

# Tidewater Appalachian Trail Club

## Appalachian Hiker

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



August 2013 - September 2013

### Prez Sez

Here we are, 26 TATCers at Western Carolina University, Cullowhee, NC, attending the 39<sup>th</sup> gathering of the Appalachian Trail community. We are joined by over 900 other Maine to Georgia faithful and find ourselves well represented by means of our new display board, video presentation and willing club volunteers who are leading hikes and serving important conference needs. Below are some personal impressions and useful takeaways.

**On trail maintenance:** Having hiked a portion of the AT south of Great Smoky Mountain Park, 7/22/13, I came away with a new appreciation for the quality of TATC trail maintenance. Thanks to the likes of Mark Connolly, Scott Hilton and Bill Rogers, our trail section will never be in such need of sidehill work and brush trimming. During most of my hike I got a constant full-body swipe by encroaching bushes and weeds and at points the foot path narrowed to 1-2 feet with evidence of sliding, muddy footprints mushing over & below the downhill trail edge. We of TATC do superior trail work & thanks to **all** who make this so! This also confirms what northbound hikers have told me: "Its good to be on your section and in Virginia generally."

**Presentation of 25-year plaques:** For their 25 active years of ATC service, Evelyn Adkisson, Dewey Phelps and Marilyn Harvath were awarded attractive wall hangings. Through error Mal Higgins was presented his second 25-year plaque, having received his first circa 2003. Mal is considering trading the two 25s for a 50!

**New ATC leadership:** A new chairman of the board & executive director were introduced. Sandy Marx was elevated from board member to chair and Ron Tipton is the new Executive Director. Bob Almand is retiring and Mark Wenger is returning to his architectural interests in the Williamsburg area. We expect to see Mark at the TATC August meeting and look forward to a renewal of his challenging hikes, excursions and expeditions.

**Cherokee Culture:** While cruising back roads and reading historical markers, I ran across a remarkable archaeological site, Judaculla Rock, located near the WCU campus and site of an old Cherokee village. On a large soapstone boulder are bizarre ancient, unexplained carvings possibly existing even before the Cherokee occupied the area. Some consider the location a paranormal hot spot as ghostly noises, eerie illuminations and UFO activity have been reported at and near the rock. If interested, search Judaculla Rock for pictures & information.

*(Continued in next column...)*

### Common Sense Ideas for Hiking & Thriving After 50:

This was a workshop conducted by Sue Williams, founder and president of the website [www.fiftysense.com](http://www.fiftysense.com). Ms Williams seemed a hard driving business woman with an obvious commercial interest and an exaggerated presentation manner that irritated me; however, her website is quite extensive and filled with reviews of a great number of outdoor products & helpful tips. There is value here. Just keep in mind the likely conflict of interest from suspected "cuts" from online sales through links to producers.

**Shenandoah 2015, Winchester, Virginia:** This "Hiking Through History" 40<sup>th</sup> biennial event is scheduled July 17-24 at Shenandoah University.

**A back home item:** Our recent silent auction netted \$690, considerably more than last year as we had more high value items that created bidding wars. Thanks to those supporting this important fund raiser.

Until next time,

*Jim Newman*  
TATC President  
[president@tidewateratc.com](mailto:president@tidewateratc.com)

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*(banner photo by Mark Ferguson)*



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

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## Membership

Here are some statistics about current TATC membership:

Families	83 for 166 members
LIFE	35 for 40 members
Single	178 members
Others	20
Total #	404

We come from several states and from all over the state of Virginia. Most members come from the following cities:

Chesapeake	28	single & family members
Hampton	18	" "
Newport News	24	" "
Norfolk	51	" "
Portsmouth	11	" "
Suffolk	7	" "
Virginia Beach	88	" "
Williamsburg	16	" "
Yorktown	7	" "

Welcome to the following new members: Steve & Mimi Rosenthal, Jordan Small, Dale Ward, Anthony Phelps, Steve & Jenny Neville, John Noll, Ken & Elane Foster.

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

## Annual September Photo Contest

At our General Meeting on September 11<sup>th</sup>, 2013, you are encouraged to bring pictures taken this year of the Appalachian Trail and trail club activities. We especially welcome action shots of club members working on trails, parks, and the cabin as well as other club related activities. A few tips to remember before submitting pictures:

- (1) Pictures should be photographic quality prints such as you might get developed by Walgreen's Sam's or Target.
- (2) Please submit only horizontal prints.
- (3) Please limit the number of photos for submission to 4 per photographer.
- (4) Please identify the subject matter of the picture and the photographer on the back of your print.

Your best pictures will be judged by a professional photographer and will be candidates for the club's 2014 calendar/planner. The 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners of the photo contest are guaranteed a place in the 2014 calendar. When choosing the remaining calendar months we will try to match photos with the weather of the month it represents and try to include as many different photographers as possible. We look forward to see you and your best photos at the General Meeting on September 11<sup>th</sup>!

Tony Phelps  
TATC Calendar Committee  
[calendar@tidewateratc.com](mailto:calendar@tidewateratc.com)





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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.

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Chaco



KEEN

**ATC Mobile Giving (Text-To-Give) Contest**  
**Win: ULA Equipment Backpack, ATC Hat, Bandana and other Prizes**

**How to Enter:**

**Grab your cell phone and Text the word 'ATC' to 80100.**

You will make a \$10 mobile giving donation to the ATC. If you complete the donation between Tuesday, July 16, 2013 at 12:01AM and Friday, August 16, 2013 at 11:59PM you are automatically entered to win. One \$10 donation enters you to win 2 different prize packages. Winners will be notified via a call to your cell phone after the drawings are completed.

**Prizes and Dates**

August 2nd Drawing - One lucky winner will win the 4 items listed below

- AT Bandana – Navy Blue with White lettering
- ATC Hat (not available in stores) Khaki/Navy with ATC logo
- ATC Flash Drive – 4.0 GB
- Cookbook Book “Lip Smakin’ Backpackin’” – Lightweight Trail-Tested Recipes for Back Country Trips by Christine and Tim Conners

August 17th Drawing - One lucky winner will win the pack

- ULA Equipment Backpack - Value of more than \$200
- A fantastic, light weight and durable pack
- Style: Circuit
- Color: Green

**Additional Information**

- **To Enter - Text the word 'ATC' to 80100 and make a \$10 donation to the ATC**
- Make your \$10 donation between July 16, 2013 at 12:01AM and August 14, 2013 at 11:59PM and you are automatically entered to win
- Be sure to make your donation prior to August 2 to be eligible for both prize packages
- Winners will be notified via a call to your cell phone on August 6 and August 20, 2013  
Unfortunately, these donations are not tax deductible

[Click Here to visit Our Official Website for all the Details and Rules](#)

or

[http://appalachiantrail.us2.list-manage.com/track/click?  
u=64f18e8ab0289e37511640181&id=b3b4eb3c2d&e=bfe7098ce8](http://appalachiantrail.us2.list-manage.com/track/click?u=64f18e8ab0289e37511640181&id=b3b4eb3c2d&e=bfe7098ce8)

Thanks for your support and good luck!

The Appalachian Trail Conservancy Team



## Canoeing the Northern Half of the Appalachian Trail

By Bob Adkisson

Several years ago I wrote an article about canoeing the southern half of the A.T., explaining that I hadn't actually paddled the trail itself (just after a heavy rain), but had journeyed down the many rivers (and some lakes) that the trail crosses, or parallels for many miles. Rivers like the Potomac, Tye, James and New in Virginia, the French Broad, Nolichucky, and Nantahala in Tenn. and N.C., along with a trip down the length of Fontana Lake, bordering Smoky Mtn. Nat'l Park, whose Fontana dam is crossed by the trail itself. One of my first southern canoe trips started just south of the A.T. town of Waynesboro, Va.; the river and I paralleled the route of the A.T. 200 miles northward, ending just downstream of Harpers Ferry, W.V. On a subsequent trip I went from Harpers Ferry to Alexandria.

As I said in that article, I pretty much paddled most of the canoeable rivers that the trail crossed in the south, leaving out a few that had too many dams to be enjoyable, or were too small and seasonal. And, as I said, I did this pretty much without meaning to—I was just paddling long, interesting rivers, and a lot of them turned out to be involved with and mixed up in what you might call, if you will, the 'greater A.T. experience'.

Beginning with an extended trip to attend the A.T. Biennial meeting in Sunday River, Maine, in the summer of 1997, I began to paddle the rivers and lakes of the northern half of the A.T. That year I started with a 75 mile trip down thru the Rangely Lakes / Androscoggin River headwaters, paralleling the trail route over the Mahoosuc Range in southernmost Maine. This is one of the more infamous and difficult sections of the whole A.T., and I got to appreciate and enjoy it from the seat of my canoe, bouncing along on clear, beautiful blue lakes, sliding down short fast sections of whitewater streams.

This was immediately followed by a trip down the superlative, all but perfect Allagash River, from the west side of Baxter State Park north to the border with Canada. Mt Katahdin beckoned, just to the east, as I paddled down the 20 mile length of Chamberlain Lake; aloof, mysterious, the mountain was reflected in the still waters at sunset that first night, and I beheld it again two days later, from the lookout tower atop Allagash Peak. Then I paddled north and watched it ease below the horizon, as soon a new country came into view up ahead (at a distance, I was paralleling the route of the International A.T.).

I enjoyed the paddling in Maine so much that the following summer, when a challenging, portage-filled canoe trip to Ontario fell apart and I was casting about for a plan B, I decided to again visit the Pine Tree State. In Millinocket I got a single engine float plane to drop me off near Allagash Pond, canoed back thru Chamberlain Lake, then followed the route Thoreau took, paddling down the East Branch of the Penobscot River, crossing the northern part of Baxter Park, then down the east side of it—116 miles altogether. I had just paddled nearly half way around Mt Katahdin.

Several years later I went back to Maine and paddled a 100 miles down the West Branch of the Penobscot River. This trip started off southwest of Mt Katahdin (I could see it fine from 35 miles away, in my boat on Lobster Lake) and ended up about 15 southeast of the peak, at Ambajejus Lake. With these two Penobscot River trips I had all but completely circled around Mt Katahdin in my canoe!

The best memory of this trip was camping on the river, next to a long, tricky rapid about a mile below Abol Bridge (which the A.T. uses to cross the Penobscot, just before entering Baxter Park). I loafed away half the next day, part of it spent on a riverside boulder, watching the river stream towards me, the whitewater bordered on both sides by dark evergreens, the river and the trees perfectly framing Mt Katahdin (from here it was regal, only 6 miles distant).

In the last dozen years there have been several other trips, other long rivers: I paddled just over 200 miles down the Wild & Scenic Delaware River, which forms the border between Penn. and N.J. This took me thru the Delaware Water Gap, an especially scenic, 30 mile long section of river valley, with the A.T. paralleling it atop a nearby ridge. I stopped in the trail town there (where I'd spent 3 nights at a hostel, when I'd hiked the A.T.), hid my boat, got dinner out at a restaurant, then continued on down the river, to Trenton and tidewater;

I paddled my longest trip ever, from the headwaters of the East Branch of the Susquehanna R. at Ostego Lake in N.Y. down to the head of the Chesapeake Bay in Md. This took me thru the trail town of Duncannon, Penn. Again, I stopped, tied up the boat, walked a few hundred yards into town, and had a hot lunch—right across from the hiker haven, the Doyle Hotel (when I'd spent a night in this town - in June, 1977 - most hikers, and myself, stayed in a back room of the town's fire station, an ancient building made of pink stucco);

An especially weather challenged trip was down the entire length of the Hudson R. (though I did the upper-most 150 miles separately, mostly as a series of day trips). I camped maybe 200 yards below and upstream of the magnificent Bear Mtn Bridge, which the A.T. uses to cross the Hudson (there is something like a 10 cent toll for pedestrians - the only place on the A.T. where you have to shell out money to hike it). After a cold and windy Saturday, paddling down thru the Hudson Highlands and past West Point, I awoke here on a rare sunny morning, perfect, except for the merciless headwinds that soon awaited me out on the wide, tidal river;

A group of TATC paddlers has visited Maine at least 3 times now, staying for a week in rental cabins near Moosehead L. On one of these trips we drove south, thru the trail town of Monson, and put in near a small community call Forks, on the famous Kennebec R. There is a dam about 15 miles upstream that was supposed to have daily releases, and it looked like we needed that extra water to make our 15 mile run down the river enjoyable. There were about 18 of us, all in canoes. We unloaded the boats, gear, and most of the people, drove downriver to set the shuttle, returned, and then, looking at our watches, wondered where the extra water was. There were a lot of rocks showing in the main river, and a strong upstream wind, and it was already noon..... Just as we were about to set off in despair and low water, the level began to rise, fast and noticeably. We jumped into our boats and went bouncing down the revived river. About 2 or 3 miles in we were ready for lunch and all pulled over. The boats well up away from the river, we pulled out our feed bags and prepared to eat. With beverages opened and stuff spread out on the shore, someone said, "look at the boats!" The river hadn't finished rising, and the boats were seconds away from floating away. We paddled across the river to another spot, and the same thing happened again. We finally settled for eating while standing in ankle deep water, holding onto our canoes with a rope in one hand.

(Continued from Page 6 ...)

A few miles farther down a sudden electrical storm drove us to shore, forced us to stand in the rain for half an hour. Afterwards, just downstream, a few of us made another trip ashore to see where the A.T. officially crossed the river (the famous fording of the wild Kennebec R., though the ATC has long insisted that hikers use a canoe ferry service provided free of charge). Just downstream the fast water fell silent and still as it poured into the long reservoir behind a distant dam. The wind had died, mist rose up off the lake, the sky was clearing, and a bedraggled old eagle shook the water from its wings as it flew past us.

On my last trip to Maine, a solo adventure, I returned to Ambajejus L, just outside of Millinocket. With Mt Katahdin in view most of the way, I paddled to the west end of Pemadumcook L., then explored a ways up shallow Nahamakanta Stream. After first seeing a moose right where the tiny stream met the lake, I pressed on till it got too rocky, then went a few feet further on foot, cut over to the south bank and found the A.T., right where my map said it should be. The trail followed the stream a few miles westward, to the headwater lake, before it turned and headed to the northeast, to Abol Bridge. I paddled back out the way I'd come and then, the next day, explored up into two of the Jo Mary lakes, which the A.T. skirts (this is all part of the so called '100 mile wilderness'). I was, in effect, paddling the A.T., going by water and touching it here and there where it followed the shoreline of a lake or stream. In the late afternoon, at the western end of Lower Jo Mary Lake, where in Sept. of 1977 I'd seen my one and only moose on the A.T. (canoeing the lakes and rivers of Maine you are likely to see dozens upon dozens of moose), I went ashore and followed the white blazes as the trail rounded the quiet cove, just inside the tree-line. I talked to a red headed thru-hiker taking a break on the beach—he hadn't heard me as I'd paddled up near him. The next day I headed back to my car, crossing the wind tossed lake, with Mt Katahdin lording it over the scene the whole way. I passed by the tiny island where, on a previous trip, I'd camped and, at sunset, swam and lounged in the lake as sunlight faded on the mountain, the stars came out, and a loon swam within feet of me, wondering what kind of creature was I.

And that takes me to the river I paddled this last May, the one that started it all - the Housatonic R. (in Mass. and Conn.). After 4 years of pecking away at it, in the summer of '77 I was aiming to finally complete the A.T. But, stumbling into the town of Kent, Conn. after the worst 3 days (and 2 nights) I'd ever had on the trail, I needed a day off. Mosquitoes at night, deer flies during the day, electrical storms one night, sweltering heat the next—the 50 mile section of the trail from the Hudson R. to Kent was a real test. It included, at that time, lots of hot and boring road walking too. Fortunately the weather, the trail, and the feel of the hike changed in Kent—heading north from there it was a bit cooler, less humid, and it felt like I'd arrived in New England. Even with a whole day off in town, a full pack and a steep, rugged little climb the next day had me sweaty and tired, and when, in the late afternoon, the trail descended and approached the shore of the Housatonic R. (which it was roughly following), I stepped off the trail, stood there looking at the cool, inviting water. I debated whether to drop my pack, pry off my boots and socks, sit and take a break, soaking my feet in the river. Was it more trouble than it was worth?

At this point in my life (I was 23) I had only been in a canoe twice, about 25 miles worth of paddling, when I'd attended the N.C. Outward Bound School, 4 years earlier. I'd loved it, and vowed (one of hundreds of vows I made to myself) to one day buy my own canoe. But I was poor. I had no car. Not much use owning a canoe if you had no car to transport it (you can't exactly hitch hike with a canoe).

So on this hot summer afternoon, lugging a full pack, and after what I'd just experienced a few days earlier in eastern N.Y., you can perhaps imagine what I felt when I looked up and saw this man—about my age—sitting in a canoe, gliding around a bend in the river and passing by me on the silent current. In 20 seconds he disappeared effortlessly around another bend and was gone.

He was **sitting**, with no pack on his back, using almost no energy to stream along at about 7 miles an hour. The canoe carried his gear, as much as he wanted, and all he had to do was steer it on this swift water—a dip of the paddle here, a bit of ruddering there..... I was using five times more energy **just standing there** with my pack on than he did in traveling about 100 yards. Any time he wanted he could dip his hands or feet in the cool sweet water, moving downstream all the while.

My vague desire to one day own a canoe was no longer enough! Now I had to **promise** myself I'd buy one, and sooner rather than later. I **would** experience canoeing, dive into it the way I'd dived into backpacking. Here was another world, another way to explore the world, and I wanted it.

I stared after the canoeist, decided not to soak my feet, but trudged on, and on, up the trail. Four months later I had completed the A.T.

11 months after that I owned a canoe.

And, about 35 years later, there I was paddling down the very same stretch of river that had first inspired me, the Housatonic. It was a beautiful spring day with dogwoods in bloom and new leaves tender and yellow-green in the roving sunlight. It was a long time coming, and it was perfect.

And, with that, I've pretty much paddled all the rivers on the northern half of the A.T. that I intend to paddle (though I may canoe a bit of the upper Connecticut R. one day, and maybe some of the Lehigh in Penn.).

All the rivers (and lakes) that I've paddled that crossed or touched the A.T., when added up, exceed the length of the trail itself. I'm a 2,000 miler by boat as well as by foot. The 'greater A.T. experience' - it is a total body work-out, for your arms as well as your legs and back!

## Appalachian Trail Conservancy Launches Video Contest “I AM THE APPALACHIAN TRAIL”

**Harpers Ferry, WV (July 19, 2013)** – The Appalachian Trail Conservancy (ATC) is currently accepting submissions for the “I am the Appalachian Trail” Video Contest, a nationwide search for the best fan-made video about the Appalachian Trail (A.T.). The grand prize winner will have their video screened in movie theaters during the 2014 ATC Membership Drive.

The video contest asks participants to answer the question: “How are you a part of the Appalachian Trail?” Contestants will submit video shorts, no longer than three minutes, emphasizing the many ways that they are connected to the Trail. Whether as a hiker, volunteer, teacher, artist, or simply someone who loves the Trail, the contest will explore how people are a part of the A.T.

“The Appalachian Trail Conservancy is very excited to see just how important the Trail is to the Appalachian Trail community. Each video tells a different story and brings to light the special connections people have to the Trail and each other” said Javier Folgar, director of marketing and communications for the ATC.

The creators of the top three videos with the most votes will each win a one year membership to the ATC and be featured in an issue of *A.T. Journeys*, the official magazine of the ATC. The grand prize winner will have their video featured in theaters during the 2014 ATC Membership Drive and shared with thousands of followers across ATC’s social media sites. The contest winner will also receive a custom ATC ENO hammock, courtesy of ENO™.



Hector Reyes Miller and his wife at the 2013 Leaders in Conservation Gala where his winning film was featured.

The public will vote for their favorite video through ATC’s Facebook page. Submissions are being accepted until Sunday, September 15, and voting will take place from Monday, September 16 to Friday, November 8. Winners will be announced on Monday, November 11.

Last year, Hector Reyes Miller of Dorado, Puerto Rico won the contest with a captivating video that highlighted life lessons he’s learned on the A.T. Miller’s video was shown in theaters during the 2012 membership drive and at the ATC’s Leaders in Conservation Awards Gala in Washington D.C.

For the complete list of submission guidelines, rules, and regulations, visit [www.appalachiantrail.org/2013videocontest](http://www.appalachiantrail.org/2013videocontest). To vote or submit a video, visit [www.facebook.com/ATHike](http://www.facebook.com/ATHike).

### About the Appalachian Trail Conservancy

The Appalachian Trail Conservancy 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).

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Facebook: [www.facebook.com/ATHike](http://www.facebook.com/ATHike)  
Web: [www.appalachiantrail.org](http://www.appalachiantrail.org)



## Trail Opportunities

**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.

### SHUTTERBUG ALERT-----SUMMER FUN-----PRESERVE THE MEMORIES

When doing trail maintenance and other TATC work and participating in TATC activities this summer, remember to take along a camera and snap some pictures for our Photo Contest at the TATC General Membership Meeting in September.

### The Appalachian Long Distance Hikers Association The Gathering

The 32nd annual Gathering of long-distance hikers, dreamers and friends of the trail will be Columbus Day Weekend, Oct. 11-14, 2013, at Shippensburg University in Shippensburg, Pa. Camping will be available right on campus, a short walk from the College Union Building where many programs will be held and where meals will be available in the college dining hall. Details can be found at <http://www.aldha.org/gathering.html>

### New ATC Executive Director

**Harpers Ferry, WV (July 16, 2013)** – The Appalachian Trail Conservancy's (ATC) board of directors has appointed Ronald J. Tipton as the new executive director/CEO who will lead the organization beginning in late August.

Tipton has spent most of the past 30+ years as an advocate for public land preservation and national park protection. A graduate of George Washington University with an undergraduate degree in American Studies and a law degree from GW's National Law Center, Tipton first worked as a program officer at the National Academy of Sciences and on the oversight/investigative staff of the House Environment, Energy and Natural Resources Subcommittee.

Since 1978 he has been a part of the advocacy and/or management team of four non-profit national conservation organizations: The Wilderness Society, National Audubon Society, World Wildlife Fund, and National Parks Conservation Association (NPCA).

Tipton was the senior vice president for programs for NPCA from 2000-2008, when he became the senior vice president for policy. Currently, he is focused on expanding the number of national park units to increase the natural and cultural diversity of the park system as the country approaches the 2016 Centennial celebration of the National Park Service.

# 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.

## **"Early Bird" Bike and Swim**

**August 3, 2013, Saturday, 7:30am – 12:30pm**

**Christine Woods 757-850-7567**

Grandview/Buckroe/Ft Monroe - Lighthouse Drive, Hampton

Meet at Christine's house on Grandview Island in Hampton at 7:30am. We'll bike over to, and stop at Buckroe Beach. Those wishing to continue on and explore the grounds of Fort Monroe will do so. Then back to Buckroe Beach for swimming and lunch. All refreshed? We'll head back to Christine's deck on the bay for ice cream sundaes. Bring bike helmet (required), swim suit, (perhaps change of clothes if you bike in your bathing suit) towel, sunscreen, lunch/snacks, water, etc. Buckroe Beach has restrooms, and showers. This route is about 20 miles roundtrip. Contact Christine for directions, further info and to sign up.

## **TATC Board Meeting**

**August 6, 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

## **Cedar Grove Cemetery Maintenance**

**August 10, 2013, Saturday, 7:00 - 8:00 am**

**Diana Ramsey 619-0540**

**Cedar Grove Cemetery, 238 E. Princess Anne, Norfolk, VA**

Look for TATC sign on Princess Anne (across from Elmwood Cemetery); drive in and park on the left side of cemetery. We'll be trimming up the trees and removing the ivy from the trunks of some trees, and collecting trash. Bring gloves, pruners, snacks and water. Lunch afterwards, TBS. Contact Diana at 619-0540 or [magnoliafarms@cox.net](mailto:magnoliafarms@cox.net) for further info or to sign up.

## **TATC General Meeting**

**August 14, 2013, Wednesday, 7:00 - 8:30 PM**

**Jim Newman, 687-6688 [jimnewman55@cox.net](mailto:jimnewman55@cox.net)**

**Pretlow Library, 111 West Ocean View Ave., Norfolk VA 23503**

Tidewater Appalachian Trail Club (TATC) - General Meeting - All Welcome Meeting starts promptly at 7PM, , but come early for extra socializing and to purchase raffle tickets and TATC merchandise! Program presentation by Blue Ridge Mountain Sports - learn about some of the latest and greatest hiking, camping and other outdoors equipment and supplies!

## **Cedar Grove Cemetery Maintenance**

**August 24, 2013, Saturday, 7:00 - 8:00 am**

**Diana Ramsey 619-0540**

**Cedar Grove Cemetery, 238 E. Princess Anne, Norfolk, VA**

Look for TATC sign on Princess Anne (across from Elmwood Cemetery); drive in and park on the left side of cemetery. We'll be trimming up the trees and removing the ivy from the trunks of some trees, and collecting trash. Bring gloves, pruners, snacks and water. Lunch afterwards, TBS. Contact Diana at 619-0540 or [magnoliafarms@cox.net](mailto:magnoliafarms@cox.net) for further info or to sign up.

## **Back River/Long Creek/Grandview Island Paddle & Swim**

**August 24, 2013, Saturday, 8:30am – 1:30pm**

**Christine Woods 850-7567**

**Dandy Point Marina (off of Beach Road in Hampton)**

Meet at Dandy Point Marina in Hampton at 8:30am. We'll paddle and explore Hampton's Back River and Long Creek, then stop at Grandview Island Nature Preserve for swimming and lunch, before returning to marina and driving to Dairy Queen for "rewards". Bring all your paddle gear, life jacket (required), sunscreen, swim suit, towel, (optional - chair/shade umbrella/pop-up) lunch, lots of water, lunch/snacks, ice cream money, etc. This is intended to be a leisurely paddle on mostly calm water – not planning to paddle open water of the Bay. Contact Christine for further info and be sure to sign up ahead of time, incase weather conditions affect plans.

# Activities Schedule

## **TATC Board Meeting**

**September 3, 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

## **First Landing State Park Maintenance**

**September 7, 2013, Saturday**

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

Join Diana Ramsey for a maintenance session on the Osmanthus Trail. Meet at 9:00am at the new visitors center on the trails side of the park. Work will consist of removal of small trail obstructions and bush trimming. Bring gloves water and snacks. We'll work until Noon with Lunch afterwards.

## **TATC General Meeting**

**September 11, 2013, Wednesday, 7:00 - 8:30 PM**

**Jim Newman, 687-6688 [jimnewman55@cox.net](mailto:jimnewman55@cox.net)**

**Pretlow Library, 111 West Ocean View Ave., Norfolk VA 23503**

Tidewater Appalachian Trail Club (TATC) - General Meeting & Photo Contest - All Welcome 7:00 - 8:30 PM, Wednesday, 09/11/2013 In addition to General Business and Information on Upcoming TATC activities, this meeting will feature TATC's Annual Photo Contest! Please consider bringing your best pictures, taken this year, of the AT and TATC activities. We especially welcome action shots of club members working on trails, parks, and the cabin. Your best pictures will be judged by a professional photographer and will be candidates for TATC's 2014 calendar/planner. Looking forward to all your great TATC pictures!!

## **Cabin Maintenance Trip**

**September 20-22, 2013, Friday - Sunday**

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

**TATC Cabin off of the Blue Ridge Parkway near White Rock Falls Gap, Nelson, VA**

Cabin Maintenance Trip - 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.

## **New Quarter Park Maintenance**

**October 6, 2013, Sunday**

**Phyllis Neumann 757-566-4584**

**New Quarter Park, Lakeshead Drive, Williamsburg, VA**

Trail Maintenance at New Quarter Park, York County, VA. Meet at the inner parking lot of New Quarter Park at 9:30am for some light maintenance. Bring water, gloves and snacks. Tools will be provided. Plan to eat lunch afterwards at a local restaurant.

## **Fall AT Maintenance & Family Camp-Out**

**October 18-20, 2013, Friday-Sunday**

**Mark Connolly, 623-0764**

**Sherando Lake, VA**

Fall AT Maintenance & Family Camp-Out - Mark Connolly, 623-0764, [trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com) This is 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).

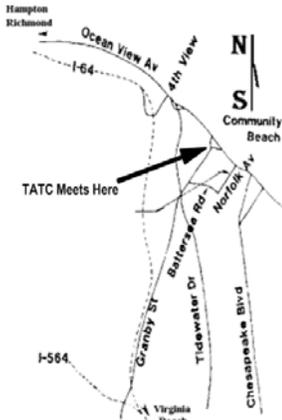
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Tidewater Appalachian  
Trail Club  
P. O. Box 8246  
Norfolk, VA 23503-0246

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

From Peninsula: Take 64 East to 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



**Bike & Swim 2013**