

Tidewater Appalachian Trail Club

Appalachian Hiker

www.tidewateratc.com

April 2009 - May 2009

Prez Sez



I find myself both elated and apprehensive to be writing this column as Tidewater Appalachian Trail Club's newest President! The year ahead is full of many exciting activities: the upcoming Southern Partnership Meeting; Chainsaw Certification Class at Sherando; two weeks of Konnarock to begin the Hanging Rock Project; the 2009 ATC Biennial in Castleton, VT; preparations for the 2011 ATC Biennial to be held in Abingdon, VA as well as all the other hikes, maintenance trips and other opportunities for adventure that TATC has to offer.

It's a little daunting to see myself as the head of this group with the myriad responsibilities the office brings. But I am not alone in this endeavor as I am supported by an outstanding Board of Directors whose experience and expertise are without parallel. I will rely on their guidance and judgment throughout my tenure as President. I also look forward to a successful relationship with our agency partners (USFS, NPS and ATC) whose cooperation and advice help us to achieve our objectives on the trail. Most of all, I look to the members of TATC for their contributions. For it is their strength, hard work, suggestions and support that make up the backbone of this club.

When I joined TATC nearly ten years ago, I never envisioned myself as a leader of this great organization. My immediate goal back then had been to find a group that did outdoor activities. I was looking for something that would allow me to enjoy my love of the outdoors in the company of others. That one small step opened a whole new world for me. What began as a search for weekend excursions led to a much grander adventure of hiking, backpacking, biking, canoeing and building trail. I learned that no expedition is complete without a stop for a meal or ice cream afterwards. I learned that weather and scenery had far less to do with a successful trip than laughter and the company of new friends. I learned the power of homemade pies and the joys of water-cannon battles. I learned how to create a footpath for hikers through what was once dense forest and felt the immense satisfaction upon its completion.

As TATC's new President, I ask you to discover what motivates you as a member of our club. Is it the pleasure of being outdoors with friends?

(Continued in next column...)

pleasure of being outdoors with friends? Is it the challenge and fulfillment of trail work? Perhaps the chance of earning that 50 hour t-shirt or 1000 hour Golden Pulaski? Or maybe the unique opportunity to become a part of a greater community? Whatever your personal motivation, take advantage of what TATC has to offer. Perhaps one day, you will find yourself writing this column!

Be safe! Have fun!

Phyllis
TATC President
president@tidewateratc.com

Table of Contents

Prez Sez	1
Club Officers, Counselors, & Chairs	2
Membership	3
Merchandise	3
Silent Auction	3
Chocolate Hike 2009	4
Back Bay Refuge Recruiting Youth	4
New Year's Day Hike	4
BRMS Ad	5
TATC Cabin Report	6-7
AT Spring Maintenance	7
Trail Club Video Project	7
Food, Shelter, and Clothing	8
Appalachian Trail Festival	9
Hostelling International	9
Activities Schedule	10-11
Photo by Bill Rogers - New Year's Day Hike	12



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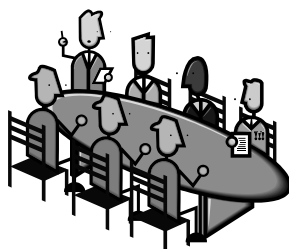
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Membership

TIME TO RENEW, TIME TO RENEW

TATC's membership renewal period is from March 1 to April 30. The membership form is included in this newsletter. Please bring it to the next meeting or mail it to the address on the form. Remember, if your address changes, you will not receive the newsletters as bulk mail is not forwarded. If you have any questions, please contact me at 627-2392 or at my web address: membership@tidewateratc.com

Welcome to the following new and returning members: Fred and Marilyn Anspach, Gloria Connor, Wayne Goldsworthy-Jones, Steven and Julie West, Bob and Mary Mooney, Pieter and Hope Dahmen, April Bairdain, Pat Williams, Henry Stone, Mike Gorretta, Jim and Anne Gildea, Cameron Fletcher, Joe Perez, Larry Lepley, David and Linda Cywinski, Leo Cappuccio and Karen Brent.

Mary Hormell
Membership Committee Chair
membership@tidewateratc.com

Merchandise

New T-shirts are on sale from the T-shirt Contest. There are styles for unisex and women's, long- and short-sleeved, multiple colors. Also, the old T-shirts are now half-priced but there are no large sizes left. Beside the usual patches, decals, bumper stickers, mugs, and hats we have whistles and several colors of bandanas. Always taking new ideas for merchandise which will be reviewed by the TATC Board. Thanks!

Debby Hedley
Merchandise Committee Chair
merchandise@tidewateratc.com

Silent Auction

By Debbie Bellucci

TATC's 7th annual silent auction will be held Wednesday, July 8^h. We are asking members to donate their **Time**, **Talent** or **Treasures** to be auctioned off to the highest bidder. When you are shopping, on vacation, or practicing your creative talents, please keep the TATC auction in mind. Pick up something and bring it to the auction on July 8^h. With your help, TATC will again present a diverse selection of auction items. Suggestions are listed below.

New or Gently Used Items: (CD's and DVD's; audio books on CD; hiking/camping gear; one-size-fits-all clothing; books; wine). Be sure your used item is in excellent condition and has value.

Donations: Ask people you know or retailers and restaurants to donate an item of interest such as gift certificates or a specialty item. Necessary letters and tax information are available.

Services Provided by You: Babysitting, pet sitting, car washing, lawn mowing, photography, or tax preparation, just to name a few.

Miscellaneous ideas:

Do you have your own business? Offer free goods or services.

Do you have a special talent? Give a 'lesson' to someone or a group.

Are you crafty? Make something to donate to the auction.

Can you bake/cook? Make a basket of baked goodies and treats.

If you have any questions about the auction, please contact Debbie Bellucci: 757-446-2012, or camp-girl830@yahoo.com.



Chocolate Hike 2009

By Phyllis Neumann

If you were lucky enough to attend this year's annual event then not only were you treated to a fun walk on a beautiful day, but also had the chance to sample some of the finest culinary treats in Hampton Roads. Fifty participants and purveyors of palatable pastries hiked the Noland Trail this past Valentine's Day sharing sweets, camaraderie and companionship. What more could you possibly need for a perfect day? The judging gets tougher each year but I must admit it's one challenge I always look forward to!

Our top winner this year was Sue Leta for her ambrosial "Black Bottom Squares". Close behind were Bill Buck's "Chocolate Peanut Butter Cookie Bars", Judy Stenzhorn's "Chocolate Kahlua Fantasy Fudge", Rosanne Scott's "Angel or Devil", Jane Oakes' "Dark Decadence", Margaret Julian's "Tuesday Group Peanut Butter Pecan Fudge", Diane's "Chocolate Hazelnut Biscotti", and Chris Sexton's "Butter Chocolate Cake". And much more. And yes, we ate lunch afterwards!

Back Bay Refuge Recruiting Summer Youth

Press Release

February 28, 2009

VIRGINIA BEACH, VA— The U.S. Fish and Wildlife Service announced recruitment for its summer Youth Conservation Corps (YCC) program. Back Bay National Wildlife Refuge plans to host a crew of nine 15-18 year old youths, who will perform important natural resource project work on the Refuge this summer. These are full-time, paid seasonal positions. The Refuge is also recruiting for two seasonal YCC Crew Leaders, and two seasonal Assistant YCC Leaders. The program will run from mid-June through mid-August. For further information, interested persons may call Walt Tegge, the Refuge's Visitor Services Manager, at 721-2412.

Back Bay National Wildlife Refuge is located in the Sandbridge area of southern Virginia Beach. The Refuge, a key resting and feeding location for various migratory and resident birds along the Atlantic Flyway, is open daily from dawn to dusk.

The 27th Annual New Year's Day Hike

By Bill Rogers

What a perfectly, absolutely, beautiful, and gorgeous winter's day 2009-01-01 was !!!!! Yep, 25-degrees leaving home at 5:30 a.m. It was about the same as Tom and I stood on the beach in Back Bay Nat'l Wildlife Refuge awaiting, and then watching, the sun rise and paint the very few offshore clouds a bright coral orange. Wind chill at the Norfolk Airport, where there was LESS wind, was 15-degrees. A couple with a teenager and five little ones scampered on the beach as the sun rose and the wind blew.

We met our other hikers at about 8:00. At 8:15 we started out for the very pleasant, sunny stroll down the beach to False Cape State Park. The wind was at our backs, the way we like. At the Barbour's Hill sign we tarried for a bit admiring a turtle cage, then headed inland to the camping area. There the 'necessary' drew our attention and use. Nearby, scattered on soft sand and at a picnic table, under artistically spreading live oaks, we had our noon repast out of the wind. The stroll back was warmer, the temperature way up to 34-degrees. We leaned a bit into the wind as we walked, watching foam patches skidding down the sand faster than a person can run. A thin film of ground level sand blew southward, pushed by the wind. Ocean wave tops blew off as spume, pretty and sparkling in the bright sun.

We were back at our vehicles, after an 8-mile saunter, about 5 after 1:00. In the parking lot, with sparkling cider and one of Bea's homemade blueberry cakes, we celebrated the 12th anniversary of two folks who met on one of my New Year hikes in York River State Park.

The day was beautifully clear, the ocean a very brilliant blue, with crashing waves and lots of flying foam on the beach. The wind a mere 15-20 mph tailwind going, headwind returning. All folks dressed suitably. One could not ask for a better year's start. During the day we saw just two other brave hikers, and a few small shorebirds feeding along wave edges.

Afterwards Tom Reed and I explored a bit at Dismal Swamp State Park NC hiking the Canal Road and the Supple Jack Trail. Rusty trailside remnants turned out to be what we thought - moonshine still remains. He and I saw two adult eagles, one on the ground in a just-sprouted winter wheat field, and one soaring overhead in the sun as we left Dismal Swamp State Park. I also showed him the Dismal Swamp Canal Trail, telling tales of some of our bike rides there, and the 'Paddle for the Border' excursion last year. In the best TATC tradition, before heading back to Franklin, Tom joined Bea and me for a deliciously delightful Happy New Year dinner at our favorite Japanese restaurant.



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TATC Cabin Report

By Bob Adkisson

The TATC Cabin had a fairly typical year for 2008 (March 1st, 2008 to February 28th, 2009) The usage and income totals were just fractionally more or less than the previous few years - \$2100 income with 103 nights of paid rent. Here's how the numbers broke down:

Weekends the cabin was used:	31	
Weekends the cabin was unused:	14	
Number of weeknights used:	47	
Number of work trips:	6	(for a total of 13 nights)
Number of special weekends:	1	(for TATC workers who helped out the Konnarock crew in July)

Altogether, the cabin was occupied 118 nights in the 2008 fiscal year.

The one record the cabin *almost* broke in 2008 was for consecutive weekend usage. The record is 38 consecutive weekends, set in the all time record setting year of 1999. In 2008, starting the first of May, the cabin was rented 30 consecutive weekends, right up until the end of Nov. That sort of thing is always great to see, unlike the month of March, 2008, when the cabin went unrented 4 weekends in a row.

The least popular, or least used months in 2008 were March and Feb. The most popular months were (so many to choose from!) May, June, July, Aug, Sept., and Oct. (It is also good to see the cabin now being rented throughout the summer months-- for some reason they used to be a problematic time of the year as well.)

Weeknight usage (Sunday thru Thursday night rental) stayed strong, with 47 nights being used throughout the year. There is always room for improvement in this category, especially in a club with so many active but re-tired members. Com'on ya'll-- what's stopping you from going up to the cabin and staying for a week, especially some mild weathered month like May or October?

We had 6 work trips in 2008, with the big project (which we all but finished) being the construction of the John Donavon Memorial Picnic Shelter. Special kudos again go out to Bruce Julian for heading up the June work trip, when a majority of the heaviest work was undertaken and completed, and also to the 6 boy scouts from Wayne Mortimer's troop, who came up in May and helped transport numerous heavy cartloads of building materials (mostly mortar mix, for the concrete footers). By contrast, in Aug. the work trip consisted of just Steve Babor, Ed Martin, and myself; we shingled the roof and did some leveling work on the ground beneath.

Firewood was cut on the March work trip (now all but depleted) and some small improvements to the access road were undertaken throughout the year.

The cabin committee is also responsible for maintaining the nearby two and a half mile long White Rock Falls trail. No major work was needed or undertaken here, just the usual light maintenance activities and overseerage.

Records for 2 of the 6 cabin work trips are a bit sketchy (Steve!), but for sure, on the first 4 work trips of the year, we hosted and 'oriented' a total of 4 first timers to the cabin. If you are a new member to the club, to be able to rent the cabin we require you come up for at least a day's work on one of the regularly scheduled cabin maintenance / orientation trips. You will help out with whatever work we might be doing, sometimes rather easy (like painting window frames), sometimes more strenuous (like hauling in lumber half a mile from the road, to build a picnic shelter); you will learn where the cabin is, how to properly care for it, and how to operate things like the wood burning cook stove, etc.-- everything you need to know so that, if you wanted to, you could rent it and have it all to yourself the very next weekend.

The cabin is quite a place, a unique opportunity to commune with nature in a wild and beautiful setting-- 15 acres of club owned wooded mountainside, surrounded by the George Washington National Forest, with access off of the famous Blue Ridge Parkway. Every club member should experience and appreciate it, and for those of you who didn't go up and stay there at least one night last year..... you ought to stop whatever you're doing right now and *kick yourself. Really hard!*

As I mentioned, the wood supply that the work crews usually cut and stack for renters to use throughout the year is running low. The last few years we have encouraged renters to go light on firewood usage in general, and to use the cabin's handsaws to cut some or most of what they need from downed tree limbs that can be found close to the cabin. This year we ask that you continue to do the same, especially if we can't get a work crew up there sometime this spring to restock the depleted supplies.

(Continued on Page 7

(Continued from Page 6)

And, speaking of firewood, and scarce resources, and the amount of work that the work crews donate-- **renters, please treat every piece of firewood that is cut and stacked for you as precious and valuable!** I was lucky enough to stay at the cabin 2 nights last week and, going to check on the wood supply situation, I was angered to find pieces of wood from the neatly stacked piles scattered, half buried in the leaf litter, all but lost and forgotten. In the process of retrieving and carrying the wood to the cabin the evidence suggests that some people are sloppy and uncaring, tossing pieces away that they think are too small, and letting large pieces get away from them, which they don't bother to go and get. I found a whole armload of good wood scattered and all but lost. And, at the wood chopping blocks, more pieces of kindling everywhere, left to get rained on and lost instead of being placed in the nearby covered woodpile.

I will reiterate one change in the cabin reservation policy that was instituted last year: in an effort to encourage group usage, we waived the usual 8 week (56 day) in advance rule for making reservations **IF** you want to lead a trip to the cabin and have it fairly open to all club members. Someone wanting to lead such a hike can call anytime and make a reservation, they just need to make sure the trip is announced in the Trail Club newsletter, and or in the handouts at the club meetings and even on the club's website. That person would be responsible for the cabin key and for collecting the rental fees from those participating, etc.

Of course, for those who like to plan far in advance, you can still reserve the cabin for the upcoming year via the TATC calendar for such a group trip as well; this is done in October, when the calendar committee is accepting dates for the new years calendar. You must let the cabin committed approve the date you desire, in case it conflicts with a weekend that a work trip or something special is planned.

So, Spring is here! In the mountains the flowers will soon be blooming and the trees leafing out. Call me (627-5514) to reserve some time for yourself, and friends, at the trail club cabin. You won't regret it.

AT Spring Maintenance May 15-17 2009

By Chris Sexton

Each May and October, club members travel 3.5 hours to do trail maintenance on our 10.75 mile section of the Appalachian Trail. This is a time of fellowship, work, and fun. Be part of the collective relaxation sigh when you see your first hills in the distance west of Charlottesville from I-64. Come out and join fellow club members, family, and friends for the group camping experience at the Williams Branch section of Sherando Lake Recreation Area. Take Exit 96 off of I-64, turn left at the bottom of the exit onto Hwy 624, go through Lyndhurst, bearing left on Mount Torrey Road (this is Hwy 664 when the road forks) to the Sherando entrance on your right. Team up with a club member that has been to Sherando before if you need advice or directions. Tell the park volunteer at the gate you are with TATC, as there is no charge for our group camping experience. Set up your tent on Friday. You may arrive any time to claim your spot, as long as you are inside the gate before 10 pm. If you take off work on Friday, you may visit other attractions in the area. If this is your first time going to Sherando, it is recommended you arrive during daylight so you won't be wandering the country roads in the dark. Some club members who don't want to miss work on Friday sometimes arrive early Saturday morning in time for the 8 am safety talk prior to starting the day's work trips. There are flush toilets at Williams Branch, and warm showers in other nearby sections of the campground for cleaning up after the work trips. Bring a flashlight/lantern to light your way at night, as there is no electricity at the campsite. Plan for cool weather at night—hats, jackets, and gloves, sleeping bags, and extra blankets. Bring sunscreen, hiking shoes, insect repellent, and a whistle. Your cell phone won't work at Sherando, so plan on being technology impaired for the weekend. Bring a tiny tent or the Taj Mahal (Taj McTent), whatever you prefer. Bring your own snacks for Friday night, your trail lunch, beverages, and snacks for Saturday, and breakfast food for Saturday. Nancy Babor, et al, will be planning the big group supper for Saturday night after the day's AT labors. Join fellow club members at the nearby TATC cabin ½ mile off the Blue Ridge Parkway, MP 18.5, for a brunch on Sunday morning, and dedication of the new outdoor covered picnic shelter. Scott Hilton, TATC club supervisor, will have work trips of varying degrees of skill, distance to walk, and difficulty, based on trail assessment from the April AT walk-through trip. You can sign up for the small group work trips on Friday night, or very early Saturday. You may even get to be part of segments for the club video that is a work in progress. Come on out for the AT experience and the camaraderie!

Trail Club Video Project

TATC video project group needs your still pictures of trail club activities for possible inclusion in the trail club video which is under construction. Please send pictures to webmaster@tidewateratc.com If you would like to volunteer to operate the video camera on a hike or work weekend⁷ for any club activities, please contact Rosanne Scott to obtain the video camera, and instructions on use.

Food, Shelter, and Clothing

By Mark Connolly

The recent TATC General Meeting program provided by Roy Hutchinson on the topic of survival outside, what items to pack in case you get lost, was what reminded me of some advice I received, some time around late 1978 or so, while on an overnight canoe trip with an outings-oriented group in North Carolina. One of the other trip participants, whom we could call Phil Gautier, to invent a name, suggested three significant items of equipment that he recommended to the rest of us: a Thermarest mattress, a Coleman Peak One stove, and a Gore-Tex jacket. At the risk of treading into Bill Rogers' Backpacking Seminar territory, I'll tell you about how these three items are dependable items for me.

First, as a dramatic presentation, Phil Gautier took out a rolled-up Thermarest mattress and opened the valve and put the rolled mattress down on the ground near our circle of paddlers who had stopped for the night. We watched in wonder as the thing unrolled itself and spread out on the ground. Phil explained that the mattress was better than an air mattress because it contained an open-cell foam in a water- and air-tight cover, with, of course, a valve to close the thing up. This eliminated the "sponge effect" that I saw as a Boy Scout who had fellow campers who carried something approximating an egg-holding configuration on one side of a rolled bare open-cell foam mattress-----that readily soaked up water in a tent, or while hiking in the rain. The Thermarest foam also defeats the kind of body heat loss that you experience with use of an air mattress that transfers heat to the ground beneath it by convection currents. I bought a Thermarest right after that outing, and I've been pleased. I got the 72" x 20" x 1 1/2" model, because I heard that those who got the 48"-long model to save on weight got cold feet while sleeping. My first one was stolen in the mid-80's but I went out and bought another new one that then had a new, larger plastic filler (and deflation) valve. This was before they incorporated a more textured top on the mattress to limit the sliding around between your sleeping bag and the Thermarest, and before the host of options in thickness that is offered now. Some sleeping bags are designed to have a sleeping pad inserted into them to make the arrangement even more harmonious. Of course, in lieu of a Thermarest, you can use a closed-cell foam mattress that rolls or folds accordion-like, but it doesn't provide the comfort of a Thermarest.

Another item Phil recommended was his stove: a Coleman Peak One white gas (liquid fuel) stove. The Peak One stove is a one-piece stove that has an integrated fuel tank and compressor pump. At that time I don't think it was as stable as subsequent models that have fold-out feet to broaden the base, but I noticed that it was a substantial little machine that didn't have the flame-thrower capability that I saw in some other backpacker stoves, like the Svea, Optimus, and some other models. The Svea and others might have been lighter, but they presented more finickiness in starting and in adjustment. The Peak One seemed able to provide an ample blast of heat and yet simple adjustability to also allow simmering. There is a kind of integrated wind deflector. In wintertime there is a small problem with vaporization of the fuel, but not as significant as that experienced by trying to use a butane (compressed gas cartridge) stove. I found that you can get a toothpaste-type tube of some jelled fuel, and, like putting toothpaste on a brush, you can squeeze out a similar amount of the jelled fuel near the carburetor/vaporizer tube and light it to assist in below-freezing stove-starting. The weight of the Peak One is little bit high, and so, for warm weather use, I'm happy with my very capable MSR Windpro that has the propane/butane compressed gas cartridge attached by a footlong (or so) hose to the stove burner, which has a well-spread three-legged base for stability of the pot or container on top, but folds up into a absurdly small and light assemblage in a ditty bag. There's a separate rolled-up light metal sheet that can be unfurled to be used as a windscreen if set up to encircle the stove burner with a pot on it. Primus and MSR and Optimus have numerous models of both liquid and gas stoves, so there are options beside the old Coleman Peak One that I used to use exclusively. And Coleman has introduced a new line called "Exponent" that has a range of models, one of which can use either gas cartridges or liquid fuel, like white gas, etc., with the use of an adaptor between the burner/pot rest part and the cartridge or fuel bottle.

The third item that Phil pointed out was his jacket. He had a "Banana Equipment" Gore-Tex jacket-----"clothes with appeal" (Get it?). This was a "first generation" Gore-Tex jacket that cost less than eighty dollars and did not have seam sealing to prevent wicking of water in through the seams. That came later. He pointed out that the jacket was waterproof---without mentioning the seam vulnerability---and a capable wind-breaker, and didn't make you feel like you were in a sauna if body moisture came up from exercise. The Gore-Tex fabric, he explained, kept out water in liquid form, but allowed water vapor inside to pass out through the fabric. He explained that Gore-Tex fabric is a lamination of an outer shell textile, then an expanded microporous Teflon film of some kind, and, in 3-layer Gore-Tex, another textile on the inside. I trotted out after our canoe trip and got my first Gore-Tex jacket. The Banana Equipment one. In spite of its seam shortcomings and the fact that the velcro on the sleeve cuffs and pocket flaps is mostly gone, I still have the jacket (from 1979) and wear it to and from workout sessions. I've bought probably three or four other Gore-Tex jackets (the latest with "XCR," Gore-Tex's supposed 25% improvement in breathability) since then, each successive one costing more, and some of which have succumbed to de-lamination or separation of sealing tape on the seams, or zipper destruction, and I have a barely-used pair of Gore-Tex pants from two decades ago from Sierra Designs that match another jacket. Now people say that the patent has run out and there are other proprietary fabrics that accomplish the same waterproofness thing with a comfort assurance that comes from breathability to vent body moisture. Get one of these jackets or parkas if you don't have one. The next development is the waterproof, windproof "softshell" jacket that incorporates some thin but effective insulation; check them out as the manufacturers mature the refinements in the products in this category also.

I'm grateful to Phil Gautier for making the three equipment suggestions. Remember: there are always new developments, but you should look for some basic necessities for doing the outdoors-backpacking thing. And, for food, shelter and clothing, the Thermarest mattress, the capable backpacking stove, and a good Gore-Tex (or Entrant, or Omnitech, or Versatech or TEK2.5 or ??) jacket are foundations for comfort in the outdoors.

The Appalachian Trail Festival 2009

From The Long Distance Hiker, Spring 2009

Vermont's Green Mountain Club will host this year's Appalachian Trail Festival 2009, the 37th Biennial Meeting of the Appalachian Trail Conservancy, at Castleton State College in Castleton, twelve miles west of Rutland, Vermont, July 17- 24. As the story goes, Benton MacKaye was sitting atop Stratton Mountain in southern Vermont when the inspiration for a trail along the Appalachian chain of mountains came to him. What better place to celebrate the AT than where it began?

The theme for the festival is "Forever Green: which not only refers to the Green Mountain State, but also to the steering committee's commitment to a green festival. What does that mean? It means the festival will be as environmentally sustainable as possible. The committee is encouraging anyone who plans to attend to carpool, take public transportation, or inflate their tires and drive 55 mph. The dining hall will serve meals on reusable plates and bowls with durable cutlery. The Hikes Committee will reuse sign posts from previous conferences and encourage hikers to bring their own water bottles and drink tap water. A line on the registration form will allow registrants to buy carbon offsets to make up for the fuel they use getting to Castleton; the money will fund alternative energy projects like "cow power."

A T Hiker. Author, mother of two, and former ALDHA-Coordinator Cindy Ross will be the featured speaker. With the publication-of her AT journal, *A Woman's Journey*, about her 1979-80 AT hike, Cindy inspired thousands of young people to take to the trail. She has since written about her journeys on the Pacific Crest (*Journey on the Crest*) and the Continental Divide (*Scraping Heaven*). At the festival, she will talk about her five summers on the CDT. For 100 miles in Vermont, the Long Trail and the Appalachian Trail coincide, separating at Maine Junction, where the AT turns east toward New Hampshire and the LT heads north to Canada. During the week of the festival, you can hike a good portion of the AT in Vermont or climb the restored fire tower on Stratton Mountain or bushwhack to remote Lost Pond Bog to see the pitcher plants. You can bring your bicycle and helmet and go for a ride. Or you can relax and talk hiking with people who understand your obsession.

In the workshops you will learn how to make exceptional one-pot meals. prevent overuse injuries and identify alpine plants. An archaeologist will lead you through the remains of mill villages, charcoal kilns and cemeteries on the AT/LT. A herpetologist will show off his collection of snake skins and the founder of the IAT will share its history-in-the-making. You can take part in yoga or a lively discussion of trail magic. Or, you can learn the secret to AT success. The week's excursions will take you back to the American Revolution when the Champlain Valley was a hotbed of intrigue and rebellion with a colorful cast that included Ethan Allen, "Gentleman Johnny" Burgoyne and the ever-notorious Is Benedict Arnold. The Hubbardton Battlefield was the site of the only battle waged entirely in Vermont; Mount Independence is one of the least-disturbed historic encampments; Fort Ticonderoga is a completely rebuilt fort; and Saratoga National Historic Park has the ambiguous boot monument, a fitting tribute to a traitor. On other excursions you can visit the homestead of the 30th president, Calvin Coolidge; cruise through the Champlain Canal's Lock 12 on the M.V. Carillon; tour the Ben and Jerry's ice cream factory; or float down the Battenkill River.

The real purpose of the biennial meeting, though, is to bring together the AT community for a week not only of hiking and learning, but also of stewardship. The general membership meeting, where you can voice your opinion, will be Monday morning, July 20. Volunteer crews will be out on the AT/LT every day replacing a roof, clearing water bars, cutting back brush and rebuilding a shelter. Other volunteers will lead outings, teach workshops, host the 2000-miler reception (an IA T and ALDHA-sponsored event), donate to the silent auction, staff the registration table and make sure your week in Castleton is as much fun as a three--day backpack on the AT. Online registration begins March 1. For more information, see www.vermont2009.org We look forward to seeing you.

Hostelling International

By Chris Sexton

Hostelling International (HI-USA) membership provides the member with budget accommodations and travel resources. There are over 100 hostels in the US, and over 4000 hostels in 60 countries. These accommodations are often dorm style rooms with 4-12 beds. In the US and Canada, sheets and towels are provided for travelers staying at hostels. Overseas, travelers use travel sheets. Hostels may have self service kitchens, and some have meal plans. Any individual can join HI for \$28, or \$18 for over age 55. Did you know that the trail club has become a group member of HI due to our non-profit status? Any club member can organize a club trip, with at least 10 persons for the group, and take advantage of discounted rates and travel assistance from HI. Activities, itineraries, meal, plans, and reservation assistance in hostels are provided. Contact Laura Bontems, the club's secretary, to obtain the group membership number if you would like to plan a club trip that is advertised on the hike schedule for club members. Visit www.hiusa.org for more information. Jim Sexton is planning a club trip which is already full for 20 club members for July 2010 to the Canadian Rockies. The group will be staying in hostels when the group visits Banff, Jasper, and Yoho National Parks.

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.

March 29, 2009 Sunday	Phyllis Neumann 566-4584	New Quarter Park Maintenance - Meet at 9:30am (inner parking lot) for a morning of light maintenance. Bring gloves, comfortable footwear, water and snacks. Tools will be provided. Possibility of lunch afterwards OR stay for the multi-club event that New Quarter is also planning for that day. (See below) Call for details.
March 29, 2009 Sunday	www.meetup.com/ newquarterpark	2nd Annual Cabin Fever Sunday - Learn about local outdoor clubs at New Quarter Park. Visit www.meetup.com/newquarterpark
April 3-5, 2009 Friday-Sunday	Ned Kuhns 552-0292	ATC Southern Partnership/Regional VA Partnership Meeting - Meeting of the AT maintaining clubs in the southern region. Business and fun!
April 4-5, 2009 Saturday-Sunday	Debbie Bellucci 446-2012 camp- girl830@yahoo.com	Merchants Millpond Canoe Overnighter. Easy! - Springtime camping and canoeing at Merchant's Millpond State Park. We'll camp on an island and explore the millpond with its beaver, birds, and alligators. We might also hike or just hang around. This is a great trip for beginners, because canoe rentals are available. It's a great trip for children, too, so bring your munchkins. You'll need normal camping equipment, plus drinking water. Meet at the commuter parking lot at Indian River Rd. & Reon Drive. at 9am, or meet us at the canoe launch at 10:30. A splendid time is guaranteed for all. Contact Debbie for details.
April 7, 2009 Tuesday	Phyllis Neumann 566-4584	TATC Board of Directors Meeting - 7pm. Pretlow Library 111 West Ocean View Ave, Norfolk. Open to all members
April 8, 2009 Wednesday	Phyllis Neumann 566-4584	TATC General Membership Meeting - 7:00pm at the Pretlow Library, 111 West Ocean View Ave, Norfolk. Program: Backpacking the Pyrenees with Ned Kuhns.
April 10-12, 2009 Friday-Sunday	Debbie Bellucci 446-2012 camp- girl830@yahoo.com	Roughin' It Weekend for Women Workshop ("RIW3") - Ideal for beginners, this is a great opportunity to learn new skills to prepare you for your next hiking, camping and/or backpacking adventure. From the safety of our rustic but beautiful TATC cabin, you'll receive an introduction to gear, clothing, food, hygiene and safety. This controlled environment is excellent for trying any new equipment for the first time. We'll also take an easy hike, prepare community dinners and relax under the stars in the evenings. So, if you want to make new friends, share ideas and experiences, and realize the power in you, sign up! Space is limited.
April 17-19, 2009 Friday-Sunday	Scott Hilton 625-6052	Spring Walk Through - A chance to walk our 10.75-mile section of the AT and see what's needed for Spring Maintenance. Contact Scott for details.
April 17 - 19, 2009 Friday Evening - Sunday	Mark J. Wenger (Animal) 757-253-0056 (H) mark- wenger@cox.net	Tuscarora Big Schloss Loop-STRENUOUS - We will leave from Williamsburg around 5:00PM Friday and pick up anyone in Richmond on the way. We will eat a quick dinner on the road and drive I-64 to I-95 north to US17 north to I-66 west to I-81 south to VA55 west to Wardensville, WV. We can meet anyone coming from elsewhere at the parking lot of Fox's Pizza. At Wardensville we will take WV 5/1 Waites Run Road to the intersection with the Tuscarora Trail and camp at the trail head. On Saturday we will hike south 13 miles on the Tuscarora, Mill Mountain, Big Schloss and Stony Creek and camp. On Sunday we will hike 10 miles north on Stony Creek and Tuscarora back to the cars and head for home. Big Schloss is probably the most imposing rock formation in Virginia. Call for further information.
April 18, 2009 Saturday	Chris Sexton 484-2827	First Landing State Park Maintenance - If you've never been to this piece of heaven in the middle of VA Beach-here's your chance! Meet your fellow club members for light maintenance on the trails of this wooded wonderland. Bring gloves, water, snacks and comfortable walking shoes. Tools will be provided. Probably eat lunch out afterwards. Contact Chris for details.
April 18-19, 2009 Saturday-Sunday	Christopher Tate (703) 836-8905 or visit http://wfa.net	Wilderness First Aid - This is an eighteen-hour class in Wilderness First Aid that will be conducted near Virginia Beach. The course includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$200. For additional information phone (703) 836-8905 or visit http://wfa.net (This is not a TATC sponsored event although club members have participated before).
April 24-26, 2009 Saturday- Sunday	Rick Hancock 619-5522	Bike ride on Greenbrier River Trail - Easy to Moderate. Greenbrier River Trail Mtn Biking in West VA. Depart from Burger King Fri morning. We will need to drop off a vehicle at White Sulphur Springs trail head before heading to Cass. We may use a shuttle depending on cost. This area is relatively remote so your bike (mtn or hybrid) should be in good working order before attempting this route. We will travel approx 20 miles on Fri., 40 miles on Sat., and 20 on Sun. We will campout 2 nights along the trail. Call for more details.

(Continued on Page 11 ...)

Activities Schedule

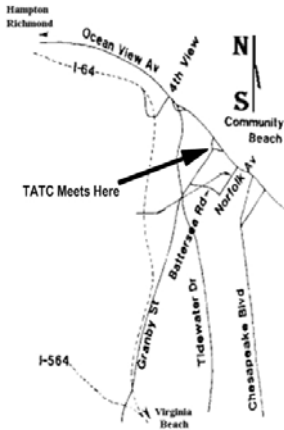
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May 1-3, 2009 Friday-Sunday	Rick Hancock 619-5522	Old Rag Mountain Hike and Rappelling Trip - Moderate hike to Old Rag Mt in Shenandoah National Park. Rappelling is geared toward beginner/intermediate. Carry normal overnight gear pack light as we will need to carry ropes and other gear. Bring enough water to last till mid-day Sat.
May 1-3, 2009 Friday-Sunday	Steve Babor 588-7501	Cabin Maintenance/Orientation Weekend at TATC cabin - Prerequisite for cabin rental arrangement if not previously attended. Get knowledgeable on the cabin and get some work done to maintain it as the club asset it is.
May 5, 2009 Tuesday	Phyllis Neumann 566-4584	TATC Board of Directors Meeting - 7pm. Pretlow Library 111 West Ocean View Ave, Norfolk. Open to all members.
May 8 - 10, 2009 Friday Evening-Sunday	Mark J. Wenger (Animal) 757-253-0056 (H) mark-wenger@cox.net	Roaring Run/Hoop Hole System-EASY - We will leave from Williamsburg around 5:00PM Friday and pick up anyone in Richmond on the way. We will eat a quick dinner on the road and drive I-64 west to the Low Moor exit 21 and then take VA616 south to Rich Patch and then left and south on VA621 and camp at the trail head. We can rendezvous with anyone coming from different directions at Lexington or Clifton Forge. On Saturday we will slack pack the 2 mile loop trail up the cascades and waterfalls and then hike up the mountain with packs. You can do 3 miles up to 15 depending on what you want to do before we camp. On Sunday we will hike 3 miles back to the cars and head for home. The falls may not be big but the trip will be beautiful and the furnace is spectacular. Call for further information.
May 13, 2009 Wednesday	Phyllis Neumann 566-4584	TATC General Membership Meeting - 7:00pm at the Pretlow Library, 111 West Ocean View Ave, Norfolk. Program: Richard Tarr-ALASKA Explorations.
May 15-17, 2009 Friday-Sunday	Scott Hilton 625-6052	Spring Maintenance—Family Weekend - This is the primary event! This is what we work on: the AT section assigned to TATC. Get out with your family to Sherando Campground as our base camp and participate in some aspect of the maintenance of our trail section, and share some meal(s) with others either on the trail or at Sherando.
May 21 - 25, 2009 Thursday afternoon - Monday evening	Mark J. Wenger (Animal) 757-253-0056 (H) mark-wenger@cox.net	Allegheny Trail Red Creek, West Virginia south to Durbin, West Virginia-VERY STRENUOUS - We will leave from Williamsburg Thursday afternoon and pick up anyone in Richmond on the way. We will eat a quick dinner on the road and camp at Laurel Run outside of Durbin, West Virginia Thursday night. We can rendezvous with others coming from other directions at Monterey, Virginia. On Friday we will park the cars at Durbin and shuttle to Red Creek and begin the hike south. Each successive day we will hike 15 to 20 miles a day and camp as shelters are not available. On Monday we will hike to the cars and head for home. This is the type of hike where you do not meet many people and map and trail skills are needed. You will need money for food, gas, and shuttle. Call for further info.
May 23, 2009 Saturday	Bill Rogers 484-6001	Backpacking Seminar. - The does-don'ts / how to-how not to / why and why not / equipment / clothes and more about this invigorating outdoor adventure. 9:55 to 4:40. Bring lunch and beverage, perhaps paper and pencil. For directions, et al, call Bill, others will.
June 5 - 7, 2009 Friday Evening-Sunday	Mark J. Wenger (Animal) 757-253-0056 (H) mark-wenger@cox.net	Longdale Furnace Trail System-MODERATE - On Saturday and Sunday we will hike a total of 10 miles more or less camping where ever we can find water and then back to the cars and head for home. The area is historical and beautiful but little is written about it so plan to explore with me. Call for further information.
June 20, 2009 Saturday	Chris & Jim Sexton 484-2827	First Landing State Park Maintenance - An opportunity to do some local trail maintenance without driving forever. A convenient chance to do one of the main things that we advertise as our reason for being.
July 2-6, 2009 July 9-13, 2009 Thursday-Monday	Scott Hilton 625-6052	Konnarock Crew AT Trail Maintenance in our section of AT. - Join Konnarock Crew or go as a TATC member to do some of the heavy trail work to keep our section of the AT up. Call Scott for details.



Tidewater Appalachian
Trail Club
P. O. Box 8246
Norfolk, VA 23503

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TATC Meetings are held at the Pretlow Library, 111 West Ocean View Ave, Norfolk, VA

From Peninsula: Take 64 East to 4th View Exit 273. At bottom of ramp, turn left at stop sign, turn right onto Ocean View Ave and follow over Tidewater Drive to Granby St. Take right onto Granby St., take next right onto A View Ave, and then immediately turn right onto Portview Ave., bear right around the Library into the Library parking lot, meeting is held in Meeting Room #2

From Norfolk and Virginia Beach: Take 64 West toward Hampton/Richmond. Take the Chesapeake Blvd. exit. Go to end of Chesapeake Blvd., then turn left onto Ocean View Ave. and take left onto Granby St., take next right onto A View Ave, and then immediately turn right onto Portview Ave., bear right around the Library into the Library parking lot, meeting is held in Meeting Room # 2

