

Tidewater Appalachian Trail Club

Appalachian Hiker

www.tidewateratc.com



December 2013 - January 2014

Prez Sez

Despite the uncertainty created by the government shutdown, our November-delayed fall maintenance was successful thanks to good weather and participation of 55 members. Significant work was done on our AT section and in St Mary's Wilderness, the quality of which was attested by a group from Natural Bridge ATC who hiked a portion of our trail the day after maintenance. The email from Norman Sykora is quote below:

I lead the scheduled NBATC hike yesterday to Hanging Rock. There were several veteran trail maintainers on the hike, and we were greatly impressed with the trail condition, especially the neatly cleaned out water bars. The maintainers who worked on that section are to be commended.

Assuming these folks hiked from Reids Gap, the section leaders in the area and those who work with them deserve the assigned commendation: Jerry & Etta Burch (Reeds Gap to Maupin Field), Bill Rogers & Tom Reed (Maupin Field to Gid's Spring) & John Davis (Gid's Spring to Three Ridges). Among other things, it's likely Bill Roger's Grand Prix Curve water diversion feature caught the group's attention!

Since there is little to *celebrate* on Pearl Harbor Day, consider joining TATC partygoers at our annual Holiday Party, December 7 at WHRO, 5200 Hampton Blvd., Norfolk, 6:00-10:00 PM. Five dollars plus an entrée, salad or dessert gets you through the door. Music provided by Colonial DJ. Dancing and frivolity allowed.

January brings us to TATC election of officers. The nominating committee headed by Marti Malabad has secured nominations for three open positions. See article elsewhere. I especially welcome Mark Wenger's active return. He brings experienced leadership and challenging activities to TATC and with your formal votes, he will be our new president beginning March.

Leaving the office of president will not end my involvement with the club. With approval of the board, I would like to be involved in outreach activities such as featuring our display board and materials at general meetings, at festivals, and other places.; pushing the Appalachian Trail DMV tags by providing constant reminders such as: Go to <http://www.dmvNow.com> & click on "Purchase Plate" to design a personalized message & get instant availability & purchase information. .

(Continued in next column...)

Of the \$25 annual fee, ATC receives \$15. And lastly, becoming the official TATC crosscut saw sharpener. I have a family heirloom saw and a driving interest to master the necessary skill. I have read the literature and will be seeking an apprenticeship with Slick Coleman of the USFS.

This ends my rambling potpourri of subjects. Join me and the hardworking, dedicated, and beautiful people of TATC at the December get-together.

Jim Newman
TATC President
president@tidewateratc.com

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Membership

Welcome to these new and returning members: Bob & Cyndee Fedak, Colin Moening, Anthony & Chanelle Gontarz, Brian and Barbara Mason, Lisa Billow, and Robert & Judith Griffin.

Mary Hormell
Membership Chair
membership@tidewateratc.com

Subscribe to ATC's Virginia Regional Office (VARO) E-Newsletter

Want to keep informed as to what is happening on the Appalachian Trail in Central and Southwest Virginia? Want to know what the seven AT maintaining clubs in the Virginia region are doing? Then register to receive the bi-monthly e-newsletter published by ATC's Virginia Regional Office (VARO) in Blacksburg, VA. It is a concise, easily read, interesting and informative newsletter with photos and schedules of upcoming activities in our region.

The easiest way to sign up to receive the e-newsletter is to go to <http://www.appalachiantrail.org/get-involved/ewsletter> and enter your email address in the second slot, "Central and Southwest Virginia Regional Newsletter". Of course, you can also sign up by emailing Kathryn Herndon, the Education and Outreach Coordinator in ATC's Virginia Regional office at kherndon@appalachiantrail.org.

I assure you that you won't be disappointed in the e-newsletter's content and certainly will be kept better informed of ATC items of local interest to TATC members.

Ned Kuhns
Virginia RPC Representative
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January Election Campaign 2014

The Nominating Committee submits the following names as required by the TATC By-Laws for the election to be held at the January 8th, 2014 General Membership Meeting. The slate is as follows:

President: Mark Wenger
Vice-President: Juliet Stephenson
Treasurer: Joe Turlo
Secretary: Diana Ramsey
Trail Supervisor: Mark Connolly
Assistant Trail Supervisor: Ken Lancaster
Counselor: Mike Horrell

Any Club Member is eligible to run for any one of these positions. The floor will be opened for additional nominations at the January 8th club meeting. Job descriptions for each position are available. Contact a committee member if you are interested. If you plan to nominate someone, please make sure they agree to fulfill the position if elected.

TATC Nomination Committee:
Marti Malabad - Chair
Sandra Canepa
Mark Connolly
Christine Woods
Diana Ramsey





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Donate Your Used Gear!

By Svetlana Kononov

A year ago I learned about a non-profit organization, StandUp For Kids (SUFK). We have a local Tidewater chapter that is run entirely by volunteers. It works with homeless, at-risk, and underprivileged youth up to the age of 24. SUFK counselors walk the streets to find the youths and let them know that there is a place where they can come to get some food and socialize in a safe environment. Every Tuesday and Saturday evening a drop-in center at the Virginia Beach Oceanfront, known as Crow's Nest, opens its doors. SUFK's partner, Seton Youth Shelters, provides counseling sessions there. SUFK volunteers serve a hot meal that different churches and groups bring in, and talk to the youths ("the kids") about their current problems and needs. The kids fill out request forms for things they need (clothes, food packs, hygiene items, etc.); volunteers make a run to the storage, and come back to distribute the goods. The help is not limited to just food and clothes.

Here are some of the other things SUFK does:

- Pay for hotel rooms
- Put the kid on a bus to reunite with the family
- Pay for GED tests and preparation materials
- Help kids get I.D. cards and find jobs
- Provide transportation to medical appointments, job interviews, etc.
- Organize field trips

One of the SUFK counselors, Debbie, happens to be my co-worker (I learned about the organization from her). No matter where she is or what time of the day, Debbie is always looking for an opportunity to help the kids and their families. Here is one of her typical days. Debbie had learned that the family of one of the kids was living in a house with no heat, and the temperature dropped into the 30s the night before. She dug out a kerosene heater from her garage and brought it to work with her. During her lunch break she ran to Home Depot and bought some kerosene. After work she drove from Virginia Beach to Norfolk to deliver the heater. That day happened to be Tuesday, so Debbie drove back to Virginia Beach, picked up a couple of young mothers each of them with a baby, and brought them to Crow's Nest by 7 pm. There she got the clothes requests filled out, drove to the storage, collected the goods with the help of a few volunteers, and by 9 pm was back at Crows 'Nest where she distributed the goods to the kids.

My personal involvement with SUFK has been limited to helping Debbie with Tuesday storage runs so far, but I am trying to find ways to do more.

If you think this is a worthy cause and are asking yourself "How can I help?" I have a suggestion. Look in your garage for that piece of gear that was replaced by a newer model and has been collecting dust ever since! SUFK will gratefully accept gently used (and clean) tents, sleeping pads and tarps, sleeping bags and blankets, backpacks, bicycles. If you have any questions or have a donation to make, please contact Svetlana Kononov at svetazk@yahoo.com or (757) 667-8697.

You can learn more about SUFK at http://www.standupforkids.org/Hampton_Roads.



Cabin Photo Books— For Sale!
By Margaret Crate (Life Member, TATC)

What to do! What to do!! What to do!!!

What would YOU do with approximately 1,000 slides of one subject? The TATC cabin is the STAR of the show, the people who built it the supporting cast. Trimming that number down to size was a formidable task, but somebody had to do it - namely me. The purpose of the photos was to show how rocks and trees morphed into the sturdy cabin we proudly enjoy today.

A committed membership spent many weekends during the 1970's and 80's digging and hammering, enduring smashed fingers, aching backs and stinging bees. It was important to me to honor the people who did the work, so I took photographs of as many of them as I could sneak up on! I put them together in a book called BUILDING A DREAM, an abbreviated version of cabin construction as it was happening. In anticipation that some people might be interested in having a copy, I ordered 6 books, all of which are now spoken for. More will be ordered soon, at a cost of \$57.50 each.

Bob Adkisson will make a list of those interested in purchasing a book. He will bring one copy (which the club has purchased for itself) to both the November TATC meeting and the December 7th Holiday Party for interested folks to look at. If you can't make it to either of those events, but want to see the book before ordering your own copy, call Bob at 627-5514 and arrangements can be made.

Even More Cabin History
By Bob Adkisson

Besides the photo book (see the article above) that Margaret Crate put together and is now offering for sale to all interested club members (the book contains approximately 190 photographs, most taken by Margaret, others by Reese Lukei, and ok, one taken by me, from high up a tree, using Margaret's camera), there is also the TATC official website, where one can find posted about 135 photos that again, like the book, detail and document the building of the TATC Douglas Putman Cabin. This set of pictures also mostly belong to Margaret, were taken from the two photo albums she assembled and donated to the club several years ago; some of the photos are again by Reese Lukei, and some, mostly the more recent ones, are by yours truly. Between the book and the website, only a dozen or so of the photos show up twice.

By the time this newsletter is published the batch of on-line photos will have been put into chronological order and, I hope, have captions in place.

Margaret's beautifully done book, Building A Dream, has some text to go along with the photos, but it is mostly the photographs speaking for themselves, and the shining faces, dozens and dozens of faces, of some of the hundreds of club members who gave so much to create our wonderful cabin out of the simplest of materials—rocks, rocks, and more rocks, mortar, wood, dedication and perspiration.

Accompanying the on-line photos are a dozens and dozens of pages of text-- various early cabin committee reports, newsletter articles, letters and work book entries, stories and time lines—all of it detailing the history of this important, multi- year club project, from it's very beginnings until the present day. Please take a few minutes, or even an hour or two, to let your eyes wander down thru the pages of this history. You will, I hope, come away with a greater, broader appreciation of some of what went into making the cabin a reality, into the very special place that it is.

And, on top of all that, an announcement: on February 12th, 2014, the program for that month's TATC meeting will be a slide show (on a computer disk), put together by Margaret and hosted by me, of the building of the trail club cabin. Margaret has put a lot of time and effort into reviewing literally hundreds and hundreds of old photos and slides, selecting and organizing them into different categories, and writing narration. How hard it must have been to narrow it down to a single slide show when there was so much to choose from!

Whether you helped to build the cabin, just love it and admire the workmanship and effort that went into creation, or you are new to the club and have never seen it or spent a night there, if you want to witness some of the work involved in its construction, and see some of the people that put in the hard labor, mark your calendars and make an effort to be there. I hope it will be a special, memorable night.

I will arrive early and bring both Margaret's two photo albums and the Building A Dream book, for those that would like to look thru them as well.

* * * *

And, if all these photographs of the cabin, all this history and talk, have piqued your interest, the cabin is of course available for rent, by qualified members, 357 nights in the coming year. The 8 missing nights represent the 4 maintenance / orientation weekends that cabin co-committee chairman Greg Hodges and I have blocked out and scheduled for 2014. If you are a new member of the club and want see the cabin and get yourself qualified to rent it on your own, you will need to attend one of these 4 trips. They are on the following weekends: April 11—13; May 30—June 1; September 19—21; and November 7—9. There will be some light to moderate maintenance work done each of these weekends, and first timers will learn the ins and outs of how to care for and operate the trail club cabin. There is usually time for a hike or two also, with many things to see and do in the immediate area.

Fly Fishing 101 Free Workshops

Kevin Du Bois

Everywhere you backpack, you're always planning for sources of water to cook and drink with. More often than not, that water source is a creek or stream, river or lake. So it's no coincidence that backpacking and fly fishing go together like peanut butter and jelly. In fact, if you can reliably catch your food, fly fishing skills could lead to lower pack weight on extended trips.

So, if you want to learn how to fly fish and broaden your backpacking experience, there will be four excellent opportunities to get the basics, Fly Fishing 101 training, for free. The Bill Wills Southeast Virginia Chapter of Trout Unlimited based in Virginia Beach will be offering fly fishing workshops on 12/7/13, 1/4/14, 2/1/14, and 3/1/14 at the Northwest River Park in Chesapeake at 10:00 am in the Activities Building. There is no advance registration necessary and no equipment is required (although if you have it you can bring it). At each workshop, participants will:

- learn to tie a fly and take it home
- learn to cast a fly rod,
- and learn how to pick equipment (rod, reel, line, terminal tackle, accessories, etc) and match it for a better fly fishing experience.

For more information or directions, contact Northwest River Park at [757-421-7151](tel:757-421-7151), or visit their website: www.chesapeake.va.us/services/depart/park-rec/nwrp/index.shtml, or contact the instructors, Bill Campbell at flytyer53@hotmail.com or John Kelly at beachkelly@verizon.net.



Deal with the Devil

by Kevin Du Bois

October 25, 2013. We had planned a shuttle hike from the Greenstone Picnic Area over Humpback Rocks and Humpback Mountain to Rockfish Gap with a stay at the Paul Wolfe Shelter in between. We were trying to figure out where we were going to stay the night before our departure and the TATC cabin was already rented. Then it dawned on me; I remembered from a previous trip that the Devils Backbone Brewery staff had mentioned we could camp in the field next to the Brewery (as part of their hiker-friendly policy).

So after two days of trout fishing (blog post at: <http://sweetandsalt.blogspot.com>) Will and I met JC, John, and Harry at the Devils Backbone Brewery for dinner, cocktails, and some foot-stomping bluegrass music by Chase's Lament. What a great time! Afterwards, we pitched our tents and called it a night. How convenient! We shared the field with a large bawdy group of cyclists that were peddling the Blue Ridge and then returning to DBB for their annual Halloween party and bluegrass riot. Sounds like a plan for next year!

I shot a video travelogue of the hike which you can find on my backpacking blog: <http://ofthewoods61.blogspot.com>

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2013 Trail Awards

The Tidewater Appalachian Trail Club awards some token items that represent some threshold in volunteer hours worked in some capacity for the Trail. At 20 volunteer hours put in by a member, there is a “rocker” patch that is embroidered with “Trail Crew.” At 50 volunteer hours, there is a U.S. Forest Service patch, about the same size as our triangular TATC patch, but which is embroidered “Trail Volunteer.” Additionally at 50 hours, a “TATC Trail Maintainer” T-shirt is awarded, which shows a small TATC triangular design on the left breast, and on the back, in addition to large letters proclaiming “TATC Trail Maintainer,” there’s a scene of McAfee’s Knob, one of the premier overlooks on the A.T. At the threshold of 100 volunteer hours, there is the award of a “rocker” that is embroidered with “100 Hours.” Subsequent awards are made at 100-hour intervals, up to 1,000 hours. At 1,000 hours, the awardees' name and year of attainment is engraved on a brass plate on a TATC plaque that displays all those who have attained the 1,000-hour level of volunteer hours, presently only seven of our members. At the regular monthly meeting of the Tidewater Appalachian Trail Club on November 13th, approximately 70 members were presented one or more of the above-mentioned awards or were applauded for special recognition for having exceeded another threshold above 1,000 volunteer hours.

Mark Connolly,
TATC Trail Supervisor
trailsupervisor@tidewateratc.com

A Paragraph for Maintenance

On the second weekend of November (8th - 10th) we had our re-scheduled TATC Fall Maintenance Weekend & Family Campout in the Williams Branch Picnic Area of Sherando Lake USFS Recreation Area, thanks to the resumption of federal activities several weeks earlier. Just one or two less than fifty of our members attended, and worked in some capacity on the trail, or at a trailhead, or at one of the two shelters on our assigned section of AT, or on preparing our Saturday night dinner. Some cleaned out the trash or ashes left in fire rings at either of the shelter areas, and others used loppers or a saw----either one-man or two-man crosscut saw----from the club's arsenal of tools to clear the trail from being obstructed by downed trees or encroaching branches. Some made sure the tent-site areas were neat and free of litter or partially-burned wood. Some used a Pulaski or a fire rake to maintain the waterbars that divert surface water off the trail in sloped areas of trail. Whatever contribution was made was a positive step toward our Tidewater Appalachian Trail Club's obligation to present a well-maintained trail to hikers and backpackers on our section. I'll admit that I was surprised at the number of hikers we encountered while we were out in the shelter areas or on the trail; I had thought that, with most of the leaves down, it was mostly the end of the hiking season. How wrong I was: there were dozens of people of all ages, mostly southbound from Reids Gap, out for either a hike to the Tye River, or a backpack involving the Mau-Har Trail, after going over Three Ridges, to get in a circuit loop back to Reids Gap---and their cars. We even encountered one through-hiker, southbound to Georgia, who took us up on our invitation to join us for our Saturday night club-sponsored dinner for all at the Williams Branch Picnic Area cooking/dining shelter. Some members drove him back to the trail the next morning so he could take up where he left off.

One advantage of our re-scheduling the Fall Maintenance Weekend was the renewed opportunity to avail ourselves of the generous offer from the Devils Backbone Brewery to supply our Saturday night dinner---in part. Again, much like for our Spring Maintenance, the Devils Backbone provided us with enough delicious pulled-pork BBQ to challenge the appetite of someone who'd burned more calories during the workday on Saturday than any of us. They also supplied a huge amount of coleslaw, which was complemented by some variant salads and vegetarian Sloppy Joes and vegetarian baked beans supplied by members. We also had the usual member-supplied desserts, including myriad pies, cookies, brownies, etc. This all allowed us to recoup all the calories that we'd expended in doing the work during the day, as well as leave some BBQ and other leftovers.

The bottom line is that, at the end of the day, we left the trail in reasonably good shape. There was one tree that had fallen along the trail on the upper third of the Mau-Har Trail that presented a safety challenge to any attempt to move it from its position, and it was left in place, in part because of the lack of sufficient USFS Certified Sawyers on the team that discovered it. But, if we don't do a follow-on mission sometime over the winter to remove it, it'll be one of our particular targets for our Spring Maintenance Weekend next May. And we still have the remains of the two trees that narrowly missed hitting the Harpers Creek Shelter when they fell over during the summer. We can make more firewood out of them.

Mark Connolly,
TATC Trail Supervisor
trailsupervisor@tidewateratc.com



Biking for Pimento: An Eastern Shore Odyssey

by Mal Higgins

This is a tale of biking and pimento cheese. Primarily, this is a story of the Between the Waters supported bike event held on October 26, 2013, on the Eastern Shore of Virginia, and sponsored by Citizens for a Better Eastern Shore (CBES), a non-profit organization serving Northampton and Accomack counties on the Eastern Shore of Virginia. TATC members Bruce Davidson, Mark Connolly, and I struggled through the “English century” (100 mile route); TATC members Jim Newman and Vic Pisone, scorched in record time the “metric century” (62 miles); and TATC members Sandy Baylor and Sandra Canepa polished off the 40 mile event, and vowed to do more next year. Okay, I made that last part up.

It’s necessary of course to first get the news out that “pimento” can also be spelled “pimienta”. I opted for “pimento” because that’s the way Wikipedia first spells it, but both spellings are correct, and Wikipedia inconsistently illustrates its entry with a photo spelled “pimienta cheese.” What is pimento cheese you ask? “Pimento cheese is a common food preparation in the Southern United States, a spread or relish made with cheese. It is affectionately known as the caviar of The South.” (Wikipedia). And, of course, pimento is a Spanish red, mild red pepper.

The five guys of this story car pooled to the start in Nassawadox to complete registration when it opened and we were biking by 8:00 a.m. The temperature was hovering around 37F when we began to pedal together, but the sun was out. Wind chill made it even colder, and although most of us had anticipated the cold enough to wear gloves and an extra upper under garment, my head was so cold that I had to borrow Mark’s extra beanie to put on beneath my helmet. The goal for all of us was to at least make it to the lunch stop, where we would be guaranteed to get the CBES signature lunch food, pimento cheese spread on white bread. Yes, this unsurpassed favorite caviar of the South has been a CBES mainstay for the many years that TATC members have been biking this, an unofficial TATC event first organized by Margaret Pisone years ago.

At the six mile mark, all five of us still feeling frisky, the metric century route and the English century route diverge. Jim reports that he was full of vinegar (not sure what else) and he and Vic happily pedaled away, leaving Bruce, Mark, and me to contemplate our folly. Per Jim, he and Vic “questioned their failure to man up for the longer ride, but the wisdom of their choice gradually dawned as the increasing miles drained their energies.” At the end, their elapsed time for the biking portion (not counting the several breaks and lunch stops) was four hours and 48 minutes. Jim has mentioned that he’s pretty sure he and Vic owe this blazing time for the 60 plus miles to the pimento cheese sandwiches at the Maplewood Gardens lunch stop.

Bruce, Mark, and I had a total of four official rest stops after starting and a couple of unofficial stops. When we diverged from Jim and Vic, we did not see them the rest of the day, though the respective routes did share some of the same rest stops. The official stops after the bike ride began for the 100 mile route were at the CBES headquarters in Eastville (mile 19.9); the Nature Conservancy’s Box Tree location (mile 42.2); Maplewood Gardens (a private nursery) (lunch, mile 51.3); Wachapreague (mile 65.3); Rue’s Wharf (mile 87.4) and home to Nassawadox (mile 100).

Of course, the Maplewood Gardens lunch stop was the highlight. Besides a full picnic lunch, including delicious chicken salad wraps, many side dishes, and drinks, the CBES sponsors provided live entertainment by local musicians Carol and Malcolm Russ, who sing and play fiddle and accordion covers of many popular songs. All the food was delicious, and I made sure I had my pimento cheese and white bread sandwich. Oddly, Bruce and Mark declined.

We were little more than half way at this point, and our cumulative time including breaks for the 51.3 miles was four hours, six minutes. Depending on the wind direction up to then, our speeds had varied, at times shooting up to near 20 miles an hour. Overall, we pretty much maintained about a 15 mph pace the first half of the day. Ominously, this would not last. However, the weather had warmed to a very pleasant low to mid fifties temperature.

We biked out of Maplewood Gardens and reached Wachapreague still in decent shape. I, at least, was no doubt fully powered by the pimento cheese. Things began to turn for the worse as we biked out of Wachapreague and its views of the bright, sunny ocean. We further enjoyed the views of many farms of soy beans, cotton, and acres of tomato plants with tomatoes still on the vine. Initially, we noticed that the wind seemed to be shifting, and as the route cut to the west, our bike speed slowed. We then turned again to the south, and with about thirty miles to go, the wind hit us mostly in the face. Our speed for the next two hours from Wachapreague to Rue’s Wharf (22 miles) slowed to an average of 11 mph.

By then, we decided that an unofficial break to keep from bonking was in order, and gladly stopped to take on carbs. We limped along to Rue’s Wharf, where the kind lady in the official “sag wagon” support vehicle caught up to us to make sure we were not in need of anything. We were smelling the finish line, and only lingered 12 minutes there, before remounting and pedaling that last 13 miles into Nassawadox.

Amazingly, we arrived in good spirits, and greeted the five volunteers still there and noticed the parking lot was mostly empty. Our elapsed time including all breaks for the 100 miles was nine hours, 21 minutes. Off to the side a volunteer was strumming a Dobro guitar, an unusual guitar with a different reverberating plate. Mark, Bruce and I hoisted our bikes in triumph, trying not to notice the aches, pains, and unusual chafed feelings. As there was no more pimento cheese at the finish line, we were forced to head back home without it, vowing to return next year for the caviar of the South.

Animal Stories: Misdirection

By Bob Adkisson

Many years ago (never mind how many), when I was just starting my career as a semi-professional outdoorsman (for lack of a better term, or pigeonhole), I found myself hurrying along a certain section of the A.T. in Pennsylvania. I was hurrying because I had several miles to go to get to a shelter, sunset wasn't that far off, and I was full of energy, having spent the bulk of the day sprawled out atop my sleeping bag beneath some evergreens, reading a book, and waiting in vain for a hiker friend to catch up to me. The trail too called for a fast pace—it was following an old dirt road thru a large expanse of public hunting land; dusty and exposed to the sun, the road ran along the top of a particularly wide, flat ridge-line, seemed to go on forever. The shelter promised both water and the shade and comfort of a real forest.

Suddenly, off to my right, in an area cleared of trees, several deer took off running. Only, I noticed, they weren't really running, more like playfully bounding, raising and wagging their long white tails as they leapt, showing off a bit, in no big hurry or all that serious, it seemed. It could almost be said they were taunting me, or sending an ironic, mixed message: they were waving their white tails in surrender, even as they bounded away and made good their escape, disappearing into the low woods at the edge of the clear-cut.

Watching some nature show many years later, about African antelopes or gazelles, it was noted that this is the way prey animals demonstrate to predators how healthy and fit and hard to catch they are, by energetically, almost playfully, leaping as they move away from potential danger. The predator knows with a glance that its chance of running them down is low, and so instead he looks for the young, the old, or the sick and lame—the surer bet (in this way, natural predators cull from the bottom, making the herd leaner and faster and more healthy; human trophy hunters, on the other hand, do just the opposite, going after the biggest and healthiest animal, and thus culling from the top-- making the herd less than it could be while, of course, bolstering the hunters ego).

As I moved on down the dirt road, with the lowering sun mercifully at my back, it did occur to me though-- of all the deer I'd seen in the last few years, I'd never actually seen one running flat out, at full speed. Some deer, like in Shenandoah, would look up as I approached and either keep feeding, or wander off slowly, little concerned by my presence. Others, maybe outside the protection of a national park, would hurry away (but not run) a short distance, maybe 50 or 60 feet, then stop, turn and look at me. A few, like the ones in Pennsylvania, would bound away at what you might call a moderate pace, move away from me but not all that urgently, and certainly not at full speed. I vaguely wondered what a deer running at full speed looked like, how fast it was, and when, if ever, they did such a thing.

It was just an observation, a thought, soon forgotten as the miles fell beneath my feet. Funny thing: when I reached the shelter just after sunset, all hot and sweaty from pounding out about a dozen miles in the late afternoon, there sat the hiker who was supposed to be somewhere behind me! He was all rested and relaxed, and explained how he'd skipped a section of the trail to go and find a phone and call home and ask his parents to send him some "vital" piece of gear, and then, rather than try to return to where he'd left off, which would have been "too hard", he instead caught a ride and jumped 15 miles ahead of me, and spent all afternoon hanging out at the lean-to.

Soon leaving him behind for good, about 11 days later I was 2 states farther north, over 150 miles closer to Mt. Katahdin, walking thru Bear Mountain State Park in New York. And I have to say: thank goodness the city of New York is so thirsty, and that city planners and elected officials had long ago shown the foresight to set aside vast natural areas for a protected water supply—places like Bear Mtn., and the adjoining, equally beautiful Harriman State Park, both just west of the Hudson River. These two parks were, as it turned out, one of my favorite sections of the whole A.T.

Early in the morning (it was mid-July) I was hiking solo thru the open, park-like woods of Bear Mountain, enjoying a quiet, cool few hours of easy walking. The area had experienced a large fire about 50 years earlier I'd read, and that accounted for the openness of the forest, large scattered trees with almost no undergrowth except tall grass.

A sudden noise to my right stopped me in my tracks.

And, what did I see but a deer, running flat out, as fast as it could go!

From about 40 yards to the right of me, the deer streaked across the trail ahead of me, then came to an abrupt halt about 40 yards to my left. Oddly, I thought, it just stood there, staring at me.

Besides that, I thought, *wow*— I'd just witnessed what I'd wondered about several days earlier, a deer getting serious, putting everything into it, and really covering ground; no fanciful leaps, waving tail, or zig-zagging.

But then, immediately, I wondered-- why did it do that, why did it run so fast across the trail in front of me, only to stop and stare at me from about the same distance as where it'd started from?

Just as quickly I thought I knew the answer, turned away from the deer and looked to my right. Sure enough, there stood a very young fawn, clearly wondering itself what was going on.

The deer, of course, had simply been trying to draw my attention away from its newborn; deception and misdirection, and then standing there, staring me down, waiting to see if I bought it.

I took a quick photo of the mother and moved on up the trail, heading for the Bear Mountain bridge over the Hudson, the view from atop Anthony's Nose (a mountain on the east side of the river), and a night at Graymoor Monastery.

Appalachian Trail Management & Support

The Appalachian Trail Conservancy (ATC) works with federal, state, and local agencies, and the [Appalachian Trail maintaining clubs](#) in the cooperative management of the Appalachian Trail (A.T.).

Trail management encompasses the on-the-ground stewardship performed by volunteers and agency partners to maintain the Trail, its structures, and its natural and cultural resources. It includes keeping the footpath clear of natural overgrowth and blowdowns; building and relocating sections of the footpath, building and repairing shelters and other structures, and caring for overnight sites. The ATC coordinates this work, provides training, helps set policy parameters, supplies funding and other assistance to the Trail clubs, and recruits and manages volunteer Trail crews.

ATC's stewardship efforts include educating and supporting Trail users to adopt hiking and camping techniques that minimize damage to the natural environment. ATC promotes Leave No Trace principles and deploy Ridgerunners and Caretakers along high-use sections of the Trail to help hikers and other visitors understand those principles and avoid unnecessary resource damage.

To help ensure consistent management practices along the roughly 2,180 miles of the Trail, the ATC provides a number of resources for volunteer leaders, agencies and others, including a library of A.T. management policies and other reference materials.

Trail Management

Toolkit For Volunteer Leaders

Managing the Appalachian Trail is a complex project. Trail management policies, tips for volunteer managers, links to training workshops, the Local Management Planning Guide, and other reference materials can all be accessed in one place.

Training and Workshops

The Appalachian Trail Conservancy provides training and workshops for members of the Trail maintaining clubs and others, including a certification program for those who want to use chain saws or crosscut saws on the A.T.

Trail Crews

The ATC recruits, trains, and leads volunteer Trail crews to work on large-scale projects, such as relocations, treadway rehabilitation, and bridge and shelter construction. Learn about our Trail crews and how you can help build and protect the Appalachian National Scenic Trail by joining a crew. No previous experience is necessary - just a desire to work hard, live in the backcountry, and have a great time among friends.

Ridgerunners & Caretakers

Each year, more than 30 ATC-supported Ridgerunners and Caretakers are hired by the ATC, one of the A.T. maintaining clubs or one of the land-managing agency partners. Those seasonal Ridgerunners and Caretakers interact with tens of thousands of Trail visitors every year, providing them with information on the Trail and how to minimize their impact on Trail resources. They also report on trail conditions and resource damage and may help with Trail and facility maintenance.

Additional 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

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 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 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 w/info for publication.

Spring & Fall Maintenance Weekends for 2014

- Spring Walk-Thru May 3, 2014
- Spring Maintenance & Family Campout May 16-18, 2014
- 4th Annual Swingblade & Lopper Fest July 19, 2014
- Fall Maintenance & Family Campout Oct 17-19, 2014



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.

TATC Board Meeting

December 3, 2013, Tuesday, 7:00 - 8:30 PM

Jim Newman, 867-6688 jimnewman55@cox.net

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

TATC Holiday Party

December 07, 2013, Saturday

WHRO at 5200 Hampton Blvd, Norfolk, VA 23508

Jim Newman, 867-6688 jimnewman55@cox.net

We'll be celebrating the Holidays at our annual party, from 6-10pm. So, please plan to attend! This will be a pot-luck affair, so bring a covered dish: entree, appetizer, salad, side dish or dessert. Drinks and paper products will be supplied by the club. \$5/person at the door. The first hour will be dinner; followed by music and dancing. A great variety of music will be provided by Colonial DJ. Also, our new 2014 TATC Calendars will be on sale, so bring some extra money to purchase one (or more!)

31st Annual New Year's Day Hike

January 1, 2014, Wednesday

Bill Rogers 484-6001

HAPPY NEW YEAR!!! Join in starting the New Year on TATC 31st Annual New Year's Day Hike. Gentle photographic hike of about 5-miles. Wear clothes for the forecast weather. Bring lunch and a beverage, and a plastic bag or similar to sit on for lunch. Participation limited. Call Bill for location and meeting time/place.

False Cape State Park - Beach Clean Up

January 4, 2014, Saturday, 9:00am-3:00pm

Diana Ramsey 619-0540

Meet at the Little Island City Park (promptly) at 9 AM for the bus or tram. False Cape State Park is about 6.5 miles long and it is beautiful to see. No houses on the beach just sand, trees, and a beautiful ocean; and with your help we can keep it that way. We will help clean the beach from 9 to 3pm. Lunch from Subway and drinks will be provided at the Contact Station. Wear warm clothing and bring gloves. Contact Diana at 619-0540 with any questions. Space is limited to 15 individuals from TATC.

TATC Board Meeting

January 7, 2014, Tuesday, 7:00 - 8:30 PM

Jim Newman, 687-6688 jimnewman55@cox.net

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

TATC General Meeting

January 8, 2014, Wednesday, 7:00 - 8:30 PM

Jim Newman, 687-6688 jimnewman55@cox.net

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

TATC General Membership Meeting 7-8:30pm. Guests Are Always Welcome!

Come a little early to socialize, purchase new TATC merchandise, and buy your 50/50 raffle tickets! In addition to General Business and information on upcoming TATC activities, this meeting will include the Election of new 2014 Board Members, and a Brief Program on TATC Activity Leadership.

Trail Maintenance Seminar (rescheduled)

January 11, 2014, Saturday

Bill Rogers 484-6001

(Local) Location To Be Announced

Starting 9:55 a.m. for the day. Tools, tool care, waterbar work, rock work, common tasks and practices, safety, and more. Bring lunch, beverage, and sense of humor. Call Bill to sign on and for directions. Participation very limited - no walk-ins. Sign-up deadline Saturday Jan. 4th.

Activities Schedule

First Landing State Park - Local Trail Maintenance

January 25, 2014, Saturday

Diana Ramsey 619-0540

We'll be picking up trash along the Cape Henry Trail -

Check back for further details, or contact Diana Ramsey at 619-0150

FREEZEREE HIKE NEW HAMPSHIRE

January 30 - February 4, 2014, Thursday - Tuesday

Mal Higgins. 757-905-9150

Presidential Range of New Hampshire

Cold weather and snow! Ice and high winds! Frostbite and fatigue! The Presidential Range of New Hampshire! This is a severely strenuous backpacking adventure. Limited to 8 winter experienced participants. Snowshoes and micro-spikes required. Early departure and drive to NH Jan. 30 and stay in motel. General plan is to backpack to Gray Knob Cabin (operated by Randolph Mountain Club) Jan. 31, and then day hike part of Gulfside (A.T.) Trail that afternoon. Attempt day hike summit of Mt. Jefferson (Presidentials 2nd highest peak) Feb. 1, returning for second night at Gray Knob. Backpack Feb. 2, using different trail, out to cars and stay possibly at Joe Dodge Lodge (AMC Club). Feb. 3, day hike another Presidential, possibly Jackson or Eisenhower. Option to cross-X ski Feb. 3 at Bretton Woods Nordic Center. Drive home Feb. 4. Several participants may stay extra days. Contact Mal Higgins. 757-905-9150.

TATC Board Meeting

February 4, 2014, Tuesday, 7:00 - 8:30 PM

Jim Newman, 687-6688 jimnewman55@cox.net

Tidewater Appalachian Trail Club (TATC) Board Meeting - All Welcome!

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

TATC General Meeting

February 12, 2014, Wednesday, 7:00 - 8:30 PM

Jim Newman, 687-6688 jimnewman55@cox.net

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

TATC General Membership Meeting 7-8:30pm. Guests Are Always Welcome! Come a little early to socialize, purchase new TATC merchandise, and buy your 50/50 raffle tickets! General Business and information on upcoming TATC activities. Held at Pretlow Library, 111 West Ocean View Ave., Norfolk VA 23503

Annual Chocolate Hike

February 16, 2014, Sunday

Phyllis Neumann 757-566-4584

Noland Trail Head at Mariner's Museum, Newport News, VA

Is it a hike? Is it a chocolate extravaganza? Is it a culinary challenge? It's all three! Join your fellow TATCers in this sweetheart event, challenge your pastry skills and compete for fame and fortune Here's how it works: Meet at the Mariner's Museum (100 Museum Drive, Newport News, VA www.marinersmuseum.org) at 9:30 am. Bring a chocolate confection (that you have created) for the Judge (that would be Phyllis) and your fellow hikers to sample. Then we'll hike the Noland trail (~ 3 miles) taking multiple breaks along the way to continue sampling the entries. At the conclusion of the hike, prizes will be awarded for the tastiest and most unique creation. Contact: Phyllis Neumann 757-566-4584

TATC Activity Leader Seminar

February 22, 2014, Saturday

Bill Rogers 484-6001

Bill Rogers has developed a new comprehensive program to prepare interested TATC Members to become excellent Activity Leaders! Don't miss this opportunity to lead our Club safely and well-prepared out into the great outdoors!!

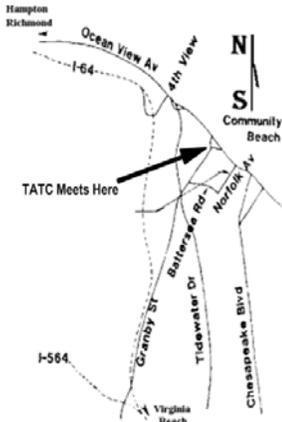
Information for Hike & Activities Schedule, TATC website listings and Meetup postings are collected & edited by the Hikemaster. Contact Christine Woods at 757 850-7567 or hikemaster@tidewateratc.com w/info for publication.



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 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



Our DBB campsite - not too shabby!