

# Tidewater Appalachian Trail Club Appalachian Hiker

[www.tidewateratc.com](http://www.tidewateratc.com)



April 2013 - May 2013

## Prez Sez

These are good times for TATC: membership is on the increase (up 30 to 460), general meeting programs have reached a new mark of excellence, youth involvement is the best in memory, community outreach has extended to Nelson County, and our new officers have assumed responsibility with enthusiasm and efficiency.

Although all these things are encouraging, we cannot rest, as perfection is always distant and constant planning efforts are necessary to maintain achievements and to continue progress. Currently my main drive is to further streamline our general meeting procedure in order to give new attendees reason to return and to avoid a "rush to finish" by the 8:45 evacuation of the meeting room required by library security. We have met this requirement without rush the past two meetings; however, I would prefer to be less a nanny by eliminating the need to announce a countdown of minutes remaining while folks are socializing and signing up for activities. Perhaps these flexible time allotments will help the situation:

We have 105 minutes available for meetings. Give or take 5 minutes, let's be governed by the following outline:

President's time	20 min	7:00-7:20
Program	30	7:20-7:50
Hikemaster	15	7:50-8:05
Social time/sign-ups, etc.	40	8:05-8:45

Returning to Nelson County outreach, two recent happenings are involved. The county is now an official ATC trail community and Jim & Chris Sexton have established a getaway residence not far from our Tye River trailhead, making them perfect planning participants for the grand county celebration centered around National Trails Day's weekend of June 1. Main base for the event will be on the grounds of Devil's Backbone Brewery/Restaurant.

The timing is right for arrival of through hikers and the county will provide shuttle service for them while TATC, NBATC & ODATC will lead hikes for locals & visitors. Stay tuned and join us if you can.

*(Continued in next column...)*

Regretfully, I will miss the April general meeting as family visitation takes me to the west coast. The meeting will be in the capable hands of Christine Woods, our new Vice President. See you in May. Be well, do good work and keep in touch.

*Jim Newman*  
President  
president@tidewateratc.com

## Table of Contents

Prez Sez	1
TATC Club Officers and Committees	2
Membership - Time to Renew	3
Nelson County Trail Daze	3
Wilderness Training	3
BRMS Ad	4
A Minute for Maintenance	5
Spring Maintenance Dinner	5
Cold Winds on the Slope of the Presidentials	6-7
Annual Cabin Report	8-9
Mau-Har Trail - 20 Years Old	10
ATC Volunteer Leadership Handbook	10
TATC Social Media Sites	10
ATC Visitor Center Schedule	11
False Cape Spring Trip	12-13
Chocolate Hike 2013	13
Rescue in the Smokies	14-15
AT Museum to Open for Fourth Season	16
ATC Cullowhee 2013	16
Activities Schedule	17-19
Picture of Appalachian Trail Museum	20

*(banner photo by Mark Ferguson)*



Visit our website at  
[www.tidewateratc.com](http://www.tidewateratc.com)

### TATC Club Officers

President	Jim Newman	<a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a>	867-6688
Vice President	Christine Woods	<a href="mailto:vicepres@tidewateratc.com">vicepres@tidewateratc.com</a>	850-7567
Treasurer	Joe Turlo	<a href="mailto:treasurer@tidewateratc.com">treasurer@tidewateratc.com</a>	855-9650
Secretary	Diana Ramsey	<a href="mailto:secretary@tidewateratc.com">secretary@tidewateratc.com</a>	619-0540
Trail Supervisor	Mark Connolly	<a href="mailto:trailsupervisor@tidewateratc.com">trailsupervisor@tidewateratc.com</a>	623-0764
Assistant Trail Supervisor	Ken Lancaster	<a href="mailto:assistantts@tidewateratc.com">assistantts@tidewateratc.com</a>	589-1402

### TATC Counselors

Counselor	Carl Allen	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>	301-8856
Counselor	Chris Sexton	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>	484-2827
Counselor	Greg Seid	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>	636-3877

### ATC RPC Representatives

ATC RPC Rep	Ned Kuhns	<a href="mailto:rprep@tidewateratc.com">rprep@tidewateratc.com</a>	552-0292
ATC RPC Rep	Phyllis Neumann	<a href="mailto:rprep@tidewateratc.com">rprep@tidewateratc.com</a>	566-4584

### TATC Committee Chairs

Cabin	Bob Adkisson	<a href="mailto:cabin@tidewateratc.com">cabin@tidewateratc.com</a>	627-5514
Cabin	Greg Hodges	<a href="mailto:cabin@tidewateratc.com">cabin@tidewateratc.com</a>	439-1552
Calendar	Jane Martin	<a href="mailto:calendar@tidewateratc.com">calendar@tidewateratc.com</a>	363-8464
Education	Bill Rogers	<a href="mailto:education@tidewateratc.com">education@tidewateratc.com</a>	484-6001
Hikemaster	Christine Woods	<a href="mailto:hikemaster@tidewateratc.com">hikemaster@tidewateratc.com</a>	850-7567
Historical	Bob Adkisson	<a href="mailto:historical@tidewateratc.com">historical@tidewateratc.com</a>	627-5514
Land Management	Bob Giffin	<a href="mailto:landmgt@tidewateratc.com">landmgt@tidewateratc.com</a>	495-7002
Local Trails	Bill Buck	<a href="mailto:localtrails@tidewateratc.com">localtrails@tidewateratc.com</a>	846-1125
Membership	Mary Hormell	<a href="mailto:membership@tidewateratc.com">membership@tidewateratc.com</a>	627-2392
Merchandise	Margaret & Bruce Julian	<a href="mailto:merchandise@tidewateratc.com">merchandise@tidewateratc.com</a>	484-0975
Newsletter	Jim Sexton	<a href="mailto:newsletter@tidewateratc.com">newsletter@tidewateratc.com</a>	484-2827
Outreach	Nancy Rinkenberger	<a href="mailto:outreach@tidewateratc.com">outreach@tidewateratc.com</a>	623-0334
Past President	Phyllis Neumann	<a href="mailto:pastprez@tidewateratc.com">pastprez@tidewateratc.com</a>	566-4584
Programs	Dottie Abbott	<a href="mailto:programs@tidewateratc.com">programs@tidewateratc.com</a>	363-9562
Timekeeper	John and Jane Oakes	<a href="mailto:timekeeper@tidewateratc.com">timekeeper@tidewateratc.com</a>	467-9633
Tool Boss	Bruce Julian	<a href="mailto:toolboss@tidewateratc.com">toolboss@tidewateratc.com</a>	484-0975
Webmaster	Jim Sexton	<a href="mailto:webmaster@tidewateratc.com">webmaster@tidewateratc.com</a>	484-2827

#### Publication Information

Title: Tidewater Appalachian Trail Club Appalachian Hiker

Issue Date: April 2013 - May 2013

Frequency: Bimonthly

Address: Tidewater Appalachian Trail Club, P. O. Box 8246, Norfolk, VA 23503-0246

39<sup>th</sup> Edition, 2nd Issue

Price: Free

## TIME TO RENEW TIME TO RENEW TIME TO RENEW TIME TO RENEW

April is the final month to renew your membership for 2013/2014 at the renewing rather than the new rate. After April 30, if you have not renewed, the rate goes from \$15 to \$20. For a family the rate is \$30 instead of the renewing rate of \$23. If you have any questions about this or can't remember if you have renewed yet, contact me by phone or e-mail.

Welcome to the following new and returning members: Renee Clippard and Joe Wieliczko, Dan Barham, Ralieg and Cindy Hamilton, Patrick Hayes, Patricia Kimball, Karen Forget, Tom Gregory, Kevin Brandt, Jane Dempsey, Karen Fischer, Andy Grayson, Catherine Hollars, Mike Malloy, Philip Schaffner, Ed & Michelle Cobb, .

In addition, we have several new LIFE Members: Ned Kuhns, Jim and Diana Ramsey and Richard Kavanaugh.

*Mary Hormell*  
Membership Chair  
[membership@tidewateratc.com](mailto:membership@tidewateratc.com)

### Nelson County Trail Daze

June 1<sup>st</sup>, 2013

Nelson County along with the Tidewater Appalachian Trail Club (TATC), the Old Dominion Appalachian Trail Club (ODATC), the Natural Bridge Appalachian Trail Club (NBATC) and Devils' Backbone Brewery will be hosting a National Trails Day event on Saturday, June 1st, 2013. This event will be held outside on the grounds of the Devils' Backbone Brewery.

This event will include:

- Hikes sponsored by the AT Clubs
- Exhibits and training booths from each AT Club & ATC
- Demonstrations
- Shuttles from and to the AT for Thru and Section Hikers
- Camping on-site for Thru-Hikers
- Kids Table - coloring books, tattoos, etc.
- Entertainment
- And booths for vendors

Information on this event will be advertised at Trail Days in Damascus, VA, and also by the Nelson County Department of Tourism and the AT Clubs. Various other outdoor organizations are also being asked to participate.

This could prove to be the beginning of a premier trail event! Held at the right time, place, and with great sponsorship!

Please contact Chris Sexton or Jim Sexton ([counselor@tidewateratc.com](mailto:counselor@tidewateratc.com) or [newsletter@tidewateratc.com](mailto:newsletter@tidewateratc.com)) if you are interested in volunteering to lead a hike, man a booth, or be a shuttle driver for this event.

***We need several 6-foot long folding tables - if you have any we can borrow for this event - contact Chris or Jim.***

The next planning meeting for this event is being held on Monday, May 5<sup>th</sup>, 10:00 am at the Nelson County Community Center

### Wilderness Training

For those TATC members who are interested in wilderness trail maintenance and construction, and other topics, please check the link below for details.

<http://www.trailcrews.org/wilderness-skills-institute/>

The **Wilderness Skills Institute** is a training partnership between the Appalachian Trail Conservancy, the United States Forest Service and the Southern Appalachian Wilderness Stewards program of The Wilderness Society. Started in 2011, the Institute features a two-week program now hosted each year at the Cradle of Forestry facility outside of Brevard, North Carolina on the Pisgah Ranger District of the Pisgah National Forest.





# BLUE RIDGE

mountain sports • brms.com

Be kind, have fun & do the right thing.



Travel Like a Pro

## **Shop By Appointment**

Preparation for a trip is essential, but time to prep can be hard to come by. Before you travel abroad or hike the trail for a couple of days, call your local Blue Ridge shop and schedule an appointment with one of our knowledgeable staff members.

- ★ Let us outfit you for your international trip
- ★ Take time to be properly fitted for boots
- ★ Need to gear up for that thru-hike? Give us a call.

**Hilltop North Shopping Center, VA Beach • 757-422-2201**

**patagonia**



Chaco



KEEN

## A Minute for Maintenance

**The 2013 Spring Maintenance Family Weekend at Sherando, May 17-19th.** This year's TATC Spring Maintenance Weekend, May 17-19, 2013, is our first advertised big effort this year to do what our club was organized to do-----maintain a section of the Appalachian Trail----under an agreement with the National Park Service, the U.S. Forest Service and the Appalachian Trail Conservancy as a volunteer club. We have an assigned section of trail that is somewhat less than eleven miles, between Reeds Gap on the Blue Ridge Parkway (where State Route 664 crosses) on the north end, and Route 56, which is the south border, also marked by the Tye River, that separates our section from that section maintained by the Natural Bridge Appalachian Trail Club (NBATC) and The Priest, the next mountain south of our Three Ridges Wilderness Area.

As usual, we'll meet at the Sherando Lake (U.S. Forest Service) Recreation Area, located south of Sherando, Virginia on Route 664 (Mount Torrey Road). A map with directions to Sherando is available for download/printing at the TATC website <[www.tidewateratc.com](http://www.tidewateratc.com)> under the drop-down menu item "Trail Maintenance." We should tell the personnel at the gate that we are volunteers with the Tidewater Appalachian Trail Club and that we expect to spend our nights at the Williams Branch Picnic Area. They will then wave you on without charge if you assure them that you know where you are going. The picnic area is accessible at the outside of the tight right turn that slopes down to the "self-pay" kiosk and the low water bridge near the lower lake and beach area at Sherando. If you get down to the self-pay sign, you've missed it, and you can turn around and go back up the slope to that turn and turn right, instead of following the road to the left. Be warned that the Sherando gate closes at 10PM at night, so it's a tight squeeze for people attempting to work a full day on Friday and get into Sherando. Some people drive extra early on Saturday morning-----the gate opens at 6 AM----- or stay somewhere else on Friday night nearby, if they anticipate not making the 10PM closure. But if you arrive at Sherando on Friday, you can get a good pick of the sites to car-camp, maybe considering the distance from your tent to the flush toilet bathroom or to the dining shelter that we'll use for Saturday night for our big club-sponsored dinner. Also on Friday you can look over the rosters for the various team assignments, to choose a fit for your interests or abilities for our work on Saturday morning. We'll form up at a bit after 7:30AM on Saturday, to get a safety briefing and pick up tools to take with us. Then we'll figure out our carpooling, and form up by team to get into vehicles to get to the trailhead. We'll finish our work on Saturday afternoon early enough to get back to Sherando in time to be ready for the club-sponsored dinner served at the dining shelter at Williams Branch Picnic Area.

On Sunday, some people who haven't had enough trail maintenance go back out again to clean up a couple tasks not finished on Saturday, while others take advantage of being out in Augusta or Nelson County, or drive the winding country roads to sightsee. The Rockfish River valley offers some local color; Waynesboro/Fishersville has some offerings. You can always drive a part of the Blue Ridge Parkway for early spring growth. Wineries beckon to some people. Some people will want to drive the Nelson County loop. Stop at the Wintergreen Winery or The Devil's Backbone near the intersection of Route 664 and Route 151. We hope to see you in Sherando! Enjoy the weekend!

*Mark Connolly*  
Trail Supervisor  
[trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)

## Spring Maintenance Dinner 2013 at Sherando

As of this writing, in advance of the closing of the articles for the April-May edition of the "TATC Appalachian Hiker," we still don't have a cooking crew and chef for the club-sponsored dinner for our Spring Maintenance Family Weekend at Sherando Lake USFS Recreation Area. Generally, we anticipate about 60 to 65 or so attendees for our weekend of May 17-19<sup>th</sup>, and we expect to be able to craft a dinner for those people returning to Sherando from trail maintenance on the afternoon Saturday, May 18<sup>th</sup>.

The club has available to it a number of large pots, pans, propane stoves, etc., to make a meal for a large group, and the dinner is an expense that is a traditionally-respected budget item for the club to maintain morale and togetherness. Usually our dinner consists of a salad, a pasta, and a sauce----either meat- or vegetarian- ----to satisfy hungry trail-maintainers. Our dessert is a potluck assemblage of cakes, pies, brownies, or whatever from our attendees.

A roster will be out for the April and May TATC General Meetings to get the names of the generous souls who'll want to participate in this meal preparation, either as salad chef, vegetable cutter, pot stirrer, or chef.

*Mark Connolly*  
Trail Supervisor  
[trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)

## Cold Winds on the Slopes of the Presidentials

*By Mal Higgins and Brian Richie*

Seven hundred miles north of Tidewater is the Presidential Range of the White Mountain National Forest in New Hampshire. Five veteran TATC “Freezees” made a return hiking visit to the Presidentials January 24-28, 2013—J.P. Jones, Brian Richie, Bruce Davidson, Mark Connolly, and me. These mountains are in the general range of 4000-6000 feet in elevation, with many of their peaks above tree line because of their northern latitude. Rough, rocky, steep, and barren, the biggest mountains are named after past presidents of the United States. We set our sites on summiting at least one peak, and camping out in tents at least one night.

We succeeded in summiting two major peaks while the group was together—Mt. Madison (5366') and Mt. Adams (5799') (only Brian and Bruce attempted Adams). We also summited and passed over one lesser peak, Mt. Abigail Adams (5355') on the way to Mt. Madison. Somehow, though the difference in elevation between Mt. Madison and Mt. Abigail Adams is negligible, Mt. Madison was much more difficult. Brian and Bruce successfully attempted and summited Mt. Washington—a fearsome and daunting hike to 6288' on a subsequent day as the rest of us journeyed home. But, our determination to camp out in tents in the snow was overcome by deadly cold and exhaustion and the lure of Gray Knob Cabin.

As we prepared to begin hiking at the trail head known as Appalachia (after spending the night in a Twin Mountain, NH motel), a freezing wind in the parking lot quickly blew away our caffeine high and we soberly put on our snowshoes. Hoisting our full winter backpacks weighing over 50 pounds was an unpleasant notice of what to expect. Hiking a series of trails—The Link, Amphibrach, Spur, and Hincks—we painfully pushed upward through the forest on steep trails. Some trails were broken, but on the upper mile of the Spur and Hincks no one had traveled that way in a while, and Brian (the youngest) cheerfully agreed to break trail and did so all the way to Gray Knob Cabin. With about 3.5 miles and close to 4000 feet of elevation gain, we were wiped out when we arrived.

Gray Knob Cabin is a fully enclosed cabin built from lumber and operated with a caretaker year round by the Randolph Mountain Club, a club similar to TATC. The RMC operates several huts and cabins in the Northern Presidentials, and Gray Knob with its wood stove and loft sleeping arrangements is somewhat similar in layout to the TATC cabin. We gratefully paid our \$13.00 nightly fee to the caretaker, Caleb, and after considering the severity of the climb just completed and our hiking plans the next day, we quickly abandoned our macho idea of tenting out in the strong winds the following night. We determined to stay at Gray Knob both nights in the mountains!

Temperatures inside Gray Knob with the stove burning stayed around +25 to +30F. Caleb told us that RMC tries to keep it at 40F, but it was so severely cold outside—zero and below—that the stove was unable to warm the downstairs that much. We cooked supper and visited with four guys from Massachusetts who hiked in via Lowe's Path. They were a congenial bunch, who have done their trip in the winter annually. Sleeping in the loft was comfortable and even though the stove went out, pleasant (especially with ear plugs). In the morning the temperature inside the cabin had dropped to maybe +15F to +20F, and we kept our coats on, quickly cooked on our stoves, and got ready to hike.

We put on our microspikes, opting to leave our snowshoes at Gray Knob, and began a hike to the summit of Mt. Madison. Within 20 minutes we were above the tree line and would remain so the rest of the day. A strong northerly wind blew at a fairly constant 30-40 mph the entire day. We climbed the upper end of Lowe's Path, went up and over and down the other side of Mt. Abigail Adams (a short seriously steep climb that left us huffing), and met the Gulfside Trail (local name for the Appalachian Trail). We followed it across a wide and barren, rocky shoulder between Mt. Adams and huge canyons below named Great Gully and King Ravine. We caught sight of Mt. Madison looming before us with a summit much higher than the trail we were on. There was not too much snow on the Gulfside Trail, due both to an earlier January meltdown, but also to the sustained winds scouring the granite slopes. We think the ambient temperature was in the zero to +5F range, but the wind chill was much worse.

Then, the Gulfside Trail plunges down to Madison Spring Hut at 4825', one of the series of huts operated in warmer weather by the Appalachian Mountain Club, but now boarded up. We took shelter in the lee of the hut, ate some snacks, and then tackled the half mile up to the summit of Mt. Madison on the A.T. It changes name there to the Osgood Trail. About 45-60 minutes later we were on the summit and enjoying the views. To the south five miles was the sparkling Mt. Washington and we could see the tracks of its cog railway. We only spent 15 minutes or so before starting down, and chatted with the only other hikers up there, two of the Massachusetts guys from the Gray Knob Cabin.

As we hiked briskly back down and began retracing our path on the Gulfside Trail, the freezing wind continued to blow hard and steadily. Skies were gray with a curious set of clouds. The trail signage was strangely positioned and we did our best to follow the rock cairns marking the various trails that intersect on the Gulfside. Sometimes we weren't sure which of several competing routes we were on. We were all tired and cold, but not dangerously so. Unbeknownst to me, as my breath accumulated below my balaclava, it froze and it began to freeze the balaclava on to the right side of my jaw that was catching the wind.

*(Continued from Page 6 ... )*

We got back to the cabin at about 3:30. When I took off the balaclava, it was sticking to my jaw and sort of peeled off oddly. I felt my jaw and it was swollen! I had gotten frost bite on my jaw. It stayed swollen a bit for about 5 days, and had a reddish burn look, but wasn't painful. The others didn't seem to be affected, and we concluded that the style of balaclava I was using was the cause, as it fit loosely rather than snugly against my face, trapping the moisture. Ironically, I had a better tighter balaclava in my day pack.

The next day, Mark and I decided to nurse our wounds in the Gray Knob Cabin, and do a short local trail nearby called The Quay. But Bruce and Brian were game on, and out the door they went and summited Mt. Adams and returned in just about three hours. They report that winds were so fierce on Mt. Adams that they couldn't use their hiking sticks, because the winds blew the sticks up in the air. Bruce was able to check a weather report for nearby Mt. Washington (about 5 miles away) and winds there were 70 mph. Bruce says he and Brian crawled the last several hundred feet to the summit!

That night, a crowd of college kids from Bates College, Maine, joined the group at Gray Knob, bringing the numbers to 15. The following day, we repacked our backpacks and headed down the mountain on our snowshoes via a different route, the famous Lowe's Path. It was built in 1875-1876, and is one of the oldest continuously used trails in the White Mountains. Its stewardship is assigned to the RMC. As tired as we were, progress was slow, but eventually we arrived at the trail head. We spent the night at the same motel, The Four Seasons, whose proprietor is very friendly, and enjoyed dining at a local restaurant, Catalano's, which served a mighty good prime rib and fries.

We used the following day for some cross country skiing at Bretton Woods Nordic Center which was nearby. It had the best rental shoes and skis I've used, and we followed an old rails-to-trails path called the B & M (Boston and Maine) along a gentle grade. Some of us did a little sight seeing in the meantime at the grand old Hotel Washington. Bruce and Brian were opting to stay two more days, so after finishing our skiing, they went off to do a snow mobile ride, and J.P., Mark, and I began the drive home. Our trip began in a vicious snowstorm in New Hampshire and JP stayed at the wheel the entire time, earning the title of "Mr. Ain't Nobody Got Time For That" as we crept along south through Vermont. We stayed at a motel in New Jersey, and resumed the drive home, arriving uneventfully the next afternoon in Virginia Beach.

In the meantime, however, Bruce and Brian stayed in New Hampshire and geared up for their summit attempt on Mt. Washington. Brian reports that night he and Bruce checked into the AMC Joe Dodge Lodge, a bunkhouse-style lodge adjacent to the Pinkham Notch Visitor Center. The visitor center is the starting point for many trails in the area, including the winter route on Mt. Washington – the reason they chose to stay there. The next morning, they awoke to clear skies and warming temperatures. After a hearty breakfast, provided by the AMC staff, they signed into the trail register. At the register, the current summit conditions and weather forecast are posted and they were stunned by what they saw...temperatures of 30 degrees and a wind speed of zero. Those benign conditions are unheard of on Mt. Washington, especially in winter when wind speeds exceed 100mph one of every four days.

With good spirits because of the favorable forecast, Bruce and Brian began their hike on the winter route up Mt. Washington. The trail is 4.1 miles with 4200 feet of elevation gain one-way. Initially, the trail was an easy hike, but after 2 miles became an arduous climb up the Lion Head winter trail, which gains 1000 vertical feet in its first half mile! The warm forecast went from blessing to curse when the temperature soared into the forties, and the snow that was providing their footing melted into a slippery slush, making the steep climb even more difficult. After two hours of painfully slow progress, they reached the tree line and the top of the Lion Head route. As advertised, the weather was clear, warm, and calm with spectacular 80-mile views in all directions.

They made quick progress to the summit and the hospitable weather allowed many photos. After about 30 minutes on the highest point in New England, they hiked down to the treacherous Lion Head, which was even more difficult going down, then back to the Lodge where another warm, delicious home-cooked meal awaited. The following day, Bruce and Brian hiked back up the same trail to the base of the Lion Head but instead of going up, they detoured north to the Harvard Cabin, a winter-use only backcountry shelter operated by the Harvard Mountain Club. It provides room for sixteen indoors and another sixteen camping nearby and has a privy, wood stove, and gas range for cooking. The facility caters to all backcountry winter enthusiasts, but particularly to ice climbers heading to the nearby Tuckerman and Huntington Ravines.

Brian and Bruce talked to the caretaker there and gathered some ideas for a possible return trip to the Presidentials in the winter of 2014. This year's "Freezeree" Hike had been a great time in the winter snows of New Hampshire, and marked the 25<sup>th</sup> time I (Mal) had hiked or led winter trips to New York's Adirondacks, West Virginia's Dolly Sods, or New Hampshire's White Mountains.

## Annual Cabin Report

By Bob Adkisson

The TATC 2012 fiscal-year ended about a month ago, on Feb. 28th, and so, gird your loins and uncap your bear spray: it is time for the Putman Cabin annual report....

Remarkably, or at least coincidentally, in 2012 the cabin had the exact same number of weekends used / not used as the previous year: both years the cabin was rented 34 weekends and went unused 14. That is pretty much what it has averaged over the last dozen years or so (with roughly 2/3's of the available weekends being used).

Income did fall off last year however, down \$270 from 2011's total (this was primarily due to smaller groups using the cabin); income for 2012 came in at \$2038.

The cabin did do well in one category—it **tyed for most ever weeknight rentals**: in 2012 the cabin was rented 58 weeknights (Sunday thru Thursday night).

Altogether, counting the 4 work trips last year (8 nights total for them), the cabin experienced better than average overall usage, totaling 128 nights (the cabin was occupied just over 1/3 of the year). Only 4 previous years have topped that.

As has been the case, the least favorite months to rent the cabin were July and December (those two months had a total of only 7 nights of usage—only 7 nights out of 62!!), whereas the preferred time to rent the cabin remained the same as well: the spring and fall months; April and May (with the last of March and the first of June contributing a bit) had a consecutive run of 11 weekends in a row of usage; September and October (with November chipping in its first 2 weekends) had a run of 10 weekends used back to back. The cabin was rented 14 nights each in April, May, September, and November; it was rented 13 nights in October; June topped the list with 20 nights of usage (the majority of that was during the weeknights, by 4 different renters). That is 6 months of the year where the cabin was used about 50% of the available nights. Not too shabby!

By my count, 11 new club members came up for one of the four work trips to the cabin, were checked out on how to operate and care for the place, did some light to moderate maintenance work, and are now qualified to rent it on their own.

The four work trips, briefly summarized:

April: we did general clean-up work; also cut and moved some firewood.

May: more general clean up, especially inside the cabin; weed-whacking outside.

Sept.: worked on the access road / trail; chain-sawed a lot of fire wood; worked on

White Rock Falls Trail; placed plaque dedicating picnic shelter to John Donovan.

Nov.: cut and moved firewood; cleanup and trail work; new Putman cabin sign erected.

Also (concerning work trips), once again, Bob Giffin was a great pinch hitter for the cabin: in August he rented the cabin for a weekend and spent an appreciable amount of time and effort working on the heavy security doors on the front of the cabin. He replaced a broken screw or two and got both of the doors to where you can unlock and (easily) open them with one hand, instead of needing 3 hands, a moderate amount of muscle, and or knowledge of martial arts.

Thanks again, Bob!

There was no major work project at the cabin in 2012, requiring extra help and or expertise, but still, the overall number of members attending the four maintenance trips was a bit low-- 6, 4, 9, and 7 people respectively (and that is counting the trip leader, and sometimes his wife). One work trip also had 9 of the 11 people signed up cancel less than a week before the trip-- leaving only the work leader and the person he asked to assist him (and the assistant was wavering). Fortunately for that trip, at the last minute, 5 people did call to say they were interested (and then they actually came, too).

You can probably see, or imagine, how disconcerting and disappointing both low turn out and last minute cancellations can be, especially on work trips.

Please note this about cabin work trips: **they are not all work!** After the busy Sept. work trip (when all the work was completed on Saturday), on Sunday five of us went and took a 6 mile hike to St Mary's Falls. After the Nov. work trip, with most people staying an extra night, we had time for breakfast in Waynesboro, then visited what at one time (the 1850's) was the longest train tunnel in the world (beneath Rockfish Gap), and finished up with a two mile hike on a section of the A.T. that I hadn't been on in about 25 years (and boy was it different: what used to be open, privately owned pastureland was now public land in the process of re-forestation). Besides not being all work, you can come up and join us as your schedule allows-- like arriving early Saturday if getting to the Blue Ridge Mtns is too long and late of a drive on Friday after a full day's work.

As reported at the time, last June there was a remarkable animal encounter at the cabin --one that deserves being mentioned again. A club member staying at the cabin alone, in mid-week, had just walked the access road in from the Parkway, and was sitting on the front porch relaxing. The sound of hurried footsteps drew his attention downhill, to the trail just to the left of the outhouse. There he saw a fawn, being chased by a bear, the two of them being followed by the fawn's mother. The member stood up and reached inside the cabin for his camera, just enough movement and noise to catch the bear's attention and convince it to break off its pursuit; it soon abandoned the trail, ran down into the hollow, and disappeared.



(Continued from Page 8 ...)

As I've said before, the club's cabin has a remarkable window on the natural world. You can sit on the front porch and sometimes hear owls hooting (I even called one in, had a screech owl land 10 feet from the cabin one night), or turkeys gobbling. Some renters swear that a deer gave birth on (or next to) the porch a few years ago; several different renters, over a few weeks time, saw the fawn bedded down in a nearby flowerbed, waiting for its mother. Then there was the late September monarch butterfly migration I witnessed one year—for 3 perfect days there never seemed to be a time when there wasn't at least one, or half dozen in view, butterflies headed south at about rooftop level, fluttering thru the shady forest.

All this peace and quiet, all this drama and beauty are yours for the asking, available 357 nights in the coming year. Call for a reservation, or sign up and come on one of the 4 work trips we have scheduled. Discover the Trail Club cabin: simplicity itself and yet, at the same time, a work of art, a remarkable structure built and maintained by Trail Club members for over 30 years now. For the low cost of \$5 per person per night (the Potomac Appalachian Trail Club cabins are much more expensive), the TATC cabin can be all yours for a single night, for a weekend, a week, or even two. The money collected goes to pay the taxes, the insurance, and for a few miscellaneous supply items (all in all, we usually break even). From now until next November the Blue Ridge Parkway will be snow and ice free, so you will be able to drive within a half miles walk of the cabin. You won't need a tent or a stove or lanterns, and the cabin's foot thick stone walls and sturdy roof will shelter you from any storm.

Call Bob Adkisson (at 627-5514) with any questions, to make a reservation, or to sign up for one of the upcoming work trips. Both myself and cabin co-committee head Greg Hodges can also be reached at [cabin@tidewateratc.com](mailto:cabin@tidewateratc.com).

There will be a (re-scheduled) cabin work trip during the weekend of April 19—21, and another one May 31—June 2<sup>nd</sup>. There are two more trips scheduled for later in the year (the end of Sept. and the beginning of Nov.). Check your calendar and make plans to join us.

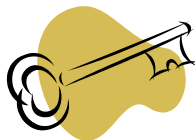
P.S.: I have been threatening it for a couple of years now....but I am actually, finally getting closer to being finished, and putting on the Club's website a whole lot of stuff about the Putman Cabin—historical information about how it came to be, various newsletter articles about it from 15 and 25 years ago, and lots of photos of its construction and the people involved.

It was 2 or 3 years ago that some new member suggested to me that it'd be a good idea to have the cabin rules and general information material (from the new member's handout) put on-line, on the Club's website. He preferred that to a hard copy, I guess partly because it would be harder to misplace, easier to review. I thought about it some, and agreed that that would be worthwhile. Then it occurred to me-- there was a whole lot of interesting historical information available about the cabin, and that pretty much everyone would enjoy learning more about how it came to be, who built it and how long it took, why a stone cabin instead of a log cabin, etc. (some of the background information we usually try and cover on a work trip, though sometimes then it feels as if we are just bombarding first timers with information).

And so it began..... **a project**, one that has, at times, nearly overwhelmed me, if not consumed me. When, that is, I wasn't totally ignoring it, off having a good time away from the silly, aggravating computer.

Keep checking the Club's website, under the heading of the TATC Cabin—any week (or month) now, with the able assistance of computer guru Jim Sexton, there will be lots of interesting stuff to read, and lots (and lots) of old photographs to enjoy. I can just imagine some of the dozens of people who both passed thru the club and worked on the cabin for a year or two (especially way back in the early 1980's); or those that worked on it steadily, for **many** years, then moved away from the area, maybe halfway across the country; or those that worked on and enjoyed the cabin for years but are now unable to go there any longer— I can imagine them checking the club's website, seeing the sub-head for the cabin, clicking on it and taking a long, fond walk down memory lane, visiting what they helped to create, reliving those times and that camaraderie, seeing the familiar faces of club members they worked alongside, building the Putman Cabin, making that dream come true.

In the 41 year history of the club, it has been our single biggest project and, along with keeping our prized 10 mile section of the Appalachian Trail in good shape, our greatest accomplishment and responsibility. Every club member should make the effort to at least go and see it. Perhaps one day you can even convince yourself to stay there a night or two or three, enjoying the simple life, using the cabin as a base for some easy day hikes or sight seeing, treating your kids, or grand-kids to a visit there, or relaxing with a book on the front deck, far from the madding crowd.



[From the Historical Committee, a reprinted TATC Newsletter Article from Oct. / Nov., 1999]

## **Mau-Har Trail - 20 Years Old**

*By Reese F. Lukei, Jr.*

During November and December 1977 some TATC members began discussing the possibility of building a trail that would link our two shelters, Maupin Field and Harper's Creek, thus forming a loop with the Appalachian Trail. We received a green light from Harry Fisher with the George Washington National Forest on whose land the entire trail would be located. Several club members including Mike Ashe, Angelo Filipi, Lee Hulten, Otey Shelton and Reese Lukei began scouting, exploring and bushwhacking for a hikeable route.

In May of 1978 we finally had what we thought was a good route and Fisher agreed. Work began immediately with 40 club members working from Maupin Field Shelter on a beautiful Memorial Day weekend. Construction continued throughout the remainder of 1978 and most of 1979. Lee Hulten was the spark that kept us going and chaired the Campbell's Creek / Mau-Har Trail Committee. There were two evenly split groups of members who wanted the trail named Campbell's Creek Trail or Mau-Har Trail. The name Mau-Har was selected at a very long club meeting, with Mau-Har winning on the third ballot when someone on the Campbell's Creek side went home (or just didn't vote).

On the wet, cold weekend of November 10-11, 1979, the trail was completed, signs erected and the Mau-Har Trail opened. Judging by the use it receives, it is one of TATC's major accomplishments.

*[This November the Mau-Har Trail will turn 34]*

## **ATC Volunteer Leadership Handbook now Online**

The ATC Volunteer Leadership Handbook (developed for the August 2012 volunteer leadership meeting) has been posted online at [www.appalachiantrail.org/handbook](http://www.appalachiantrail.org/handbook)

The Handbook has been updated and now includes graphics and links to numerous reference pages and documents. It is part of ATC's Volunteer Toolkit ([www.appalachiantrail.org/toolkit](http://www.appalachiantrail.org/toolkit)), a central resource that includes the Local Management Planning Guide, ATC Trail management and conservation policies, sawyer certification and other training opportunities, resources for maintainers and boundary monitors, and information on managing volunteers.

We are continuing to post additional reference materials and will provide periodic updates and links in The Register, ATC's monthly Trail stewardship newsletter.

This message is being sent to those who attended the leadership meeting and representatives from clubs that were unable to attend, regional partnership committee chairs, ATC Board and stewardship council members, and ATC and NPS-APPA staff. Please share the link with club members and others who may be interested.

*Susan Daniels*  
Conservation Coordinator  
Appalachian Trail Conservancy

---

## **TATC Social Media Sites**

**[www.MeetUp.com/Tidewater-ATC-MeetUp](http://www.MeetUp.com/Tidewater-ATC-MeetUp)**

Join the group in order to see full information about and post comments on listed activities

**[www.Facebook.com](http://www.Facebook.com)**

Search: Tidewater Appalachian Trail Club

By clicking "Like It" on a particular item, more people learn of our club

---

## APPALACHIAN TRAIL CONSERVANCY VISITOR CENTER ANNOUNCES 2013 SCHEDULE OF EVENTS

Harpers Ferry, WV (March 20, 2013) - The Appalachian Trail Conservancy (ATC) will host a variety of events this year at the ATC Visitor Center at 799 Washington St. in Harpers Ferry, West Virginia. The events will promote awareness of the Appalachian Trail (A.T.) and foster community involvement and stewardship of the Trail. All events are open to the public and are free of charge.

"The Appalachian Trail Conservancy is excited to be able to offer these fun-filled events to provide them an opportunity to learn more about the Appalachian Trail and the ATC", stated Laurie Potteiger, Information Services Manager at ATC.

This year's schedule of events includes:

**Bolivar/Harpers Ferry Community Art Walk** – April 27-28: Visitors to Harpers Ferry will have the opportunity to view artists' work on display at local businesses along Washington Street and High Street during business hours throughout the weekend. The ATC Visitor Center will host photographer Ron Roman, whose A.T. themed photography will be on display. His photograph, "Appalachian Trail Mist," adorns the cover of "The Appalachian Trail: Celebrating America's Hiking Trail."

**African American History Hike** – June 1: Celebrate National Trails Day by going on a guided hike to learn about the rich African American history of Harpers Ferry. This event is in partnership with the Harpers Ferry National Historical Park. Retired National Park Service superintendent, Clark A. Dixon will be a guest speaker and hikes will be led by David Fox, National Park Service ranger. Space is limited for this event. Pre-Registration is required; email Claire Hobbs at [chobbs@appalachiantrail.org](mailto:chobbs@appalachiantrail.org) by May 30th.

**National Get Outdoors Day** – June 8: Celebrate National Get Outdoors Day with the ATC. Get expert information on local hikes in the Jefferson County area and get the chance to meet an A.T. thru-hiker.

Jennifer Pharr Davis Book Signing Event – July 14: Meet Jennifer Pharr Davis and get a personal signed copy of her newest book entitled "Called Again: Love and Triumph on the Appalachian Trail." Davis has hiked over 11,000 miles of long distance trails, has trekked on six continents and currently holds endurance records on the A.T., Long Trail and Bibbulmun Track.

**Family Hiking Day** – September 28: The ATC invites people of all ages and hiking abilities to get outside and experience the adventure of being active on the A.T. Visitors will be able to go on self-guided hikes around Harpers Ferry and children will have the opportunity to earn a Junior Ranger patch.

**Annual Holiday Open House** – December 7: Celebrate the holiday season with the ATC! Enjoy homemade refreshments and meet with ATC staff and volunteers. This event is the perfect opportunity to shop for A.T. merchandise for the hiker on your list.

For more information about these events visit [www.appalachiantrail.org/events](http://www.appalachiantrail.org/events).

The Appalachian Trail Conservancy's mission is to preserve and manage the Appalachian Trail - ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come. For more information please visit [www.appalachiantrail.org](http://www.appalachiantrail.org).

Contact: Javier Folgar  
Appalachian Trail Conservancy  
Tel: 304.535.2200 x117  
Fax: 304.535.2667  
Email: [jfolgar@appalachiantrail.org](mailto:jfolgar@appalachiantrail.org)

## False Cape Spring Trip - February 24<sup>th</sup> - 28<sup>th</sup>, 2013

*By Bruce Julian*

We almost had a full house this time, (15) but Margaret stepped into a hole on Friday before we left on Sunday and twisted her ankle. Not being able to go with the group she told me not to worry about leaving her behind because of all the planning and with all the food everyone had bought that she wanted us to go and have a good time. I wouldn't have went off and left her if it had not been for her two sisters Linda & Carolyn and a neighbor who said they would take very good care of her, which they did, and I really THANK them for that.

Our group met at Little Island City Park, there in Sandbridge and all arrived before 3:00 o'clock. John G. had called me at 2:00 o'clock and said that he was stuck in traffic on the west side of the Hampton Tunnel and was not sure if he would make the 3:00 o'clock meeting time, but by 2:55 P.M. he drove into the parking lot. Everyone help him put his gear on the bus and we headed south towards False Cape State Park, 9 miles away. With 14 people and our gear and the food we all brought the bus was full, a 64 passenger bus that is, not sure if we would have had room for Margaret or not. No ! we would always have room for Margaret.

The trip takes us through Back Bay Wildlife Refuge and here we saw all kinds of birds not in big flocks, because most of them had already stopped here to eat and rest and fly on south for the winter. On the way out we did see about 1000 Snow Geese on one of the ponds there in False Cape, not sure which way they were going because of all this warm weather we have had they may had been flying north. We drove by real slow and none flew away. Guess they were eating and having a good time there at the park.

Reaching the Environmental Education Center (EEC) where we would be for 4 nights and 5 days we began unloading all the food and gear which everyone had brought. First I had everyone to meet inside so to give each their bunk for the week. As always the group had the right break down to give a place for the men to sleep downstairs and with enough room upstairs for the ladies. Don't asked me how it worked out that way but it did and has always worked out. The three couples, which we had, were given the 3 rooms upstairs. I know Margaret was not there, but she was in spirit so I took the room anyway.

On this trip we had 8 men and 6 women with : Diana, Dottie, Sandy, Juliet, Natalie and Christine with Frank, Lou, John, Lee, Mike, Mark, Milton and Bruce. Christine & Frank along with Mike were first timers for our trip but everyone else had been on at least one trip before and some had been on all 19 trips, guess there must be something good at False Cape State Park. With all the food put away and everyone checking out the 2 bathrooms, we headed out for our first hike.

On the Sunday before I had mapped out two GPS Courses for the group to be divided into A-Team and B-Team and with the use of the park's GPS'S find 5 bottles bury up to their necks, on a route about 1 mile long. Well, we did have a winner, it was B-Team and the prizes this year were a pocket flashlights, which everyone always say they should have with them when we go out for an evening hike, because I do tend to make our hikes a little long and they extend into the night. After both teams got to the finish line and I checked for the five bottle and made sure they did what the instructions told them to do with each bottle I awarded the prizes and we headed back to the EEC. I had picked up 5 pizzas on my way to the park and we heated them up and I think everyone (except maybe Mark) got filled up.

Monday Morning : On this day I had pancakes, sausages and an egg dish and Dottie volunteered to put it together for the group. ( thanks Dottie) Mark brought a nice electric fry pan and it along with the flat pan that Christine brought made the breakfast a lot easier. John cooked on the stove with the flat pan and I cooked on the electric pan and everything went very good. After breakfast we packed our lunches and water for the day and I drove everyone over to the shop where Chuck (Chief Ranger) was waiting for us. We climbed into two of the Park's Trucks and drove down to the work site to start the days work. Chuck and his two employees had already started with some of the poles and stringers the week before so we started in on nailing down the deck boards. This area of the park is at the south end next to North Carolina and about 3 miles from where we stay in the EEC building. There was a little mud, or maybe just so I won't get in trouble with the group, say there was a lot of MUD ! We nailed down about 70 feet of decking and tore down an old boat house on the first day. Everyone had rubber boots except 1 or 2 and we sure did need them. It was about 4 o'clock and we headed back to the EEC.

After we had our evening meal which Diana, Sandy, Mike and Lee prepared for us, (it was Meat loaf,) Milton and Bruce went out for a hike to pick-up his Game Camera which had been out for a week. The others stay in and talked and read books, we were back by 9:30 and we set around and talked some more till 11:00 P.M. and all went to bed.

Tuesday Morning : On This day I had waffles and sausages and some of the egg dish that was left over from Monday. Frank brought one of his many waffle irons and I had 2 and he and I together made about 28 waffles, which all were eaten. Finishing breakfast we didn't need to pack a lunch, only water for the day, because the forecast was for rain about all day. We drove over to the Pole Barn (remember this Phyllis?) where we had plan on working on Wood Duck Boxes and Picnic Tables. This we could do inside, out of the rain, but it never did rain very much so we were outside about all day. We rebuilt 4 tables and 9 Wood Duck Boxes and put the tables back in the park at the campsite where we had picked them up that morning. For our lunch we drove back over to the EEC and some had Meat Loaf Sandwiches. The evening meal on Tuesday was a Casserole that Christine, Mark, Natalie, Lou and Frank had prepared for all.

*(Continued on Page 13 ...)*

*(Continued from Page 12 ...)*

After we cleaned up the dishes and the kitchen I went for a 4 mile hike by myself. The rain had stopped and it was warmer than it had been during the day and was a great night to hike. The full moon was trying to stay out, but the clouds kept covering it up as they raced by. I was almost to the ocean when the fog started to move in from the east which was funny because the clouds over my head were moving towards the east about 25 M.P.H. The fog made the temperature drop about 5 or 10 degrees in a matter of seconds, and I was glad I had my coat. I got back at 11:45 and all were snug in their beds fast asleep.

Wednesday Morning : On this day I made French Toast and Sausages and John helped me with that. The rain and clouds were gone so we were going back to the Boat Dock at Dudley Island so everyone had to pack their lunch and water for the day. Chuck needed a hour or two to put down a few more poles, so we pick-up all 9 Wood Duck Boxes and put some around the Wash Woods area. After this we headed down to where Chuck was and put up 2 more boxes and them started with the deck boards where we had left off two days before. It was about 3:00 P.M. when we finished this dock and everyone was glad to be able to get out of the mud and walk on dry land again. Back at the EEC everyone but 4 wanted to hike around the park after dark, so we had our evening meal which Milton, John, Juliet and Dottie prepared for us. (this was Pasta) After cleaning the dishes and kitchen 10 of us started on our hike. We wanted to get out to the tall platform before the Moon came up out of the ocean, and we did. We had to wait an extra 10 minutes to see the Moon because there were a few low clouds that stopped us from seeing it appear out of the water. As it climbed up into the sky we had a falling star drop down in the western sky and it was beautiful. We also picked out a few constellations in the sky and them looked at John's Cell Phone to see which animal was represented, Bear, Goat, or whatever. After about 4 miles we ended back at EEC, and all turn in for the night another good day.

Thursday Morning : On this day I was going to have French Toast again but the Chicken didn't lay enough eggs for that, so we made Cheese Toast, Sausages and any leftovers that was left. It wasn't pretty but it was good. Everyone packed-up their gear and clean the EEC somewhat and them all but 2 went for a hike down to the Cemetery and Church site. The two that stayed back, mop the floors and did a few last minutes cleaning jobs. (Thanks Juliet & Natalie) We were back to the EEC about 10:30 A.M. so I drove over to the shop and picked-up the bus and we loaded all our gear on it, minus the food, but there was still a lot of gear. Next stop was the Visitor Center, where we stay about one hour looking at all the merchandise and talking to Kyle, Cameron and Rebecca. Finally it was time to go and leave Paradise and go back to the noise and traffic of our world. It was fun while it lasted.

A trip would not be finished without a stop at Pungo Pizza & Ice Cream Parlor, which eleven of us did. Hope everyone had as much fun as I did and want to come back again real soon.

## **Chocolate Hike 2013**

*By Phyllis Neumann*

Sixty two chocolate lovers arrived at the Mariner's Museum this fine brisk morning for yet another Chocolate Hike. A chilly morning greeted the revelers but sunshine filled their faces with hopes of chocolate delights to share and sample. The feasting began promptly at 9:30AM and blood glucose levels quickly spiked. After a short educational oration on the history and health benefits of eating chocolate, the participants headed for the Noland Trail. Snacking did not cease despite a healthy pace as we trotted along the wooded path. The day warmed and we enjoyed several stops along the way to admire the views, chat and eat more chocolate. We finally arrived back at our starting point to savor the day and award prizes.

The Grand Prize went to Bill and Marky Lynn for "Chocolate Chernobyl". Runners up were: Joe Turlo's "Chocolate Spring Rolls", Ginny Werner's "Dark Chocolate Chip Cookie Hearts" and Jane Oake's "Starbuck's Coffee Brownies". Best Bribe went to Margaret Pisone and her "Chocolate Covered Almonds". Among the creations this day were: Chocolate Bourbon Bites (Pat Byrne), Salted Caramel Glazed "Especially for Couples" Brownies (Susie Engle), Chocolate Pretzels (The Deavers), Brandy and Whiskey Truffles (Greg Hodges), Cocoa Chocolate Chip Meringue Cookies (Cindy Meier), Chocolate Mango Truffle Cookies (Lorrie Ames), Valentine's Day Chocolate Trail Mix (Sue Leta), Buckeyes (Jon Harner), Chocolate Chip Cheesecake (Gene Miller), Ganache Bites (Nancy Fishback), Chocolate Chip Cookies-regular old kind (Angie Herring), Chocolate Decadent Bites (Chris Sexton), Dark Chocolate Peanut Butter and Raisin (or Almond and Cherry) Cookies (the Schindlers), White Chocolate Mint Bark (Marti Malabad), Chocolate Chip Mini-Cupcakes and 20lb Cake (Rhianon), Chocolate Covered Strawberries (Chuck Myers), Chocolate Cake with White Chocolate Icing and Cherry Surprise (Joe Wieliezko).

Special mention goes to: Scott Hilton for his Molasses Cookies with Dark Cocoa, Diane Leber's Chocolate Truffle Cookies, Judy Welp's Pretzel Treats, Renee Clippard's Peanut Butter and Chocolate Kiss Cookies and Michelle Coff's Double Chocolate Macadamia Nut Cherry Cookies. We finished up the day at Plaza Azteca for more food. A fun, carbohydrate filled day!

## **Rescue in the Smokies** *By Suzanne Luna aka Scribe*

"I have good news and bad news," Nancy Rinkenberger calmly informed me as I approached a small rock scramble she was negotiating. "The good news is I can walk;" then the bad news came: "I think I broke my leg." I immediately flashed on a vivid dream I had the night before in the Russell Field Shelter. In the dream, a figure announced that he/she had a broken leg. I panicked at the thought. Then, a voice said, "it will be alright, you will see." I relaxed, trusting that somehow things would be okay. It wasn't clear in the dream whose leg was broken. Of the three hiking partners, Nancy was the most experienced in wilderness medicine and treatment. Little did we know that her wilderness training would take on a new perspective – patient.

Our journey started in Norfolk, leaving Sunday morning at 5 a.m. on the Greyhound bus to Asheville, NC, where we connected with a prearranged shuttle to take us to Fontana Dam Lodge. After a comfortable night at the lodge, Monday morning would start our hike: Trish Mims and her Border Collie, service dog, Rusty, thru hiking to Katadin; Nancy: hiking around 700 miles back to Virginia; and me, out for Spring Break, hoping to get 100 miles on the AT. After breakfast, we loaded up our seven days of food, our gear needed to get to Standing Bear Hostel, and set off up the mountain.

Since tenting is prohibited on the AT in the Smokies unless the shelters are full of hikers, we planned to hop from shelter to shelter. With little other traffic in February – below freezing weather expected -- our chances of running into other hikers was slim. In fact, the shelter logs had entries only about every two or three days as other hikers passed through. Monday night's weather reports suggested that rain our first night was possible, so we resolutely hiked up the mountain almost 10 miles to Mollies Ridge Shelter, hoping to arrive before the heavens opened. Thankfully, we arrived before the rain, but the wind whipped all night against the open, tarped-side of the 3-walled shelter, rain turning to light snow overnight. As a result, Tuesday morning was magical, hiking in a light dusting of snow although the climb the day before and the loud tarp beating all night had taken its toll on our energy levels. We only hiked about 3 miles and called it a day at Russell Field Shelter, where the water source and wind conditions were so much better than that at Mollies Ridge Shelter, allowing for a respite to recharge and, hopefully, tackle the next day with more enthusiasm.

Day three started out as usual. With the contrast of snow, wet tree trunks, and hoarfrost, the trail was spectacular, almost like Narnia. As paces varied, we had fallen into a pattern of hiking alone, enjoying the majestic woods, meeting up occasionally as we took our "Colin Fletcher breaks," removing packs, having a snack and drink. As such, we met up to eat lunch together near Spence Field Shelter. After we took some pictures on Rocky Top, passed Thunderhead Mountain, I took my regular break and Nancy hiked on toward Starkey Gap; our destination for the day was Derrick Knob Shelter, roughly four miles away.

About ten minutes down the trail, Nancy heard a crack when she slid on the icy trail, landing on her ankle, knowing that the pain and sound indicated a dire situation. Nevertheless, she was determined to hike on to the shelter. It didn't take too long to catch up to Nancy. "What do you need me to do for you?" I asked after hearing her news. "Just hike with me," she responded. The trail was headed into the gap, treacherous with muddy roots and rocks. Soon, we met up with Trish, who made the announcement that the trail blazes had disappeared. Now, we were bushwhacking through saplings, intensely worried. It was about that time that I felt compelled to mention my dream, "it will turn out alright, you'll see."

The sun was getting low in the sky; Nancy quickened her pace after spying AT blazes again, being fueled by adrenaline and determination to get to Derrick Knob Shelter. Snow began to fall, and headlamps came on. Trish, Rusty, and I hiked on until we finally made it to the shelter. Nancy had made it while light, gotten water from an excellent water source, and was evaluating the situation with maps in hand. Her leg was supported by her hiking boot, and the swelling was minimal but was not to stay that way if the boot were to come off. It was a restless, long night, but we decided to see what tomorrow would bring.

*(Continued on Page 15 ... )*

*(Continued from Page 14 ... )*

Trish's husband, Dave, insisted that she carry a SPOT. The next morning, the SPOT signal was sent, indicating we needed help. The closest road was about 18 miles away, heading to Gatlinburg, Tennessee. With no guarantee of shelter if we tried to hike in that direction, we stayed put. The snow fell lightly on and off all day. Distracting ourselves with Farkle, a dice game, we managed to fill the hours, waiting for help. We had plenty of water, food, and shelter, but the uncertainty of whether the signal for help was actually received was palpable.

All the wood for a fire in the shelter fireplace was either wet, frozen, or too green to burn. But, with nothing better to do, I decided it was worth the effort to try to make a fire, expecting meager results. I had brought along a tea light candle that would burn for a little while as I gathered bits of kindling -- dry bark, moss, and wood chips -- around the shelter's dirt floor. Eventually, a small fire was established, which was helpful -- not for warmth -- but for comfort. Each piece of wood needed to be dried by the fire, and stubbornly sizzled. Trish and I dug all the wood we could find in the snow to the porch to hopefully dry -- wishful thinking. Without the strength or equipment to cut limbs into log size pieces and just as the last few small logs remained on the hearth, we heard men's voices, "Park Rangers."

Rangers Marc Eckert and Kent Looney arrived like the cavalry over the mountain, hiking the eight miles to reach us. They had gotten the signal that morning, packed up, and were on the trail by noon, reaching us at around 5:30 p.m. Trish made tea for the rangers as they assessed the situation, communicating with the search and rescue (SAR) office. Plans were made to hike out in the morning; Nancy assured the rangers that a helicopter was unnecessary. Once the ankle was re-bandaged and stable, she was confident she could hike as far as needed to meet the team on the Greenbrier Ridge Trail, leading to the trail head, and eventually, transport to the hospital.

The next morning, we ate breakfast, packed up, took pictures, and headed down the snowy trail. We left the AT .3 miles down the trail, connecting with the Greenbrier Ridge Trail, which, decades before, had been a road serving the railroad crews, making it very accessible for SAR activities. Later, we learned that hiking further to the next AT shelter or back to previous shelters would have made it more difficult for the SAR team. We met the SAR team a couple of miles down the Greenbrier Ridge Trail; about 11 rangers took turns rolling the litter, a toboggan-like structure with one large wheel underneath, cocooning Nancy in her sleeping bag, down the sometimes steep and rutty trail. On the other side of a creek crossing, we were met by more rangers with all-terrain vehicles (ATV), who loaded Nancy and our gear aboard to take to waiting Forest Service trucks, heading to the hospital. Trish and I hiked down the scenic Greenbrier Ridge Trail, waiting for the ATV drivers to return and take us to the trail head, and eventually, to regroup with Nancy at Blount Memorial Hospital.

That very day, Friday, was a scheduled training day for the SAR team. I was told that knots and anchors would be some of the topics of the day. Each and every member of the SAR team was so professional and appreciative that they were not in the classroom, but in the field, training. Our rescuers performed the synchronized rescue like the pros that they are, each taking part where needed. One ranger even mentioned how that SAR operation had been the smoothest he had ever experienced. And, in the end, it turned out alright, just as the dream predicted. Nancy's family came and collected us on Saturday after a night in a nearby motel with clean sheets, warm soapy showers, AYCE breakfast, and laundry facilities. I suspect that once the doctor releases her, you will find Nancy, Trish, and Rusty back on the AT, with a story to tell!



## **Appalachian Trail Museum to Open for Fourth Season on March 30**

GARDNERS, PA. – One of the new features of the Appalachian Trail Museum during the upcoming season will be an exhibit on the Appalachian Trail Hall of Fame.

“The Appalachian Trail Hall of Fame has been a wonderful addition because it honors the men and women who made the trail what it is today – one of the most widely hiked trails in the world,” said Larry Luxenberg, museum founder and president of the Appalachian Trail Museum Society. “Through the Hall of Fame, we learn the stories of the trail, from when it was conceived by Benton MacKaye to when it was first blazed by Myron Avery to when it was thru hiked by such pioneers as Earl Shaffer, ‘Grandma’ Gatewood and Gene Espy.”

The Appalachian Trail Hall of Fame now has 11 members, including McKaye, Avery, Shaffer, Gatewood and Espy. Other hall of famers are Ed Garvey, Arthur Perkins, David Richie, Frank Schairer, Jean Stephenson and Major William Adams Welch. Another class of members will be inducted on Friday, June 7, 2013, at the Appalachian Trail Hall of Fame Banquet at the Allenberry Resort in Boiling Springs, Pennsylvania. Visit <http://atmbanquet2013.eventbrite.com> for ticket information.

The museum will be open during the 2013 season on:

Saturday, March 30, to Sunday, May, 5 – weekends, noon to 4:00 pm  
Saturday, May 11, to Sunday July 7 – 9:00AM to 4:00 pm every day  
Monday, July 8, to Sunday, August 4 – noon to 4:00 pm every day  
August 5 to November 3; noon to 4:00 pm Wednesday thru Sunday  
Labor Day – Monday, September 2,  
Columbus Day, Monday, October, 14

During the 2013 season, plans also are in the works to relocate the historic Dean’s Gap Shelter from Blue Mountain, Pennsylvania, to the museum, update the existing Earl Shaffer Shelter display and open a 30th anniversary exhibit on hikers who thru-hiked the Appalachian Trail in 1983. Other exhibits under consideration are one on the Appalachian Trail and the Civil War and one on historic trail saws.

More than 7,000 visitors experienced the Appalachian Trail Museum during the 2012 season. Luxenberg said since opening in 2010 the museum has had more than 23,000 visitors from across the United States and many other countries. Additional information is available at [www.atmuseum.org](http://www.atmuseum.org)

## **ATC Cullowhee 2013**

The ATC Biennial Conference; Cullowhee 2013, is on is only a few short months away. Registration begin on April 15th, 2013. You can visit the Cullowhee 2013 webpage at:

<http://www.appalachiantrail.org/who-we-are/events/2011/07/26/atc-cullowhee-2013>

Plan to attend at least a portion of this week-long event to be held July 19 - 26, 2013 at Western Carolina University in beautiful Cullowhee, North Carolina. This Biennial Conference will feature a wide range of workshops and presentations catering to many interests, excursions, hikes, trail work trips, nightly entertainment and much more. Meet hundreds of fellow hikers and trail enthusiasts; meet the movers and the shakers of the hiking community and learn how things work, and meet the beautiful mountains, cultural and historical treasures of the area. See that it’s not only a hiker’s dream week, but also offers a rich variety of non-hiking activities that will keep everyone wishing there were more hours in each day. Registration is open to the public. You do not have to be an ATC member or even a TATC member to attend this event. Volunteers are needed to lead hikes and excursions, and to staff information desks and perform other functions. Visit the Cullowhee webpage for additional information about volunteering. Don’t miss this great event. It is only held once every two years.

Enter or click on the link to the video to watch a preview of ATC Cullowhee 2013:

<http://www.youtube.com/embed/37yFK3SFB0M?hl=en&fs=1>



# 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.

## **Portsmouth Island, NC - Camping**

**April 5-7, 2013, Friday-Sunday**

**Gordon Spence - 464-5096 - Seebeeg@aol.com**

Portsmouth Island overnight camping on Portsmouth Island. Portsmouth Island is located in the Seashore National Park and accessed via a short boat ride from Ocracoke, NC. Plan on spending Friday night in Ocracoke for the early morning boat ride. Walk through a restored village and visit a Coast Guard station. Take a short walk (2 miles) to the beach where we set up our tents. Ample opportunity for shelling, bird watching, and exploring the flora and fauna of a pristine barrier island. Bring shelter, food, and water. There is always something new to see or experience. Allow five hours for the trip to Ocracoke. The channel between Hatteras and Ocracoke for the free ferry should be clear by April. There is a \$25 fee for the boat ride to the island. Camping is available Friday night in Ocracoke for a fee or stay in one of the motels. Meet at Howard's Pub in Ocracoke at 7:00 PM Friday the 5th. Return from the island Sunday at 11:00AM. Call Melinda or Gordon for details.

## **Cedar Grove Cemetery Maintenance**

**April 6, 2013, Saturday**

**Diana Ramsey - 619-0540**

Help the City of Norfolk preserve and restore the monuments and horticultural efforts with tablet restoration and landscape maintenance. Cemetery is not marked but it's on the opposite side of Elmwood Cemetery on Princess Anne Road. When entering the gate, park on the right side and look for the blue canvas cover. Bring gloves, water and snacks.

## **TATC General Meeting**

**April 10, 2013 , Wednesday 7:00 - 800 PM**

**Jim Newman - 867-6688**

Tidewater Appalachian Trail Club (TATC) - General Meeting - All Welcome - held at the Pretlow Library, 111 West Ocean View Ave., Norfolk VA 23503

## **2013 Spring Chain Saw Certification**

**Mark Connolly - 757 623-0764**

**April 13-14, 2013, Saturday - Sunday**

A 2-day chainsaw training course hosted by the US Forest Service at USFS Work Center in Sugar Grove, VA. This training is offer to new sawyers and certified A sawyers who would like to move to B sawyer certification. \*\*This will be the ONLY opportunity this Spring\*\* for new sawyer certification. Please notice Laura Belleville as soon as possible (ideally by April 4th) at lbelleville@appalachiantrail.com if you would like to be added to attendance roster

## **New Quarter Park Maintenance**

**April 14, 2013, Sunday**

**Phyllis Neumann - 757 566-4584**

Meet at the inner parking lot of New Quarter Park (1000 Lakeshead Drive, Williamsburg, VA ) at 9:30am for some light maintenance on trails built by TATC. Bring water, gloves and snacks. Tools will be provided. Plan to eat lunch afterwards at a local restaurant. No experience necessary! For more info about the Park visit <http://www.yorkcounty.gov/Default.aspx?tabid=4626>. This is a reschedule from the April 7th trip date.

## **Cabin Maintenance Trip**

**April 19-21, 2013, Friday - Sunday**

**Greg Hodges - 757 439-1552 or greg@gregoryhodges.com**

Meet at the cabin, ¾ mile off Blue Ridge Parkway as early as 2:00PM on Friday. Bring sleeping bag for hard bunk plus tent if you prefer to sleep outside. Cabin sleeps 12. Community dinner Saturday. Bring food to share plus personal food for other meals. Rent-free cabin stay in exchange for performing light maintenance. Attendance for orientation qualifies new members for cabin rental. Opportunity for hikes, exploration & fun. For more information and directions contact Greg. This is a reschedule from the March 8 - 10, 2013 trip.

*(Continued on Page 18 ...)*

# 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.

**Multi-Day A.T. Section Hike (NY/NJ)**  
**April 21-27, 2013, Sunday - Saturday**  
**Gene Monroe, [Geno\\_1@charter.net](mailto:Geno_1@charter.net)**

This is another big-miles backpacking trip led by Gene Monroe. The general plan is as follows: Drive to Fahnestock, NY April 21 & spend night in a local motel. The hike begins next morning after a shuttle to Fahnestock State Park. Last day of the hike (April 27) involves only 6-7 miles leading to Unionville, NY for breakfast followed by homeward travel. Check with Gene for details.

**False Cape State Park Maintenance**  
**April 27, 2013, Saturday**  
**Bruce Julian, 484-0975**

Trail Maintenance at False Cape State Park, Virginia Beach, VA. Contact Bruce for more details.

**Spring Walk-Thru of TATC Trails**  
**May 3-5, 2013, Friday - Sunday**  
**Mark Connolly - 623-0764 - [trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)**

This is our reconnaissance effort to discover the effects of the winter on our section of the A.T. from Reeds Gap to the Tye River, the Mau-Har Trail, and possibly some trail in St. Mary's Wilderness.

**Local Maintenance, Noland Trail**  
**May 7, 2013, Tuesday**  
**Bill Buck - 757 619-0540**

Meet at 9am in the main parking lot of the Mariner's Museum to assist in the cleanup of downed trees along the trail side. Work will be moderate to strenuous and may involve bucking and limbing logs. Sawyers will be needed as well as individuals to move the wood away. Further details will be forthcoming in the coming weeks. Bring water, snacks, and good shoes. Plan to eat out afterwards. Tools will be provided. Contact Bill to sign up if interested.

**TATC Board Meeting**  
**May 7, 2013, Tuesday, 7:00 - 8:30 PM**  
**Jim Newman, 687-6688 [jimnewman55@cox.net](mailto:jimnewman55@cox.net)**

Tidewater Appalachian Trail Club (TATC) Board Meeting - All Welcome!  
Held at the Pretlow Library, 111 West Ocean View Ave., Norfolk, VA 23503

**TATC General Meeting**  
**May 8, 2013, Wednesday, 7:00 - 8:30 PM**  
**Jim Newman, 687-6688 [jimnewman55@cox.net](mailto:jimnewman55@cox.net)**

Tidewater Appalachian Trail Club (TATC) General Membership Meeting  
Held at the Pretlow Library, 111 West Ocean View Ave., Norfolk, VA 23503

**False Cape State Park Beach Clean Up**  
**May 11, 2013, Saturday**  
**Diana Ramsey - 619-0540 - [magnoliafarms@cox.net](mailto:magnoliafarms@cox.net)**

Beach Clean Up at False Cape State Park, Virginia Beach, VA

**Spring AT Maintenance & Family Camp-Out**  
**May 17-19, 2013, Saturday - Sunday**  
**Mark Connolly - 623-0764 - [trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)**

This a weekend for us to do what the club was set up to do: Maintain our assigned section of the Appalachian Trail, the Mau-Har Trail, and possibly some trail in St. Mary's Wilderness Area. Come on out to our base camp at Sherando US Forest Service Campground on Friday, if possible, to set up your tent at the Williams Branch Picnic Area at Sherando, keeping in mind that the gate is locked at 10PM and opens on Saturday morning at 6AM. The map and directions are available at our website [www.tidewateratc.com](http://www.tidewateratc.com)

# 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.

## **Cabin Maintenance Trip**

**May 31 – Jun 2, 2013, Friday - Sunday**

**Greg Hodges - 757 439-1552 or [greg@gregoryhodges.com](mailto:greg@gregoryhodges.com)**

Meet at the cabin, ¾ mile off Blue Ridge Parkway as early as 2:00PM on Friday. Bring sleeping bag for hard bunk plus tent if you prefer to sleep outside. Cabin sleeps 12. Community dinner Saturday. Bring food to share plus personal food for other meals. Rent-free cabin stay in exchange for performing light maintenance. Attendance for orientation qualifies new members for cabin rental. Opportunity for hikes, exploration & fun.

## **Nelson County "Trail Daze"**

**June 1, 2013, Saturday**

**Chris or Jim Sexton - 757 484-2827**

Being held at Devil's Backbone Base Camp, 200 Mosbys Run, Roseland, VA (Nelson County)

Celebrate National Trails Day in Nelson County, a designated AT Community. Volunteer or participate at this event.

TATC, ODATC, and NBATC will lead some free hikes in the morning. Hike signups at 8am at nearby Glen Mary neighborhood. Outdoor exhibit tents begin at Noon. A bike race will be part of the day's events, with on-line registration info to be posted as it becomes available. \*\*TATC VOLUNTEERS NEEDED to help set up TATC exhibit tents in the morning, lead hikes, and/or staff membership, educational, and children's activity tents.\*\* Others will pay an entry fee. Bring snacks, beverages & trail lunch. Port-o-lets & primitive camping are planned on the site.

## **First Landing State Park Maintenance**

**June 8, 2013, Saturday**

**Diana Ramsey - 619-0540 - [magnoliafarms@cox.net](mailto:magnoliafarms@cox.net)**

## **Kid-Friendly Camping & Tubing on Shenandoah River**

**June 21-23, 2013, Friday - Sunday**

**Rosanne Cary - 757 773-0859**

Third annual river tubing campout! Bring the kids (or the kid in you). Camping at Low Water Bridge Family Campground in scenic Shenandoah Valley. River floating tubes available to rent at campground, or bring your own. Shuttle ride (for fee) to put-in site. We'll put in on Saturday morning and float back down to the campsite. Car camping on Friday and Saturday nights – bring all you need to be comfortable in a few group campsites – water cannons permitted! Campground is in rural area but has small store, bath house with hot showers, picnic tables and fire rings. Check fee schedule & further details at <http://www.lowwaterbridgecampground.com/> We might have large enough group for group rate. This is a great chance for kids and adults to get in some quality play time!

## **ATC Cullowhee 2013 - 39th Biennial ATC Conference**

**July 19-26, 2013, Friday - Friday**

Come join us for the Appalachian Trail Conservancy's 2013 Biennial. Go to the ATC Events page for more information; <http://www.appalachiantrail.org/who-we-are/events> to register. Being held in Cullowhee, NC

**Old Dominion Appalachian Trail Club.** We work closely with our neighbor club in Richmond. Please go to the following website for some of their offerings: [www.odatc.net](http://www.odatc.net)

**Weekday Activity Group:** If you would like to receive e-mail notifications of local hikes, bicycle rides, and paddles taking place during the week (usually on **Tuesdays**) please send e-mail to Ellis Malabad [malabad2@gmail.com](mailto:malabad2@gmail.com) requesting to be added to the "Tuesday Group" e-mail distribution list.

**The TATC/Douglas Lee Putman Memorial Cabin** is available for rent. You must be a member and first attend an orientation / work weekend in order to rent. The cabin can be reserved 8 weeks (56 days) in advance. Please call Bob Adkisson at 627-5514 if you have any questions, or want to check on availability, or to make reservations.

**Local Trails Maintenance Opportunities:** If you would like to receive E-mail notification about TATC Local Trails Maintenance activities, please send an E-mail to Bill Buck at [LocalTrails@tidewateratc.com](mailto:LocalTrails@tidewateratc.com) requesting to be added to the Local Trails E-mail distribution list. Trail maintenance may include weed cutting, brush and tree trimming, removal of small blown down trees, painting of trail blazes, repairing walkways and creating trails. Other special projects may be performed, such as building water bars to prevent erosion, building and repairing foot bridges, as well as building benches and other structures. Skills used in these efforts are also useful for AT maintenance.

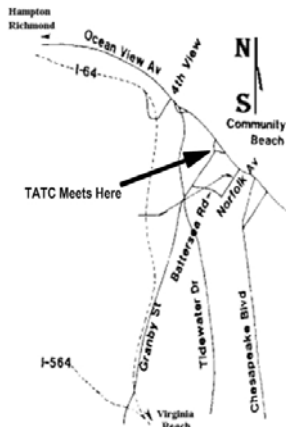
**Information for Hike & Activities Schedule,** TATC website listings and Meetup postings are collected & edited by the Hikemaster. Contact Christine Woods at 757 850-7567 or [hikemaster@tidewateratc.com](mailto:hikemaster@tidewateratc.com) w/info for publication.



Tidewater Appalachian  
Trail Club  
P. O. Box 8246  
Norfolk, VA 23503-0246

CHANGE SERVICE REQUESTED

NON-PROFIT  
US POSTAGE  
PAID  
NORFOLK,  
VA  
PERMIT NO.  
2135



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

From Peninsula: Take 64 East to 4<sup>th</sup> 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



Appalachian Trail Museum