include the Trail Supervisor notifications. Injury information packets will be passed out to all Section Leaders & Group Leaders.

Future events:

- ◆ Sep 29th-Oct 1st, Fall Backpacking Walkthru
- ◆ Oct 20th-22nd Fall Maintenance
- ◆ TBD Winter Backpacking Walkthru
- ◆ TBD Winter Maintenance

Happy trails,

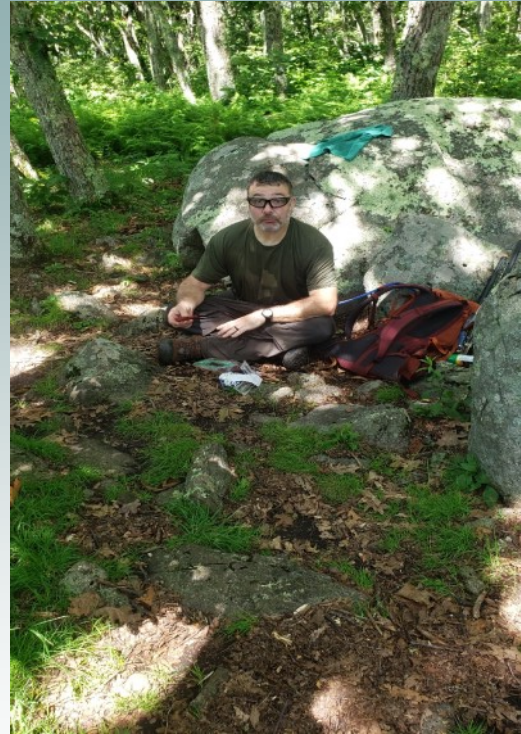
John Sima

Trail Supervisor



Swingblade and Lopperfest 2 - John Reed, Libby Carmines and Tom Meree

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**Swingblade and Lopperfest 2 -- We ran out of water, so John Reed scooped water to filter.
Surprised John Reed in the second picture during his lunch break.**

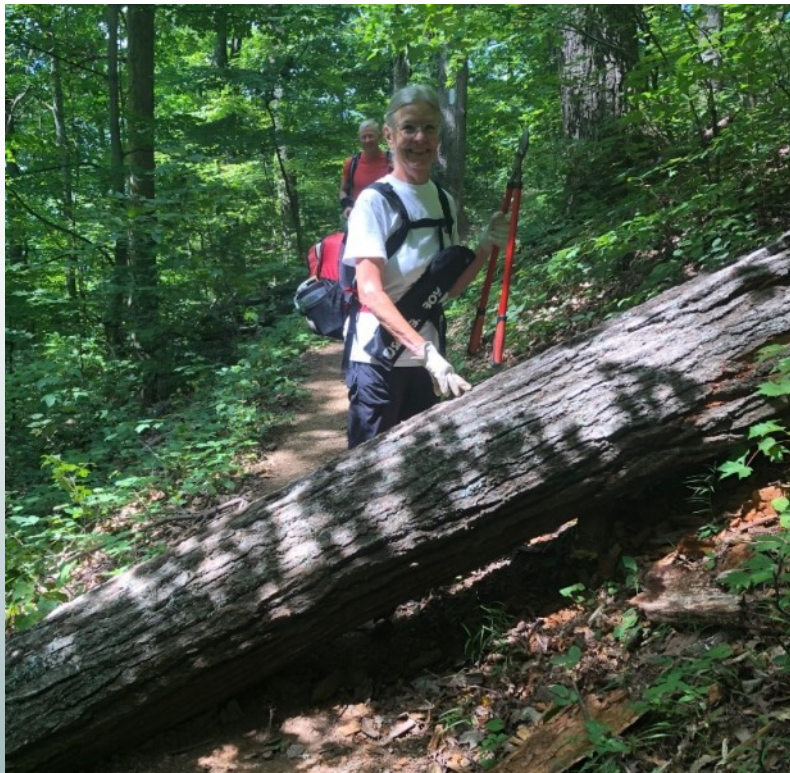


Swingblade and Lopperfest 3 – group photo before event

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Swingblade and Lopperfest 3 – John Sima giving the safety briefing

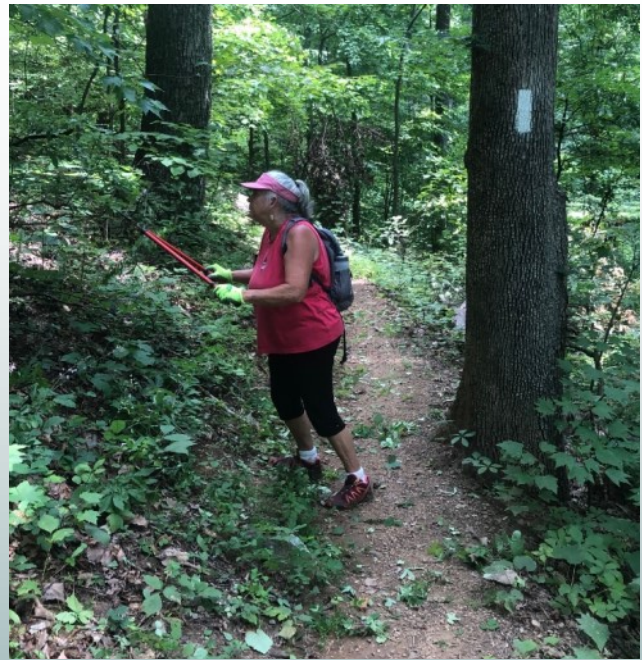


Swingblade and Lopperfest 3 – Sharon Salyer

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Swingblade and Lopperfest 3



Swingblade and Lopperfest 3 – Laarni Paulin and Donna Car

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Swingblade and Lopperfest 3



Larry David Blett

Larry David Blett peacefully passed away from his earthly life on August 4, 2023.

Larry was a former well-known member of the Tidewater Appalachian Trail Club, where he met his wife. He served as the TATC Trail Supervisor in 1987 and 1988. He served as a member on several of ATC's Konnarock Crews. Larry helped finish work on the TATC cabin and worked on the Mau-Har Trail in the 1980s. He also served as a Club Counselor for several years.

A memorial service was held on Saturday, August 26, 2023, at 11 am at First Baptist Church of Norfolk, 312 Kempsville Rd, Norfolk, VA, 23502.

A copy of his Obituary can be found at:

<https://tidewateratc.com/resources/Documents/OBITUARY%20-%20Larry%20David%20Blett.pdf>

Konnarock? What is That?

By John Barnes

I'd heard TATC club members mention it but didn't really know what it was or even have a good idea. Konnarock had to shut down trail maintenance for the pandemic, and this year was the first full work season in a few years, so I signed up for a week. Seemed like a sensible thing to do...until it got closer to time to go...then I wasn't so sure. A week of hard labor, in the mountains, in the heat of summer???

Konnarock is one of the three work crews run by the ATC to do maintenance, repair and relocations that are beyond the scope and capabilities of trail clubs. A small number of paid staff provide the leadership and support to guide groups of volunteers, a week at a time, in accomplishing the work at hand.

The Konnarock base camp is located in Sugar Grove, Va, in the general vicinity of Mount Rogers and Damascus, about 6 hours' drive for me. The base camp has several small buildings, one for meetings and storage of tools and supplies, one for the kitchen, shower houses, and a bunch of bunk houses. It's like scout camp for grownups. All the volunteers showed up in time for dinner and a quick orientation on a Friday night. There were two sets of work crews and two sets of Konnarock leaders. Some of the volunteers had been on work crews before but most were first timers like me.

On Saturday we packed up all the food boxes, tools, supplies, and our personal gear in the Konnarock vans and headed out. My crew was headed to Mount Rogers (highest peak in VA), about an hour away, and the other crew was doing a trail re-location somewhere about 2 hours away. Arrangements had been made with the Forest Service to haul the food and tools the additional mile or so from our parking spot to our camp area and we each packed in our own personal supplies like clothes, tents and sleeping bags. Setting up camp took up the rest of the day, but we had a new home for the next several days, complete with kitchen, a large canopy cover, latrine, and individual tents. Meals had been carefully laid out and there was plenty of food. Everyone helped with either meal prep or clean up or some other tasks that needed doing.

The work day starts at 8:00...that's right, am, sharp. I'm retired and a good sleeper. I set an alarm after the first day of just barely getting there. The summer was excruciatingly hot at the beach, but it was significantly cooler 5,000' above sea level. I only brought one pair of long pants and had to wear them each day. They got a little stinky by the end of the trip, but no worse than anyone else.

The work site was another half mile or so up hill and our task for the next several days was to rehab and enhance steps and water bars on a steep section of trail. Steps that are too tall are hard on the knees, especially downhill, and can encourage hikers to "braid" the trail (create a new path). Landings were added to steps to prevent erosion of soil at the base of steps, and "gargoyles" (large rocks or obstructions to discourage braiding) were added to the sides of steps where needed.

Pretty simple process. Assess the location. Determine the size, shape and configuration of rock needed to fix the deficiency. Find a rock, dig it up, haul it, set it, and forget it. Oh yeah, I almost forgot.

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The rocks are generally way bigger than you'd think anyone would move; they don't always like getting dug up; moving a huge rock on an uneven, hilly mountainside can be downright difficult; holes are needed to place the new rock and there's usually rocks of some size in those holes; and sometimes you need big rocks to become smaller rocks (with a little encouragement). The smaller rocks are called "crush" and crush is used to help secure new steps and landings so there's no wiggle. Simple enough.

The "work day" ends about 4:00. We hike back to camp, make dinner, clean up, walk around a bit, gather firewood, enjoy the evening. Rinse and repeat. Day 1 is filled with both nervousness, curiosity, and pent-up energy to get something done. Everyone is sore and exhausted after day 1. Days 2 and 3 were better paced, with less learning and more applying what we'd already learned, which made us much more productive, even with tired and sore muscles. Everyone contributes what they're capable of contributing, no more, no less. Safety is important and that means avoiding over exertion as well as proper tool safety and safety equipment.

Thursday was pack up and hike out day. Pretty much the same process as before, but in reverse. It's an amazing process for a group of random strangers with diverse backgrounds and varied experience to meld into a formidable work crew to accomplish some really important enhancements to the trail for the benefit of the mountain, its inhabitants, and the thousands of hikers that will traverse it (completely unaware of the work that's been done). I suppose it wouldn't be an adventure if there weren't some elements of trepidation and it wouldn't be worthwhile if it didn't require effort. This ain't everybody's cup of tea. But I feel good about it, will likely do it again, and highly recommend it (if you like that sort of thing).



Kitchen and canopy

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Trail work in progress



Bob setting a step

Membership Matters

By Sharon Salyer

October 2023

Hello Friends,

It's been a busy summer with lots of travel and activities and more to come as fall approaches. For that reason, many of us haven't been available for service activities or social gatherings. That hasn't impacted the number of new folks who have signed up for membership. And as always, my requests for short bios to share with the membership keep coming in. What an interesting and varied demographic we have attracted! I'm happy to share some of these with you here.

Nancy Trammell became a member on 3/7/2023

Good day! I am Nancy Trammell and I've been in Norfolk since 2014. I'm originally from Annandale in NoVa, but I've lived in Florida and Georgia. I am a retired IT professional trying to figure out what I want to do next. I sold my condo about a year ago and I'm interested in traveling and camping in my car. I've done some research on the subject, but I need to take that first step! Any suggestions would be appreciated! I used to tent camp and hike a lot, but my life changed and I didn't have the opportunities to do that. I want to start again. I live in Downtown Norfolk and love it! I enjoy the Arts and I usher for several groups. I really enjoy being involved with the community and try to volunteer for all types of events. I also volunteer for the Elizabeth River Trail. I enjoy cooking and learning about different foods from different countries, wines, music and relaxing with friends. COVID messed up my plans, so I'm trying to reestablish my life again! I've done some Tuesday Group hikes and I think this will be a great way to start!

Tara Dower became a member on 5/5/2023

My name is Tara Dower otherwise known on the Appalachian Trail as Candy Mama. I received that trail name when I thru hiked the Appalachian Trail in 2019 and that experience changed my life. It would seem everything in my life is shaped around being outside more and helping others do the same. These days I work at REI, run 100-mile trail races, and produce backpacking videos on my YouTube channel called Tara Treks. I have hiked the Mountains-To-Sea Trail and Benton MacKaye Trail in the "Fastest Known Time" and last year I completed the John Muir Trail in California. Though I love the grand Sierra Mountains out west, still nothing beats the lush green singletrack of the Appalachian Trail where I will always call home. When I'm not outside I am spending time with my husband, Jonathan, who is a Navy Diver and our blind dog, Jerry.

Kathy and Shawn Boone became members on 4/28/23

Kathy & Shawn Boone have been married 21 years and have a son, Eli, attending UVA and a daughter, Nora, at Hickory High School. They are avid hikers and campers and upgraded from tents to a small RV a few years back. Shawn is General Manager for Haulotte North America, a mobile elevated work platform company in Virginia Beach. Kathy is a PhD environmental engineer teaching at ODU and doing research with Exxon and the EPA. They moved to Chesapeake in 2018.

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Mike Martin became a member on 5/14/23

I was born and raised in central NY state. My late wife (also a NYer from Long Island), son (a native Floridian) and I moved to the Tidewater area in 1995 from Charlotte NC. I am a database developer and report writer. It is not unusual to see me early Saturday mornings at First Landing State Park. Through Scouting, I was exposed to various camping, canoeing and hiking activities at an early age. While in VA, my hiking accomplishments include Mt Rogers from Grayson Highlands State Park and the VA Triple Crown of McAfee Knob, Tinker Cliffs, and Dragon's Tooth. But my heart belongs to the Adirondacks in NY. I have backpacked, camped and canoed all over the Adirondacks with my favorite areas being the Eastern High Peaks, Lake Placid and Keene Valley. Want to know more? I'm always happy to give my perspective and recommendation on an Adirondack trip! My last "excursion" was this past April, a day hike to the summit of Black Elk Peak in SD. This Fall, I hope to backpack the Northville Placid Trail in NY. A majority of my backpacking and camping over the past several years has been by myself, or solo. I'm looking to the Club as an opportunity to meet new people and enjoy the woods.

Rick and Tammy Sylvia became members on May 14, 2023

Hi folks. I'm Rick Sylvia, I'm 61 years old and two years shy of retirement. As a short intro, I've been a day hiker since my early 20s and began tent/car camping shortly afterwards, in my late 20s. But I've only touched on backpacking a few times. I've also spent considerable time canoeing and sea kayaking, but I've done neither in the past decade. I mention it because I was surprised and glad to see that TATC isn't limited to backpacking. My wife, Tammy, who has been retired for almost a year now, has also been a hiker and camper most of her life. I've been thinking about joining TATC since just before COVID, so I'm glad I finally took the plunge. We're looking forward to making new backpacking friends in the group as well as participating in the group's other activities! From the pictures we've seen, it looks like a lot of fun. See you all soon, I'm sure.

Mike and Maggie Metzinger became members on May 17, 2023

My name is Mike Metzinger. My wife (Maggie) and I recently moved to Virginia Beach from Texas after I retired from a corporate position in the dining and entertainment industry. Our family has been visiting the Virginia Beach area for 35 years and we fell in love with environmental diversity and history of the state. I started camping and hiking with Boy Scouts when I was growing up and continued camping with my brother and friends after scouting days were over. Scouting not only gave me a love of nature and being outdoors, but it also taught me about the importance of conserving, protecting, and preserving our natural resources. Even when our family (Maggie and 3 kids) were not coming to Virginia for vacations, our trips usually included at least some time in nature with various outdoor activities. Our two boys also went through Boy Scouts, and I went on high adventure treks to Philmont with our oldest son and Florida Sea Base with our youngest. Our daughter also enjoys the outdoors and actively participates in multiple wildlife protection and conservation programs. When we moved from Texas, I left most of my camping equipment with the kids, but Maggie and I are enjoying day hikes and discovering the many parks and reserves that are in the area. I have heard good things about the TATC, and I look forward to participating in various efforts to maintain, improve and enjoy natural habitats in the area as well as re-learning / learning new trail skills.

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Charles Darling became a member on June 12, 2023

Hello TATC! Thank you for the warm welcome at the membership meeting in June and for allowing me to introduce myself. I am looking forward to getting involved. Except for 4 years in Charlottesville and 5 years in Montana (close to Glacier National Park), I have lived in Hampton Roads most of my life. I am a self-employed real estate appraiser in Virginia Beach and am also a CPA. Although my job keeps me busy, I love the flexibility that it allows and I try to take advantage of that to make time outdoors. I love backpacking and ultralight gear. Trips in the past year include Shenandoah National Park, West Virginia, False Cape, and the Triple Crown near Catawba. I am planning a few nights on the Blue Ridge Parkway AT around Rockfish Gap in August.

John Ormond became a member on August 9, 2023

Hello, my name is John. I have always enjoyed hiking since I was a kid in the scouts, particularly on the Appalachian trail. I particularly remember my first weekend camping trip to Paul Wolfe shelter. It was a great trip and I learned a lot about the area, what to bring camping/not to bring, and how much I enjoy being outdoors. I appreciate the work that goes into keeping the trails maintained for future hikers/campers and I wanted to find some like-minded folks who have similar interests to me.

Vannessa Trujillo became a member on September 2, 2023

I live in Poquoson, was born and raised in Maine. I retired from the Air Force in 2019 after serving 24 years. I'm currently a Realtor and I was introduced to camping and hiking about 4 years ago and I absolutely loved it. I am a beginner and haven't gone in over a year but I'd like to get back into it and as a single woman decided to join this club to meet people and be out in nature doing healthy activities and helping preserve the hiking trails. I also found hiking / camping and being out in nature to be extremely calming and good mentally, physically, spiritually and emotionally. Look forward to meeting all of you soon.

Denete Tracy became a member on September 8, 2023

My name is Denete Tracy. We have lived here in Newport News for seven years now. I am married, have twin sons, three dogs and a cat. Never a dull moment in this household, for sure. I must admit though, it is fun being a part of this three-ring circus.

I love to hike and go camping...one catch though...it has been a long time since I have been camping or hiking long distance. I would consider myself as a newbie to both. It is funny, I have been collecting camping/hiking gear for several years now, with the intent of doing both often enough to justify having the gear. I haven't used any of it! I hike light trails and go for walks but not as often as I should. I am willing to learn, assist in maintaining trails and go on as many hikes/camping adventures as I can in the future. I am looking forward to busting out of my shell and spending time with the team and making new friends.

Thank you for the warm welcome. I am very excited to be a part of the team.

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Jim Cruse became a member on August 26, 2023

Greetings, my name is Jim Cruse and I am a past member. I was a member back in the days when we built the cabin. Many a great and strenuous weekend was spent carrying and setting rock, learning to flatten trees with a foot adze among many other “jobs”. I will always remember those days, the people I worked alongside and Jackie’s meals at the end of the day. I started backpacking back in the 80s while I was still in the Navy. I love backpacking solo and have covered most of the AT in Virginia. May not be much mileage for some of our members, but for me, it’s a major accomplishment. My favorite hiking area is Dolly Sods. I’m currently active in kayaking, bicycling, and caving. I’m looking forward to many more years of hiking, backpacking, and sharing trails and experiences with other club members.

Lindsay London became a member on June 18, 2023

I'm Lindsay London, I am 40 years old and I own and operate CrossFit Hampton Roads. I am married to my husband of 14 years, David and we have two boys, Dexter 11 and Wade 9. I've hiked many parts of Virginia, both as a child and adult. I am new to backpacking and have been with friends before, but never out on my own. I much prefer backing to something like car camping because I want to fully get out in nature and enjoy it. I love the feeling of a nice cool drink of water after a tough stretch of hiking. Looking forward to participating in TATC!

Miho Baromski became a member on September 11, 2023

Thank you so much for accepting me. My name is Miho Baromski. I am originally from Okinawa, Japan. My hometown is a little tropical island where there is no mountain. I have been in the US for about 9 years. Marriage brought me to this big country. My US military husband introduced me to the adventures in the mountains. He was an AT through hiker. We hiked mainly western Virginia and West Virginia together. Since my husband passed away last year, I have been a solo hiker. I am very fortunate and happy to join this wonderful organization. I am excited to meet other hikers and learn from them.

Let’s give a shout out to our new members! Make sure to seek them out at the next meeting or activity and introduce yourself. The warm friendliness of our club is contagious, so spread it around.

Warm wishes,
Sharon Salyer
Membership Committee

ATC Field Maintenance Leadership Workshop

By Greg Reck

August 20, 2023 at Sherando

Lelia and I were initially attracted to TATC by the middle 2 letters, namely "Appalachian Trail". We had incredibly rewarding experiences hiking the AT and we wanted to "give back". We've learned that TATC has much more to offer, but our first interest was helping support and maintain the Tidewater section of the AT, so we signed up for some Lopperfest events. We quickly found that trail maintenance can be tough work, and that preparation is essential. This led us to the Trail Leadership Workshop offered by the AT Conservancy in August at Sherando. The workshop was led by Greg Ritson, an ATC Technical Trail Specialist. We knew Greg from a short trail maintenance course he taught after a Lopperfest, and we respected his knowledge and hands-on skills.

When we arrived at Sherando on Saturday afternoon we learned of an event scheduled that evening in honor of Smokey the Bear's birthday. Sherando hosted a kids parade that ended with cake and ice cream at the CCC Pavilion and we were invited to join in.



Smokey Bear's Birthday at Sherando Lake

Our only disappointment in the workshop was sparse attendance (only John Sima joined us), but that made the workshop even more interactive and personal. The workshop focused on the spectrum of leadership skills involved in preparing, managing and dealing with volunteers in trail maintenance efforts. It was a full day from 9 to 5, with plenty of interactive exercises and none of us were ever bored. Personally, I gained a lot of insight into what it takes to pull off a successful trail work event.

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ATC Field Maintenance Leadership Workshop

By Greg Reck



Greg Ritson (ATC Technical Trail Specialist) at the easel



John Sima and Lelia Vann seated (with Bridgett)

Luggage and Other Vacation Tips for Airline Travel

By Jim Sexton

Please find below some travel tips that I have found helpful during various adventures, and listed at the bottom of this article is an example of what can be packed for week-long or longer vacation trips with airline flights.

Travel Tips:

Since you can check in for your airline flights 24 hours in advance, try to check in as soon as possible. Those who check in late risk being bumped from their flights. Whenever possible, select your seats ahead of time. A personal note: those with tickets purchased with frequent flyer miles seem to be more likely to get bumped on overbooked flights than those paying cash. I try to pay cash for outward trips and use any frequent flyer miles that I have for the trips returning home, in this way, I reduce the risk of arriving late for any reservations.

Count on flight delays; they are now common. Arrive at least two hours before check-in for a domestic flight. Arrive at least three hours before check-in for an overseas flight. Allow at least two hours between plane transfers, and allow up to three hours between transfers if you have to go through customs. Give yourself time to eat between flights as needed.

Do your research, know your destination in depth before you arrive, and have a planned itinerary. Check bus train and other schedules, and jolt down phone numbers for taxis as needed, Lyft and Uber should be loaded on your phone.

While checking luggage means you don't have to carry it onto the plane or move it between connecting flights, in this age of risk where luggage is often lost, misplaced, or damaged, I highly recommend you pack all your travel needs using just a carry-on and a personal item. Besides, it will make you feel less like a pack mule and more like you're on vacation.

You should use a wheeled carry-on, preferably with four wheels, so you can drag it along on two wheels by the extended handle or push it along on all four wheels. Your personal item should fit on top of the carry-on so you can wheel both along at the same time.

Never pack your prescription medication in luggage that will be checked to your final destination. Always carry your medications with you, and always pack twice as much as you'll need for each trip.

Most airlines will allow you to have one carry-on item and one personal item free of charge. A usual size for carry-on baggage is 22" long x 14" width x 9" in height or not to exceed a total of 45 linear inches after adding the length, width, and height values. Check with your airline for their specific luggage requirements!

Personal items are usually purses, briefcases, laptop bags, small backpacks, or daypacks, which will need to fit underneath the seat of the plane in front of you. Normally, the allowed size for personal items on most airlines varies between a length of 16 to 18 inches (40.64 to 45.72 cm), a width of 14 to 15 inches (35.56 to 38.1 cm), and a depth of 7 to 9 inches (17.78 to 22.86 cm). Check with your airline before selecting which size personal item to buy and use.

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Remember to place items that you may need on the plane in your personal item for easy access. Examples: snacks, earphones, water, medicine, phone charger.

Your carry-on should mostly include your clothes and an extra pair of shoes, while your personal item should contain all those items that you want to keep next to you and really can't afford to lose. You should also carry one shirt or blouse, one set of underwear, and one pair of socks in your personal item, just in case your carry-on gets lost.

Sometimes, the plane you are flying on will require you to check your carry-on item at the door of the plane, for pick-up when that flight is over. If this happens, don't forget to retrieve your carry-on at the end of the flight.

Try to find an overhead bin to place your carry-on on way to your seat, so that you can grab it on the way out of the plane.

If traveling overseas, remember to set up a phone plan ahead of time if needed, and know how to dial out-country.

Bring charging devices for your electronic items, have backups! Bring at least one small power bank to charge up items like your phone or camera. Never plug a phone directly into a USB port at an airport or you might load malware onto your phone, instead, use the power bank to charge the phone, then recharge the power bank. If traveling overseas, you will need a transformer. Never plug 110v appliances or electronics into a 220v outlet or other size voltage outlet, plug them into an appropriate transformer if needed.

Your credit cards should be carried in RFID shielding sleeves or holders, only take them out to use them, and then immediately put them back into the sleeve or holder after each use.

You should have a "Tap and Go" credit card, since many transportation locations and stores no longer accept cash (a result of COVID). It's easier to tap and go than to try to stuff coins in a slot or get change for paper money. If you don't have "Tap and Go" credit cards; you will sometimes need to go to the main office of most transportation hubs to use your credit card to obtain tram, train, bus, or other tickets.

In order to avoid exchange and processing fees, make sure to use no-fee credit cards for overseas travel.

Secure your money, passport, credit cards, insurance cards, and ID using a waist pouch or a belt pouch/wallet. If you want to carry a wallet in your pocket, at least use a pocket with a zipper.

When you park at the airport, take a picture of your parking level/location, so you'll know where you're parked at the end of the trip.

Put your parking tickets in the same safe place where you will be able to find them later.

Remember to have enough money or a credit card to pay for parking at the end of your trip.

After parking your car at an airport, place your keys in a secure location, such as a zippered pocket or on a clip in your personal item.

(Continued on Next Page ...)

The bulkiest items you will be carrying besides your luggage and personal item are probably going to be your jacket and a fleece. In a pinch, instead of packing these items into your luggage, you can wear them onto the plane. Your fleece or jacket in a stuff sack can also be used as a pillow.

It helps if all the clothes you are packing are lightweight and easy to dry. Take two or three wire coat hangers with you on each trip. You can wash clothes in the sink, using detergent sheets, rinse, and wring them out and hang them out to dry. Most lightweight clothing will take less than two days to dry. Thick socks can take longer.

I carry a small 6" battery-operated rechargeable fan on each trip. I often use the fan to help air out and dry clothes. You can also use a hair dryer in a hotel room to dry clothes, although doing this quickly becomes tedious. And of course, some locations actually have washers and dryers to use for a fee. The fan also comes in handy for cooling off if the room you are staying in is too hot, and it has a night-light.

I try to pack enough clothes for a week-long trip so that I only need to wash everything once. I change into fresh clothes every day, except that I usually wear the same pants for two days.

If you are going to take 'selfies' with your phone, take along a selfie stick for that purpose.

Always carry your passport, other ID, insurance cards, credit cards, and money on you, never leave it in your luggage or personal item. Store the emergency contact numbers for your credit cards somewhere separately in your luggage, just in case you lose them and need to call to cancel them.

If you have medical conditions that might arise during your travels, you might want to consider obtaining and wearing a 'Road ID' Bracelet (www.roadid.com) or another type of medical bracelet to alert others to your medical conditions.

You should have essential internet passwords with you, either via an encrypted online password app, or by somehow encrypting them and keeping a list yourself. Your email password will be your most important one, and you should never lose or forget it.

If you need to use apps for tickets for planes, trains, ferries, or buses, make sure you load them on your phone before your trip and that you can access them. Don't forget that you will need the passwords for these apps.

A good way to store tickets on your phone is via Google Wallet or Apple Wallet. By storing tickets on your phone, you won't have to worry about not having internet access.

If you are traveling overseas, obtain some foreign currency for use, but not too much. You will find out that most places want you to use a credit card and that actual cash is only used for an occasional snack or for tipping. You can always use a debit card in most countries to obtain currency via ATMs.

If you carry a purse, do not place your passport, ID, insurance cards, credit cards, or money in it, keep these items on your person.

It is also a good practice to store some of your money in a couple of different places.

(Continued on Next Page ...)

I use 'Tile Trackers' on my luggage (www.tile.com), they work with Android® and Apple® devices to track the location of luggage, keys, or other items. Set these devices up before you leave on your trip.

Don't forget to attach physical luggage tags to the outside of your luggage, include your name, cell number, and email address on the tags.

Ever get stuck in an airport overnight after a canceled flight? I have, that is why I have a space blanket that I can use as a floor covering just in case I have to sleep on a floor in an airport.

Bring an empty water bottle to the airport and fill it from the water fountain after clearing security. Airports usually have dedicated water bottle-filling stations, and they are certainly cheaper to use than paying \$3 or so each time you need water.

Put a couple of energy bars in your personal item, just in case you get hungry between meals.

Always think of staying at places with good transportation in the local area. There is nothing worse than having to depend on undependable transport.

Set up Lyft or Uber apps before you leave for your trip. Also, research local taxi companies and load their phone numbers to your phone.

Be aware of where you can use free Wi-Fi Spots.

Keep in touch with friends and relatives. If you are going somewhere in the backcountry, use an InReach (www.garmin.com) or similar device that can be used to contact someone in an emergency.

If you stay in a hotel or hostel, try to pick one with a free breakfast or one where you can prepare your own breakfast.

Remember, all your liquids need to fit in one quart-sized bag. Medications can be separated from other liquids. Try to keep your liquids, medications, and electronics handy so that you can easily pull them out for inspection at the security checkpoints as needed.

I highly recommend that everyone sign up for 'TSA Pre-Check.' It usually gets you through TSA security quicker, and you don't have to remove your shoes or drag items out of your baggage separately (usually).

If you want to bring hiking poles on an airline trip, they have to be included in checked baggage. You can buy inexpensive hiking poles at your destination if you have time, and it costs you less than paying for checked baggage. However, if you have a larger group traveling together, consolidate all your hiking poles into one checked bag and share the cost.

I always have a small flashlight clipped to the outside of my pack and a headlight inside the front pocket of the pack. I also have a container of hand sanitizer clipped to my pack.

When on a long plane, train, bus or car trip, remember to stretch your legs out occasionally, it helps prevent cramps and even blood clots.

(Continued on Next Page ...)

Luggage and Belongings for a Seven to Eight Day Vacation:

Carried on Person:

Airline Tickets
Bandana
Belt
Comb
Credit Cards
Driver's License
Insurance Cards
Lens Cloth
Money
Pants
Passport
Pen
Phone
Shirt or Blouse
Shoes
Socks
Underwear
Wallet

Health and Beauty Items:

Band-Aids
Comb
Dental Floss
Deodorant
Detergent Soap
Eye Drops
Hand Sanitizer
Meds with Pill Case
Moleskin
Mouth Wash
N-95 Mask
Razor & Blades
Shaving Cream
Suntan Lotion
Tissue Pack
Toothbrush and
Toothpaste

Electronics:

Ear Buds
Earphones
Laptop Mouse
Laptop with Charger
Power Bank & USB Cords
Selfie-Stick
Tile Trackers
Travel Power Converter
w/Plug Adapter

Clothes in Luggage:

Fleece - 1
Jacket - 1
Hat - 1
Pants - 2 to 3
Shirts or Blouses - 3 to 4
Socks 3 to 4
T-shirts - 2
Underwear - 3 to 4
Shorts - 1

Other Items:

Emergency Poncho
Glasses Repair/Sewing Kit
Headlight
Insect Repellant
Towelettes
Rechargeable Fan
Rolling Carry-On Suitcase/
Pack
Silnylon Stuff Sacks
Sink Plug
Space Blanket
Sunglasses
Travel Plans
Umbrella
Water Bottle
Wire Clothes Hangers



TATC Members Attend ATC Vista 2023 “Wild and Free in Tennessee”

August 4-7, 2023

By Mal Higgins

At least 25 members of TATC attended the Appalachian Trail Conservancy gathering at East Tennessee State University known as ATC VISTA 2023, held August 4-7, 2023. The event was organized and presented by a consortium of private Tennessee tourism organizations, including the “Northeast Tennessee Tourism Association” and “Visit Johnson City.” A majority of the TATC members and attendees of other ATC maintaining clubs stayed in the Governors Hall dormitory on campus. The dorm was satisfactory, and the rooms included private bathrooms and bunk beds. Other TATC’ers found lodging on the Johnson City economy. The ETSU cafeteria was available for most meals on a “just show up” basis, at reasonable prices and the food was fine.

The very reasonable registration rate of \$100 included a “welcome” gathering supper the first night, and a “farewell” supper the last night, which featured a dynamic fiddle and guitar duo, under the name of “Fiddling Leona.” There were four days of hiking and workshops from Friday through Monday, and most TATC members stayed busy with those events the entire time.

I was able to participate in three VISTA hikes, and on Sunday some of us diverted to ride bicycles (some brought their own; others rented from Local Motion Cyclery) on the Tweetsie Railroad bike trail, which runs 10 miles to the town of Elizabethton, and roundtrip 20 miles back to Johnson City. We got caught in a few showers, which made the last few miles cooler. The hikes I did included a hike on the Whitehouse Cliffs Trail in Rocky Mountain State Park, TN, led by a TN state park ranger; and an Appalachian Trail hike from a trailhead just outside Damascus, VA and back into Damascus to the ATC Damascus Trail Center along the Virginia Creeper multi-use trail.

My favorite hike was The Channels in The Channels Natural Preserve Area, controlled by the Virginia Dept. of Conservation & Recreation. It’s hundreds of acres near an old abandoned fire tower lookout full of slot canyons. I took an additional hike day after VISTA 2023 ended, joined by Jim Newman and Bruce Davidson (we had car-pooled with Jim), and we hiked in Grayson Highlands State Park to Wilburn Ridge on a misty, windy morning. Never saw any herds of wild ponies, who no doubt knew better than to be on the exposed meadows.

Many of the other TATCers did different hikes and events, including hikes to waterfalls, where on one memorable occasion, an unknown hiker sat down on a large rock to put on shoes and was swarmed and stung by an angry, resident ground bee colony. The Mt. Rogers AT Club was particularly active in providing hike leaders, including two hikes I went on, led by 80+ year old Ann, Jerry, and Mike. TATC’s youngest participant was Jae, age 12, Martha Holmes nephew, who rode the full 20 miles of the Tweetsie RR bike trail with tons of energy.

Several times in the evenings, TATCers gathered as a group on the veranda to the rear of Governors Hall, our dormitory, and socialized and talked over the day’s activities. Many of us joined in our own “farewell dinner” at Bonefish Grill in Johnson City.

The general consensus was that TATC had many more club members in attendance than any other ATC club. We also agreed that the two commercial organizers had done a tremendous job of organizing the event. I personally felt that the Appalachian Trail Conservancy had not shown the kind of visible presence it should have at the event, with no top executive employees of the ATC from Harpers Ferry speaking on behalf of the ATC at the two all—attendee suppers, no “welcome by the ATC”, and no “farewell by the ATC”. I do know that at least two ATC staff or board members were in the audiences, and one board member conducted a survey meeting about what people liked or disliked—but it conflicted with the hike schedule.

(Continued on Next Page ...)

As Jim Newman, Bruce Davidson, and I drove home all the way on Route 58, we were amazed at the gigantic highway project underway to widen Route 58 into four lanes as it crosses a local set of ridges of the Appalachians. More trucks, diggers, graders, and assorted highway machinery than I had ever seen gathered over miles of highway. We became stuck on Jim's playlist with an earworm "Cool Dry Place" by The Traveling Wilburys.

We detoured into downtown Hillsville, Virginia—where Jim grew up—to visit the old Carroll County Courthouse. It's the site of one of Virginia's most notorious murder scenes, the Hillsville Courthouse Massacre. On March 14, 1912, a judge, a sheriff, a commonwealth's attorney, a juror, and a spectator were all killed by shots fired by Floyd Allen and others after Allen was convicted of assault.

It appears from conversations I had with one of the organizers from the New York-New Jersey AT Conference that the next ATC VISTA will follow the pattern of being a biennial and be sponsored in a different geographic region of the Appalachian Trail by commercial groups under the imprimatur of ATC.



Parking lot on ETSU for beginning all hikes

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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Bruce Davidson on summit of Whitehouse Cliffs Trail



(Continued on Next Page ...)

AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Raging stream in Rocky Fork State Park, TN



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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Mark, Bruce, Evelyn, Bob, Jim, and Lance relaxing on Governor's Hall dorm veranda



(Continued on Next Page ...)

AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



**Hike leader Ann Maio (hat) (Mt. Rogers ATC), Bruce, Mark,
other hikers at start of A.T. hike on Route 58**



(Continued on Next Page ...)

AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Andy Grayson on A.T. near Damascus



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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Virginia Creeper Trail into Damascus



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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



**Bruce D., Jim S., Mal, Jim N., Jae at Local Motion Cyclery, Johnson City
trail head of Tweetsie Railroad Bike Trail**



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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Jim S., Jae, Jim N. resting along Tweetsie RR bike trail



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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Mal at Elizabethton Terminus of Tweetsie Railroad Bike Trail

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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



TATC Hikers outside Damascus Trail Center (hike leader Jerry, far left, from Mt. Rogers Club)



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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



View from Milligan Depot wayside on Tweetsie RR bike trail



Tobacco field along Tweetsie Railroad Bike Trail

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Bob A in The Channels

(Continued on Next Page ...)

AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



"Fiddling Leona" and Husband J.P. Mathes, Entertainers at ATC VISTA Dinner



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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Trail head Channels Natural Area Preserve



Abandoned fire tower at entrance to The Channels Labyrinth

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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Bob A in The Channels



Bruce D and Mike (hike leader from Mt. Rogers ATC)

(Continued on Next Page ...)

AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Example of narrow passage The Channels

(Continued on Next Page ...)

AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Group dinner at Bonefish Grill, Johnson City, TN



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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



TATCers on Governors Hall dormitory veranda



Intersection with A.T. in Grayson Highlands State Park

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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Bruce near parking lot after descending from Wilburn Ridge, Grayson Highlands State Park



Mal near parking lot after descending from Wilburn Ridge, Grayson Highlands State Park

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AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Trail head to Wilburn Ridge, Grayson Highlands State Park



Fog and rocks on trail to Wilburn Ridge, Grayson Highlands State Park

(Continued on Next Page ...)

AT Vista Johnson City, TN

August 4-7, 2023

By Malcolm Higgins



Bruce D nearing top of Wilburn Ridge, Grayson Highlands State Park



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Federal Appropriations Continuing Resolution

On Saturday evening September 30, Congress passed a 45-day Continuing Resolution (CR) which will fund federal government operations and programs through November 17, avoiding a lapse of appropriations and government shutdown. Maintenance activities by volunteers on the Appalachian Trail may continue during this CR, and Volunteers in Parks (VIP) and Volunteers in Forest (VIF) coverage remain active.

ATC will continue to work closely with federal land managing partners as the CR expires on 11/17 and provide updates leading up to that time in the event that the threat of a lapse of appropriations occurs again.

Sara Haxby (she/her)

Volunteer Program Manager

Appalachian Trail Conservancy

Email: shaxby@appalachiantrail.org

Phone: [717.609.4137](tel:717.609.4137)

Reversible A.T. Beanie Back in Stock for Hunting Season

Perfect for hunting season and chilly days, our popular, reversible knit cap is now back in stock! Wear the blaze orange side out for more visibility or the black side out for a sleek way to show your love for the Appalachian Trail. Order yours today from the Official A.T. Store!



ORDER YOURS

VOLUNTEERS NEEDED!

**TREE
PLANTING DAYS**
10 AM - 12 PM

**OCTOBER 7
OAK GROVE MEADOWS PARK**

**OCTOBER 21
STONEBRIDGE LANDING PARK**

**OCTOBER 28
JOLLIFF LANDING PARK**

**NOVEMBER 4
CEDAR CROSSING PARK**

**NOVEMBER 21
BELLS MILL PARK**

AGES 14+. TOOLS WILL BE PROVIDED.

Chesapeake
VIRGINIA
Parks, Recreation & Tourism

**FOLLOW THE
QR CODE TO
SIGN UP FOR
A SHIFT**



EMAIL CONTACTPRT@CITYOFCHESAPEAKE.NET FOR MORE INFORMATION!

CHESAPEAKE CELEBRATES

TREES

CHESAPEAKE ARBORETUM

624 OAK GROVE ROAD

OCTOBER 7, 2023

10 AM - 12 PM VOLUNTEER OPPORTUNITIES

INVASIVE SPECIES REMOVAL
TREE PLANTING

12 PM - 4 PM TREE PARTY

TREE CLIMBING DEMONSTRATIONS
TREE FRUITS AND NUTS TASTING
TREE MAINTENANCE DEMONSTRATIONS
FOREST BATHING
TREE PRODUCT VENDORS AND MORE!

**TREE GIVEAWAYS, MUSIC, GAMES, DEMONSTRATIONS
ACTIVITIES FOR ALL AGES AND ABILITIES**

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THE OFFICIAL NEWSLETTER OF NATURE MATTERS – Fall 2023 Issue

A month from this Saturday join us at the
SOUTHEAST VIRGINIA HOKIE BUGFEST!

When:

October 14, 2023, 10:00 AM - 2:00 PM

Where:

3500 Granby St., **Lafayette Park**, Norfolk, VA 23504



The event is hosted by the Butterfly Society of Virginia.



You will learn about mounted insects from around the world and what you can do locally to promote insect biodiversity.

We hope to see you there!

<https://www.facebook.com/NatureMattersToUs/>

We have endless ideas of how we can share nature with local families; we'd love to hear from YOU about what you are most interested in. Share it on our Facebook page.

Our events are mostly FREE events. Our 501c3 appreciates donations. We'd like to extend a *sincere thanks* to all of you who donate; our programming depends upon donations.

The BEST way to stay up to date with the fun nature events is to follow us on FACEBOOK. Be sure we have your name and email address so we can keep you in the loop of our upcoming events.

Contact: Suzanne Moss NatureMattersVA@gmail.com 757-288-9595/text

The **NATURE BUS**.com

Say **YES** to new adventures!

Private eco-tours for groups of 10-16 and
"Saturday Escapes" for 1-9 individuals

- Restorative guided nature walks
- White-water rafting adventures
- Open-air painting sessions
- Yoga on the beach
- Early morning birding
- Late night stargazing
- Ocean & wetland kayaking
- Green architecture tours
- History tours of VA Beach
- Winery & brewery tours
- Colonial Williamsburg tours
- and much more!

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& **WFR Recert** for current SOLO grads



Where + When 2023

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- easy ability to pause, rewind, replay
- Top reviews! Highly engaging.
Not at all a typical boring online course.
- Full Transparency: [all feedback surveys](#)
- More Info & To Register:
See "[Online](#)" and "[Blended](#)" learning options

In-person classes

- Perfect [safety record](#) first3+pandemic years
- For **IL, IN, KY, & OH** classes, [contact us](#).

Washington, **DC** area Jun 3-4, 2023
 Charlottesville area, **VA** 100% outdoors! ... Jun 10-11
 Norfolk/Virginia Beach area, **VA** Jun 10-11
 Chattanooga, **TN** Jun 24-25

Advanced WFA *Take WFA skills to next level.*
including extract patients from rolled vehicle &
crashed airplane, nighttime team rescue, more.
Prerequisite: current WFA or higher cert.
*Camping+nice facilities. Old Fields **WV**.... Jun 24-25*

Mtn-Top Retreat *pleasantly spread over 3-day*
holiday weekend with on-site trails, lake, beach,
boats, campfire, s'mores, cabins \$10/person/night;
free camping nearby, sunset overlook hike, optional
*CPR & more. Near Blacksburg, **VA** ... Sep 2 - 4*

Northern **VA** (Fairfax) Sep 30-Oct 1
 Charlottesville area, **VA** Oct 14-15
 Northern **PA** (Gaines) Oct 21-22
 Washington, **DC** area Nov 4 - 5
 Norfolk/Virginia Beach area, **VA** Nov 18-19

More listings at www.solowfa.com 2024



Spaces limited. Register at:
www.solowfa.com

GIFT CARDS available (434) 326-4697

Are you prepared to give vital first aid care?
 Have you learned and practiced how to improvise treatment steps?

Hands-On LEARN How to SAVE LIFE & LIMB during:

- *Casual Hikes* • *Active shooter Terrorism*
- *Rural Living* • *Accidents in remote areas*
- *Protests & Rallies* • *Travel* • *Natural Disasters*

... or ANYTIME, ANYWHERE 911 is FAR AWAY,
 UNREACHABLE or OVERWHELMED.

3 Learning Options:

- **All ONLINE** ~½ price!
- **Blended**
- for **In-Person** classes see details below.

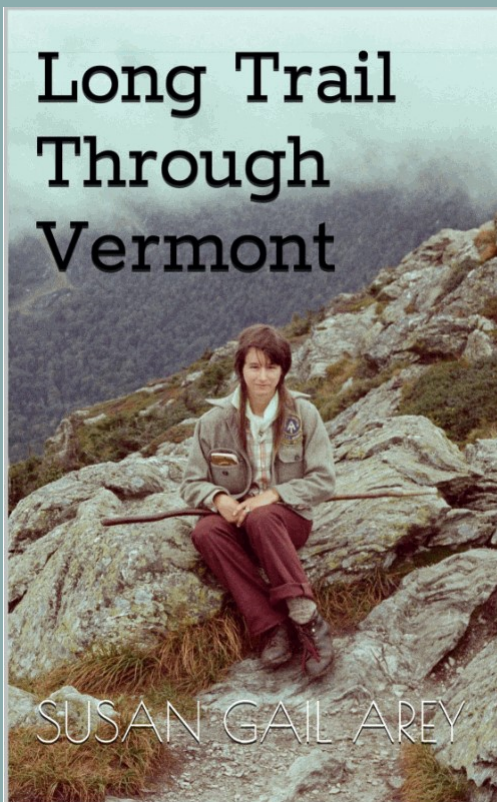
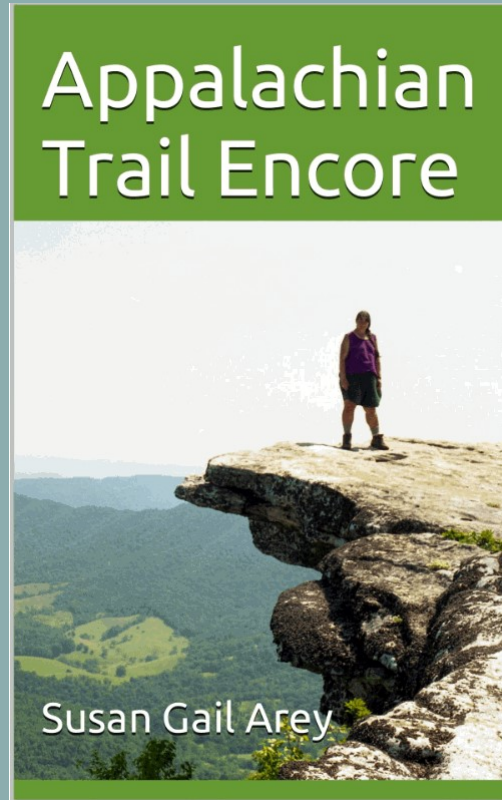
- For adults & teens with solid attention spans.
- No prerequisites – first-timers welcome.
- **Medical professionals:** learn front-line improvisation.
- ~50% lecture + Q&A, and ~50% hands-on skills.
- 2 days; 8 or 8:00am - 6:30 or 7pm each day.
- **5 bonus hours** beyond the typical 16-hour class ([compare here](#)):
 - Deeper learning: the "why's" behind things;
 - More real-world practice scenarios;
 - Stronger resulting skills & confidence.
- **Inclusive Instruction & Safe Space Ally**, by design.
- 2-year world-renowned **WFA cert** by **SOLO**, founded 1976.
- **Approved by:** ACA, BSA, GS-USA, BCUNA and more.
- **COVID + Monkeypox** protect-everyone [Class Safety Protocols](#).
- **Fee: \$245;** local nonprofits receive 10% of course proceeds.

Topics Include:

- **Patient Assessment System:** uncover hidden and underlying issues
- **Medical Emergencies:** *Save Life*
- **Environmental Emergencies:** *Save Life*
- **Skin Injuries:** *Stop Bleed, Speed Healing, Prevent/Treat Infection*
- **Musculoskeletal & Spinal Injuries:** *Reduce Pain, Speed Healing*
- **Evacuation & Care-giving** for Hours to Days before hospital arrival

Books on Hiking by Susan Gail Arey

Available on [Amazon.com](https://www.amazon.com) as Print or E-books



[Click Here for Susan's Author's Page](#)

Activities Schedule

PLEASE NOTE: Most hikes are limited in the number of participants. The hike leader will take reservations on a first-come, first-served basis. You can include your name on the sign up sheets available at each meeting or call the hike leader. If you sign up for an activity and then decide not to participate, please contact the leader in advance.

TATC Board Meeting

When: Wednesday, October 4, 2023, 7pm – 9pm

Where: Episcopal Church of the Advent, 9629 Norfolk Ave Norfolk, Virginia 23503

Contact: Lee Lohman at president@tidewateratc.com if you have any questions!

Location - 9629 Norfolk Ave Norfolk, Virginia 23503

Description: TATC Board Meeting. Our board meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking

Newport News Falloween (Fall Festival)

When: Saturday and Sunday, October 7 – 8, 2023

Where: Newport News Park, 13560 Jefferson Avenue, Newport News, VA 23603

Contact: Email Jim Newman at jimnewman55@gmail.com

Description: 1st Saturday and Sunday in October 2023 - Noon to 5:00 Description - TATC Participation in this event will involve setting up a display table and discussing what the club does with people who stop by. Will likely need no more than 4 volunteers to staff it. Contact Jim Newman for more details.

Fort Monroe Walk/Hike - Hampton VA

When: Saturday, October 7, 2023, 9:30am – 1:30pm

Where: Patch Road & Pullman Road, Patch Rd & Pullman Rd, Hampton, VA 23651

Description: Fort Monroe Walk/Hike Date: October 7th, 2023 Time: 9:30 am to noonish (for the walk/hike) Location: We'll meet in the parking lot Northeast of Oozlefinch Brewing (<https://oozlefinchbeers.com/welcome>) (81 Patch Rd, Hampton, VA 23651), near the corner of Patch and

Pullman roads at 9 am, with a planned start at 9:15. W3W - [///dimes.wooden.muddy](https://w3w.co/dimes.wooden.muddy) (<https://w3w.co/dimes.wooden.muddy>) Description: This will be an approximately 4 mile mostly flat walk through the

fort and then along the bulkhead from the Chamberlin up to the Paradise Beach Club and then back to our starting point. We'll be making brief stops at many of the historical locations that are part of the Fort Monroe tour as well as a planned stop about 1/4 of the way along our walk at Firehouse Coffee (<https://firehousecoffee1881.com/>) for caffeine/soda/ice cream, etc. for those that might want a refreshment. The weather in mid-October can be unpredictable, so dress accordingly and consider sunscreen. This is a family and dog friendly event. Please email Andy Grayson

at <mailto:hikemaster@tidewateratc.com> if you are planning to attend. For those that are interested, we can check out the offerings at Oozlefinch (and associated food trucks, after the walk.

(Continued on Next Page ...)

Activities Schedule

PLEASE NOTE: Most hikes are limited in the number of participants. The hike leader will take reservations on a first-come, first-served basis. You can include your name on the sign up sheets available at each meeting or call the hike leader. If you sign up for an activity and then decide not to participate, please contact the leader in advance.

Tree Planting (Chesapeake Parks & Rec)

When: Sat, October 7, 10am – 12pm

Where: See attached flyer (map)

Description: While this is not a TATC led event, Chesapeake Parks and Rec has requested that we help support their tree planting efforts on the following dates and locations. Look for the "Tree Planting Volunteers" found at <https://m.signupgenius.com/#!/showSignUp/9040c4aacae2eaaf58-fall>

- October 7th - Oak Grove Meadows Park
- October 21st - Stonebridge Landing Park
- October 28th - Jolliff Landing Park
- November 4th - Cedar Crossing Park
- November 21st - Bells Mill Park

Tree Planting and Invasive Species Removal (Chesapeake Parks & Rec)

When: Sat, October 7, 10am – 12pm

Where: Chesapeake Arboretum, 624 Oak Grove Rd, Chesapeake, VA 23320

Description: While this is not a TATC led event, Chesapeake Parks and Rec has requested that we help support their tree planting and invasive species removal efforts at the Chesapeake Arboretum on October 7th. You may also want to stay for the other "Tree Party" activities list in the attachment!

Look for the "Invasive Species Removal" found at <https://m.signupgenius.com/#!/showSignUp/9040c4aacae2eaaf58-fall>

Details can be found in registration but here is the schedule:

10/7/2023	Chesapeake Arboretum - Invasive Species Removal	10:00am-12:00pm
10/7/2023	Oak Grove Meadows Park - Tree Planting	10:00am-12:00pm
10/21/2023	Stonebridge Landing Park - Tree Planting	10:00am-12:00pm
10/27/2023	Jolliff Landing Park - Tree Planting	10:00am-12:00pm
11/4/2023	Cedar Crossing Park - Tree Planting	10:00am-12:00pm
11/18/2023	Chesapeake Arboretum - Invasive Species Removal	9:00am-12:00pm
11/18/2023	Chesapeake Arboretum - Invasive Species Removal	1:00pm-4:00pm
11/21/2023	Bells Mill Park - Tree Planting	10:00am-12:00pm
12/9/2023	Chesapeake Arboretum - Invasive Species Removal	9:00am-12:00pm
12/9/2023	Chesapeake Arboretum - Invasive Species Removal	1:00pm-4:00pm

Please use the following link to registrar - <https://www.cbf.org/events/virginia/berner-living-shoreline.html>

(Continued on Next Page ...)

Activities Schedule

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TATC General Membership Meeting

When: Wednesday, October 11, 2023, 7pm – 9pm

Where: Episcopal Church of the Advent, 9629 Norfolk Ave Norfolk, Virginia 23503

Contact Lee Lohman at president@tidewateratc.com if you have any questions!

Description: TATC General Membership Meeting. Our meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking.

Fall Maintenance Weekend

When: Friday - Sunday, October 20 - 22, 2023

(Maintenance: October 21st, Camping: October 20th to 22nd)

Where: Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952

Description: This is a weekend for us to do what the club was set up to do! We'll maintain our assigned section of the Appalachian Trail, the Mau-Har Trail, the White Rocks Falls trails, plus more! Come out to our base camp at Sherando Lake Recreation Area on Friday as early as noon; set up your tent at the Williams Branch Picnic Area, keeping in mind that the gate is usually locked at 10PM and opens on Saturday morning at 6AM. Crew signup sheets will be available Friday; Saturday organizational meeting at 7:45AM. Optional hikes offered on Sunday. To sign up or for more information, contact: John Sima - TATC Trail Supervisor - trailsupervisor@tidewateratc.com
Brittany Collins - TATC Asst Trail Supervisor - assistantts@tidewateratc.com

FLSP Fall Festival

When: Saturday, Oct 21, 2023

Where: First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451, USA (map)

Contact:

Description: Date - 3rd Saturday in October 2023 Time (est.) - Noon to 5:00 Description - TATC Participation in this event will involve setting up a display table, similar to the one used for the VB wildlife festival in '22. Will likely need no more than 4 volunteers to staff it. The first time we did it there were only two volunteers, and we had no problems doing it. Details to follow. No cost to club. POC - Dave Plum, heydave9@gmail.com

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Activities Schedule

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CBES 30th Between the Waters Bike Tour (Full)

When: Saturday, October 28, 2023

Where: Virginia's Eastern Shore

Contact: To coordinate with other TATC club members participating on this ride, please contact Bruce Davidson at bruce.davidson3@verizon.net

Description: CBES 30th Between the Waters Bike Tour, no longer taking reservations.

While not a TATC sponsored event, we have typically had a fair number of members that have coordinated transportation over to the Eastern Shore, ridden as groups in the various distances and sometimes gone out to eat afterwards. TATC Members will meet at the parking lot

TATC Board Meeting

When: Wednesday, November 1, 2023, 7pm – 9pm

Where: Episcopal Church of the Advent, 9629 Norfolk Ave Norfolk, Virginia 23503

Contact: Lee Lohman at president@tidewateratc.com if you have any questions!

Location - 9629 Norfolk Ave Norfolk, Virginia 23503

Description: TATC Board Meeting. Our board meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking

TATC General Membership Meeting

When: Wednesday, November 8, 2023, 7pm-9pm

Where: Episcopal Church of the Advent, 9629 Norfolk Ave Norfolk, Virginia 23503

Contact Lee Lohman at president@tidewateratc.com if you have any questions!

Description: TATC General Membership Meeting. Our meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking

Cabin Maintenance & Orientation Trip

When: Friday - Sunday, November 10 - 12, 2023

Where: White Rock Falls Trailhead, Blue Ridge Pkwy, Vesuvius, VA 24483

Description: TATC Douglas Putman Memorial Cabin Maintenance & Orientation Trip.

Friday, November 10, thru Sunday, November 12, 2023. This is the 4 of 4 annual trips to do maintenance work and to provide orientation to members so that they can be qualified to rent the cabin. This is the annual firewood cutting and stacking trip. Primary task will be to fall dead black locust trees, cut, split, and stack firewood. Additional tasks will include repairing window screens, inventory non-perishable foods and cleaning supplies, wash and season cast-iron pans, and other housekeeping tasks. The next maintenance trip will be schedule in April 2024. If you have questions or want to participate, please contact trip leader, Gregory Hodges, at cabin@tidewateratc.com or at (757) 439-1552. Call or text is fine.

TATC Officers & Board

Position	Name	Email Address
President	Lee Lohman	president@tidewateratc.com
Vice President	Andy Grayson	vicepres@tidewateratc.com
Treasurer	Cecil Salyer	treasurer@tidewateratc.com
Secretary	Lelia Vann	secretary@tidewateratc.com
Trail Supervisor	John Sima	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Brittany Collins	assistantts@tidewateratc.com
Counselor	Bruce Davidson	counselor@tidewateratc.com
Counselor	Bill Bunch	counselor@tidewateratc.com
Counselor	Sandra Canepa	counselor@tidewateratc.com
ATC RPC Representative	Ned Kuhns	rprep@tidewateratc.com
Alt ATC RPC Representative	Jim Sexton	rprep@tidewateratc.com
Cabin Committee	Kevin Du Bois	cabin@tidewateratc.com or 627-5514
Cabin Committee	Gregory Hodges	cabin@tidewateratc.com
Education	Vacant - TBA	education@tidewateratc.com
Hikemaster	Andy Grayson	hikemaster@tidewateratc.com
Historical	Jim Sexton	historical@tidewateratc.com
Land Management	Vacant - TBA	landmgt@tidewateratc.com
Local Trails	Dave Plum	localtrails@tidewateratc.com
Membership	Kama Mitchell	membership@tidewateratc.com
Membership	Sharon Salyer	membership@tidewateratc.com
Merchandise	Vacant - TBA	merchandise@tidewateratc.com
Newsletter	Jim Sexton	newsletter@tidewateratc.com
Outreach	John Barnes	outreach@tidewateratc.com
Past President	Rosanne Cary	pastprez@tidewateratc.com
Programs	Vacant - TBA	programs@tidewateratc.com
Timekeeper	Vacant - TBA	timekeeper@tidewateratc.com
Tool Boss	Vacant - TBA	toolboss@tidewateratc.com
Webmaster	Jim Sexton	webmaster@tidewateratc.com



AT Vista Johnson City, TN

August 4-7, 2023

By Jane Oakes



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August 4-7, 2023

By Jane Oakes



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August 4-7, 2023

By Jane Oakes



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AT Vista Johnson City, TN

August 4-7, 2023

By Jane Oakes



AT Vista Johnson City, TN

August 4-7, 2023

By Margaret Julian



AT Vista Johnson City, TN

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August 4-7, 2023

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Photos from Walk-thru Weekend

September 29 - October 1, 2023

By Randy Smith



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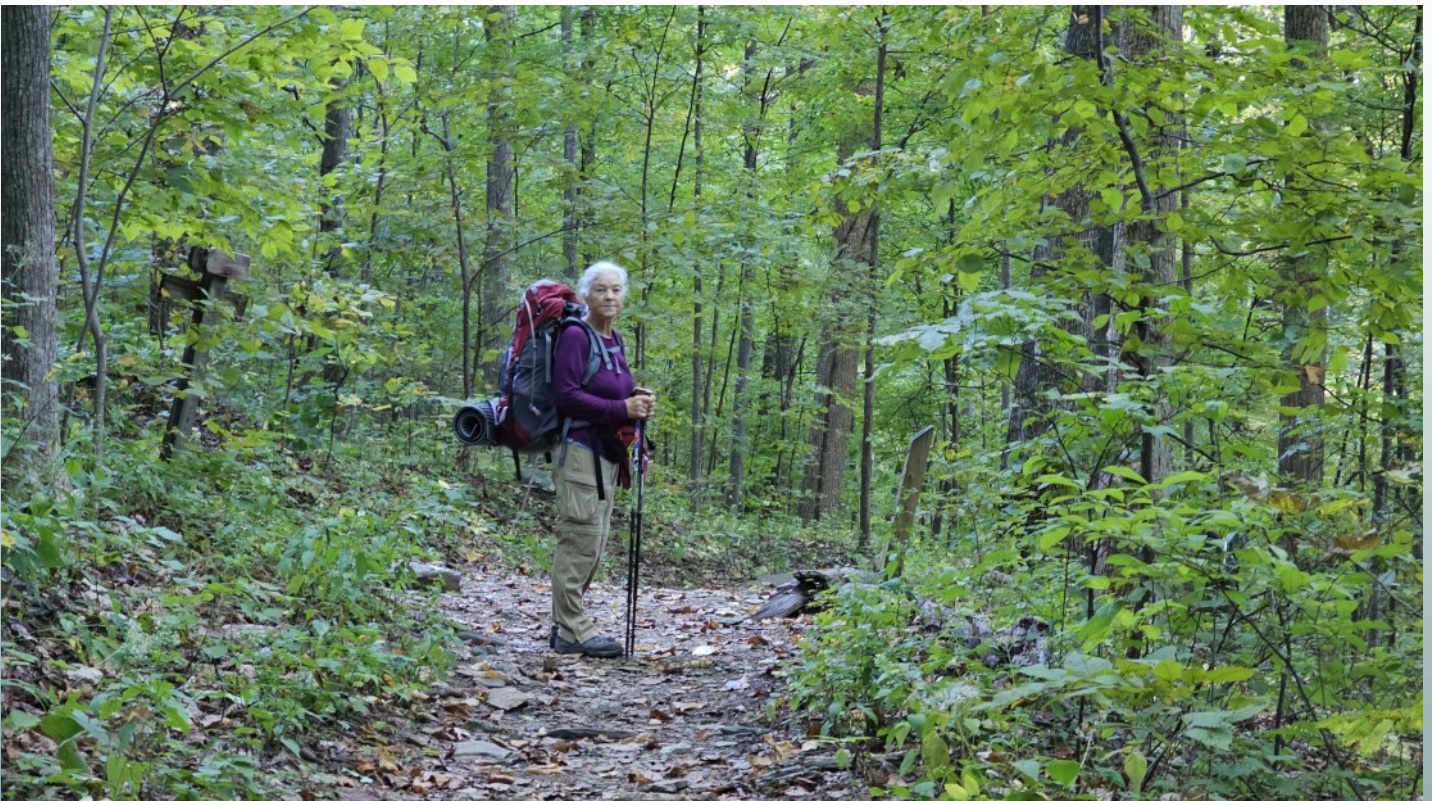
By Randy Smith



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