

Tidewater Appalachian Trail Club Appalachian Hiker

www.tidewateratc.com



August 2008 - September 2008

Minute for Maintenance

By Scott Hilton, TATC Trails Supervisor

T-Shirt Competition

With July almost gone, with it was our first Konnarock weekend. 10 Konnarock crew members, 13 trail club members along with eight SCA kids got a lot done on the AT relocation project. Several club members stayed over a few days to put in some more work, including Bruce, Dewey, John Gillikin, and John Pessagno. Thanks for all the hard work. The SCA crew is spending almost the entire month on site, they have contributed greatly to this project. With the next Konnarock weekend scheduled for August 7-11, again staying at the Sherando kitchen area, this project should be complete this year.

Also thanks to Nancy Rinckenberger and her family for fixing dinner Saturday for the work crews, a regular 4th of July picnic on the 5th, complete with hamburgers, hotdogs, salad, potato salad, corn on the cob, and even ice cream for desert. Great job Nancy.

The next work weekend falls prior to the August general meeting, so don't forget about it and hope to see a good crowd at Sherando and finish this project. Thanks again to all that have participated over the past weeks. Thanks, Scott Hilton. trailssupervisor@tidewateratc.com

Coming soon! A T-shirt competition for a new T-shirt design for club T-shirts. Further information will be forthcoming. Ideas are still being solicited for a Wish List of items that you would like to see for sale. Please contact the merchandise committee at merchandise@tidewateratc.com with suggestions.



ATC Volunteers Needed! Biennial Conference 2009

The Green Mountain Club (GMC) will host the 2009 Appalachian Trail Conservancy Biennial Conference at Castleton State College in Vermont. We need hundreds of volunteers to plan and run the conference, which will accommodate 800-1000 outdoor enthusiasts.

July 17-24, 2009 will be a week of celebrating and learning about the 2,170-mile Appalachian Trail. Volunteers are needed to lead hikes and excursions; register and greet guests; sell T-shirts; staff workshop information centers; manage logistics including signs, parking and camping; and much, much more. Please contact Jean Anderson at jean_outdoors@aol.com to let her know when you would like to help out. And thank you. For more information, updates and registration information, visit www.Vermont2009.org.

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(banner photo by Mark Ferguson)

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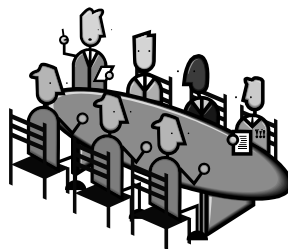
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KEEN

Scary Monsters of the North

(Part 2)

By Bob Adkisson

Most folks rightly think of Vermont as a friendly, bucolic place, a small state full of long Green Mountains and colorful maple trees; dairy cows dot the rolling pastures and Bed and Breakfasts grace the tiny, picturesque towns.

I've previously recounted how, on my first day in Vermont, hiking north on the A.T., myself and a fellow hiker were lucky enough to encounter a bear; we heard something up ahead of us, assumed it was only other hikers, but approached quietly, just in case it was something more wild and interesting. It proved to be a bear, 30 feet from the trail, tearing a tree stump apart, absorbed in hunting for grubs. My friend and I stood there, rooted and mesmerized, feeling privileged to be that close to such a rare and beautiful thing.

It was my friend's first (and only) bear encounter of his entire thru-hike, and the first bear I'd seen since I'd visited the Smokies with my parents as a small child.

After about 10 seconds of being allowed such close (and what I came to view as holy) company, the bear regained its senses, or at least its nose went up in the air—it smelled us, and in an instant it was gone. The biggest, strongest, and, some would say, the scariest animal on the A.T. took one whiff of us and ran as if the world itself were on fire. (Do animals know something about us that we don't dare admit?)

This was my most memorable experience, my first day ever in the state of Vermont. About 10 days later, my last day in Vermont would prove to be memorable too, only in a different, more threatening way. Scariest of all, the scary monster was two-legged, of my own species, order, and phylum.

At this point I was hiking with a 19 year old long haired thru-hiker from Pennsylvania, Jim Lesuer. Quiet, easy going, extremely well read, he wore a formless brown hillbilly hat, made of felt, and was one of the few hikers way back then to carry a hiking stick—a single metal ski pole.

At Sherburne Pass we left the Green Mtns, turned east and hiked 2 days thru the hills and private lands of eastern Vermont. The weather was overcast, often raining, and we were looking forward to crossing the Connecticut River and taking a few days off in the town immediately on the other side-- Hanover, N.H., home to Dartmouth College. Word was that hikers could stay for free in some of the fraternity houses on campus, eat cheaply in the College cafeteria.

We needed a break, and not just because of the recent wet weather-- we had one of the toughest sections of the whole A.T. looming over us: the White Mtns.

Late in the afternoon of an especially long day, with about 5 or 6 miles still to go before the river and Dartmouth, Jim and I pulled into some tiny little 'town' (maybe it was West Hartford—my memory is unclear, and the trail has surely since been moved) with a country store that faced both a minor county road and a large, nearly dry stream. Like a sort of stage, the 100 year old store had a massive concrete front porch (maybe 25 feet wide, 10 foot front to back, and 5 feet high); uncovered, it had no railings or benches, and was reached from one side by a set of steps.

As for the 'town', the store seemed to be about it; there were a few houses visible here and there, maybe half a dozen within half a mile, but this was the only business, and of course all we cared about was food-- namely ice cream!

We left our packs on the porch, went in and bought ourselves a pint each.

Back outside, Jim ate, leaning against his pack, which leaned against the storefront. I sat a few feet away, perpendicular to him, my pack beside me, my legs hanging off the side of the porch. It was bliss—taking half an hour to sit and eat cool, delicious ice cream on an August afternoon.

But we were interrupted, first by a bored teenaged girl, and then apparently by her jealous, emotionally unstable paramour.

First the girl: somewhere between 14 and 17 years old, she came out of the store and sat down near us, disinterestedly asking us questions—about the trail, where we were from, etc.—typical, innocent questions which we politely, but maybe half heartedly, answered. I guess we were the most exciting thing to hit 'town' this day and she had nothing better to do. For our part, we were exhausted, sweaty and dirty from the trail, mostly just wanting a few minutes of peace and relaxation.

I guess it needs to be said that neither of us had *any* interest in the girl in any untoward way.

For the record, I was eating my ice cream and reading Jim's trail guidebook; he answered most of her questions.

Jim did ask her one question—maybe she could be of some help: something had broken on his pack that he hoped to get fixed or replaced in Hanover, and he asked if she knew of any outfitter type stores. She looked at him blankly. She had no idea what he was talking about. Jim explained, but she still drew a blank. She brightened however, trying to be of help, and said she *did* know where there was a great 'head shop' in town (a 'head shop', in case you don't know, sells pipes, rolling papers, black light posters etc.—stuff for pot smokers and drug users).

(Continued on Page 5)

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I'd hitch-hiked across country the autumn before and had, in two small towns, just days apart, run into young people whose lives and dreams seemed to have been squelched by drug use, and it made me sad to think that this young girl was involved with that sort of thing.

She seemed on the verge of losing interest, getting up and leaving when she caught sight of an approaching vehicle and said, "uh oh, I'm in trouble now". She jumped up in a flash and disappeared into the store.

I watched as a large beat up old car sped by, swung into the gravel parking lot on the far side of the store, and braked sharply to a stop. A rough and angry looking man, 22—25 years old, vaulted up the steps, glared at Jim and I, hurried thru the door. We could hear the two of them clearly, and thru the window at times see them, as he pursued the girl up and down and around every aisle in the store, yelling and demanding and hectoring her, "who are those guys, why were you talking to them, what did you say to them, what did they say to you?" On and on it went, she ducking her head, moving away from him, pleading innocence.

I had the distinct impression this wasn't her overly protective older brother or cousin, but her out of control, over-aged boyfriend or lover.

I also couldn't believe the store owner (a man in his late 60's) or any of the 2 or 3 customers—who surely must know these two—said and did nothing.

The girl hurried out of the store, the man a few paces behind her. I glanced up from my ice cream to see him take 2 steps toward me, draw back a fist, and threaten, "I oughtta kick your a**."

Before I could respond, he immediately wheeled and chased after the girl, who was 20 yards down the road by then. She walked about a 100 yards away, then doubled back to the store, he yelling in her ear the whole way, harassing and haranguing her.

She fled into the store again and he roared off in his car.

But, minutes later, he was back.

I kept a wary eye as he mounted the steps, crossed the porch, and reentered the store. Inside, they once again repeated their zig zag route around the interior, she either trying to ignore him, or explain, in vain, how innocent it all had been.

She left the store and walked away again.

Not bothering to make a threat in my direction this time, he exited the store, got in his car, and drove away in a spray of angry gravel.

We had, apparently, walked into the middle of a modern day Peyton Place episode; I had been threatened with getting my behind beat though I'd spoken less than two dozen words to the girl, all as innocent as could be.

By then our ice cream was finished and it was more than time for us to go.

But something occurred to me, and I asked Jim for his Vermont guidebook back, just as he was about to pack it away; I wondered-- how far did we have to walk, exposed on public roads, before the trail returned us to the safety and sanity of the woods?

Jim's book said the trail followed the narrow paved county road about half a mile, alongside the small river; it then turned uphill, on a gravel road, for about a third of a mile more.

There was nothing to do but be brave and don our packs.

But, crossing the gravel lot, I paused, picked up 3 fist-sized rocks. I carried one in each hand and put the other in my shirt pocket. If the psycho-jealous boyfriend blew back by in his car, intent on murder or other mayhem, I knew our best defense was to be hyper vigilant, listening and watching for him, ready to jump over the roadside ditch, *get away from him* as best we could.

The rocks were in case he stopped and got out of the car.

During our 15 minutes of peril, not a single car passed.

We made it safely to where the trail left the public road, climbed over a barbed wire fence (using an 'A' shaped ladder, a stile), and meandered up thru a deserted pasture towards the woods, towards the shelter of wilderness.

Stepping off of the road, dropping the 3 rocks, I gratefully placed my muddy boot on the first rung of the ladder.

I may have spent almost my entire life in a city, and indeed be a city boy, and the forest might in fact be full of scary animals and things that go bump in the night, but I was coming to learn on what side of the divide I felt safest, where the sanity and salvation of the world resided.

I knew, more and more, where I felt more at home.

I lingered only a split second atop the ladder, looking back down the road towards 'town'; then I was off, into the woods.



Tye River Trail Relocation July 3-7 & 8-14, 2008

By Bruce Julian

This is to let all club members know what they missed on our trip to the Tye River Relo this past month. The trip started out beautifully, on July 3rd as Dewey, John, and Bruce met at Hwy. 15 and I-64 just west of Richmond. Dewey and Bruce knew this would be the last chance to get burgers and fries for almost two weeks. They planned to camp out at the Apple Orchard and hike into the work area each day along with the other club member and the Konnarock Crew. No showers, right, who needs them? They knew they could hike down to the Tye River and get cleaned-up there.

Arriving at the campsite everything was dry, which made the ride up the dirt road very easily. Looking around for a good place to park the trucks, which would be home for about two weeks, they decided to back them back to back and put up a tarp over both of the trucks. Dewey had a large folding table and with the extension pole that he always carries in his truck, this made a great tent pole. They had coolers with ice, two 5gallon containers with water, a three gallon bottle for hand washing and enough food for an army. Sleeping would be in the back of their trucks. Dewey had a foam pad with a sleeping mat on top of it. Bruce only had a 5in. blow up air mattress, with pillow and sleeping bag.

About 2:00 p.m. the K-rock crew arrived and began unloading their tools. Then two other vehicles drove-up the long dusty road and this was five of our club member along with John, that we had met earlier on I-64. They all were going to stay at Sherando Lakes, for those HOT showers. Everyone greeted each other and tried to remember the names and faces of each. Bruce had the tools in the back of his truck for the club members. We all got our daypacks and two or three tools and started out for the work place.

We hiked about half a mile, to the point, where in 2005 the group had stopped work on the relo. Everyone found a good spot to sit down and watch the K-rock leader show everyone the way the trail should be built. After about 45 minutes of class, we all took our spots along the red flags and began to dig. We were only able to work about two hours and it was time to go back to our campsites. The ones that had been here before knew what it was like, but the new people found out fast that it was not a piece of cake. Raking leaves, removing rocks and digging into the hard mountain dirt made the going slow.

On Friday, we started up the trail one more time to the place that we had stopped the day before. Here everyone picked a spot and as we all strung out along the red flags the digging started. With the big rocks and roots, the size of small trees some people only could dig five to ten feet where as others could reach about 15 to 20 feet along the route. This went on for three more days, and then the K-rock had to leave and the trail club people were down to only four.

When the K-rock Crew left we had completed about 500 feet. The Student Conservation Association (S.C.A) started working on Saturday with six students and two leaders. Kerry had them to move up the flag trail about 100 yards and begin there. He wanted to keep their work separate from what we were doing. We had two more club members leave on Tuesday and Dewey left on Wednesday. Bruce decided to move over to Sherando Lake, campground and take a day off and get a shower. Then on Friday, we had two more club members, show up and we started over again. The S. C. A. group did about 1000 feet by Saturday and will continue to work until July 28. We owe them a BIG THANK YOU for all that they have done.

The rain came down every night the first week and some days, but it helped to keep everyone cool. We found 7 Yellow-Jacket nests or should I say they found us. A few bee stings for Scott, Bruce, and a few others, but we kept on digging. The S.C.A. kids along with Scott and his friends should make a big dent in finishing the relo. Scott will be back there again on the 24 of July with 4 or 5 of his friends to work with the kids. Hopefully we can finish in August when the Konnarock returns on the 7th. We could sure use all the help from any of the club members who can make it up there.



Visit our website at www.tidewateratc.com

June Cabin Work Trip

By Bob Adkisson

An extraordinarily productive cabin work trip was had on the weekend of June 19—22, a weekend that actually started on a Thursday. Since Steve Babor had family in town visiting, and couldn't get away to help, Bruce Julian ably filled in as construction boss. He arrived mid-afternoon Thursday, along with his riders Ed Martin and Mark Connally. I arrived an hour or so later (having been delayed by the siren call of a Dairy Queen banana split in Waynesboro).

The 3 of them then went into town for the lumber we would need for the work Steve had assigned us. I stayed back and swing bladed all around the cabin and down to the spring.

Our job for the weekend was to buy, transport in (no easy task, that), and erect the 4 heavy, vertical corner posts of the picnic shelter; then begin framing and bolting in place the roof super structure with 2 x 8 boards; for this, Bruce had a couple of battery powered drills and saws, along with spare batteries.

Late Thursday the 4 of us hand carried a few boards in, but decided to leave the bulk of the transportation work for Friday.

In just one trip early Friday morning, the 4 of us and the heavy duty cart managed to get all the material in to the cabin work site. We then set to work measuring, drilling, cutting, and assembling. By lunch time though we'd hit a snag—the batteries were already running low.

So Bruce carried the batteries out and recharged them at the Royal Oaks store, the owner there being helpful and friendly to TATC members (which is one reason club members should support him as much as possible). Altogether this took over 2 and a half hours. During this period, besides lunch, some work was done on the access road.

About 3 p.m. we were hard back at work, and by about 5, when club President Mark Wenger arrived, we were all but done with our weekend assignment! And the weekend was just beginning..... there were at least 5 more people coming up, hoping to help out!

What to do?

Nothing to do but go to a phone and ask Steve's permission to continue with the next phase of construction (what would have been for the August cabin work trip)—buy more wood, tar paper, and shingles, get them in to the cabin, and do as much as possible with the actual roofing. Steve said 'yes' and ordered the material for us-- to pick up the next morning in Waynesboro.

Friday night, besides Mark, Mike Smith, Greg Hodges, Lindsey Krick, George Riddle, and Kevin and Michelle Brandt showed up: eleven people total.

Only George was a first timer to the cabin.

Saturday morning, way early, Mark and Bruce went to town for the material. About 8 a.m. the rest of us met them at the Parkway with the 2 carts and began a mini-marathon of sorts, transporting the plywood and shingles and lumber. It took 3 trips with the heavy duty cart fully loaded to get all the stuff in, 3 trips with 4 to 5 men pulling, pushing, or braking (3 trips translates into over 3 miles of hauling the cart).

Then the actual work began!

The weather was mild and sunny, with a breeze cooling us at times. Black flies were a bit of an annoyance.

More measuring and sawing and nailing, putting the ridgepole in place, then the rafters, then the plywood. We ran just short of plywood and so knocked off a bit early, cleaned up, and went into town for dinner—pizza. Of course we also went and got another sheet of plywood and carried it in.

Dreadfully early Sunday morning the hammering and sawing began-- before the more civilized and reasonable people of the group were even out of bed! By 9:00 a.m. the last bit of plywood was in place and the tar paper nailed over it for protection. We tied a tarp over the whole works, did a quick cleanup of the cabin itself, carted out a load of tools and gear, and soon headed home.

I'm sure we would've finished the roof that afternoon had we stayed, had not Ed Martin been expected back in Virginia Beach for dance lessons.

A most productive work weekend, accomplishing almost twice what we'd planned.

In August (the 22nd—24th) we should have no problem finishing the roof, and we can begin the leveling and fill work that needs to be done to the ground beneath it all. Why not make plans to come up and join us!

Thanks to all those listed above for their hard work, especially the man in charge of us all, Bruce; great job--well done.

Note: about 3 or 4 years ago, in October, a cabin renter saw a bear about 150 yards from the cabin. This was downhill, by the old cemetery; he even got a good photo of it.

Years ago I'd seen bear footprints in the mud on the cabin access road, and come across large rocks bears had overturned, looking for ground bee's nests, but, for all the time I've spent there, I'd never actually seen a bear in Nelson County.

And then, at dusk on Thursday night, I decided to go and fetch back one of the 16 foot boards that needed to find their way the half mile to the cabin. As soon as I hoisted the heavy thing up I heard a deer not too far off in the woods. About 10 minutes later, just as I neared what we used to call the 'turn around spot' on the access road (about 150 yards from the cabin) I heard something about 60 feet uphill of the roadway. It was nearly dark out, but the jet black of a small-ish bear sauntering away from me stood out just enough for me to identify it. It was a tad too dark, and I was a bit too tired to get overly excited by it all, but I'd just seen my first Nelson County bear! Far out.

Product Review - Big Agnes Sleeping Pad

By Jim Sexton

This is a new series of newsletter articles in which I will review products that I have used and believe to be outstanding for use while hiking or camping.

Product:

Big Agnes Air Core Sleeping Pad, Mummy Style, Regular Size.

Product Highlights:

The Big Agnes Air Core Mummy is a 2.5 inch thick inflatable sleeping pad with a temperature rating down to 35 degrees. The Air Core is very comfortable and it rolls up into a package about the size of a Nalgene bottle.

I own the Regular mummy size air core pad that is 20" x 72" x 2.5" inflated and 4" x 8" when rolled up. This pad only weights 19 oz. The regular price for this item is \$49.95.

Design Features

- Light and compact summer pad, with 2.5" of comfort
- I-beam construction eliminates welded seams to reduce cold spots and ensures quick inflation/deflation, consistent air flow and stability
- Non-breakable brass valve with plastic coated EZ-Flate™ mouthpiece
- Internal polyurethane coating
- Add a closed cell foam pad in colder temperatures for extra insulation
- Store unrolled with valve open
- Stuff sack and repair kit included.
- Each pad individually inflated and tested
- Packs down to a compact 4" x 8" size
- Durable 70-denier nylon fabric protects against abrasions and punctures
- DWR coating sheds water and stains
- PU coating makes pad waterproof
- Brass valve has a lifetime warranty

Opinion

I've found this pad to be very light and durable. It is now my go-to pad when summer camping. The biggest selling point for me is that this pad is very comfortable. After ½ dozen uses, I haven't yet had a problem with air leakage (I'm keeping my fingers crossed). Big Agnes has a fine reputation for its products; at least the online reviews indicate such. The only down side of using this pad is that "yes"; you do have to blow it up manually. My suggestion is that you inflate it over two or three short sessions, and in this way it's not too arduous. Deflating the pad and rolling it back into its stuff sack is relatively easy; at least when compared to other inflatable pads that I have used.

More Information

The manufacturer rates this size and type pad to 35 degrees F, but Big Agnes also has other sized and shaped pads, including some in down-filled insulated versions for winter camping. For more information on this pad and other products offered by Big Agnes go to <http://www.bigagnes.com>. The Big Agnes site also includes a good page on how to choose a sleeping pad. Several outfitters sell this pad and sale prices can usually be found online and in catalog ads. And if you buy online; also look for free shipping.



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.

August 2, 2008 Saturday	Rosanne Scott 583-5960	Hot August Nights #1 - Saturday Night Dancing - Time: 6:30 or 7 p.m. - ? Celebrate summer with the first of the Hot August Nights series! Come out for an evening of dancing - lesson included! W will meet at a dance studio that offers a lesson followed by a dance party. Fee - usually around \$10. Wear smooth-soled shoes. Location TBD. More info to come.
August 5, 2008 Tuesday, 7PM	Mark Wenger 253-0056	TATC Board of Director's Meeting. Ocean View Senior Center, on the corner of Norfolk Ave and Ocean View Ave, Norfolk. Open to all members
August 7-11, 2008 Thursday-Monday	Scott Hilton 625-6052	Tye River—Trail Relocation Project —We'll continue work on the relo with the assistance of the Konnarock Crew once again. Come out for a day or two-or the whole week. Forty hours will get you the official 2008 K-Rock t-shirt. Comfort camping at Sherando. Contact Scott for details.
August 9, 2008 Saturday	Lisa Billow 622-2782 Lbillow @earthlink.net	Hot August Nights #2 - Let's go to Imperio Inca Peruvian Restaurant 723 W. 21 st Street in Ghent for Latin Night. Dance lessons at 9pm and a live DJ playing meringue, salsa, bachata and reggaeton. Meet for dinner/drinks at 8pm. Contact Lisa to sign up so she can make the reservation.
August 13, 2008 Wednesday, 7PM	Mark Wenger 253-0056	TATC General Membership Meeting 7:00 p.m. at the Ocean View Senior Center, on the corner of Norfolk Ave. and Ocean View Ave. in Norfolk, VA.
August 16, 2008 Saturday	Bill Rogers 484-6001	BACKPACKING SEMINAR —Last one for the year. The footwear, the head wear, the wear and tear on the body. Bear bags. Many of the good and bad things you need to know about this fascinating activity. Much information also applicable to day hiking & canoe/kayak camping. Come - get ready for autumn hiking. 10:00 a.m. to 4:30 p.m. Call Bill for location, details, etc.
August 16, 2008 Saturday	Rosanne Scott 583-5960	Hot August Nights #3 - Sunset/Full Moonrise Beach Walk Time: 7:30 p.m. Ocean View Beach Park. The sunset and full moonrise are within minutes of each other this evening. We'll meet at the pavilion and head out for a walk on the beach. Bring a blanket and snacks and beverages for a post-walk, social hour, if you like.
August 16, 2008 Saturday	Kevin Brandt 927-2216	ATC Wildlife Study — Contact Kevin to participate in this summer long project to place cameras along the AT
August 21, 2008 Thursday	Rosanne Scott 583-5960	Hot August Nights #4 - Evening dance lesson and dance party - Time: 7 p.m. - ? Attucks Theater in Norfolk. Get ready for HAN #5 by coming out for swing dance lessons! Begin with lessons (\$) and then practice your new moves at the dance party. Great way to break up the work week!
August 22-24, 2008 Friday-Sunday	Steve Babor 588-7501	Cabin Maintenance Trip —Continuing work on the John Donovan Picnic Shelter. Expect to be shingling the roof this trip. Learn about the cabin and be able to rent it for yourself! Contact Steve for details!
August 24, 2008 Sunday	Rosanne Scott 583-5960	Hot August Nights #5 - Evening beach picnic and dancing - Time: 6pm - 9 p.m. Ocean View Beach Park. If you've taken dance lessons, it's time to put them to work! If not, come out anyway and have some fun with old and new friends. We'll meet on the beach in front of the pavilion for a picnic supper (bring your own - blanket, chairs, food, etc.) There will be a band at the pavilion (free and open to the public) beginning at 7 p.m. for our listening and dancing pleasure.

(Continued on Page 10 ...)

September 2, 2008 Tuesday, 7PM	Mark Wenger 253-0056	TATC Board of Director's Meeting. Ocean View Senior Center, on the corner of Norfolk Ave and Ocean View Ave, Norfolk. Open to all members
September 6, 2008 Saturday 9 AM—Noon	Jim & Chris Sexton 484-2827	First Landing State Park Maintenance —Light maintenance on the trails of this unique environment. Tools provided. Bring water, snacks, work gloves and comfortable boots. Eat out afterwards. Meet at 9am. Contact Jim or Chris for details.
September, 10, 2008 Wednesday, 7PM	Mark Wenger 253-0056	TATC General Membership Meeting 7:00 p.m. at the Ocean View Senior Center, on the corner of Norfolk Ave. and Ocean View Ave. in Norfolk, VA.
Sept 13, 2008 Saturday	Kevin Brandt 927-2216	ATC Wildlife Study - Contact Kevin to participate in this summer long project to place cameras along the AT
September 19-21, 2008 Friday-Sun	Steve Babor 588-7501	Cabin Maintenance Trip —Contact Steve for details!
September 20, 2008 Saturday	Pat Parker 851-9252	Sandy Bottom Nature Park Fall Maintenance —Contact Pat for information
Sept. 25-28, 2008 Thursday-Sunday	Rick Hancock 619-5522	Mt Biking along the Allegheny Passage/C&O Canal. Join Rick for a fun filled 3 day/ 125 mile ride along the Allegheny Passage Trail and the C&O Canal. Depart from the Peninsula early Thur, drive to Myersdale, Pa. where lodging will be at a Hostel. Climb up and over the Eastern Continental Divide 2392 ft. on Sat during the first 8 miles of the ride (rest of the trip is downhill!). 2 tunnels 3000 ft. and 900 ft. are next then we ride along the Western Maryland Rail Line sharing the trail with a steam engine train before reaching Cumberland Maryland. After a late lunch we will bike along the C&O to our Fri night camp. Sat we will continue along the C&O until we reach Hancock, Maryland and our rustic accommodations (wooden bunks in the rear of a bike shop, complete with hot/cold outdoor shower) trust me, the home cooked meals at Weaver's will make up for the wooden bunks. Sun we will bike ~ 27 miles to Williamsport, Maryland and the end of our trip. Total mileage is ~ 125 miles, terrain is easy, the climb on Fri is 0.25% about 1 stair step over the length of a football field. Trip limited to 6-8 people. We may use a shuttle to ferry our vehicles to Williamsport, I will need a definite head count by Aug club meeting including any money due for lodging etc. Please call for more info.
October 3-6, 2008 Friday-Monday	Rosanne Scott 583-5960 or Steve Babor 588-7501	Lions Head Loop, Dolly Sods, WVA - Backpack through beautiful Dolly Sods Wilderness in West Virginia. Car camp first night at Red Creek Campground (fee). Spend 2 full days and nights in the wilderness, hiking through hardwood forest, open expanse and crossing streams. Car pooling a must. Trip limited to 10 total.
October 10-12, 2008 Friday-Sunday	www.aldha.org	Appalachian Long Distance Hikers Association(ALDHA) Annual Gathering Athens and Pipestem, VA. A three day event for anyone interested in hiking-not just long distance hiking. Visit www.aldha.org for more information.
Oct. 10-12, 2008 Friday-Sunday	Mark Wenger 253-0056 mark-wenger@cox.net	Bike the Allegheny Highlands Trail and part of the Greenbrier Trail in West Virginia (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 to Elkins, West Virginia and stay in a motel. On Saturday we will shuttle to Thomas, West Virginia and bike 35 easy miles back to Elkins via the beautiful Blackwater Canyon on the Allegheny Highlands Rails to Trails. We will stay in a motel in Elkins Saturday night. On Sunday we will drive to Marlinton, West Virginia and shuttle back to Cass and bike the Greenbrier trail 25 easy miles back to Marlinton to our cars and have dinner and drive home. Call for further information.

(Continued on Page 11 ...)



Visit our website at www.tidewateratc.com

October 10-13, 2008 Friday-Sunday	Carol and Greg Hodges 961-9995 or greg@gregoryhodges.com	Cabin Fall Foliage Trip —Enjoy peak fall foliage season in the Blue Ridge Mountains at TATC's cabin during the Columbus Day holiday weekend. We will lead local day hikes on Saturday and Sunday. We will share a community dinner on Saturday. The trip is limited to 12 people but a waiting list will be available if the cabin trip is full. The cost is \$5 per person per night.
Oct. 17-19, 2008 Friday-Sunday	Scott Hilton 625-6052	Fall Maintenance Weekend —Fall colors, cool temperatures, a day on the trail and a feast at night! What more could you want? We'll be camping at the Williams Branch Shelter at Sherando for our autumn maintenance. It's car camping so bring the BIG tent and TWO pillows!! And a dessert to share of course. Contact Scott for details.
Oct. 24-26, 2008 Friday-Sunday	Rick Hancock 619-5522	Fall rappelling trip to Old Rag Mt. We will depart from the Peninsula at 7:30 pm Fri night and hike ~ 1 mile up the mt. Sat we will hike to the Rappelling site and spend the day before hiking on to our camping site. Bring normal overnight gear, dependable flash light/headlamp, water. Pack light as all participants need to help with the rappelling gear. Call Rick for details
October 31-Nov 2, 2008 Friday-Sunday	Steve Babor 588-7501	Cabin Maintenance Trip —Contact Steve for details!
Nov 7-11, 2008 Friday-Tuesday	Mark Wenger 253-0056 mark-wenger@cox.net	Tuscarora Trail Hike from Gore, VA to Hancock, MD (MODERATE) We will leave from Williamsburg Friday evening and pick up anyone in Richmond on the way. We will eat a quick dinner on the road and stay at a motel in Hancock Friday night. On Saturday we will shuttle south to Gore and begin the hike north 10 miles and camp. The second and third days we will hike 18 and 16 miles respectively and camp as shelters are not available. On Tuesday we will hike 6 miles to the car and head for home. You will need money for motel, food, gas, and shuttle. Call for further information
Old Dominion Appalachian Trail Club. We work closely with our neighbor club in Richmond. Please go to the attached web site for some of their offerings: www.odatc.net		
Tidewater Weekday Local Trails Group. If you would like to receive e-mail notifications of late breaking local hikes taking place during the week please send e-mail to Ellis Malabad malabad2@gmail.com requesting to be added to the 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 to check on availability / make reservations.		
Hikes and Activities. Please call Hikemaster Phyllis Neumann at 566-4584 or e-mail at Vice-Pres@TidewaterATC.com with all hike and activities information. If you e-mail then be sure to identify yourself by full name and that this is a TATC event. Sign up sheets must be returned to the Hikemaster after the event, and will be saved for a period of several years. You may bring sign up sheets to the board or general meeting following the event, or mail them to the Hikemaster.		

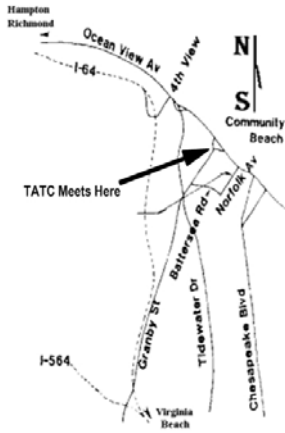


See page 12 for directions



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

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TATC Meetings are held at the Preflow 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

