

Tidewater Appalachian Trail Club Appalachian Hiker

www.tidewateratc.com



June 2011 - July 2011

Prez Sez

Warmer temperatures promise that summer is just around the corner but the hummingbirds at my nectar feeder have been telling me that for weeks now. When they anxiously appear at my back door, mid to late Spring, I know that it's time to get busy in the yard and on the trail. My yard is a constant source of exasperation (and pleasure!) for me and seems to be a never-ending work in progress. Weeding the flower beds, hauling bags of mulch and watering the vegetable garden will eventually have their own rewards but sometimes it's hard to be patient and see the big picture. On the contrary, our recent foray out to our section for Spring Maintenance yielded immediate rewards and left me with a profound feeling of satisfaction.

The weather was fairly cooperative and three dozen or so TATCers turned out for the weekend at Sherando. Work crews swarmed over Three Ridges, the Mau-Har and St. Marys Wilderness clearing blowdowns, repairing trail, cleaning campsites and cutting back overgrowth. The poison ivy was magnificently lush, green and yearning to spread its good will. We encountered one rattlesnake on the Mau-Har who was not pleased with our stomping in his front yard.

We were joined on this outing by Regina Reitner, our RidgeRunner returned for another season. Regina delights in hiking the trail while educating hikers and backpackers on proper stewardship of the land. We also met several through-hikers ("Calculator" and "Humdinger") but only managed to entice "Will" back to Sherando for dinner. Chef Mike had a wonderful feast for us that evening and that made the whole weekend worthwhile.

Many thanks to Mike and his cooking crew as well as to Trail Supervisor Mark Connolly, Assistant Trail Supervisor John Davis (now recovering from a trail injury that occurred while hiking out Saturday afternoon-but *that* is another story) and Tool Boss Bruce Julian for organizing and executing a successful maintenance trip. Many thanks also to the crew leaders and to all of you that participated. Mark is considering a summer maintenance trip so keep a watchful eye out for that.

(Continued in next column)

The Virginia Regional Partnership Committee has created an online forum for discussing trail maintenance concerns and ideas. You can share your thoughts, ask a question or seek solutions to a problem from other AT trail maintaining clubs in our region. If you'd like to be added to this discussion group then contact Angie Sheldon at asheldon@appalachiantrail.org.

Virginia Journeys, the 2011 AT Biennial, is also just around the corner and I am counting down the days. Ned Kuhns and David Helms (NBATC) are busy putting the finishing touches on as we get closer to the big event. Record numbers have signed up but there's still time to get on board. Visit www.virginia2011.org to register and find out more. Hope to see all of you at Emory and Henry this summer!

Be safe! Have fun!

Phyllis Neumann

TATC President (president@tidewateratc.com)

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(banner photo by Mark Ferguson)



Visit our website at
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Membership

By now you have renewed your membership in the TATC and you should have received a blue card which is good until Feb. 28, 2012. If you have renewed and haven't received a card, e-mail me, call me or see me at a meeting.

Welcome to the following new and returning members: Phil Reed, Dan Stranigan, Page Call, Joan Hughes, Susan Pomerov, Bob & Ruth Whitley, Eva Ammann, and Gerry Havlena, Bill and Gerry Clement.

Mary Hormell
Membership Committee Chair
membership@tidewateratc.com

Virginia Journey 2011 Registration is Open

Registration for Virginia Journeys 2011 opened March 1, 2011. Plan now to attend at least a portion of this week-long event to be held July 1 — July 8, 2011 at Emory & Henry College in beautiful southwest Virginia. This is the 38th Biennial Conference of the Appalachian Trail Conservancy and will feature a wide range of workshops and presentations catering to many interests, excursions, hikes, trail work trips, nightly entertainment and much more. Meet hundreds of fellow hikers and trail enthusiasts; meet the movers and the shakers of the hiking community and learn how things work, and meet the beautiful mountains, cultural and historical treasures of the area.

Visit www.virginia2011.org and learn more. See that it's not only a hiker's dream week, but also offers a rich variety of non-hiking activities that will keep everyone wishing there were more hours in each day.

Registration is open to the public. You do not have to be an ATC member or ever a TATC member to attend this event. Volunteers are still needed to lead hikes and excursions, and to staff information desks and perform other functions. Visit www.virginia2011.org for additional information about volunteering.

Don't miss this great event. It is only held every two years and this time it is in our own back yard. Help showcase our beautiful state to those other trail states and showcase the Central and Southwest Virginia Region of ATC.

We Want Your Photos

As you enjoy the great outdoors and the fun of Trail Club activities you may be moved to take photographs. We would like to see your pictures at our September General Meeting. At that meeting we also have a speaker who will serve as a judge for our annual Photo Contest. Some of your photos may appear in our TATC calendar for 2012. Good calendar candidates would be in horizontal format and be depicting Club activities or the Appalachian Trail.

Jane Martin
Calendar Committee Chair





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Spring Trail Maintenance Recap

We've had mixed success with our two spring maintenance events this year. Our "Spring Walk-Through" was actually a "Wash Through;" we had a 100% percent chance of one to two inches of rain forecast for April 16th, the Saturday of our "Walk-Through," and it might well have been exceeded. By Saturday morning we had 17 people show up, more than usual, but only 10 determined to go out into the downpour to look at the trail. One team of 6 went north from the Tye River to the Harpers Creek Shelter, and was successful in getting there, in spite of the torrent coming down Harpers Creek. The other team of 4 went south from Reeds Gap and only got as far as Meadow Mountain, and then turned around to get out of the downpour. Creeks around Sherando overflowed their banks; Mount Torrey Road (Route 664) was overwashed by both the creek and water draining from surrounding properties up to the intersection with Route 624 near Lyndhurst. The road into and out of the Sherando Campground at the lower lake was overwashed by a current going into the lake, threatening some smaller cars attempting to leave Sherando. I pictured what seemed to be a good likelihood for a small car losing the traction of its front wheels, being pivoted into the raging creek, and then floating into the lower lake to wash up on the beach there. To the best of my knowledge, it didn't happen. The miserable Saturday was bracketed by a beautiful sunny Friday (when Bill Rogers had the foresight to walk his section) and a beautiful, sunny Sunday. We did have a nice pancake-and-sausage breakfast on Sunday morning for those 7 who were willing to hang around for it, hosted by Scott Hilton and Mark C.

Our "Spring Maintenance Weekend," May 13-15th, looked like it was going to be a meteorologically lower-key replay of the "Spring Walk-Through." The forecast this time was for 60% chance of thunderstorms for Friday through Sunday, but our Friday turned out to be only an overcast, cool, and occasionally only misty day. It almost seemed ideal for our walk on the Mau-Har Trail, since we weren't subjected to any blazing sun to overheat us or any rain to soak us. On Friday morning, Milton Beale and Mark Connolly met Dave Whitmore---our liaison from the U.S. Forest Service's Pedlar Forest District-----and Regina Reiter---the Ridge Runner for the area of the A.T. from our Old Dominion ATC section to the north of us through Natural Bridge ATC's section to the south of ours. We hiked south from Maupin Field on the Mau-Har Trail took photos of the parts of the Mau-Har Trail that we thought would be most deserving of rehabilitation with the help of Konnarock Crews, in the event that we can get the Konnarock Steering Committee to agree to Konnarock Crew assignment to that trail for the season in 2012 and 2013. Dave Whitmore agreed that, although the blue-blazed Mau-Har Trail doesn't have the ordinary high priority given to the white-blazed A.T., the opportunity for the hiking loop created by the combination of Three Ridges and the Mau-Har Trail, with our two shelters within it, makes for an attraction that draws hikers from as far away as New York State, just to do a long weekend hike on our loop.

Saturday was overcast and foggy also, but our multitude of teams, made up from the 38 people who showed up, set out into a rather coolly humid morning with our designated tools---to include the cooking crew at the dining shelter at the Williams Branch Picnic grounds at Sherando. We set off in our separate directions, some going to the cow pasture at the top of Harpers Creek Road to get into the Harpers Creek shelter area and the tent sites and trail, some going up from the Tye River to check the trail up to the intersection with the southern end of the Mau-Har Trail, and some went up the fire road from Love Gap on the Blue Ridge Parkway to Maupin Field, both to check the Maupin Field shelter and tent sites, and also to go down the Mau-Har Trail to clear some blown-down trees that had been discovered on Friday. Some went to the Bald Mountain Trail in St. Mary's Wilderness Area, and some made the area immediately around the Route 56 intersection with the A.T. and Tye River more inviting by cleaning up the parking lot, the area around the Tye River bridge and some of the campsites that have developed there. The day on the A.T. was characterized by meeting a multitude of Through-hikers, most of whom had started from Springer, Georgia in the first week of March. They complimented us on our section of trail or let us know about what needed to be done----for example, the tree that had blown-down on the part of the A.T. just above the junction with the Harper's Creek Shelter. After our day of trail effort, we had a great Saturday night group dinner at the Williams Branch Picnic ground shelter coordinated by Chef Mike Mureddu and his small culinary staff. We had a great Chipotle Chicken dish and salad and a multitude of potluck desserts.

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Our only reported casualty of the weekend was suffered by the Assistant Trail Supervisor, John Davis, who was walking along with the others from the tent site area south of the Harpers Creek Shelter, back toward the cars near the top of the cow pasture at the northern end of Harpers Creek Road (Route 682), when he slipped on a slippery flat rock in the trail and fell, breaking (we later discovered) his right fibula in his lower leg above the ankle. Capable volunteers from the Montebello Volunteer Fire & Rescue service showed up not too much more than an hour after the accident, and within a couple hours John had been delivered to University of Virginia's Medical Center in Charlottesville, and, by early morning on Sunday, had been driven back to his house in Virginia Beach. A rather uncomplicated resolution of an unfortunate accident.

On Sunday, after most of the other TATC'ers left, a hardy group of 6 (Scott Hilton, Bruce Julian, Chuck Myers, Jim Newman, Steve Ralph, and Brian Richie) ventured back out into the Three Ridges Wilderness Area to take care of another tree that hadn't been cut away from its blocking of the trail. These stalwart souls deserve our thanks for their steadfastness.

Mark Connolly
TATC Trail Supervisor

Silent Auction

By Debbie Bellucci

TATC's 9th annual silent auction will be held during the membership meeting on Wednesday, July 13th. We are asking members to donate their **Time, Talent or Treasures** that can be auctioned off to the highest bidder. When you are shopping, on vacation, cleaning out your garage, upgrading your gear, or practicing your creative talents, please keep the TATC auction in mind. Pick up something and bring it to the auction on July 14th. With your help, TATC will again present a wide selection of auction items. Suggestions are listed below.

New or Gently Used Items: (CD's and DVD's; audio books on CD; hiking/camping gear; one-size-fits-all clothing; books; wine). Be sure your used item is in excellent condition and has value.

Donations: Ask people you know or retailers and restaurants to donate an item of interest such as gift certificates or a specialty item. Necessary letters and tax information are available.

Services Provided by You: Babysitting, pet sitting, car washing, lawn mowing, photography, or tax preparation, just to name a few.

Miscellaneous ideas:

Do you have your own business? Offer free goods or services.

Do you have a special talent? Give a 'lesson' to someone or a group.

Are you crafty? Make something to donate to the auction.

Can you bake/cook? Make a basket of baked goodies and treats.

If you have any questions about the auction, please contact Debbie Bellucci: 757-446-2012, or email: camp-girl830@yahoo.com.

The rules for the Silent Auction and Bid Sheet are included as an insert to this Newsletter. You can also download and print them from our homepage: www.tidewateratc.com



Nancy Rinckenberger
Tidewater Appalachian Trail Club

Interviewed by Leanna Joyner on April 25, 2011

Give me an introduction to Tidewater A.T. Club's Family Programming.

I attended the Youth Summit at the Appalachian Mountain Club's headquarters in New Hampshire last summer. I came back to TATC and reported what we learned and what we did at the Summit. Our Board of Directors decided to create a subcommittee under the Outreach Committee. We called it the Youth Working Group. We consider this an outreach effort. We didn't have a game plan on how to get from Point A to Point B. We simply wanted to get more young people involved in the club. We asked members to join our committee and we have a core group of 7 or 8. We met monthly until December and now we are meeting quarterly.

We tried to make the committee demographically representative of all ages. We have parents with small children, as well as representatives of the 20-30 aged members. The committee also has others who had are interested in working with young people including a retired teacher and a Scout leader. We wanted a cross section. Families with young children and the 20-30 age group are the two target areas where we are focusing our outreach efforts. We see the 20-30 group as the muscle when we do trail maintenance and the future of the club in terms of officers and members.

We have an aging club, a "sea of grey hair" at every meeting. There's often no immediate companionship for young adult visitors. We wanted to add more dimension to the club by bringing in young adults and families with kids. We especially want to create experiences for kids. We hope by giving kids memorable early out of doors experiences, they will return as they age. We came at this from talking with members who often refer back to their own childhood memories; an experience as a kid that led to their adult passion for the out of doors.

We've noticed that people with kids will come while their children are young but as the children grow older and have lots of demands on their time, the families often stop participating. Once their children grow up and move out, the parents often return and are very active members again. In that way, we have a donut hole.

Tell me about the activities you are running for families.

Our first decision was that if we were going to reach the twenties and thirties crowd, we would have to use the media they use. We set up a Meetup.com page for TATC and a Facebook.com page. We've had really great success with Meetup.com. Both families and 20-30 crowd have come to the club outings through Meetup.com. We put our maintenance activities, hike schedule and meetings on the Meetup page.

Next we started planning things specifically for families. In the description of hikes we include the parameters – kid-friendly, dog friendly, etc. We say if it's intended for beginning campers. We do this to make sure that the target audience feels welcomed and drawn into our activities.

At our general membership meetings, we give an update on specific activities for families/youth.

We've planned camping trips, hikes and paddle trips with camping. One of our April trips was to Jockey's Ridge near Kitty Hawk. We called it "Kid Friendly Campout with Hiking and Kite Flying on the Outer Banks." We had three people join us who had never been camping before!

We have a hardcore group of trail club members who hike and backpack, and are happy doing maintenance and being dirty. We also have a group of new people who may be intimidated by this level of activity and the skills required to participate. So we have to include more activities that are entry level. Allow our new members to grow.

We have offered a beginner backpacking class for many years. In the past when we offered this class, two, four or six people might come at a time. With the first backpacking class since beginning our youth outreach efforts, we had a full house! Things we were doing before are still useful, but we have a different audience now. We have people who want to get involved but don't quite know where to begin. So we're speaking to that need by holding people's hands a little bit to get them involved slowly.

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We have always invited families to our big spring/fall maintenance. Our Spring Maintenance in May will be the first since we began our big push for the younger crowd. We are very hopeful that we will have new faces involved.

TATC is surrounded by many parks within a sixty mile radius. We try to offer day activities that are a short enough distance from home that families could get up and meet us at 9 in the morning, bring a lunch and participate in an activity until 4 or 5.

Do different members take responsibility for leading the activities?

We've encouraged everyone to participate in planning family activities. So far, the bulk of the leaders have come from our committee.

We've had enthusiastic response so far. We worked with the Elizabeth River Project on Riverfest. Our club members volunteered to help with the kayaking activities of the day. We have someone on the committee who works with scouts and the Venture program who we hope will plan some activities. We have been approached by a faculty member of a local private school who wanted to work with us on planning activities for their kids. We also have high hopes for working with home schoolers. And we've talked about how we might get local colleges involved too. There are at least seven within an hour's drive of Norfolk. We're brainstorming!

Do you have advice for ATC or other clubs as they set out to offer family programs?

Well, use social media if you can. That's been tremendously helpful in reaching a segment of population that we don't normally reach. Meet-up is what I'm thinking of specifically. People can search for an outdoor activity they like such as hiking or camping and they find links to us. Do things that take away from the intimidation factor. Get people involved in activities that don't require a lot of gear like day hiking or a lot of skill, like car camping. They can move up to more strenuous activities as their skill level and confidence improves.

Is there a day/time you have found works best for family activities?

We began this effort during the school year so everything has been weekends so far. I don't know what we'll see over the summer.

How do you set expectations?

I'm sure every hike leader has a different answer. I try to write as complete a hike description as possible. I include my e-mail address and phone number. I make it sound welcoming so people will call if they have questions. If I have completely new hikers, I pair them with someone more experienced. They can talk together. I gear the pace to the slower/newer hikers.

I learned about different hiking models for families at the Youth Summit. Our trainers kept everyone bunched up and close together. Some leaders would lead from the middle; others led from the front. These were really foreign to me because I'm used to veteran hikers who hike at their own pace. There's a sweep but everyone's staggered out as much as a mile to a mile and half. I have to calibrate my own pace differently to lead for family or beginner hikes. I usually lead from the front and stop often. I have a hard time adjusting my pace to be slow enough for everyone so I'll find something interesting to talk about like an edible plant. I'll stop, wait for everyone to catch up and introduce what I've found. It's more an issue for me than for them because I have to gear down.

How do you structure supervision?

Parents are responsible for children. No one under 18 is allowed on an outing without a responsible adult. This helps with supervision and limits club liability which was a hot topic at the Youth Summit in New Hampshire.

In Summary

We had our first committee meeting in Sept. or Oct. so we've only been at this for six or seven months. So far it's been very gratifying!

Here's Your Paddle, What's Your Hurry?

By Bob Adkisson

Several years ago I wrote in this Newsletter a series of articles about memorable animal encounters I've had. My most memorable encounter was with a large and shaggy (and ancient) black bear in Washington state's Olympic Nat'l Park, way back during the last summer of the Carter Administration; I was going one way on a trail that was sidehilling across a steep and treeless mountain slope, and the bear was coming in the opposite direction. I was young, unschooled, and didn't quite know what to do when I looked up and saw this giant bear shambling along the trail towards me—no where to run to, no trees to climb.... I dumbly got my camera out, readied it, and then, curious, I just stood there and waited to see what would happen.

I was, more or less, leaving it up to the bear.

Well, the bear was old and wise, and had impeccable good manners: he got to within about 30 feet of me, then turned and climbed slowly up the steep slope, about 20 feet; there, it stopped, turned its head to face me, and all but said out loud, 'I've yielded the trail to you, you can pass by now'.

I got a quick photo and then double timed it along the trail directly below the bear. Forty yards away I paused, turned and watched as the bear slowly and carefully climbed back down the steep hillside. It regained the trail and walked away, as if nothing extraordinary at all had just happened.

I walked away from that encounter with a sort of debt or IOU to the bear community; that old bear had seen an impasse coming and had known what to do, had done it without hesitation or complaint.

Just this last month, canoeing for a week down the W. Branch of the Susquehanna River in central Pennsylvania, I got to repay that debt (though I admit, I was doing myself a huge favor at the same time).

The day before on the river had been a tough one, not altogether enjoyable, what with the gray, cool, showery weather, swirling winds, and a small but dangerous dam to get around. I was lucky in that, late in the day, I was able to push on a few extra miles into the beginning of a long, beautiful, and isolated canyon, with lots of public land and very few houses or roads. This 40 mile long canyon would be the scenic highlight of the trip.

There was a barely used railroad along the left side, and so I pulled in and camped along the opposite shore, amid rhododendron and hemlock on a high, dry bank; a perfect campsite, the best of the whole trip.

As always, I was a little paranoid about losing my canoe, but at the same time I didn't see the need and didn't want to expend the energy to haul it all the way up to the top of the 20 foot high embankment where I was to camp. After 3 trips up and down the bank carrying all of my gear, I pulled the canoe to the top of the first slope or shelf, 5 feet above river level. It would be safe there I figured—the river shouldn't be rising more than a few inches, if at all. It was a weekend, and this was a popular section of the river to paddle, so my one tiny paranoid fear was someone coming along and stealing it while I camped 40 feet away. I tied the bow rope to a sapling at the top of the embankment, where I could see from my tent, flipped the boat over so it wouldn't collect any rain, and left it.

A quiet night, and then I awoke to a foggy, damp morning. I could see the bow line tied to the tree, so no need to get out of the tent and check the canoe. I rolled over and went back to sleep, in no hurry to face another gray and sunless day.

An hour or so later I woke again, and now the sun was burning thru the clouds. Since the day before had been so trying, and because the river was fairly high and fast, allowing me to move along at a quick and nearly effortless pace, I decided to roll over again and enjoy the warmth of the sun streaming into the tent; I deserved a break! I fell back to sleep.

Sometime later: ***I was suddenly awakened by the loud clatter of my 2 canoe paddles bouncing around inside the canoe!***

I looked out thru the mesh at the end of my tent and I could see the bow rope still tied to the sapling, but then I also saw something odd, something I didn't remember from the day before—a dark shape attached to the tree just above the rope. It was shaped like..... ***a bear cub?***

I jumped out of the tent and went to the top of the embankment and looked down at my flipped right side up canoe. There was an adult bear next to it, but it was already hurrying up the slope and away from me to the right; the cub was already down from the tree and following its mother.

Well, I thought, at least it wasn't some other paddlers, stealing my canoe—only a bear wandering along the riverside, investigating the interesting smells emanating from beneath my boat.

When I turned to check on the bears, the mother was about 60 feet away, waiting on her single cub.

Much closer however, the cub had decided to climb 10 feet up a large hemlock tree. I returned to my tent and, kneeling in the doorway, retrieved by camera and took a photo of it.

Looking right at me, the cub came down to within 2 feet of the ground, but then, rather than make things simple and easy by returning to the safety of its mother's side, for some reason it scrambled back up the tree—20 feet up, this time.

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I left the tent and moved away from my camp, giving all of us some space.

The mother bear didn't seem at all anxious, agitated, or aggressive, was patiently waiting a safe distance away. She did approach a bit closer once and made a single woofing sound, but then retreated again.

The problem, however, became immediately clear: the cub was in a tree only 25 feet from my tent and gear. The tent itself might be scaring it. I decided to back away even more, stepping over a tiny stream and sitting down to make myself look smaller. I hoped that in a few minutes time the cub would gather its courage, descend the tree and go to its mother, defusing the stalemate.

While I waited, about 5 minutes, the mother bear started to circle disinterestedly around to the right, away from the cub and more towards me. If she'd circled much more, she would have placed me between her and her own cub.

But then, unmistakably, she smelled my food or trash bag, and was irresistibly drawn towards my gear.

I couldn't allow that, of course, and so had to stand up, yell, snap off a small branch and rattle it against a tree. The bear turned and galloped 5 feet in retreat.

Five minutes later, the smells overcame her fear, and she approached again. When I scared her off a 2nd time I noticed that all the noise had driven the cub even farther up the tree.

This wasn't good. This was now a full blown **situation**. I couldn't move far enough away from my tent to give the cub a clear path of retreat because the mother (having seemingly forgotten the cub) would simply angle in and grab my food, and perhaps damage my tent.

The mother did momentarily back off, into some heavier brush; I saw her sitting and scratching, apparently content, with all the time in the world. (Throughout our half hour in each other's presence I was able to get several good photos of the cub and the mother). But then, 5 minutes later, there she came again toward my tent, first pausing to stand up and stare my way.

Did my being quiet, in deference to the cub, make the mother forget I was even there? I had to thrash my tree branch around once more, scaring her back.

Again, the cub went even higher into the tree.....

I didn't have to look at my watch to know that it was about 1:30 in the afternoon and that, if ever I needed one, **this situation** was the perfect reason or excuse to pack up my boat and finally get myself moving on down the river!

This situation, in fact, was my opportunity to pay the bear community back: this time I could be the one to take the high road, to make the first move, to gracefully bow out and surrender the field to the bears.

If ever there was one, this could be a win-win situation!

And so: I announced to the bears my decision, that I would pack as fast as I could and be out of their hair in just a few minutes.

I kept an eye on the mother as I ducked in and out of the tent, stuffing my sleeping bag and scooping up my scattered gear. She seemed to understand, continued to wait about 50 feet away.

I didn't take the time to pack everything the way I normally do—stuffing the tent into its sack required a bit more patience than I had at the moment, so I just tossed it and the fly and poles and the stakes into a trash bag, along with the canteen and knee pads.. Keeping the bears fully apprised of my progress, I gathered my many bags of gear at the top of the embankment, checked the site to make sure I had everything, then hauled them all down to the canoe and launched it, calling out a last goodbye to the bears as I pulled away.

And, as far as a perfect getaway is concerned, and as a comparison between backpacking and canoeing, how about the next 45 minutes or so: it was sunny, there was no wind to account for or rocks to dodge, no real rapids, just a steady downstream current; I never picked up the paddle, just sat in my seat and let the boat drift along at about 4 miles per hour; I went from one bag of gear to another, repacking and getting everything properly put away and water proofed; when finished with that I got some food out and, still just peacefully, effortlessly drifting along, I sat and unhurriedly ate lunch. It was like I was sitting on a magic carpet of water, or on an escalator, the miles and the pretty, tranquil scenery passing by without a single muscle of mine having to work or strain (read this and weep, all you tired and sweaty backpackers!) In 45 minutes I'd drifted over 2 miles down the river.

By the time I picked up my paddle, the cub and the mother were probably reunited, happily wandering away thru the woods together, thru the continuing adventure that was their life.

National Trails Day® at Glen Alton – Come Outside and Play!

Blacksburg, VA (May 19, 2011) – The Appalachian Trail Conservancy (ATC) and U.S. Forest Service (USFS) invite area children and their parents to get outside and play at Glen Alton on Saturday, June 4th to celebrate the 19th annual American Hiking Society's National Trails Day® (NTD). NTD is a long-standing celebration of America's magnificent trail system and its countless supporters and volunteers.

The Glen Alton, National Trails Day® event will be filled with activities. The ATC will be sharing the joy of hiking with the next generation of Trail users and volunteers, with short excursions on nearby trails. The USFS has numerous other activities planned, including a mud pie kitchen, tree identification and a hawk program. Local Girl Scouts will lead leaf tracing programs, Trout Unlimited will lead a macro-invertebrate program, and the Department of Game and Inland Fisheries will host a kids fishing program. Kids of all ages, with their parents, are invited to join in the festivities. The American Chestnut Foundation will also be holding training sessions for anyone interested in monitoring American Chestnuts along the Appalachian Trail.

You can sign up for all of these one-hour programs at the event registration table. Activities will kick-off at 10:00am and run until 3pm. Participants are encouraged to bring water, snacks, sturdy shoes and extra clothes if you want to play in the water! Children must be joined by at least one parent. While you're not taking part in an organized activity, feel free to roam the beautiful grounds and enjoy the scenery.

The theme for NTD 2011, *Made With All Natural Ingredients*, encourages all Americans to get outside, connect with local outdoor clubs, businesses, community groups, and parks and recreation departments as well as federal land managing agencies to experience, appreciate and celebrate the natural places where we can find a spread of scenery, a plateful of peace, and a heap of happiness and health. Since 1993, NTD has inspired thousands of people to enjoy trails on the same day nationwide, taking part in outdoor activities. The Glen Alton celebration is an excellent representation of the thousands of events that happen across the country each year on National Trails Day. For more information about National Trails Day®, visit www.AmericanHiking.org.

About the Appalachian Trail Conservancy

The Appalachian Trail Conservancy mission is to preserve and manage the Appalachian Trail – ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come. For more information please visit www.appalachiantrail.org.

Contact: Angie Sheldon
Appalachian Trail Conservancy
Tel: 540.953.3571

Email: asheldon@appalachiantrail.org
Web: www.appalachiantrail.org



NEWS RELEASE

May 17, 2011

Back-to-Back Special Event Weekends to Be Held at Pine Grove Furnace State Park

GARDNERS, PA -- Pine Grove Furnace State Park and the Appalachian Trail Museum, in conjunction with many of its partners, are preparing for two straight weekends of outdoor events and family programming -- National Get Outdoors Day on Saturday, June 11 and the First Appalachian Trail Festival June 18 & 19.

Pine Grove Furnace State Park, recently named the 2010 State Park of the Year, the South Mountain Partnership, and the Appalachian Trail Conservancy are sponsoring National Get Outdoors Day to provide outdoor and education opportunities for the entire family. Events for the day begin at 8:00 a.m. with a half marathon and 5K run to support the Friends of Pine Grove Furnace, a non-profit organization that helps promote volunteerism and assist with events at the park. Other morning events include trail hikes to local scenic vistas and historical sites, a wildflower walk, a historical scavenger hunt and kayaking for beginners.

Lunch will be available at the Central Pennsylvania Conservancy's newly renovated Ironmaster's Mansion. Meals will include hamburgers, hotdogs, sloppy Joes, potatoes salad, watermelon, desert and drink for only \$7.

"The afternoon of National Get Outdoors Day will feature the South Mountain Ramble as part of the South Mountain Speaker Series," said Jason Zimmerman, manager of Pine Grove Furnace State Park. " This will be a fun interactive 1.5 mile hike for the whole family that will explore the area's rich history. Topics will include local Native American history, the Underground Railroad in South Mountain, the South Mountain Iron Industry, a local history of the natural world, Appalachian Trail Balderdash and history at the Appalachian Trail Museum, and the history of Camp Michaux."

Registration is required for all events and, with the exception of the half marathon and 5K run, are free. To register, visit the DCNR Calendar of Events for Pine Grove Furnace State Park at www.dcnr.state.pa.us or call the Park Office at [717-486-7174](tel:717-486-7174).

The Appalachian Trail Museum will hold its first festival on June 18-19 at the park. "The festival will celebrate hiker culture and feature a new traveling exhibit developed by the museum," Zimmerman said. The kick-off for the festival will be the inaugural Appalachian Trail Hall of Fame Banquet on the evening of June 17, at Allenberry Resort in Boiling Springs. At the banquet, the first class of six honorees will be inducted into the Appalachian Trail Hall of Fame, which will be located in the museum's building at Pine Grove Furnace State Park. The festival will feature a hiking program, music, storytelling, crafts, competitions and history programs. There also will be a variety of activities for children on both days. Additional information on the Appalachian Trail Museum and the festival weekend events can be found at www.atmuseum.org.

About Pine Grove Furnace State Park

Steeped in natural and historical features, the 696-acre Pine Grove Furnace State Park is in a beautiful mountain setting in southern Cumberland County. Surrounded by Michaux State Forest, Pine Grove Furnace features two lakes, 25-acre Laurel Lake and 1.7-acre Fuller Lake, a historic area and the Appalachian Trail. The park is easily reached from I-81. Visitors should take Exit 37 to PA 233 south then travel for eight miles. For more information on DCNR, visit www.dcnr.state.pa.us



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.

June 3-5, 2011, Fri-Mon CABIN MAINTENANCE TRIP (Rescheduled from May)

Greg Hodges, 757 439-1552 or greg@gregoryhodges.com

Meet at the cabin, ¾ mile off Blue Ridge Parkway as early as 2:00PM on Friday. Bring sleeping bag, food & essentials. Qualify for cabin rental. Contact Greg for directions.

June 8, 2011, Wednesday TATC GENERAL MEETING

Phyllis Neumann, 566-4584

7:00PM at the Pretlow Library, 111 West Ocean View Avenue, Norfolk. Program: Rick Hill & John Pessagno share "Hiking entire length of AT through Virginia."

June 11, 2011, Saturday 10:00 AM HOFFLER CREEK WILDLIFE PRESERVE HIKE

Jim and Chris Sexton, 484-2827

Located at 4510 Twin Pines Road, Portsmouth, VA. Easy 1-1/2 mile hike around the Lake Ballard Trail and the Riparian Trail. Views of wildlife from Bird Blinds, the Oyster Pier, and the Creek Dock. More information and directions at <http://www.hofflercreek.org/>

June 11, 2011, Saturday FIRST LANDING STATE PARK TRAIL MAINTENANCE

Diana Ramsey, 619-0540

Located off Shore Drive in Virginia Beach, meet with some of your fellow trail club members for some trail work on the Osmanthus Trail. Meet at on the Trails Side of the park at 9:00AM (note directional sign "Trails"). Proceed to the new Visitors Centers parking lot. Work will consist of removing small blow downs & bush trimming. Tools provided. Bring gloves, snack, & water. Lunch to be decided at end of task.

June 17-19, 2011 SHENANDOAH RIVER CAMPING/TUBING ADVENTURE

Rosanne Scott, RSVP www.meetup.com/Tidewater-ATC-Meetup

Bring the kids (or the kid in you) to a campout and tubing run down the Shenandoah River. Camping at Low Water Bridge Campground at Bentonville, VA. <lowwaterbridgecampground.com> Tube rental available or bring your own. There is a fee for shuttle service. We'll put in Saturday morning and float back down to campsite. Depending on speed & level of water, we may repeat the float in the afternoon. Campground has a small store, bath house with hot showers and picnic tables. We will share space among a couple of sites. Campground is rural. No stores or restaurants nearby. Since this is car camping, bring what you need to be comfortable. Cost: A \$5.00 per person, non-refundable up-front sign up fee is required. Visit campground website for fee and general information. This is a great chance for kids and adults to participate in some quality play time.

June 18-19, 2011, Sat-Sun SUMMER SWINGBLADE APPALACHIAN TRAIL

Mark Connolly, 623-0764 or mdemarestc@gmail.com

Contact me for details in this mid-June attempt to beat back some of the growth that tends to inundate the trail. We'll deploy teams armed with swingblades to take out some of the weed- and grass-growth that intrudes into our trail access profile. Depending upon the number of weed-warriors, we'll arm teams to cover mainly the A.T. (and our loop on the Mau-Har), or possibly venture into St. Mary's Wilderness, if we get a good crowd."

June 24-26, 2011, Fri. Evening-Sunday BACKPACK ST. MARY'S WILDERNESS

Mark Wenger (Animal) 757 253-0056 or markwenger@cox.net

This is a moderately strenuous hike. We will leave from 427 Franklin St., Williamsburg at 5:00PM Friday & pick up anyone in Richmond at exit 173 commuter lot on I-64, grab a quick dinner and take I-64 west to exit 96 to 664 to Lyndhurst to Coal Road 610/608 to the parking lot for Cellar Mountain trail and camp at the trail head. On Saturday we will hike Cellar Mountain trail to the forest road to Bald Mountain trail to Mine Bank trail to St Mary's trail and camp there at the ore processing site. For those who do not want to hike 14 miles and cut it to 8, can take the St. Mary's trail straight down from the forest road On Sunday we will hike the St. Mary's trail up to the forest road & back to Cellar Mountain and the cars. This is one of my favorite areas The trails are unmarked and water is thin in part, but camping by the St. Mary's River is great and if we get there early on Saturday we can play in the falls.

Activities Schedule

June 25, 2011, Saturday ACTIVITY LEADER WORKSHOP**Bill Rogers, 757 484-6001**

The ins and outs of leading an outdoor activity. Helpful hints - handy calculations - and formulae. The story of an actual hiker rescue (the elapsed time will amaze you). Information tidbits. Planning and organization. Being prepared. Bring lunch, beverage, pencil/pen & paper. Limited to ten participants. 10:00 a.m. until...finished. Sign up deadline 20 June. Call Bill – others will.

July 1-8, 2011 THE ATC CONFERENCE**Ned Kuhns, 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 & 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.

July 13, 2011, Wednesday TATC GENERAL MEETING**Phyllis Neumann, 566-4584**

Business meeting & recognition of guests. **Silent Auction.** Bring donated items to meeting along with completed forms with info about minimum bid price. Check TATC website at www.tidewateratc.com for downloadable form(s).

July 24, 2011, Sunday VIRGINIA BEACH BIKE AND SWIM**Rosanne Scott, RSVP www.meetup.com/Tidewater-ATC-Meetup**

Get out for a perfect play day! We'll meet in First Landing State Park at the boat ramp at the 64th Street entrance, then bike through the park & go out & over to the Virginia Beach boardwalk and head down the beach, then stop & go for a swim & to play in the waves. Bring beach & water toys! After that it's over to the ice cream shop to re-energize before biking back to the park. We'll probably finish up between 2-3 pm. Bring swimwear, towel, sunscreen, water, \$ for ice cream. Toys optional, helmet required.

August 6, 2011, Saturday NEWPORT NEWS PARK TRAIL MAINTENANCE**Bill Buck, 846-1125 or BBuck_TATC@verizon.net**

Come join us for some light trail maintenance in Newport News Park, one of the largest city parks in the United States. We will meet at the Discovery Center Parking Lot at 9 a.m. Bring water, work gloves, bug spray, and a snack. We'll be cutting back any overgrowth, picking up some light trash, and clearing leaves from the trails. This is a great opportunity to get outside and do a little bit of work to help one of your local parks. Afterwards, if you've worked up an appetite, we can "do lunch" at Legends Grille located on the premises. Newport News Park is located at 13564 Jefferson Avenue in Newport News with easy access, just off Interstate 64 via Exit 250B. To sign-up or if you have questions, please contact Bill at 846-1125 or BBuck_TATC@verizon.net

August 10, 2011, Wednesday TATC GENERAL MEETING**Phyllis Neumann, 566-4584**

Business meeting & recognition of guests. Program: Christina Trapani presents information about the Virginia Beach Stranding Team. Visitors are welcome.

Sept 2-5, Fri-Mon BACKPACK TUSCARORA TRAIL, GORE, VA TO HANCOCK, MD**Mark Wenger (Animal) 757 253-0056 or markwenger@cox.net**

This is a very strenuous hike, involving 50 miles in three days from Gore, VA to Hancock, MD. Expect some rough trail conditions with major elevation gain & lost each day. We will leave from 427 Franklin St., Williamsburg at 5:00PM Friday & pick up anyone in Richmond at the WalMart parking lot off I'95 in Ashland exit 92 on the way. On Saturday we will shuttle the vehicles or arrange a shuttle and begin the hike at Gore trying to cover at least 20 mile that day Sunday and Monday will be 10 miles and 20 miles respectively. I am trying to section hike this trail and this is the next section for me. Camping spots and water is limited. If you are up for adventure, this hike is for you. We go rain or shine.

Activities Schedule

September 10, 2011, Saturday FIRST LANDING STATE PARK TRAIL MAINTENANCE**Diana Ramsey, 619-0540**

Located off Shore Drive in Virginia Beach, meet with some of your fellow trail club members for some trail work on the Live Oak Trail. Meet at on the Trails Side of the park at 9:00AM (note directional sign "Trails"). Proceed to the new Visitors Centers parking lot. Work will consist of removing small blow downs & bush trimming. Tools provided. Bring gloves, snack, & water. Lunch to be decided at end of task.

September 14, 2011, Wednesday TATC GENERAL MEETING**Phyllis Neumann, 566-4584**

Business meeting & recognition of guests. Program devoted to photo exhibition of judging.

September 23-25, 2011 Fri. evening—Sun. RAFTING THE GAULEY RIVER**Mark Wenger (Animal) 757 253-0056 or markwenger@cox.net**

We will leave from 427 Franklin St., Williamsburg at 5:00PM Friday & pick up anyone in Richmond at exit 173 commuter lot on I-64. We will take I-64 west to Beckley, then 19 north to Oak Hill. We will be camping Friday & Saturday night at ACE Adventures & will be booking our rafting trip through them. There are several trips available but most of us book the marathon which is 23 miles, 110 rapids, both the upper and lower Gauley all in one day. I will be making the reservation June 1 at which time you can make your payment. Go to the ACE website for details. The trip is not cheap, but this is one of the top whitewater rivers in the world, so you've got to be there! We go rain or shine.

October 14-16, 2011, Fri-Sun FALL MAINTENANCE WEEKEND**Mark Connolly 623-0764**

Our second maintenance weekend comes with a bonus: the spectacular beauty of autumn colors! There will be a club-sponsored meal Saturday evening, other meals will be on your own. Bring appropriate clothing, gloves, boots, tent & other necessities. Form-up at 7:45 Saturday morning at our free camping site (Williams Picnic area). If arriving Friday, be aware that the entrance gate to Sherando is locked at 10:00PM

November 12, 2011, Saturday FIRST LANDING STATE PARK TRAIL MAINTENANCE**Diana Ramsey, 619-0540**

Located off Shore Drive in Virginia Beach, meet with some of your fellow trail club members for some trail work on the Osmanthus Trail. Meet at on the Trails Side of the park at 9:00AM (note directional sign "Trails"). Proceed to the new Visitors Centers parking lot. Work will consist of removing small blow downs & bush trimming. Tools provided. Bring gloves, snack, & water. Lunch to be decided at end of task.

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 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 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.

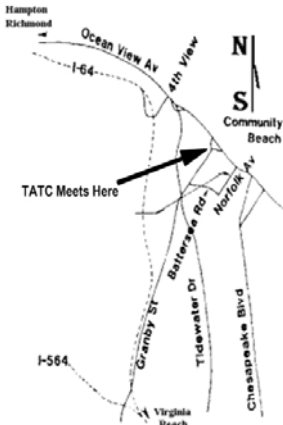
Planning a hike or activity. If you have hike or activities information for a trip you'd like to lead, please call Hikemaster Jim Newman at 867-6688 to leave a message or e-mail at Hikemaster@TidewaterATC.com with all information to be inserted or updated. **ALL ADDITIONS OR CHANGES TO THIS SCHEDULE 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**



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

