

Tidewater Appalachian Trail Club

Appalachian Hiker

www.tidewateratc.com



February 2010 - March 2010

Prez Sez

Where did 2009 go? It seems like only yesterday when I was writing my first "Prez Sez" article and here I am again one year later! Elections were held in January and I look forward to working with the new Board of Directors in the coming year. My job would be impossible without their dedication, support and guidance. Many thanks to Rosanne Scott and the Nominating Committee for their diligence in selecting candidates and running a smooth election. Welcome to our new Vice President, Jim Newman, and to our new Counselor, Nancy Rinkenberger, who will join current Counselors Jane Oakes and Sandy Butler. We bid farewell, with grateful thanks, to Jim and Chris Sexton as they turn over the role of Local Trails to Bill Buck. They will continue to stay involved as activity leaders and Jim will carry on as our Newsletter editor and Webmaster. Scott Hilton will serve an unprecedented fifth term as Trail Supervisor and Mark Connolly will begin his apprenticeship for that position as Assistant Trail Supervisor. Bruce Julian has the new title of "Tool Boss" and will remain as our tool maintainer as well as our False Cape State Park liaison. Laura Bontems returns for another term as Secretary and Jim Smith will continue managing our accounts as Treasurer. I would also like to recognize RPC reps Mark Wenger (also our Outreach Committee Chair) and Ned Kuhns as well as all the other dedicated committee chairs who make up the TATC Board of Directors. We are all volunteers, many of us with full time jobs, and yet we still find time to devote to the administration of this organization. I believe every club member plays some part in the success of TATC-whether you lead a hike, join in a maintenance trip, attend a membership meeting, or choose to serve on the Board. Personally, I find it very rewarding to be a part of the governance of TATC and it is wonderful to see new members of the Board catch that same bit of enthusiasm. The year ahead will be an exciting one for all TATCers and now is your chance to get involved. Didn't run for office? That's okay. There are lots of committees that would love to have you! We are looking for someone to head up Programs and are also looking for a new Merchandise person. The Outreach Committee will be attending numerous events throughout the year and is always looking for members to help out. Get involved in Local Trails! Lead a hike! Become Crosscut certified!

(Continued in next column)

Are you interested in botany? We are looking for someone to monitor invasive/endangered species along our section of the AT. Make plans to move some rock and build trail with Konnarock this summer. They'll be with us for 2 weeks. Join the Appalachian Trail Conservancy! Order an AT license plate! More?? Well, the next AT Biennial **Virginia Journeys 2011** will soon be here and it's not too soon to join in the planning and preparation for that exciting event. There really is something for everyone. They say every great hike begins with just one step so take that step on a path to getting involved. Make 2010 your best TATC year ever! Be safe! Have fun!

Phyllis Neumann
TATC President
president@tidewateratc.com

Table of Contents

Prez Sez	1
TATC Club Officers and Committees	2
Membership	3
Wanted	3
Appalachian Trail Museum	3
Volunteer Activity Report Form	3
Volunteer for the 2011 Biennial Needed	3
Hello Tidewater ATC!	4
BRMS Ad	5
Douglas Putman Cabin	6-7
2011 Biennial Conference	8
TATC Maintenance Trips 2010	8
Activities Schedule	9-11
Appalachian Trail Park Office Awards	12

(banner photo by Mark Ferguson)



Visit our website at
www.tidewateratc.com

TATC Club Officers

President	Phyllis Neumann president@tidewateratc.com	566-4584
Vice Pres.	Mark Connolly vicepres@tidewateratc.com	623-0764
Secretary	Laura Bontems secretary@tidewateratc.com	425-1156
Treasurer	Jim Smith treasurer@tidewateratc.com	238-2334
Trail Supervisor	Scott Hilton trailsupervisor@tidewateratc.com	625-6052
Assistant T.S.	Bruce Julian assistantts@tidewateratc.com	484-0975

Counselors

Rosanne Scott counselor@tidewateratc.com	583-5960
Jane Oakes counselor@tidewateratc.com	467-9633
Sandy Butler counselor@tidewateratc.com	872-9271

Committee Chair

Cabin	Bob Adkisson cabin@tidewateratc.com	627-5514
Calendar	Jane Martin calendar@tidewateratc.com	363-8464
Education	Bill Rogers education@tidewateratc.com	484-6001
Hikemaster	Mark Connolly hikemaster@tidewateratc.com	623-0764
Historical	Bob Adkisson historical@tidewateratc.com	627-5514
Local Trails	Jim & Chris Sexton localtrails@tidewateratc.com	484-2827
Land Mgt.	Bob Giffin landmgt@tidewateratc.com	495-7002
Membership	Mary Hormell membership@tidewateratc.com	627-2392
Newsletter	Jim Sexton newsletter@tidewateratc.com	484-2827
Programs	TBD - programs@tidewateratc.com	TBD
Outreach	Mark Wenger outreach@tidewateratc.com	253-0056
Social	Nancy Babor social@tidewateratc.com	588-7501
Timekeeper	John & Jane Oakes timekeeper@tidewateratc.com	467-9633
Merchandise	Debby Hedley merchandise@tidewateratc.com	n/l
Web Master	Jim Sexton webmaster@tidewateratc.com	484-2827

ATC RPC

Ned Kuhns rprep@tidewateratc.com	552-0292
Mark Wenger rprep@tidewateratc.com	253-0056



TIME TO RENEW, TIME TO RENEW, TIME TO RENEW, TIME TO RENEW

Membership

It's time to renew your membership in the TATC for 2010. Your card expires on Feb. 28, 2010. The membership renewal period is from February to the end of April. There is a form included with this newsletter. You can renew at a meeting or by sending your form and check to the PO Box. If you have any questions, please call me at 627-2392 or e-mail me at the address below.

Welcome to the following new members: Mike Pierson and John Davis.

Mary Hormell
Membership Committee Chair
membership@tidewateratc.com



Member to take over the Merchandise Committee. Debby is stepping down and we need someone to take her place. This position involves selecting merchandise to sell, procuring it through various vendors--most are already established, and selling items at meetings. It helps to do it with a buddy. This is a good way to make a contribution to your club. Talk to Debby or any Board Member. Your club needs you!

Appalachian Trail Museum

The Appalachian Trail Museum had been a dream for many years but it wasn't until the formation of the Appalachian Trail Museum Society in 2001 that the project became a reality. Under the leadership of Larry Luxenberg, ALDHA and many other dedicated individuals, the museum will soon be open to the public. Located in a 200 year old grist mill at Pine Grove Furnace State Park in Pennsylvania, the museum "*will collect, preserve and interpret materials*" related to the history, current use and future of the Appalachian Trail. Though much work is yet to be done, the grand opening for the museum is scheduled for National Trails Day, June 5, 2010. Visit www.atmuseum.org to find out more.

Volunteer Activity Report Form

The Appalachian Trail Park Office (ATPO) has established an awards program to recognize volunteer activities (other than trail maintenance) that support the Appalachian Trail. Report the time you have spent on such activities to accumulate award "points" towards awards such as hats, pins, vests, etc.. Report your activities by clicking on this link on our home page or go to [www.tidewateratc.com/Vol Activity Report.doc](http://www.tidewateratc.com/Vol%20Activity%20Report.doc) and download, complete, and submit the Volunteer Activity Report Form. Instructions for completing and submitting the form are provided on the form.

Volunteer for the 2011 Biennial Needed

We are in need of a volunteer to handle workshops for the 2011 Biennial July of 2011 in Emory, Virginia. Our club is responsible for this function. A great deal of the initial work has been done. Likewise this person will have our assistance and from ATC Laura Belleville at the Virginia Office will be working closely with this person. It is a great way to get involved and we can assure you we will work with the volunteer closely. All interested persons please contact me and I look forward to you being a part of this special an important team.

Respectfully,
Mark J Wenger
TATC 2011 Biennial Steering Committee Rep
105 Thorpe's Parish
Williamsburg, Virginia 23185
757-253-0056 (H)
757-220-7408 (W)

Hello Tidewater ATC!

As some of you know; in May of 2009 I climbed Mt. Hood in Oregon. This was my first adventure in mountaineering, and I enjoyed it so much that only 2 months later I was enjoying the view from atop Washington's Mt. Rainier.

This June I am doing something huge! Over Christmas, I signed up for a program called "Summit for Someone" (SFS). SFS is the primary fundraiser for Big City Mountaineers (BCM), a 501©(3) non-profit recreational mentoring program for at-risk teens. The mission of BCM is to provide urban teenage youth in need of positive adult mentoring with a challenging and safe wilderness experience led by qualified adult volunteer guides.

Thanks to my parents, I was exposed to the wilderness and outdoor activities early in my life but I realize that many children are not so fortunate. **In June I will be climbing 14,162-foot Mt. Shasta in California.** I have pledged to raise \$3,600 and every donation will help me get there and help a group of teens enjoy some quality time in the great outdoors.

In the past, several members of the TATC have voiced concern to me about fewer young people taking interest in outdoor activities and wondering who will be maintaining the AT in the future. I feel that the TATC and SFS share a common goal through different means. **The TATC's aim is to maintain trails for the interest of younger generations - Summit for Someone works to ensure that younger generations maintain an interest in trails.**

Preparation for this trip is two fold: training and fundraising. The training is going well so far. I am building my cardiovascular endurance by training for the Shamrock Half-Marathon in VA Beach on March 20. Between then and June I will continue my training by carrying a weighted pack and gradually increase both the weight and distance covered. I use bags of dog food to weight my pack and hike at the Noland Trail (site of our Chocolate Hike) or use an inclined treadmill. In May, some friends and I are planning to spend the day (sunrise to sunset) climbing Mt. Trashmore with fully-loaded packs as a final training push. Mountain biking and swimming are also part of my cardio training. Aside from cardiovascular endurance, I am weight training and rock climbing to increase upper body strength and using TaeBo to increase flexibility.

As part of my fundraising, I am placing 'change jars' at several peninsula businesses (the jars are Nalgene bottles, graciously donated by Moosejaw Mountaineering). The Daily Press has interviewed me and will be featuring my climb the Sunday "Making a Difference" feature (date is TBA). I have organized a 'Summit Happy Hour' fundraiser on Feb. 11 from 7-9 pm at Red Star in City Center of Newport News. There will be drink and food specials in return for a \$20 donation. I am also in the process of planning fundraisers at the Green Leaf in Williamsburg and Marker 20 in Hampton and I will pass along info about these events as they become finalized.

For online donations (preferred):

- *Go to www.summitforsomeone.org
- *Click on the "Donate" button on the left
- *Click on "Donate to Climber"
- *In the search criteria boxes type in my name "Brian Richie"
- *Click "Go" and follow the donation instructions
- *Each donor will receive an email providing a printable receipt for tax purposes

For check or money order donations:

- *Make checks payable to "Big City Mountaineers"
- *In the memo line write "SFS – Brian Richie"
- *Mail donation checks to:
 - Big City Mountaineers
 - Attn: Summit for Someone
 - 1667 Vine Street
 - Denver, CO 80206

These is a link to general information on BCM:
www.bigcitymountaineers.org

Taking on this challenge has made me realize how fortunate I am to have parents that exposed me to camping and National Parks and gave me an appreciation for nature. That appreciation led me to tackle many outdoor adventures including mountaineering. Mountaineering has motivated me to lose over 40 pounds, run half-marathons, get into the best shape of my life, and perform feats of great physical and mental endurance that I once never dreamed possible. Through this program I hope to provide that same opportunity so others can benefit as I have.

Thank you for your support.

Climb on!

Brian Richie
brianrichie@yahoo.com



BLUE RIDGE

mountain sports • brms.com

Be kind, have fun & do the right thing.



Travel Like a Pro

Shop By Appointment

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

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

Hilltop North Shopping Center, VA Beach • 757-422-2201
Marketplace Shoppes, Williamsburg • 757-229-4584

patagonia®



Chaco



Douglas Putman Cabin

By Bob Adkisson

As I've expressed many times in the past, I love the Trail Club cabin. More than any other thing, the multi-year construction effort to get it built (back in the early 1980's) was what drew me to the club; the club members I met in this wonderful undertaking were the best. For me, a three decade affiliation with the club began with the birthing of this simple but magnificent stone cabin.

In this article, rather than again extolling its many virtues and imploring club members to go and discover it for themselves, I will simply tell about my 6 trips to the cabin in 2009—maybe you will be inspired, or curious enough, to sign up for one of the 4 planned maintenance / orientation weekends this coming year-- thus qualifying yourself to then rent it on your own (and as often as you like).

Maybe you will wind up falling in love with the cabin as much as I did.

It has been 31 years since my first trip-- back in Nov., 1979. At that point, **there was no cabin**; only an access road, an outhouse, an improved spring, a cleared cabin site, and a foundation. It was a project calling out for volunteers, and I am forever glad that I had the rare good sense to answer the call. Three years in a row, I spent over 30 nights per year helping out with the construction work, joining other, equally committed, club members (many of them retired) for the monthly weekend trips (including at least one 9 day work trip every April).

Construction work of course has long since been completed (we started renting the cabin out in the summer of 1983, and I believe I was the first paying customer), though special projects, like re-shingling the roof, completely re-doing the floor, putting in a new outhouse, constructing the picnic shelter, come along every few years, requiring both special expertise and extra hands to share the work load.

But nowadays most 'work' trips are fairly easy, with light, routine chores; there is usually time for a hike or a bit of exploration.

The cabin is, simply put, a treasure, a treasure available 365 nights a year (less the average 8 nights a year for the 4 work trips). The small rental fee goes to pay off the annual taxes and insurance, and to buy a few basic supplies.

Long delayed, I hope to soon include on the club's website some of the official history of the cabin project, including photos. Look for that in the coming months.

2009 was a pretty typical year for me-- I spent a total of 14 nights at the cabin, about half private, fun trips, and half on work trips of one sort or the other. I spent 5 nights there alone, the rest of the time I was with either family or work trip folks from the club. The 6 trips I took to the cabin were pretty evenly spread across the calendar as well, though most of them occurred more or less spontaneously, like my first trip, last March.....

In Feb / Mar. I went to Georgia and Florida to canoe: the Okefenokee Swamp, the St Mary's and Wekiva Rivers—125 miles altogether. I also visited trail club friends in Florida (former club president and all-time cabin champion Jacque Jenkins; and Bill Newsom, tireless worker and for years head of the cabin committee), then went camping and hiking on beautiful, wild Cumberland Island, Ga. For the homeward leg of the trip I had one more over-night canoe trip in mind for S.C., but I sort of ran out of energy and ambition, plus it was getting to be hot, in the 80's.

An alternate plan sprang to mind: put in a little extra driving and spend the last 2 nights of the trip at the trail club cabin instead!

I couldn't resist.

Driving north, thru Raleigh and Danville to Lovingston, the county seat of Nelson County, I pulled up to a restaurant just as a fiery sunset blazed and then banked down over the Blue Ridge Mtns, just to the west. After dinner I found the Blue Ridge Parkway open and drove the last few miles to the cabin trailhead. After about a 10 hour drive from Savannah, I hid my canoe in the woods, gathered some gear, and walked the half mile to the cabin, arriving about 10 p.m.

As always, it was worth it: I had two restful, wonderful nights, and one full day (mild and sunny) spent hiking and relaxing, winding down. It was a great way to end my trip, going from alligators and crystal clear rivers, to Atlantic beaches and ancient live oak trees draped in Spanish moss, to our cabin in the mountains of Virginia. It was, in a word, perfect.

One thing I did notice though at the cabin: the wood supply was all but depleted. Steve had a host of other chores planned for the late April work trip and didn't think he could get to cutting more fire wood, and so on April 4-5, another spontaneous outing: my wife and I, along with club V.P. Mark Connally, drove to the cabin for a mini work trip. We arrived about 1 p.m. that Saturday and immediately set to work with the TATC chain saw. The three of us cut and stacked wood for about 4 hours. Next day we cut more wood, and did some drainage work on the access road, nearly flooded by recent rains. Then, too soon, it was time to be homeward bound.

Unlike the winter canoe trip and my spontaneous stopping by the cabin on my way home, in the middle of May, at the completion of a long canoeing trip on the St Croix R. in Wisconsin, I had 5 nights reserved at the cabin, centered around the club's Sherando work weekend. Heading from Wisconsin to the cabin on a Thursday, I first stopped in Christiansburg, Va. to have lunch with Margaret and David Crate (Margaret and her late husband Harold were, for about 20 years, fixtures at the cabin; Harold was chief architect and Margaret did....

(Continued on Page 7)

(Continued from Page 6)

...anything else that needed doing, including recording the whole project with her camera). It was a nice visit, and where she lives now (in her son Steve's house) reminded me so much of a suburban version of the TATC cabin-- including the deer and woodchucks in the back yard!

At the cabin I had a night alone before Evelyn (my wife) and grand daughter joined me for the weekend. Saturday the three of us lent a hand with the work effort on the A.T., picking up trash and swing-blading the trail from the Tye R. up to Harpers Cr. Shelter. We had dinner with the group at Sherando but spent a 2nd night together at the cabin (and thus avoided the rain that soaked everyone's tent that night!). Sunday we helped Steve and Nancy with a brunch at the cabin, then, after a hike, everyone headed home but me-- I had a few more days of vacation time from work and stayed on 2 more nights, to recover and relax and enjoy.

July 5th--8th: Evelyn and I had just spent a week with our grandchildren at a cabin in beautiful, nearby Douthat State Park; on a foggy Sunday afternoon the two of us walked into the TATC cabin and spent 3 nights. This wasn't a work trip, but one day I labored a couple of hours on the nearby White Rock Falls Trail; another day I spent a few hours building a rock wall at the cabin. One night we went into Waynesboro for a special dinner, celebrating our 25th wedding anniversary; this was appropriate, since we'd first met at the cabin.

A 2nd summer trip to the cabin occurred in mid-week, in the middle of Aug.; another unplanned, spur of the moment trip, again of a single nights duration. Evelyn, Rhiannon (our 10 year old grand-daughter), and I arrived late in the day, with about an hour of light left to get in some work on the rock wall project I'd set for myself. Next day, with their help, the wall was finished by lunchtime, and we drove to Richmond to spend the night with friends-- former TATC members.

Finally, rounding out my 14 nights at the cabin in 2009: there is usually a cabin work trip in the month of Nov., and I usually try and stay a few extra days if I can, autumn being such a great time of the year to be in the mountains. But this time it didn't quite work out.... I'd taken a canoe trip in mid-Oct. along the wild Delaware coast. Ten miles from the planned end of the trip I got weather bound like never before; a Nor'easter all but trapped me on a thin stretch of wave pounded beach for 3 days.

I ran out of time to finish the trip and had to end it there.

Three weeks later, instead of going up to the cabin Thursday by about 1 p.m., getting there a full day before the work crew arrived, I decided to return to the Delaware coast instead, finish up those ten miles of paddling and complete my trip. From there, I'd go directly to the cabin for the actual weekend.

I **somehow** even thought I could finish the paddling before sunset on Thursday, **then** have the energy to drive, via Annapolis and Washington, all the way to the cabin **that** night. That was the plan anyway.... a mini-triathlon, with all day Friday at the cabin to recover.

But wind and tide, and an early setting sun, have a way of shortening the day and draining ones willpower and stamina. By the time I'd driven to Delaware, paddled the boat, then ridden my bike back to fetch the car, then driven back to get the boat, it was over an hour after sunset, and I was more than willing to stay at a nearby motel, soak in a tub of hot water, and get a nice meal out at a restaurant, saving the almost 250 mile drive for Friday.

That is what I did. Only, my plans of getting to the cabin an hour or so before sunset Friday didn't quite work out so well either-- traffic accidents and delays caused me to arrive at the trailhead an hour after sunset.

There, I found the parking lot full of emergency vehicles (6 of them!), lights flashing and motors running. Turns out a hiker had fallen and broken his ankle along the White Rock Falls Trail. I offered to help with the rescue, waited there an hour to be of assistance, but was told they had sufficient manpower, and finally, wearied by the long drive and the heavy traffic, ready to call it a day because of an annoying headache, I walked to the cabin and met up with Steve and the rest of the work crew.

Saturday we did about half day's work, then split into several groups and took various afternoon walks; I led some folks on a circuit hike of the Humpback Rocks area. It was a perfect fall day.

I would have loved to spend a few more nights at the cabin, just doing nothing but enjoying life, the passing of the sun and the stars across the sky, but, with the others, I headed out early Sunday morning. One consolation was to avoid the rush and mayhem of the Interstate, to drive the back roads home to Norfolk. It took an extra hour or so, but it was worth it.

And so it is—any visit to the cabin is more than worth the effort; the longer I can stay, the more I will see and experience and enjoy. It is like life itself-- being there is the most natural thing in the world, and I can't seem to get enough! It is the cabin in the woods the boy in me has longed for all his life.

Our club has lots of retired folks who, I believe, would really enjoy the cabin—especially the part about not having to sleep on the ground in a confined tent. It is so civilized, a home away from home even, but smack dab in the middle of 15 club-owned acres, surrounded by National Forest land. Kids and grandkids would absolutely love the place, if ever you were to share it with them. Imagine what visiting the cabin would be like, thru the eyes of a child! Streams to play in, salamanders to catch, mysteries and adventures in every direction!

As I've said before: the Douglas Putman Cabin is the club's greatest asset, its most precious possession. I wish more club members realized this, took the time to discover it for themselves.

The 2011 Biennial is Coming Sooner Than You Think!

The 2011 Biennial conference of the Appalachian Trail Conservancy as you know will be at Emory and Henry College and the steering committee is being led by our own Ned Kuhns. However, he cannot do it all on his own and each of the Virginia Clubs has signed up for specific assignments. Phyllis Neumann is heading up workshops. She is not only looking for ideas but people who would be willing to lead a workshop. Likewise we will be handling publicity as well as signage and are looking for volunteers to assist there as well. But it does not end there. Other groups are looking for people to lead hikes, help park cars, direct traffic, assist at various booths and the lists go on. A successful meeting only happens when many volunteers fully participate. Some of you have already signed up but we need more. **PLEASE CONSIDER VOLUNTEERING TO HELP!** Contact Phyllis, Ned or myself and glad to have you on board.

Mark Wenger

TATC 2011 Biennial Steering Committee Rep

105 Thorpe's Parish

Williamsburg, Virginia 23185

757-253-0056 (H)

757-220-7408 (W)

markwenger@cox.net

TATC Maintenance Trips 2010

Appalachian Trail Maintenance Trips		
Date:	Site:	Contact:
April 16-18, 2010	Spring Walk-Through	Scott Hilton 625-6052
May 21-23, 2010	Spring Maintenance & Family Campout	Scott Hilton 625-6052
June 10-14, 2010	Konnarock - Hanging Rock Project	Scott Hilton 625-6052
July 1-5, 2010	Konnarock - Hanging Rock Project	Scott Hilton 625-6052
October 15-17, 2010	Fall Maintenance & Family Campout	Scott Hilton 625-6052

Local Maintenance Trips		
Date:	Site:	Contact:
March 13, 2010	Fisherman Island	Chris Sexton 484-2827
March 14, 2010	Merchants Millpond	Bill Lynn, 867-6753
March 20, 2010	Sandy Bottom Nature Park	Pat Parker, 851-9252
March 28, 2010	Sunday – New Quarter Park	Phyllis Neumann, 566-4584
April 10, 2010	First Landing State Park	Bill Buck 846-1125
June 26, 2010	First Landing State Park	Bill Buck 846-1125
August 28, 2010	First Landing State Park	Bill Buck 846-1125
September 18, 2010	Sandy Bottom Nature Park	Pat Parker, 851-9252
November 20, 2010	First Landing State Park	Bill Buck 846-1125

Cabin Maintenance Trips		
Date:	Site:	Contact:
April 23-25, 2010	TATC Cabin	Steve Babor, 588-7501
June 25-27, 2010	TATC Cabin	Bob Adkisson 627-5514
September 17-19, 2010	TATC Cabin	Greg Hodges 961-9995
November 5-7, 2010	TATC Cabin	Steve Babor, 588-7501

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.

February 2, 2010 Tuesday	Phyllis Neumann 566-4584	TATC Board of Directors Meeting - 7:00PM at the Pretlow Library, 111 West Ocean View Ave., Norfolk. Open to all members.
February 6, 2010 Saturday	Rosanne Scott, Bill Rogers, Milton Beale 763-0859	Low Impact Camping and Hiking Workshop - Time and location: First Landing State Park Visitor Center, 9:30AM – 3:30PM. This one-day workshop will explore ways in which we can minimize our impact on the world around us, and increase the enjoyment of the experience while camping and hiking. The class will consist of a mix of classroom instruction and hands-on practice. This is a great introduction for those new to hiking and camping and an informative addition for the more experienced outdoor enthusiast. Participants should bring a bag lunch and should dress with regard to the weather, as the hands-on portion of the class will be conducted outside. The workshop is FREE, but pre-registration is required since space is limited. To register, please email your name and phone number to Education@tidewateratc.com or call 763-0859.
February 10, 2010 Wednesday	Phyllis Neumann 566-4584	TATC General Meeting - 7:00PM at the Pretlow Library, 111 West Ocean View Ave., Norfolk. Program: Presentation on Alaska by Richard Tarr (Part I).
February 14, 2010 Sunday	Phyllis Neumann 566-4584	THE Chocolate Hike - Annual hike of the 5-mile Noland Trail around the lake near the Mariners Museum and PFAC in Newport News at the south end of J. Clyde Morris Blvd. Take your Valentine for a walk in the woods, and take your chocolate treat to enter into competition for the winning recipe to be determined by our impartial judge. Whether or not you present an entry, expect to be sampling some of the chocolate-related goodies available in this tournament of treats, this marathon of morsels, this ultimate contest of confections. Lunch afterwards for those who have to temper their chocolate with something else. Meet at the Mariners Museum parking lot at 10:30AM.
February 27, 2010 Saturday	Jim & Chris Sexton 484-2827	False Cape State Park TerraGator Ride and Hike - Get a ride on the ultimate swamp- and beach-buggy, the TerraGator. This trip is by reservation only, and limited to 28. Meet by 12:45PM at Little Island City Park in Virginia Beach. The transporter LEAVES Little Island City Park in Sandbridge at 1:00PM and returns there at 5:00PM, with a 45 minute ride each way on the beach. Get in some strenuous hiking on soft sand. See some of the wildlife and environment in this quiet and beautiful state park. Bundle up for cool beach winds, and bring ear plugs for the ride. Call Jim or Chris to make your reservation..
March 2, 2010 Tuesday	Phyllis Neumann 566-4584	TATC Board of Directors Meeting - 7:00PM at the Pretlow Library, 111 West Ocean View Ave., Norfolk. Open to all members.
March 10, 2010 Wednesday	Phyllis Neumann 566-4584	TATC General Meeting - 7:00PM at the Pretlow Library, 111 West Ocean View Ave., Norfolk. Program: Installation of new Board of Directors/Officers and affirmation of proposed TATC Budget Also: Presentation on Alaska by Richard Tarr (Part II).

(Continued on Page 10)



Activities Schedule

(Continued from Page 9)

<p>March 13, 2010 Saturday</p>	<p>Chris Sexton 484-2827</p>	<p>Fisherman Island NWR Beach Cleanup - Trip is limited to 20, so get your spot on the list by signing up early. Meet at 8 a.m. at the south toll plaza parking lot for the Chesapeake Bay Bridge-Tunnel. Cars will be limited on Fisherman Island, so we will first carpool to Eastern Shore Wildlife Refuge. A Ranger will lead us to our access to Fisherman Island. We will be picking up trash on the beach. Eat at restaurant on Eastern Shore afterwards if desired. Take warm clothes, a warm hat, work gloves, and suitable shoes or boots to walk through the possibly wet sand. Wear sunscreen. Bring your camera. All persons will share toll costs for the cars.</p>
<p>March 13, 2010 Saturday</p>	<p>Bill Rogers 484-6001</p>	<p>The Do's-Don'ts, and How to—How not to, and Equipment, Clothes, and more about our favorite outdoor adventure sport. Get some discussion of how to make choices in your equipment purchases. What features to look for. What's high-priced overkill and what's a light, satisfying pack to carry that has what you need in it, and what to wear while carrying the pack. Bring lunch and a beverage. 09:55hrs to 16:40hrs (4:40PM). For directions, call Bill.</p>
<p>March 14, 2010 Sunday</p>	<p>Bill Lynn 867-6753</p>	<p>Merchants Millpond Maintenance - Help do some grooming of this local gem of a locale, after some of the effects of winter, and before the onslaught of bugs. We'll provide some tools. Bring lunch and gloves to help clear the trail. Call Bill for details and to arrange carpooling.</p>
<p>March 20, 2010 Saturday</p>	<p>Pat Parker 851-9252</p>	<p>Sandy Bottom Maintenance - Meet at the Trail Center at 9 AM, work until 12 noon. Pat will coordinate with the rangers to determine the work project for the morning.</p>
<p>March 19-21, 2010 Friday-Sunday</p>	<p>Gordon & Melinda Spence 464-5096</p>	<p>Beach Camping at Portsmouth Island, NC - Meet on Friday night on Ocracoke Island, after taking the Hatteras Ferry, and then car-camp or get a motel for the evening, and get ready to leave the car behind for a morning boat ride to Portsmouth Island on Saturday. Explore Portsmouth Island on foot, seeing the town, graveyards, and tidal marsh. Then set up camp on the beach. Wonderful shell-searching and wildlife watching. We will have a fire to sit around weather permitting. On Sunday morning, it's time to break camp and hike back to catch the boat to Ocracoke Island and the ferry to Hatteras. Take the camera for photo opportunities. Call Melinda and Gordon for details.</p>
<p>March 20-21, 2010 Saturday-Sunday</p>	<p>Bill Lynn 867-6753</p>	<p>Merchants Millpond Canoe Overnighter - Early springtime camping and canoeing at Merchants Millpond State Park before the bugs arrive in mass. We'll camp on an island and explore the millpond with its beaver, birds, and alligators. We might also hike or just hang around. This is a great trip for beginners, because canoe rentals are available, and, if you don't know how to paddle, the trip leader will give you free lessons on this still-water pond. It's a great trip for children too, so take the munchins. You'll need normal camping equipment, plus drinking water, and whatever fills your canoe. Contact Bill for details.</p>

(Continued on Page 11)

Activities Schedule

(Continued from Page 10)

March 28, 2010 Sunday	Phyllis Neumann 566-4584	New Quarter Trail Maintenance - Meet at 9:30AM at the inner parking lot for a morning of light maintenance. Bring gloves, comfortable footwear, water and snacks. Tools will be provided. Possibility of lunch afterwards, courtesy of Appomattox Canoe and Kayak, featuring hot dogs, hamburgers, barbecue, condiments, and drinks under a shelter as part of "New Quarter Park's Cabin Fever Sunday." You could take a big dish to share with the group: chips, beans, pasta salad, veggie tray, deserts, etc. Kiosks will be manned by other outdoor activities and businesses 10:00AM to 1:00PM. Come to explore other groups' offerings. For more info, check out: < http://www.yorkcounty.gov/Default.aspx?tabid=4626 >.
April 6, 2010 Tuesday	Phyllis Neumann 566-4584	TATC Board of Directors Meeting - 7:00PM at the Pretlow Library, 111 West Ocean View Ave., Norfolk. Open to all members.
April 10, 2010 Saturday	Bill Buck 989-1928	First Landing State Park Maintenance - Meet at the parking lot of the Visitors' Center off Shore Drive for some light maintenance on the Osmanthus Trail. Bring gloves, water, and a snack. Tools will be provided. Share some walking and talking, and maybe a little trimming with your fellow members for some helping out on our local trails. Possible lunch out afterwards.
April 14, 2010 Wednesday	Phyllis Neumann 566-4584	TATC General Meeting - 7:00PM at the Pretlow Library, 111 West Ocean View Ave., Norfolk. Program: New Zealand Highlights by Steve Ralph.
April 16-18, 2010 Friday-Sunday	Scott Hilton 625-6052	Spring Walk-Through - Here's your chance to get a look at our section of the AT and assess a winter's wear on the trail. You can get an idea of what we will work on later in May on the Spring Maintenance Weekend. Share some trail time with your friends on the AT somewhere between Reeds Gap and the Tye River as the spring's earliest growth is revealed.
April 23-25, 2010 Friday-Sunday	Steve Babor 588-7501	TATC Cabin Maintenance Weekend Qualify for a cabin rental on your own by participating in a cabin maintenance weekend. Provide some elbow grease for making the cabin ship-shape for the Spring-Summer. Share some camaraderie with other cabin maintainers: bunk inside or tent outside. Inside bunks limited. Call Steve for more info.



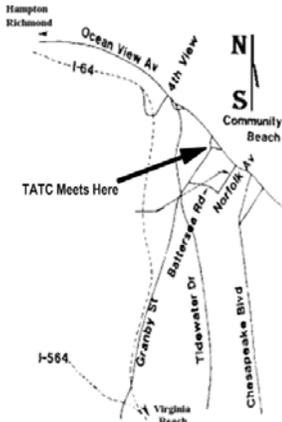
Hikes and Activities. Please call Hikemaster Mark Connolly 623-0764 to leave a message or e-mail at Hikemaster@TidewaterATC.com with all hike and activities information to be included in this listing. If you e-mail them, be sure to identify yourself by full name and that this is a TATC event. Sign-up sheets must be returned to the Hikemaster after the event, and will be saved for a period of several years. You may bring sign-up sheets to the board or general meeting following the event, or mail them to the Hikemaster: Mark Connolly, 1721 LaSalle Avenue, Norfolk, VA 23509

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.



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

NON-PROFIT
US POSTAGE
PAID
NORFOLK,
VA
PERMIT NO.
1968



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

CHANGE SERVICE REQUESTED

It's ATPO Volunteer Hours Time Again

It's time for the TATC official Bean Counters to tally the volunteer hours that will qualify you for 2009 Appalachian Trail Park Office (ATPO) Awards.

You can claim credit for the hours you spent in 2009 ...

Leading a club activity such as a hike, a bike ride, or a kayak trip ?, (Tuesday Group activities also count)

Conducting workshops

Working on club committees such as the Biennial Planning Committee, the Nominating Committee, or the Holiday Party Committee (including set-up and clean up)

Leading any other non-trail activity?

Please tally your time and report hours to the timekeepers, John and Jane Oakes, by February 15, 2010 at timekeeper@tidewateratc.com. The report form can be found at [www.tidewateratc.com/Vol Activity Report.doc](http://www.tidewateratc.com/Vol%20Activity%20Report.doc) or off our club's homepage www.tidewateratc.com

*Remember, the Appalachian Trail Park Office created this awards program to recognize and reward all of the work that Volunteers do supporting activities other than trail maintenance. **You don't have to be a hiker or trail maintainer to be appreciated.** Rewards are: a pin for 10 hours of service, a patch for 100 hours of service, a cap for 500 hours of service, and a vest for 1000 hours of service. 2009 hours carry over to 2010 to help you qualify for higher level awards next year.*

Questions? Call John or Jane Oakes at (757) 467-9633 or send e-mail to the timekeeper@tidewateratc.com