

# Tidewater Appalachian Trail Club Appalachian Hiker

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

Prez Sez



December 2010 - January 2011

2010 has been an extraordinary year for TATC full of great trips, hard work and new friends. We received two grants this year that will enable us to continue our ongoing pursuit of reaching out to the community for new members and more volunteer opportunities. The LL Bean grant gave us the funds to purchase a tent canopy, table and chairs to use at community outreach events. A grant from the Virginia Grants to Clubs has provided funds to purchase a laptop computer which is already hard at work on publicity for Virginia Journeys 2011 as well as exploring social networking avenues for attracting new and younger members. TATC participated in "Cabin Fever" at New Quarter Park and the "Love Mountain/Nelson Loop Festival" in Nelson County. Both events gave us the opportunity to talk about the AT, TATC and our activities, to folks living nearby and those near our section. Nancy Rinkenberger has spearheaded the beginning of a youth outreach project that began with her attendance at a "Youth Summit" in New Hampshire earlier this year. She has assembled a committee of dedicated volunteers to explore numerous options for increasing and diversifying our membership, specifically focusing on attracting younger members to TATC. This is a dilemma for most AT maintaining clubs and one that the ATC is researching as well. The ATC has a new Land Protection Manager who has made considerable efforts to connect with trail maintainers who are responsible for boundary monitoring. Long time member Bob Giffin has spent many hours bushwacking through thick woods to do this work. New friends include our RidgeRunner, Regina Reitner, who did an outstanding job for us this summer. She even found time to help out with Konnarock, working hard this summer finishing up a refurbishment of the section near Hanging Rock. It's a heavily traveled area relatively close to Reeds Gap and next to one of the most scenic views on the AT. If you haven't seen the finished project then you need to get yourself up there and have a look! We also joined some great folks from Norfolk-Southern Corporation in a beach clean-up at False Cape State Park. It was blazing hot that day but everyone had a terrific time.

*(Continued in next column)*

Looking ahead to 2011, we have the AT Biennial **Virginia Journeys** fast approaching. Ned Kuhns and David Helms have done a splendid job leading the way to this exciting event. I hope all TATCers have marked July 1-8, 2011 on their calendars and plan to attend. Consider volunteering some time while there to lead a hike or help out at one of the events/ registration desks. Visit [www.virginia2011.com](http://www.virginia2011.com) for more information.

Finally I would like to extend my heartfelt thanks to the TATC volunteers who keep this club vital and growing and to my fellow members on the Board of Directors whose support and guidance make my job so much easier.

Be safe! Have fun!

Be safe! Have fun!  
Phyllis Neumann  
President



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*(banner photo by Mark Ferguson)*



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

## TATC Club Officers

|                            |                 |  |          |
|----------------------------|-----------------|--|----------|
| President                  | Phyllis Neumann | <a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a>             | 566-4584 |
| Vice President             | Jim Newman      | <a href="mailto:vicepres@tidewateratc.com">vicepres@tidewateratc.com</a>               | 867-6688 |
| Treasurer                  | Tim Smith       | <a href="mailto:treasurer@tidewateratc.com">treasurer@tidewateratc.com</a>             | 423-8189 |
| Secretary                  | Laura Bontems   | <a href="mailto:secretary@tidewateratc.com">secretary@tidewateratc.com</a>             | 425-1156 |
| Trail Supervisor           | Scott Hilton    | <a href="mailto:trailsupervisor@tidewateratc.com">trailsupervisor@tidewateratc.com</a> | 625-6052 |
| Assistant Trail Supervisor | Mark Connolly   | <a href="mailto:assistantts@tidewateratc.com">assistantts@tidewateratc.com</a>         | 623-0764 |

## TATC Counselors

|           |                    |  |          |
|-----------|--------------------|--|----------|
| Counselor | Jane Oakes         | <a href="mailto:counselor-jo@tidewateratc.com">counselor-jo@tidewateratc.com</a> | 467-9633 |
| Counselor | Sandy Butler       | <a href="mailto:counselor-sb@tidewateratc.com">counselor-sb@tidewateratc.com</a> | 872-9271 |
| Counselor | Nancy Rinkenberger | <a href="mailto:counselor-nr@tidewateratc.com">counselor-nr@tidewateratc.com</a> | 623-0334 |

## ATC RPC Representatives

|             |             |  |          |
|-------------|-------------|--|----------|
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| ATC RPC Rep | Mark Wenger | <a href="mailto:rprep-mw@tidewateratc.com">rprep-mw@tidewateratc.com</a> | 253-0056 |

## TATC Committee Chairs

|                 |                     |  |          |
|-----------------|---------------------|--|----------|
| Cabin           | Bob Adkisson        | <a href="mailto:cabin@tidewateratc.com">cabin@tidewateratc.com</a>             | 627-5514 |
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| Land Management | Bob Giffin          | <a href="mailto:landmgt@tidewateratc.com">landmgt@tidewateratc.com</a>         | 495-7002 |
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| 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 |



## **Tidewater Appalachian Trail Club 2010 Annual Trails Report**

The Tidewater Appalachian Trail Club contributed 3578 volunteer work and travel hours to the Appalachian Trail this year as reported to the ATC. This includes 92 hours devoted to the AT and connecting trails on National Parkland and 3486 hours for the AT and connecting trails on Forest Service land. An additional 442 hours was spent on the St Mary's Wilderness trails. Total hours for the club: 4020.

Work trips to maintain the AT and other trails were scheduled throughout the year. These included our regular Fall and Spring AT maintenance weekends, plus the spring walk thru, and one trip to St Mary's Wilderness. Also two weeks in June & July with the Konnarock crew working near Hanging Rock.

### **Activities**

#### **April AT survey trip**

Work parties surveyed the club's section of the AT and Mau-Har trail in preparation for Spring Maintenance in May. 25 TATC members participated.

#### **Spring Maintenance**

21-23 May, 52 TATC volunteers including 4 minors participated. Work done include swing-blading, lopping, and treadway repairs north from Harpers Creek. Saw crews cleared blowdowns on the AT north of Harper's shelter, the Mau-Har trail, and Bald Mt trail. Other work parties cleaned the shelters and campsites at Harpers Creek, Maupin Field, and the Tye River. Mike Mureddu and crew provided the tasty supper on Saturday.

#### **Hanging Rock rehab project**

June 10-14 and July 1-5. 23 members worked on the project over the two weeks contributing 480 hours. Cooler temps and some rain made for an enjoyable time to play with rocks and build steps. With help from the Konnarock crew and their rock moving equipment @100 yards of AT have been improved with safer footing.

#### **Summer maintenance**

This trip was cancelled to allow more time to be devoted to the rehab project.

#### **Fall Maintenance**

15-17 October, 61 TATC volunteers participated. Some crews cleaned the shelters, privies, and campsites, while others cleared any remaining blowdowns left from prior trips plus a few new ones.

### **2011 PROJECTS**

2 weeks with the Konnarock crew rehabilitating a section of AT on Meadow Mt.

### **TRAINING CLASSES**

There are a variety of classes that ATC provides to volunteers, please check their website for info.

### **SAW CERTIFIED:**

**Crosscut:** John Gillikin, Bill Rogers, Tom Reed, Jim Sexton, Nancy Rinkenberger, Milton Beale, Jim Newman, Mark Connolly, Bill Buck, Trinh Quach, Laura Bontems, Michael Horrell, Scott Hilton

**Thanks to all the club members that came out and worked on maintaining the trail this year.**

*Scott Hilton*

*TATC Trails Supervisor*

*[trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)*

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# TATC HOLIDAY PARTY

*Join the fun at the annual TATC Holiday party!*

DATE: Saturday December 11, 2010

TIME: 6 pm -11 pm

PLACE: WHRO

5200 Hampton Blvd  
Norfolk, VA

BRING: Potluck dish to share: entree, appetizer, salad or dessert

\$5 per person

Your dancing shoes because entertainment will be provided by:

## THE JAMES CITY ROCKERS

DOOR PRIZES: Consider donating an item (~\$10 value) to be given out as a door prize at the party. Gifts should be appropriate for guy or gal-something purchased or crafted, a gift card, etc. (Something you'd like to receive!). Item may be wrapped and brought to event or delivered to Lisa or Phyllis beforehand.

Contact: Lisa Billow ([lbillow@cox.net](mailto:lbillow@cox.net)) or Phyllis Neumann ([phyllisneumann@hughes.net](mailto:phyllisneumann@hughes.net)) for more information.



## **Workshops, Excursions and Hikes, Oh My!**

*By Phyllis Neumann*

When I think of the AT Biennial, I am reminded of non-stop activities, good fellowship and fun entertainment. Next year's Biennial will not disappoint as evidenced by the full slate of activities already displayed on the website [www.virginia2011.com](http://www.virginia2011.com).

The Biennial will be held at Emory and Henry College in Emory, VA July 1-8, 2011. Ned Kuhns and David Helms have been the driving force behind this stellar event along with help from the steering committees. Pat Egan of NBATC is in charge of hikes and has over 60 different hikes covering nearly 200 miles of the AT to choose from. The hikes have various lengths and degrees of ease/difficulty. There is certainly something for every ability. Volunteer to help out at the Hikes Desk, lead a hike or be a driver. Contact Pat [egans@firstva.com](mailto:egans@firstva.com) if you'd like to help out.

Ned Kuhns has organized a full workshop schedule covering many topics including Hiking and Backpacking Skills, Natural Wonders, Trail maintenance and Cultural history along the AT. There are approximately 72 workshops spread out over 7 tracks to make selection easy. Volunteers are needed to help with the Workshops Desk as well as assisting workshop presenters. Contact Ned [nedkuhns@cox.net](mailto:nedkuhns@cox.net) if you'd like to volunteer your time. There are some fabulous excursions planned as well. For the adventurous spirits take a bike ride on the VA Creeper Trail, kayak or canoe the New River, or go whitewater rafting on the Nolichucky River. Perhaps you'd like to visit the Gray Fossil Site or visit a local winery? Maybe a trip to the historic Barter Theater. Nascar Fan? Get a guided tour of Bristol Speedway. There just aren't enough days for all of this! Volunteers are needed to drive and help at the Excursions Desk. Contact John Miller [john.miller591@comcast.net](mailto:john.miller591@comcast.net) to help out.

If that isn't enough there'll be entertainment and evening programs to include concerts, speakers and local entertainers. (Rumor has it that there'll be an ice cream social as well.) If you haven't already made plans to attend the ATC Biennial in 2011 then what exactly are you waiting for? Keep checking the Virginia Journeys website ([www.virginia2011.com](http://www.virginia2011.com)) for updates. Registration opens March 1, 2011. Don't miss out!!

### **Webinar**

Dear Members of the ATC Regional Partnership Committees:

Many thanks to those of you who participated in our webinar on November 15th, Re: ATC's progress since the adoption of the ATC organizational development plan (aka-strategic plan) in 2003. For those of you who could not participate, and even for those of you who did participate, I am including a link below to the recorded version of our webinar. (Note: It may be necessary for you to install a small piece of software in order to view the webinar. You will be prompted to do so once you visit the link). Here is the link: <https://atconservancy.webex.com/atconservancy/ldr.php?AT=pb&SP=MC&rID=47407127&rKey=3d9edc308b2e68ce>

If there are others in your club who you believe might have an interest in viewing the webinar, please feel free to share this link. In any case, we look forward to reporting to you in the coming months on our progress in addressing some of the recommendations of our consultant, Debbie Hechinger.

David N. Startzell  
Executive Director  
Appalachian Trail Conservancy

### **Membership**

We are approaching the end of our membership year. Your cards read February 28 as the end of the year. This is correct and our renewal period is March and April. Membership forms will appear in the next two newsletters and are available at meetings and on the Web.

Welcome to the following new and returning members: Robert Mooney, Lynda Moser, Peter and Janet Glasz, Gene Woolard, Kevin Brandt, Michael and Ana Merritt, Venus Armond in September; Sarah Hughson, Sandy Rodgers, Minh Starzewski, Larry LeMasters, Susan Roher, Frank Prochazka, Maureen Scott, and Stan Krajeski in October and November.

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

## The Biking Three

By Bruce Julian

We met at the bear on a cool, cloudy, and very windy day at the Dismal Swamp Canal Trail. It was Wednesday, Nov. 10. Some of the Wednesday Group asked " why were some of the Tuesday Groupers there?" I had mapped out a short ride, ( 71 miles) for a few hardy, crazy, or amazing ( that's a good word for us ) bikers. Sandy B. and Mark C. answered the call, and had their bikes there and ready for the 9:00 A. M. starting time. We three couldn't get any of the Wednesday bikers to go with us, so the three of us passed by the wooden bear about 9:05 A.M., and we were off. With the wind at our backs, we were soon up to 15 M.P.H. heading south. We reached Ballahack Road in about 15 minutes and made a left turn. We headed east, crossing Hwy. 17 in a single bound with no traffic coming either way. We slowed to 13 M.P.H. with the Northeast wind until we reach Taft Road where we turned south once again. Here the pace picked up and we hit 17 M.P.H. We thought this would be a piece of cake, NOT ! As we reached Battlefield Blvd we turned north, then the cold wind hit us right in the face. Luckily, we only had a half of a mile to go this way. We had 22 miles under our belt and halted for our first planned stop. We all headed for the bathroom after downing 3 or 4 bottles of water before leaving, ( one of Ned's tricks ) to keep away the cramps. We called in to check with Margaret and Jane O. to let them know where we were. I found out they were still eating pancakes at the Cracker Barrel. Margaret had our truck with a bike rack on it, just in case someone had trouble on the long trip.

Next, we headed south/east with the wind at our backs once again, but not for long. We reached Sander-son Road and the trail turn north/east. We pedaled with stronger strides to fight this wind once again. As we passed by St. Brides Prison, we hoped no inmates were breaking out on that cold day to interfere with our beautiful bike ride. After we crossed over Cedarville Road, we then had open fields on both sides of the road while the winds blew harder. We saw the first of 4 deer in the ditch along the road. These deer had been hit by vehicles a few days earlier. Too many deer, or too many cars, how do you see it ? The farmers were out in their fields picking their soybeans. As we reached Blackwater Road, two big 18 wheelers loaded with the beans breezed by us. The heat from the big diesel engines felt good for a second or two, but then the trucks were gone and the cooler air returned. On Blackwater Road we only had a short mile to Blackwater Store where we had our second planned stop, reaching 35 miles. Sandy pulled out her PB&J sandwich from her pack. Mark and I drank another bottle of liquid. I also called Margaret. Margaret and Jane were about 100 yards from the Cracker Barrel and were waiting for us to call in and give a report. I told them to hang out there and wait for us, estimating we would be there in about one hour. There was only about 16 miles to go before stopping for a real lunch, so off we pedaled.

As we crossed over the Blackwater Bridge we once again had the wind in our faces and the going was tough. We had a little reprieve from the wind as we turned west onto Head of River Road. Near the end of this road we had another encounter with trucks. This time we were passed by 5 large dump trucks. As the trucks came by, each one got a little closer to our bikes. Mark said he thought one brushed his elbow as it went by. We had 3.5 miles on Long Ridge Road with that beautiful wind blowing right into our faces once again as we passed by open fields on both sides of the road. I heard Mark call out, "Bruce, we are down to a single digit for our speed." I pushed a little harder on my pedals and tried to reach 10 M.P.H., as after all, we were supposed to maintain 13 to 14 M.P.H. Ha ! Ha ! I had lived with my parents, brother, and two sisters on this road way back in the 50's for ten years. We made an unplanned stop at my old house. As the jets from Fentress Air Field flew over head, I told Sandy and Mark all about my childhood living there with all the fun we had growing up as kids. We also had the planes flying back then (50's). We moved away in 1962, and vowed never to live that close to an airfield again. Pushing on, we got to Centerville Turnpike, and turned south for about one half mile. We turned into Woodard's Mill housing development. As there were lots of trees, we had no more wind for almost one and a half miles. Next we pedaled on Hillwell Road, then Battlefield Blvd., then reached the Wawa Gas Station. We met up with Margaret and Jane at the Wawa and took a long 30 minute break for lunch. This was 50 miles and three hours into our trip. The sun came out as we were eating. The warmth from the sun helped somewhat with the cold weather. Margaret and Jane headed back towards the Bear on Hwy. 17 while we climbed back onto our bikes and moved on.

On our last leg of this trip (21 miles) we had planned not to stop. As we reached Fire Station # 13 on Benefit Road, I needed water, Mark needed a bathroom, but Sandy was ready to push on for a 100 miles. We stopped. After drinking 2 bottles of water, we jumped back onto our bikes and finished our last 6 miles. Passing the Bear once again felt REAL GOOD ! Margaret was there waiting for us, but Jane had headed home a few minutes earlier to get ready for the club meeting. It was 4:00 P.M. and we had covered 71 miles. We want to do this again, but with warmer temps and a whole lot less wind.



## **2011 TATC Elections**

*By Nancy Rinkenburger*

Elections will take place at the General Meeting of the TATC to be held on Wednesday, January 12, 2011. The following people have agreed to stand for election.

President – Phyllis Neumann  
Vice President – Jim Newman  
Trail Supervisor – Mark Connolly  
Assistant Trail Supervisor – John Davis and Bob Safford  
Treasurer – Tim Smith  
Secretary – Helen Buonviri  
Counselor – Dan Cheche and Chris Sexton

Sandy Butler and Nancy Rinkenberger will continue in unexpired Counselor terms. In addition to the above slate of candidates, nominations will be taken from the floor.

## **Movie and Book**

*By Bob Adkisson*

The recent book, *Between A Rock And A Hard Place*, by Aron Ralston, is now out as a movie, titled *127 Hours*. The book is available in local libraries (I am one quarter of the way thru it) and the movie will be showing at the Naro theater in Norfolk from approximately Nov. 24<sup>th</sup>. through Dec. 9<sup>th</sup>. It is rated R (check local listings or go online for the exact times and dates). This is the preview, as it appears in the Naro movie schedule: "Here is the true story of mountain climber Aron Ralston's (James Franco) remarkable adventure to save himself after a fallen boulder crashes on his arm and traps him in an isolated canyon in Utah. Over the next five days, Ralston examines his life and survives the elements to finally discover he has the courage and the wherewithal to extricate himself by any means necessary, scaling a 65 foot wall and hiking over eight miles before he is finally rescued. Throughout his journey, Ralston recalls friends, lovers, family, and the two hikers he met before his accident. Will they be the last two people he ever had the chance to meet? This is a viscerally thrilling story, taking its audience on a never before experienced journey by proving what we can do when we choose life. From Danny Boyle, the Academy Award winning director of *Slumdog Millionaire*. R 107 minutes." See you there?

## **Virginia Journeys 2011**

Volunteers are needed for ATC's 38th Biennial Conference. By now we hope you have reserved the week of Friday, July 1 thru Friday noon, July 8, 2011 to attend Virginia Journeys 2011, ATC's 38<sup>th</sup> Biennial Conference which will be held at historic Emory & Henry College in southwest Virginia located at exit 26 on Interstate 81. On-line registration will open on March 1, 2011 at [www.virginia2011.org](http://www.virginia2011.org).

We need volunteers to lead hikes and excursions, to register and greet guests, to sell T-shirts, to staff workshops and activity tables, to manage logistics including signs, parking, camping, receptions, evening entertainments, and much, much more. The time commitment varies from a full day to filling a four-hour or longer shift. Our greatest need for volunteers will be from Friday, July 1 through Monday, July 4.

Visit [www.Virginia2011.org](http://www.Virginia2011.org), and click on the 'Volunteer' link to see the Virginia Journeys volunteer page. From this page, you can see a list of current volunteer opportunities. Click on any opportunity to read a more detailed description, get contact information or download a complete description of the opportunity. If you are interested, click the "Get Involved" button and submit your contact information. Your name will be forwarded to the committee chair in charge of that function who will contact you with more information.

Volunteers will be recognized and rewarded for their support by a variety of benefits: a specially designed Volunteer T-shirt, a volunteer reception, the opportunity to win door prizes at the reception, premier seating at the major evening entertainment, and gift cards or small gifts. Most of all, volunteers will have the personal satisfaction of supporting ATC's 38<sup>th</sup> Biennial Conference.

If you're not sure whether you'll be attending the Biennial, or what day or time you'll be available to volunteer, it is still not too early to add your name to the list of potential volunteers. For more information about joining our volunteer team, please contact us at [VA2011@virginia2011.org](mailto:VA2011@virginia2011.org). If you have a particular area of interest, let us know and we will try to accommodate you.

Also, please keep checking the conference website and our Virginia 2011 Facebook page for new and important information. The general conference and workshops schedules as well as the evening entertainment opportunities have recently been added.

## Two Nancys Take a Hike

*By Nancy Rinckenberger*

Cool weather hiking is definitely my favorite. So it's no surprise that I spent an absolutely perfect weekend on the AT in late October. Nancy Hall, an intrepid Trail Club member, and I packed up and headed out of Tidewater early on a Friday morning. We knew it was a good omen when we breezed through the Hampton Roads Bridge Tunnel without incident. We drove to the State Fish Hatchery on Route 56 near Montebello, left our car at the trailhead and hiked up Fish Hatchery Road to the AT. Nancy H. describes this climb as an 'ugly hill.' It truly is! I huffed and I puffed all the way up.

Once we connected with the AT at the top of the hill, turning north would have taken us to Spy Rock, a hike familiar to many of our club members. Instead, Nancy and I hiked south to the Seeley-Woodworth Shelter. Once there, we set up a base camp, pitching our tents a short way from the shelter. We were close enough to avail ourselves of water and the fire ring on a cold night but far enough away we didn't have to hear snorers. Our intention was to day hike and just enjoy autumn in the woods. The temperature on Friday night was about 30 degrees at bedtime. A toasty fire and good conversation with other hikers at the shelter prepared us for the night.

Saturday we hiked a blue blazed spur off the AT called the Lovington Loop or Lovington Spring Trail. It begins at the shelter and reconnects with the AT about 4 miles south. It was a relatively easy day. The only real 'event' in this trip was the mysterious blood spatters we followed for maybe 600 yards to half a mile. We assumed it was probably an animal wounded by a hunter (yes, I had on my blaze orange hat). Eventually the spatters disappeared off the trail near a clump of fallen trees; probably where the animal had gone to die. I'm glad I didn't actually encounter it. I'm certain I would not have had the courage to end it's life as a kindness.

The most beautiful section of the hike was a ravine of boulders with trees growing on top of them. I called it the 'cathedral in the woods'. It was so strange and ethereal looking. All I could imagine was that the ground level had once been much higher and had either slowly eroded or been wiped away in a flood. Practically every rock had a tree growing on top with the roots draped over its sides. The largest boulder, approximately 10-12 feet high, was topped with a full grown tree. On the side of the rock away from the AT, was a tangle of roots looking like an octopus straddling the rock. There's an absolutely perfect campsite there also!

Saturday night was warmer ... 40 degrees at bedtime. We sat around the fire an hour or so longer than on Friday talking with a south bound thru hiker, the third one we had met that day. A previous shelter tenant had left some wild apples on the picnic table. I made packets with sliced apples, granola, raisins and some instant apple cider mix ...the closest thing I had to sugar ... and Nancy H. stuck them in the embers. Delicious but we were pretty certain Martha Stewart wouldn't come calling for the recipe.

Sunday morning we turned explorers! The previous day, we had noticed an unmarked spur trail off the Lovington Loop. Nancy H. wanted to hike it. It turned out to be a section of the Old AT as indicated by VERY faded white blazes on some of the trees. Nancy H. thought it might connect to the Porter Gap Trail we crossed as we hiked the AT to Seeley-Woodworth from Fish Hatchery Road. It did! Coming out just a few yards west of the AT. Next we crossed the AT and headed East on the Porter Gap trail for a while until we pulled out our maps to see where the heck we were. Turns out we were on a trail called 'Railroad Trail'. It loops around to the AT about 7-10 miles S. of Seeley-Woodworth ... more ambitious than we had hours left in the day. While studying the map, we noticed on the west side, Railroad Trail zigged and zagged and appeared to reconnect to Fish Hatchery Road we'd hiked in on. Decision made! We'll try this and see if we actually can find our car! We headed back to Seeley-Woodworth, ate our lunch and broke camp. Then we retraced our steps from the morning's hike, following the Old AT trail off Lovington Loop back to Porter Gap. Next we turned west and began our adventure! An unblazed trail! We hiked along old railroad bed for about .7 of a mile until we came to a locked, blue gate with a sign saying 'No Trespassing including campers, hikers, skiers, etc.' We made a sharp switchback and followed the railroad bed for maybe 2 miles, crossing several small streams. For the rest of the hike, 'Posted' land was on our left and red blazes indicating National Forest were on our right. We encountered two more closed, locked gates. We just hiked around them. The signage on the last gate indicated that foot traffic was permissible. Nice to know after the fact that we were actually legal! Amazingly, our unblazed trail came right out onto Fish Hatchery Road! Best of all, it rejoined Fish Hatchery about half way down the mountain which saved us part on a truly miserable descent. FYI – If you wanted to climb this route to the AT FROM Fish Hatchery Road, there are no trail markings. Look for a blue and white rectangular sign and arrow on your right indicating the way to the Koescher's property. Forgive me if I misspelled their name as I didn't write it down but it's distinctive enough you will find it. Stay on this trail passing a second Koescher sign on your right. Shortly you will see the gate saying foot traffic is allowed.

I am certainly glad we decided to explore a bit as this turned out to be the most beautiful hike of the weekend!

## Fall Trip to False Cape State Park

November 15-18, 2010

*By Bruce Julian*

We had another enjoyable trip to False Cape State Park last week. We met at Little Island City Park at 9:00 A.M. for the 9 mile bus ride into the park. The group included Sandy, Mark, Dewey, Milton, Margaret, and Bruce. The weather was very good for this trip although we did have strong winds from the west almost daily. On Tuesday night the moon and stars were out and shining bright. Winds about 50 to 60 M.P.H. coming from the west across the bay were enough to wake us up in the middle of the night. The water from the Bay was splashing all the way to the front deck of our building. Tall pine trees were swaying around and I thought one might come down anytime. The trees all stayed upright. As morning came the winds died down and we had another beautiful day.

Back to Monday...we packed all our gear into the bus along with the food which everyone brought. The goodies included cheese cake, pumpkin pie, apple cake, and cookies, and some great meals. We started our trip into the park. Passing through Back Bay Wildlife Refuge, Margaret spotted two hogs running through the marsh grass. I brought the bus to a stop so we all could get a better look at the hogs. They moved away very quickly and disappeared into the grass. As we reached the park entrance gate heading south, I stopped at the trail that leads to the South Inlet Platform. One of the information signs that the Friends of False Cape had put up in 1995, there at the platform was unreadable. I had a new sign made a few weeks before the trip. The new sign only took about thirty minutes to install and then we were on our way. Reaching the Environmental Education Center, we unloaded everything into the building, put away all the food, and loaded the refrigerator. We all got back into the bus and drove over to the shop area, where we met Chuck, the Chief Ranger. After we talked with him about our next project, we climbed into one of the park trucks. We loaded the trail club tools that I had brought for us to use. We headed for North Carolina. Here at the state line we had a trail that needed trimming back so people could hike to the 1800s State Line Monument. We had our first lunch here, with one foot in Virginia, and the other in North Carolina, so to speak. After working until about 1:30 P.M. we drove back to Wash Woods boat dock. Chuck and 3 of his crew members were working replacing the deck boards on the dock. We moved in and they moved out to do some other jobs. The water was about 2 ft. deep. I had my hip boots with me so I put them on. I had to stand in the water to drill holes in the 4x4's to hold the 2x10's stringers. After we put a few of them up we all started nailing and screwing down the deck boards. We did this the rest of the day and then headed back to the E.E.C. for our evening meal that Milton was to prepare for us. After we finished eating and cleaning up the kitchen, some watched a movie while Sandy, Milton, and Bruce went on a night hike by the light of the moon. We headed out towards the beach, stopping at the platform that we built over 2 years ago. We had a beautiful view of the ocean, bay, and surrounding landscape. We reached the beach around 9:00 o'clock. The winds had changed and were blowing up from the south. As the temperatures were warm, we headed south until we reached a break in the dunes and then headed back into the park looking for deer and pigs, but none were to be seen. We got back to the E.E.C. around 10:30 and everyone got ready for bed.

Tuesday morning, Mark had Omelets in a bag (you had to be there) for all. They were very good. After eating, we cleaned up the kitchen, then headed back to the boat dock for working on the deck boards. We worked until mid-day, then drove back to the E.E.C. for lunch. The weather was warm after we finished lunch. We started working on the dock once again. By evening the clouds were moving in, so we cleaned up all the tools and put them away, thinking that the rain was on its way. We all had a hard day of work so we drove back over to the center, for some R&R. It was Margaret's and Bruce's night to fix the meal. We had brought lasagna, so we heated up the oven, and began preparing our meal. After supper we all stayed indoors. Some read books in their rooms, others went to bed, and the rest watched a movie.

The next morning Milton had his Hungry Man Breakfast for all so we all pigged out on it. The water was too high to work on the dock without getting wet, so we found other jobs to do. We installed a small platform at False Cape Landing campground on the bay side at the water pump, rebuilt two picnic tables, and then trimmed back one of the trails. These jobs took about all day. We did take a long lunch break at the E.E.C. and had a good ride around the park and up and down the beach looking for deer and pigs. This night Sandy had the meal and what a meal it was! She brought the whole kitchen with her, too many dishes to name, all was very good. I went out alone for a hike to check out two G.P.S. courses I had for the group to do on Thursday. While walking the course I had the luck to have two 200 lb. hogs and four 15 lb. pigs walk in front of me about 50 feet away. On the way back, I saw one deer flash across the trail for about one second. I got back about 11:00 P.M. and everyone was in bed, so I turned in also, and kept my sightings to myself until Thursday morning.

Mark did his Omelets for all on our last day, and they were better than they were the first morning. Thanks Mark and Milton for your good breakfast each day. After breakfast, we packed everything up and loaded the bus with our gear. We cleaned the E.E.C. somewhat, and drove off in the truck to do a hike. I parked the truck off the trail and we got our packs and headed for the beginning of the G.P.S. course. As we reached the area where I had seen the hogs the night before, lo and behold, they ran out in front of everyone for all to see. Everyone was excited about seeing the hogs. I divided the group into two teams, gave them the G.P.S. units, and they started their trip looking for 6 bottles hiding in the sand. I headed to the end of the course to hide, because the first team to reach the end had to find me. In the last bottle the note said FIND ME; I AM WITHIN 80 FT. OF YOU. Dewey, Margaret, and Mark got there first and began looking for me. It took Dewey about 10 minutes to locate me hiding in a group of Pine Trees. After this, we all went for a hike down to Dudley Island and then back to the truck. Driving out to the beach at the state line we drove north to False Cape Landing Road and had a bite to eat. Some walked up and down the beach. We took a few pictures. Milton found a star fish on the beach. We were there about an hour then we drove back to the shop, dropped off the truck, walked over to where we left the bus earlier, and then left the park. Of course, the trip would not be complete without a stop at Pungo Pizza & Ice Cream Parlor. We had pizza and ice cream, and then everyone headed home. We all agreed that all had a very good time and got a lot done on this trip.

## Reflections and Progressions of a Rookie Freezeree

By Richard Tarr

Why, hell fire, I've been scuba diving in 30 degree water off Newfoundland. My hands and feet were numb and I had an ice cream headache but I survived. I've been diving twice in Iceland and three times in the Orkney Islands, so a hike up north in a warm ski jacket and pants, insulated boots and an Icelandic wool hat should be fun. Though I must admit I've never hiked with snow shoes, worn crampons nor slept on the snow. So off I go to the Adirondacks to climb the Gothics with the veteran Freezerees: Mal Higgins, Bob Adkisson, Bruce Davidson, Ed Martin and JP Jones. We rented our plastic boots and crampons and hit the trailhead in 4 1/2 feet of snow. I borrowed JP's extra snow shoes and they worked fine 'til I got to a bridge made of narrow planks, crossing some unknown depth. I had to walk sideways, so it's step with the lead foot, then the other one. But the trailing snow shoe always ended up on top of the lead one. It was two steps forward and one step back. I see why ducks don't walk sideways. After nine bridges and six miles, I finally caught up to Ed who waited for me so I wouldn't get lost.

We got to the campsite, cooked some Ramen noodles and set up the sleeping bags. Bruce's temperature gauge said 5 degrees above and it wasn't even dark yet. I thought this was going to be a chilly night in my 20 degree mummy bag. I was told to put my water, food and clothes in the sleeping bag to keep them warm. So everything except the snow shoes went in there with me. If I didn't survive the night, I'd look like King Tut in his sarcophagus with his worldly possessions to be taken to the afterworld. Damn this polar stuff! I'd rather go with some scuba gear and a bottle of Chardonnay.

I awoke to a cold morning. But wait! It can't be too cold because there's Bob walking around on the snow in his bare feet. This confirms what I suspected from my canoe trips with him. When they do his autopsy, they won't find any DNA.

After an insufficient amount of instant oatmeal, we don the crampons and start up the trail. Five hours later we climb out of the tree line and stare up at this peak hidden by the clouds. Mal announces "There it is!" So the tough part begins. Halfway up, there's a steel cable nailed to the rock face for something to hold on to. Mal and Bob are in the lead and they scoot up this thing like two possums racing up a persimmon tree to see who's the first to get to the dead crow. Bruce stays behind to give me encouragement. "Don't look back" he says. Hell, I can't see much looking forward with the sweat freezing into icicles over my eyes. They wait for me near the top, enjoying the view. If it wasn't for the freezing 30 mph wind and snow, I think I could see to West Virginia. I don't think I could really enjoy the view anyway for worrying about how I'm going to get off this mountain without sliding into the tree line a half-mile below. Then I realize my return trip water bottle is frozen solid. Bruce lends me a thermal water bottle holder so I can keep what little is left in my first bottle, from freezing.

We got back to the camp site after dark and I'm tired and dehydrated. Another sub zero night and I haven't had a bowel movement in three days. I wonder if my HMO covers a steam enema. They'll probably send me to an undertaker for that. Next morning I found my only pair of gloves frozen solid since I forgot to put them in the sleeping bag. Ed loans me his extra pair.

I survived the trip! The worst of it was the blisters I got from those ill-fitting plastic boots we rented. The next Freezeree trip was to the Dolly Sods. I was much more prepared, having my own snow shoes, crampons, insulated water bottle holders, extra gloves, insulated combat boots, and 5 hour energy drinks. It didn't hurt that I had acclimated by sitting in a lawn chair on my deck in my underwear, during near-freezing nights!

### Other Opportunities

**Local Trails Maintenance Opportunities:** If you would like to receive E-mail notifications 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. These skills may also be used to maintain the Appalachian Trail.

**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 want to make reservations.

# 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.

## **December 7, 2010, Tuesday TATC BOARD OF DIRECTORS MEETING**

**Phyllis Neumann, 566-4584**

7:00PM at the Pretlow Library, 111 West Ocean View Avenue, Norfolk. All Members are invited to attend.

## **December 11, 2010, Saturday TATC ANNUAL HOLIDAY PARTY AT WHRO**

**Phyllis Neumann, 566-4584**

This good-time gathering, 6:00-11:00PM, will feature live music from the 50s & 60s by the James City Rockers. Five dollars required at the door. Pot luck dinner to share. Bring: Your dancing shoes, entrée, appetizer, salad or dessert. Door prizes: Consider donating an item (\$10.00 value) to given away. Gifts should be appropriate for guy or gal—something purchased or crafted or gift card. Item may be wrapped and brought to event or delivered to Lisa or Phyllis beforehand. Contact Lisa Billow ([lbillow@cox.net](mailto:lbillow@cox.net)) or Phyllis Neumann ([phyllisneumann@hughes.net](mailto:phyllisneumann@hughes.net)) for more information. This is a rescheduled date. WHRO is located at 5200 Hampton Blvd., Norfolk.

## **January 1, 2011, Saturday 29<sup>th</sup> ANNUAL NEW YEAR DAY HIKE**

**Bill Rogers, 484-6001**

Relax, have a good New Year's Eve. Sleep late the next morning: we'll not meet until 8:00AM. Wear clothing layers and accessories appropriate for the weather forecast. Bring lunch and hot or cold beverage. Limited. Call Bill. Others will.

## **January 4, 2011, Tuesday TATC BOARD OF DIRECTORS MEETING**

**Phyllis Neumann, 566-4584**

7:00PM at the Pretlow Library, 111 West Ocean View Avenue, Norfolk. All Members are invited to attend.

## **January 12, 2011, Wednesday TATC GENERAL MEETING**

**Phyllis Newman, 566-4584**

7:00PM at the Pretlow Library, 111 West Ocean View Avenue, Norfolk. Nominating committee reports nominees for office followed by election of officers.

## **February 19-21, 2011 WV WINTER WEEKEND @ BLACKWATER FALL SP LODGE**

**Charles Hauser, 810-7452**

A wonderful opportunity for comfortable relaxing at a classic lodge with fireplace/game room, exercise room, heated pool, hot tub, and a good restaurant. After a six hour drive over the mountains, possible activities include downhill skiing (Canaan & Timberline have snow-making capacity), cross country skiing/snowshoeing, sledding, tubing, hiking, horseback riding, dining in Davis. You need to make your own early reservation which can be up to a year in advance. This is a most popular weekend at the lodge.

## **July 1-8, 2011 THE ATC BIENNIAL CONFERENCE**

**Ned Kuhns, [rprep@tidewateratc.com](mailto:rprep@tidewateratc.com)**

Emory & Henry College, founded in 1836, will welcome the trail and hiking community to *Virginia Journeys 2011*, the Appalachian Trail Conservancy's (ATC's) 38th Biennial Conference. The campus encompasses 331 pristine acres and is located one-half mile off Interstate 81 (Exit 26) at Emory, VA. Hosted by the Virginia Regional Partnership Committee (RPC) comprised of the seven A.T. maintaining clubs of Central and Southwest Virginia which includes our own Tidewater Appalachian Trail Club (TATC), the conference will bring together some 900 attendees for a week-long event featuring hikes, excursions, workshops, trail work trips, exhibits, entertainment and great opportunities to meet and mix with hikers and trail community leaders from all over the USA. The conference will also feature ATC's Membership Business Meeting at which officers and the Board of Directors will be elected.

**NEWS: The ATC Biennial Conference Meeting has a Facebook page. Go to [facebook.com](http://facebook.com) & search "Virginia Journeys 2011. You will see lots of pictures of the areas along with suggested local activities. Clicking on "Like It" will enhance our Facebook outreach.**

**Planning a hike or activity.** If you have hike or activities information for a trip you'd like to lead, please call Hikemaster Jim Newman at 867-6688 to leave a message or e-mail at [Hikemaster@TidewaterATC.com](mailto:Hikemaster@TidewaterATC.com) with all information to be inserted or updated. **ALL ADDITIONS OR CHANGES TO THIS SCHEDULE ROUTE THROUGH THE HIKEMASTER WHO FORWARDS SUCH TO THE WEBMASTER FOR WEBSITE UPDATES.** If you e-mail these items, be sure to identify yourself by full name and mention that this is a TATC event. Blank Sign-up sheets can be printed from the TATC website. **After the event, please return completed sign-up sheets to the Hikemaster, so they can be retrieved from file for a period of several years. You may take sign-up sheets to the board or general meeting following the event, or mail them to the Hikemaster: Jim Newman, 102 N. Fern Cove Court, Yorktown, VA 23693**

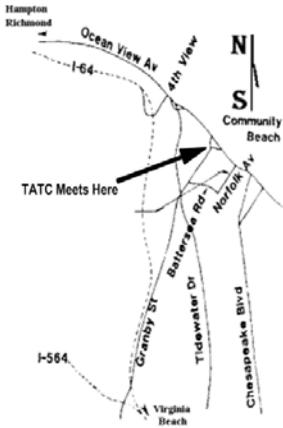


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**TATC Meetings are held at the Pretlow Library, 111 West Ocean View Ave, Norfolk, VA**



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