

Tidewater Appalachian Trail Club

Appalachian Hiker

www.tidewateratc.com



June 2013 - July 2013

Prez Sez

Three things come to mind as press time looms: the recent Damascus incident, a quote from my "wisdom" notebook, and a song from the musical *Chicago*. Here's an attempt to blend all this into a coherent message: On Damascus, the TATC Board of Directors is considering a donation to a fund established to help those injured during the annual Trail Days Parade, many of whom are AT thru hikers, who may or may not be insured. The board will decide this matter at its June 4 meeting. Club members are encouraged to contribute privately. When how-to-contribute information is available; then an email will be sent to members. There is mutual benefit here. We help those in need and in process gain the warm satisfaction of helping those who share our AT kinship.

The wisdom saying goes like this: "In order to get what **we** want, we have to help others get what **they** want." Some examples: The U.S. Forest Service wants us to maintain certain trails beyond the AT and we do (St Mary's Wilderness). We ask the USFS to survey our uncertain mutual boundary at the cabin property. This has been promised. Reciprocity! The forest service demands certified sawyers. We get Workman's Compensation coverage **and**, please take note; we have convinced Mark Wenger, Executive Director of ATC to press the FS to arrange more frequent, more convenient sawyer training. At present TATC'ers must travel 400 miles round-trip to Sherando, 800 miles to Sugar Grove, VA for training. Even then, classes are infrequent & often uncertain until the last moment. One member even acquired her training in New Hampshire! At our suggestion, ATC is pressing USFS to certify local trainers (C level sawyers qualified to instruct). We have effective people who could do this (Bill Rogers comes to mind). Presently, we have incomplete reciprocity on this but hope does springs eternal. Yet another example of relationship building and mutual assistance is this: While at Sherando, a growing number of TATC members are forsaking their mundane camp food and are becoming habituated to the delicious fare and craft brews at Devil's Backbone.

(Continued in next column...)

In return the savvy businessman at DB has reciprocated by providing, free of charge, BBQ & baked beans for our recent maintenance dinner sparing our budget a significant amount. DB is also a prime sponsor of Nelson County Trail Daze events being on June 1st offering their grounds as event center with free camping available.

And lastly, for those who enjoy good humor, check Queen Latifa's rendition of *When You're Good to Moma* from the movie *Chicago*. It's a hoot and exemplified another example of reciprocity. So there you have it ladies and gentlemen, boys and girls, your lesson on reciprocity is complete. Happy Trails and good will to all.

Jim Newman
President
president@tidewateratc.com

Table of Contents

Prez Sez	1
TATC Club Officers and Committees	2
Membership	3
Nelson County Trail Daze	3
Shutterbug Alert	3
BRMS Ad	4
Become a Certified Sawyer	5
Appalachian Trail Journal	6-7
Banding of the Osprey	8
A Minute for Maintenance	9
ATC Cullowhee 2013	9
Nelson County Trail Daze Poster	10
Back Bay National Wildlife Refuge - 75th Year	11
A Forest of Diamonds - A Halloween Weekend	12
A Touch of Class	12
Summit Day - Mount Whitney	13
Activities Schedule	14-15
Picture of TATC Cabin by Bob Giffin	16

(banner photo by Mark Ferguson)



Visit our website at
www.tidewateratc.com

TATC Club Officers

President	Jim Newman	president@tidewateratc.com	867-6688
Vice President	Christine Woods	vicepres@tidewateratc.com	850-7567
Treasurer	Joe Turlo	treasurer@tidewateratc.com	855-9650
Secretary	Diana Ramsey	secretary@tidewateratc.com	619-0540
Trail Supervisor	Mark Connolly	trailsupervisor@tidewateratc.com	623-0764
Assistant Trail Supervisor	Ken Lancaster	assistantts@tidewateratc.com	589-1402

TATC Counselors

Counselor	Carl Allen	counselor@tidewateratc.com	301-8856
Counselor	Chris Sexton	counselor@tidewateratc.com	484-2827
Counselor	Greg Seid	counselor@tidewateratc.com	636-3877

ATC RPC Representatives

ATC RPC Rep	Ned Kuhns	rprep@tidewateratc.com	552-0292
ATC RPC Rep	Phyllis Neumann	rprep@tidewateratc.com	566-4584

TATC Committee Chairs

Cabin	Bob Adkisson	cabin@tidewateratc.com	627-5514
Cabin	Greg Hodges	cabin@tidewateratc.com	439-1552
Calendar	Jane Martin	calendar@tidewateratc.com	363-8464
Education	Bill Rogers	education@tidewateratc.com	484-6001
Hikemaster	Christine Woods	hikemaster@tidewateratc.com	850-7567
Historical	Bob Adkisson	historical@tidewateratc.com	627-5514
Land Management	Bob Giffin	landmgt@tidewateratc.com	495-7002
Local Trails	Bill Buck	localtrails@tidewateratc.com	846-1125
Membership	Mary Hormell	membership@tidewateratc.com	627-2392
Merchandise	Margaret & Bruce Julian	merchandise@tidewateratc.com	484-0975
Newsletter	Jim Sexton	newsletter@tidewateratc.com	484-2827
Outreach	Nancy Rinkenberger	outreach@tidewateratc.com	623-0334
Past President	Phyllis Neumann	pastprez@tidewateratc.com	566-4584
Programs	Dottie Abbott	programs@tidewateratc.com	363-9562
Timekeeper	John and Jane Oakes	timekeeper@tidewateratc.com	467-9633
Tool Boss	Bruce Julian	toolboss@tidewateratc.com	484-0975
Webmaster	Jim Sexton	webmaster@tidewateratc.com	484-2827

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MEMBERSHIP

Our membership renewal period is over. If you did not renew, you will receive a reminder in the mail. If you have any questions regarding membership, please call me or e-mail me.

Welcome to the following new and returning members: Sandra Etheridge, Brad & Kat Rickerson, Agnes Evans, Lucy Thornburgh, Andy and Adam Reitelbach, Jackie Clapp & Gail Simos, David & Annette Dirlam, Zach & Christina Montello, Michael Kelley, Brett & Ashley Buehler, Jim Willis, Gail Riley, Matt Heyden, Taura Huxley, Charles Jenkins, Mike McCarthy, Frank & Christine Morgan, Chris Peterson, Bill & Joan Rapier, Mark & Debbie Ripka, Jim & Leslie Russell.

Mary Hormell
Membership Chair
membership@tidewateratc.com

Nelson County Trail Daze June 1st, 2013

Nelson County along with the Tidewater Appalachian Trail Club (TATC), the Old Dominion Appalachian Trail Club (ODATC), the Natural Bridge Appalachian Trail Club (NBATC) and Devils' Backbone Brewery will be hosting a National Trails Day event on Saturday, June 1st, 2013. This event will be held outside on the grounds of the Devils' Backbone Brewery.

This event will include:

- Hikes & exhibits and training booths from ODATC, TATC & NBATC
- 5K Runs
- Bike Races
- Shuttles from and to the Appalachian Trail for Thru and Section Hikers
- Camping on-site for Volunteers & Thru-Hikers
- Kids Table - coloring books, tattoos, etc.
- Music Entertainment
- And dozens of other exhibitors

Information on this event was advertised at Trail Days in Damascus, VA, and also by the Nelson County Department of Tourism and the AT Clubs. Various other outdoor organizations are also being asked to participate. Visit the website at: <http://nelsoncountytraildaze.com/> (check out the live music schedule and sample videos!)

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

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





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KEEN

Become a Certified Sawyer

As one of thirty-one volunteer clubs maintaining the Appalachian Trail, the Tidewater Appalachian Trail Club has a memorandum of understanding, a kind of contract with the U.S Forest Service. A big part of the contractual agreement between our Tidewater Appalachian Trail Club and the U.S. Forest Service is the focus on the expectation that the volunteers within the various clubs maintaining the A.T. do so with appropriate training and safety. There is particular concern that those using either crosscut saws or chainsaws in the maintenance effort do so as Certified Sawyers, with training conducted by the Forest Service to an established standard. Those who have undergone that training are granted a card recognizing that they have achieved a certain threshold of ability and safety training before they go out to use a saw on the trail. Additionally, the U.S.F.S. certification of sawyers requires, as a prerequisite, training in both First Aid and Cardio-Pulmonary Resuscitation (CPR).

If you consider that each end of a crosscut saw must have an individual who is a Certified Sawyer recognized by the U.S. Forest Service, you understand that having Certified Sawyers in our club is a critical asset. Just a couple years ago, before a Fall class that helped us out a lot, we had less than half a dozen individuals in our club certified as Crosscut Sawyers. Although our Tidewater ATC is responsible for a length of less than eleven miles of A.T. trail, the majority of the trail, from just south of the Maupin Field Shelter to the southern end of our section of trail at the bridge over the Tye River at State Route 56, is located in the Three Ridges Wilderness Area. One of the characteristics of a Wilderness Area is the assurance that those who enter those areas will not be subjected to the intrusion and sounds of powered equipment or vehicles on their wilderness experience. This is where the U.S.F.S. requirement for using crosscut saws in lieu of chainsaws comes in when there's a tree down across the trail.

The part of our section of the A.T. between the intersection of the Blue Ridge Parkway with Route 664----Reeds Gap----and Maupin Field is outside of the Three Ridges Wilderness Area, and is therefore eligible to be maintained with the use of a chainsaw for removal of any tree obstructing passage on the trail. You can see that it would be handy to have a Chainsaw Sawyer certification card from the U.S. Forest Service if you were on a Spring or Fall Maintenance team that was tasked with clearing away some trees that had been blown down by wind across the trail and the team had been given the club's chainsaw on that part of the trail that is in or north of Maupin Field. On the Walk-Thru in early May, we found two large trees, each almost a couple feet in diameter, blocking the trail at about 50 feet from the Maupin Field Privy. We don't need impediments like that. The chainsaw was able to get them out of the way on the Spring Maintenance Weekend in mid-May.

You've concluded that being certified as a Crosscut or Chainsaw Sawyer (or maybe both) by the U.S. Forest Service is an asset to the club. How do you go about it?

Our parent organization, the Appalachian Trail Conservancy (ATC), headquartered in Harpers Ferry, WV, and with a Virginia Regional Office in Blacksburg, VA, can help both with information and scheduling. Go to the ATC website <www.appalachiantrail.org/>. On the Home page, you can click on "Get Involved" and then "Volunteer" to get to a listing that includes "Training and Workshops." Look on the listing under "Training and Workshops." You'll see a listing of classes and workshops ranging from "New England" to "Mid-Atlantic" to "Central and Southwest Virginia" and "Georgia, North Carolina and Tennessee." Unless you're really eager to travel, you can review the classes and workshops offered in "Eastern, Central, and Southwest Virginia" to pick out one that matches your interest and time schedule. If you don't see any classes posted for sawyer certification, then call me or send me an e-mail to show your interest in getting on the waiting list for the Virginia Regional Office of ATC to schedule a class: trailsupervisor@tidewateratc.com or 757-623-0764 for Mark Connolly.

If you have achieved getting a valid First Aid/CPR card, you've taken one barrier out of the way for getting to be a Certified Sawyer. If you haven't yet had the training or if your First Aid card has expired, there is a local class that will assist in this qualification-----among many. Some of our members have gone to "The Beat Goes On," a First Aid and CPR training center that holds classes usually the second Saturday of the month, located in a Ruritan Club in Kempsville. Try going to the webpage <www.beatgoesoncpr.com/> for information on their class scheduling. Go for the First Aid and CPR---for both adults and children. If you take the class and pass, the charge for the class, up to \$65, can be reimbursed by ATC. And, when you later go to the sawyer class, you can show your valid First Aid/CPR card and get your sawyer certification on the spot, if you pass, rather than have to wait to send in a copy of your first aid card later to get them to mail you the Crosscut or Chainsaw Certification.

So-----make yourself more valuable to the TATC. Get certified as a Crosscut or Chainsaw Sawyer with the U.S. Forest Service so you can contribute more to helping TATC keep up its section of the A.T.

Mark Connolly
Trail Supervisor
trailsupervisor@tidewateratc.com

Appalachian Trail Journal

AT Hike #4: Miles 23.6 – 31.2

By Jim Russell

February 23, 2013: Smithsburg, Maryland to Pogo Memorial Campground

7.6 AT miles.

Hikers: Jim Russell & Greg Spencer.

Start time: 8:30 am

End time: 2:30 pm

Weather: High 44 / Low 30, Winds 2 mph, 4 mile visibility, fog, rain

Saturday morning we woke up at 6:30 am and decided that we should get up and get moving as early as possible since we were already behind schedule. It took almost 2 hours to get packed up and back on the trail. By 8:30 am we were again headed south up a gentle grade. The cold overnight temperatures kept the ice in place on the rocks so I decided to test my snow cleats. I was very impressed with their performance. My feet literally stuck to the ice covered rocks and allowed me to pick up my pace.

At MD-77 we finally arrived at the edge of the forest and crossed a field of tall tan grass. This was our first road crossing where we considered ending the hike. Greg was getting concerned that he may not be prepared to hike in these icy conditions and wanted to avoid getting injured. We stood at the road considering our options and quickly decided that we would at least continue hiking to the next crossing and then re-evaluate our situation later in the day.

Once across MD-77 and after only a few minutes more in the woods and over a small stream, we walked out into a beautiful rolling pasture with snow covered hills in the background. This was a wonderful break from the steep rock covered trails we had been hiking a day earlier. This was one of the most picturesque areas of this section hike. After about five minutes of pasture hiking on a narrow trodden path that required us to hike single file, we re-entered the woods and back onto more rock covered trail. Our gentle descent took us across a break in the woods to accommodate power lines and the trail then began following what appeared to be a small stream into the woods. As we entered the woods, we thought we could see the Ensign Cowall shelter, but it ended up being a private residence. At this point, the trail was no longer beside the stream, but in it. Luckily, the water level in the stream was non-existent, but the grade was steep, wet and treacherous. After a short steep descent, we finally arrived at the shelter just as it started to rain.

Ah, we removed our heavy packs and sat for a few minutes to evaluate our condition before setting out to search for the spring. This was our next potential ditch location since we were only about 3/10ths of a mile from a road. With the weather appearing to deteriorate, Greg was ready to end this section hike, but was willing to take some time to fill our hydration packs with spring water and reconsider, so we set out to search for the published spring. The unmarked trail passed the privy and turned to the left and about 100 feet later we ran into a quick running stream where we gathered our clear cold water.

Back at the shelter in a light rain, we mixed our Aqua Mira drops and purified about 5-1/2 liters of water. I think we were compensating for our lack of water the previous evening. While waiting for the drops to take effect, Greg sent some texts to Karen and I called home to let everyone know that we were ok, but off schedule and that we would need to modify our plans. At this point, Greg and I agreed to continue since there were still a couple of other places we could end the hike later that afternoon. In addition to the nice rest in the shelter, the rain had also stopped for the time being which lifted our spirits so we put on our gaiters, our full rain gear and pack covers and continued hiking south.

Once we crossed Wolfsville Road, the trail began an immediate ascent. The trail quickly became the same rocky trail we experienced yesterday. As the fog grew dense, we slowly climbed the 500 foot ascent to the ridge. There is always something nice about hiking in the fog, but it was quickly overcome by the steep incline of the trail and the heaviness of our packs which forced us to take breaks every few minutes. Now that our hydration systems were refilled with water, we were now carrying an additional 4-1/2 pounds on our backs.

(Continued from Page 6 ...)

Once we passed over the ridge, we were delighted to find a level trail of soft ground and leaves. This soft trail lasted a good mile or so. We still took the opportunity to stop every 15 minutes or so to catch our breath and adjust our packs, tie our shoes or just sit down. At one point in this section, we were passed by a group of young men that were familiar with the area. We mentioned that we were considering either camping at Pogo Campsite, Annapolis Rock or continuing to Pine Knob Shelter. They told us that Pogo Campsite was huge and that it would likely be empty. They also warned us that camping at Annapolis Rock could be very cold due to its exposure on the cliff. They were headed to Dahlgren.

We followed behind the group until the trail turned into rocks again. At this point, they pushed ahead quickly while we took our time walking the rocky ridgeline. This portion of the trail was very pretty, but was very hard on our feet. The rocks on the trail were jagged and pointy and required us to hop from point to point. I couldn't help to imagine what it must be like in the warm weather. It seemed a perfect place for rattlesnakes to warm up in the sun with all of its cracks and crevasses. Again, the rocks seemed almost non-existent off the trail. But the trail was like a boulder carpet draped over the mountain. This continued for two or three miles.

We then approached the end of the ridge and we began our slow 300-foot descent on a soft trail. We continued for about another mile down the trail through the forest which eventually began to show life again with the appearance of the Mountain Laurel and its green leaves.

We finally arrived at the Pogo Memorial Campsite around 2:30 and the group that had passed us earlier were gathered at the spring and getting ready to continue pushing forward. We considered our early arrival, but realized that our next potential shelter was still 3.2 miles south and we'd have to make it up another 300-foot ascent and we didn't know what kind of terrain we'd find. If it were more boulders, then we could find ourselves in the same situation as the night before making camp prior to reaching the shelter if there was even any tent worthy sites available off the trail. Considering our options, we decided to enjoy ourselves and make camp at Pogo and relax in front of a roaring fire.

So we removed our packs, went in search of wood and began a warm fire. One of the nice features of this campsite are the stone fire rings. Large stones were situated around the rings in such a way that they created a series of stone high back seats. Comfortable, but cold. In just a few minutes we had a fire started and we continued to gather enough wood to last us through the evening.

Once the fire was started and under control, we pitched our tent. The ground was all rock, so our tent stakes were useless. Instead, we improvised with large rocks. We tied our guy lines around rocks, or stuck rocks between the tent and poles. It worked like a charm.

Next, we went to the spring and gathered water for dinner. Tonight, dinner would be Chili Mac Mountain Man meals. They tasted great! We also lit up the BioLite again to charge my phone and iPod (camera). At this point, we looked at our data book information and learned that we were 3.8 miles north of Greenbrier State Park. We figured that this would be our exit point for this trip so we called Bill to see if he would be available to pick us up from Greenbrier State Park and drive us back to our car at Gathland State Park. Of course, he didn't answer his phone so I left a message.

Around 6:00 pm, we started hearing voices coming from the gap. People with daypacks... We originally thought we'd have company overnight, but we learned that a father and 5 kids (not all his) hiked up to the campsite to roast marshmallows, then head home. We didn't even know there was a way out of here without hiking about 4 miles to Greenbrier State Park. I went over to the group and introduced myself and asked how they got up here. They showed me the Thruston Griggs Trail which was a mile-long trail down to the trailhead at White Oak Road. This would be our way out. So we planned on asking Bill to pick us up there.

After a short time, Greg decided to go back to the group and ask if they'd be willing to drive us back to our car for a fee. Andrew, the only adult in the group, agreed to return at 10 the next morning to take us out. We were pretty excited about that! An hour or so later, Andrew and the kids started down the Thruston Griggs Trail in the pitch black. Sure, they had flashlights, but it was very rocky and Greg and I would have surely landed on our faces had we tried that stunt. We eventually retired to the warmth of our sleeping bags. Our heater will run for about 7 hours on a one-pound tank of propane. We had about 1-1/3 tanks left so we decided to not light it until about midnight. Even though it was in the high 20's, we were comfortable having just filled up with a warm calorie rich meal. But once midnight came around, we lit that heater up.

Banding of the Osprey

By Bruce Julian

In the 80's and 90's the Osprey were on the in danger specie list. As I began to volunteer at False Cape State Park in the early 90's Reese Lukei had already started trying to help bring the bird population back. He had helped by having volunteers build platform and place in and around Back Bay. Another way was to go out to nest after the birds had gone back south for the winter and check to see how many eggs were lay and how many hatched. He had found out that more had not hatch than did, and these most of the time were thin shell and had cracks in them, so he started checking into this to try and found out Why!

Another thing he did was to band the young birds each year before they were old enough to fly away from the nest. By doing this he could keep track of them and see how far they flew each year and where they travel too. This is where my story begin, it was on a day in 1997 that he asked me if I wanted to go out with him and Chuck Butler and band some of the birds. I jumped at the chance to work with Reese, because he is so knowledgeable about all birds. We met at the shop area around 8:00 A.M. where we ready the boat for are trip that would take about 6 hours. Along with the bands, pliers, and a step ladder, we took water and food for our lunch. This year he was running a little late on banding and was afraid some of the birds may have left the nest.

We started north from Wash Woods and we had only gone about one mile when we stopped at the first platform. As Chuck maneuvered the boat up under the platform I would wrap the bow line around the pole, then Chuck and I would steady the boat while Reese would place the ladder in the front of the boat up to the nest. I had never been this close to a nest which had birds in it, and was not sure what the parents would do when Reese looked into their home and took one of their young. Reese had done this for years and he did not hesitate to climb the ladder and with the birds flying over head and diving down at him, took one of the young out and brought it into the boat. Now it was time to band the bird as fast as we could in order to not upset the bird anymore than we had too. This being my first time doing this I watched and tried to learn how to do it the right way, but Reese had done of that, telling me to put the band around the talon and while he held the bird to clamp it with the pliers, which I did. This was on the job training !



Moving on to the next platform which was about two miles across the bay to the west we came up to a duck bind with a platform which was about 30 feet from it. Once again we tide up to the pole and Reese place the ladder and climbed up. This time there were two young birds in the nest with the parents flying over head and as Reese reached the top of the nest the young birds open their wings out trying to fly away. Well, the wind was blowing enough to pick up one of the birds with the out streaked wings and blow it off the nest. As we watch this young bird, not knowing how to fly, being blown backwards for about 300 feet just above the water line there was not much we could do. I saw where he went down in the Black Needle Grass and tried to remember that spot while we hurdled to band the other bird. This only took about 15 minutes and we untied the rope and headed for the other young bird. When we reached the spot where the bird had gone out of sight, there in the grass he was tangle up in the grasses so bad he could not get loose. I thought Reese would get out and retrieve the bird but as I tide the boat to a small bush he motion for me to go get the bird. As I tried to walk through the tall, wet, Needle Grass, I was not sure what to expect when I reached for him. Not sure which one of us was the most frighten, me or the bird, but as I reach for him he quitted down and looked glad that I was untangling him from the grass. We put a band on his leg and carry him back to his nest, where his family was glad to see him. We continue on and on this day we coved about 10 miles of the bay and checked on 12 or 13 nest. The sad part was we only found five young birds out of about 25 eggs.

Over the years people like Reese has learn how to help the birds and today they are no longer on the in danger list. I am not sure how long this will last because I have seen less and less birds in the past 3 years. In 2005 we stopped building the platforms and the winds and ice have taken a toll on the ones that we had up before then. I hope the day never comes that we no longer have an Osprey flying over head, here in the park.

(Photo by Greg Hodges)

A Minute for Maintenance

Our TATC Spring Maintenance Weekend, May 17-19th, was slightly less well attended this year, because of the inclement weather forecast: 70% chance of showers and a chance of thunderstorms for Saturday, May 18th. We may have had 15-20 fewer attendees, but we got the job done on our sections of trail between Reid's Gap (new/old spelling) and the Tye River bridge at Route 56 in Tyro, VA. We did have to reduce the number of teams sent out, but only one team reported getting rained on. We worked most of the day in a kind of foggy humidity that was relatively cool. The rains came at night: both Friday and Saturday nights we had the white noise of the sound of rain on our tents and vehicles, as well as the water gurgling in the creek on the west side of the Williams Branch Picnic Area at Sherando Recreation Area.

Our usual Club-sponsored Saturday night dinner was provided this year in part by Devils Backbone, the brewpub near the intersection of Route 664 with Route 151 in Roseland, VA, just downhill from Wintergreen in Nelson County, VA. The Sextons, local residents, arranged the deal with Devils Backbone, picking up the food from there, and used their nearby estate for getting the meal ready for serving. As usual, our dinner was served in a buffet style at the dining shelter at the Williams Branch Picnic Area. We had more BBQ----both pork and vegetarian-----and beans, supplemented by slaw, buns, etc., more than we could reasonably consume. The multitude of homemade desserts was a challenge, after trying to get in seconds on the BBQ. Assorted pies, cakes, and layered fruit-and-cream-cheese concoctions were all delicious.

As additional guests, we had Regina Reiter, the Ridgerunner for ATC, serving her third year, and we had the benefit of sharing the meal with, and hearing also from a Thru-Hiker that we shuttled from Reid's Gap to Sherando, and who had helpfully returned a fire rake that had been left behind by a careless maintenance team member at Gidd's Spring on Saturday afternoon. Our deal was that we'd return the Thru-Hiker to the A.T. on Sunday morning to resume his hike northbound from Reid's Gap, with the goal of picking up his new boots in Waynesboro.

Next up is our "Swingblade & Lopper Festival," scheduled for July 20-21. We've done this the last couple years in the middle of the summer to cut back some of the vegetation intruding on our 4' x 8' trail profile opening. We also use hedge shears to cut back. This year, we have an overlap with the Appalachian Trail Conservancy's 39th Biennial Conference, July 19-26, in Cullowhee, 'way down at Western Carolina University, but there are always folks who'll forego the conference so that they can do something to help out on our own Tidewater Appalachian Trail Club sections of trail. We'll have a sign-up roster out at our next two TATC General Meetings to get volunteers for our own "Swingblade & Lopper Festival." Check it out!

Mark Connolly
Trail Supervisor
trailsupervisor@tidewateratc.com

ATC Cullowhee 2013

The ATC Biennial Conference; Cullowhee 2013, is on is only a few short months away. Registration begin on April 15th, 2013. You can register to attend at the Cullowhee 2013 webpage:

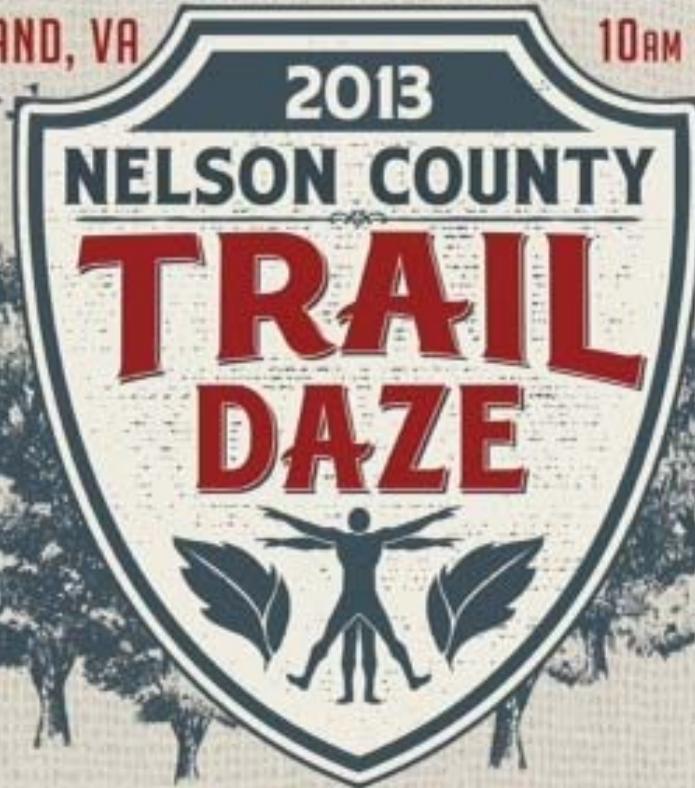
<http://www.appalachiantrail.org/who-we-are/events/2011/07/26/atc-cullowhee-2013>

Plan to attend at least a portion of this week-long event to be held July 19 - 26, 2013 at Western Carolina University in beautiful Cullowhee, North Carolina. This Biennial Conference 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. 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 a an ATC member or even a TATC member to attend this event. Volunteers are needed to lead hikes and excursions, and to staff information desks and perform other functions. Visit the Cullowhee webpage for additional information about volunteering. Don't miss this great event. It is only held once every two years.

Enter or click on the link to the video to watch a preview of ATC Cullowhee 2013:

<http://www.youtube.com/embed/37yFK3SFB0M?hl=en&fs=1>

SATURDAY, JUNE 1ST, 2013
DEVILS BACKBONE BREWING COMPANY BASECAMP
ROSELAND, VA **10AM TO 7PM**



PRESENTED BY BLUE RIDGE MEDICAL CENTER AND NELSON COUNTY
PROCEEDS TO BENEFIT
BLUE RIDGE MEDICAL CENTER

**GUIDED HIKES, 5K RUNS, BIKE RACES,
LIVE MUSIC, LOCAL BEER AND FOOD**

**FEATURING DOZENS OF
OUTDOOR AND WELLNESS EXHIBITORS**

\$10 IN ADVANCE/\$15 AT THE GATE - CHILDREN 12 & UNDER ARE FREE
NELSON COUNTY RESIDENTS: \$5 IN ADVANCE/\$10 AT THE GATE

Follow updates on exhibitors and bands at
www.NelsonCountyTrailDaze.com



**UNIVERSITY
OF VIRGINIA
HEALTH SYSTEM**



**Blue Ridge
MEDICAL CENTER**



**THE
FESTY
EXPERIENCE**



BACK BAY NATIONAL WILDLIFE REFUGE

Celebrating 75 years of Wildlife Conservation!

June 8, 2013 • 9 am—Noon



Free Fun Events!

Guided Bird Walk 7:30 am

Opening Ceremony 9 am

Walk for Wildlife 9:30 am—Noon

Sea Turtle Release 11 am

Blue Goose Tram Trip 1:30 pm *(return @ 4:30pm)*

Ongoing FREE events include: Educational Displays (with live critters!) • Kayak Demo Trips • Surf Casting Clinic • 2013 Federal Duck Stamp Artwork Display • Kayak Fishing Demonstration • Visit from the Blue Goose!

Free admission to the Refuge—open to all!

**www.fws.gov/backbay • (757)301-7329
4005 Sandpiper Rd., Virginia Beach, VA 23456**

A Forest of Diamonds - A Halloween Weekend

By Bill Rogers

As is my wont, I went up to Maupin Field on a Thursday night on my trail maintenance weekend. This gave me most of the day Friday to work with myself and the Man upstairs, and to enjoy solitude as I worked. At mid-day a quick rain shower passed by, causing me to stop work for just a few minutes.

Later in the afternoon Tom, a work partner, joined me. I stashed the tools I did not need further up the mountain, and we two hiked to the upper reaches of Three Ridges where we have a secluded camping spot. The forest floor was covered with autumn's leaves, mostly curled oak leaves, wet from the afternoon's shower. After establishing camp, we strolled back to Hanging Rock, with supper and kitchen gear, to have dinner looking out over the Tye River Valley at the Priest.

The view was superb, our suppers tasty, the company pleasant. There were but a few clouds to catch the sun's orange and red hues as that orb sank behind the massive Priest. But the evening show was not yet over. To our left, the full moon rose over the higher hump of Three Ridges, lighting the scene. We lingered long, as twilight deepened and lights appeared down in the valley.

Later, our walk back to camp was silent, there was no need for words in this peaceful forest. The woods were quiet, the wet leaves underfoot did not rustle. Each upturned leaf held a tiny puddle from the afternoon shower. Off to our right the moon hung low over the leafless trees lighting our way and was reflected in each upturned oak leaf puddle. Indeed, our evening stroll was through a forest of diamonds.

A Touch of Class

By Bill Rogers

On a spring trail maintenance trip I had planned a special breakfast for a friend who did not show. That Saturday I made the breakfast anyway. Down the hill a bit a young lady was camped. I hailed her and invited her to breakfast. She later became my hiking / trail work partner for a number of years. And yes, this is the breakfast we had there at Maupin Field on a full moon trail maintenance weekend. If read aloud, this is read with almost complete disregard to punctuation, but with quite a bit of emphasis / inflection.

When camping at Maupin under the moon,
Breakfast never comes to soon.

You scramble your eggs with crabmeat so fine -
Cook them gently; there's plenty of time.

O'er the top, very freely,
Crushed nuts sprinkled genteelly.

Macadamia, of course, the only nuts,
Far superior, perforce, to lowly peanuts.

To this you add a fresh drop biscuit,
Baked brown and flaky on your trusty mes'kit.

A biscuit delectable, with jam on top,
Home made, wild grape - a terrific crop.

Oh yes dear Hiker, this came to pass -
Breakfast was had with a touch of class.

Summit Day - Mount Whitney - 19 August

By Bill Rogers

We found spots near a small cliff on the left for our tents. Here we were a bit protected from the wind, had good sand and gravel for tent stakes, and good drainage. We faced downhill with the beautiful view down into Owens Valley and the town of Lone Pine. In the other direction, with spots of snow, rose the massive mountain range leading toward our goal.

Folks we could see on the switchbacks above our campsite were mere ants. The small mountain lake across the way held nice rocks from which to filter our water, and great mountain reflections. From our campsite Mt. Whitney looked smaller than the other peaks, but it was farther away and perspective had its say. We saw a mother marmot and her cub across the way. Chipmunks scurried here and there. Just before supper, in the brilliant sun, ice pellets pinged on our pots. James spotted two ravens silhouetted against the mountain wall as they flew and swooped down toward the lake. After dishes, a wee little mouse peeked out from between the rocks in the wall surrounding my tent.

One of our neighbors was a very pleasant young fellow who was doing Whitney for the first time. We had several conversations with him, talking about equipment, web sites, tents, and the like. He was to climb to Trail Crest as we headed for the summit. He planned to stay there a night before summiting. He had a history of altitude sickness and was being careful. We wished him well. His diet for the entire trip was a complex carbohydrate powder favored by weight lifters. It contained 600-calories per serving. In our minds we nicknamed him "Powder Man."

Thursday was THE day. I was up a bit early, before the sun shone into our valley. Before breakfast we had frost on our packs; a neighbor had a bit of ice in his mess kit. We packed our day packs with lunch, water, film, cameras, and warm, warm clothes. Soon we were the ants we had seen the afternoon before, toiling our way up the 97 switchbacks past the Chains to Trail Crest as our tents shrank to invisibility below us. My floppy hat was switched from low on the left to low on the right, and back and forth, as we ascended the switchbacks. At Trail Crest we had a surprise. The trail went around to the back side of the mountain range. For a bit we were hiking up the mountain down as we lost a few hundred feet. But, not to worry, we gained them back.

Flowers, we still saw flowers. Yellow flowers, purple flowers, and tiny little purple asters. And rocks, lots of rocks, big, small, huge, nothing but rocks, and sand and gravel. Neighbor mountains showed patches of snow. Lakes down below were sapphire blue and emerald green. Hikers passed us in both directions as we wended our way toward the sky; a sky with increasing clouds and decreasing blue.

And then we saw it - the peak ahead. Not far, just over yonder. But distances in the West are deceiving - the air is so clear, the humidity so low. And the trail maker also did his part. Did we go directly toward the summit? Heck no, the trail went all the way around the shoulder of the peak and summited from the other side, like a backwards question mark. Our "almost there" wasn't.

But make it we did, at last. Wow! Oh Wow!! Such a panoramic view. Mountains and snow patches, and lakes and valleys, and cliffs in all directions. From our 14,497-ft everything was downhill. We made it!! We had climbed Mount Whitney!!!

Our stay was great, but short. Darkening clouds bade us be on our way, and soon we were. Our Leks were as much help going down as they had been ascending. And we were in a hurry. Then the clouds dropped snow showers, snow, more snow showers, and sleet upon our hurrying selves. Soon there was enough to whiten the ground. James stood for a photo in a snow field next to and partially covering the trail we had passed on the way up. The white stuff came up to his waist. Thunder and lightning to the west provided an energy boost as we went down the mountain up, then continued down the mountain down. With a touch of fresh snow were even prettier on the way down.

Just before reaching Trail Crest we spied a tent down below us. It looked familiar, and was. It was "Powder Man." We shouted down hello and how are you. He replied in kind. Then we shouted down "Powder Man," and he instantly knew who we were. We called back and forth for several minutes. He wanted to know about the trail difficulty and distance, our hiking time, the weather, and etc. We told him all we could before continuing our downhill journey.

The snow turned to a light rain; the flashbulbs and noisemakers disappeared. We could see the camping area and our tents far below as we zigzagged down those 97 switchbacks toward our cozy homes. Would these switchbacks never end? Back at camp, with it still raining lightly, we dove in to hibernate for a while and, myself, to nap. By supertime the sky was once more clear. The stove was fired up - food quickly and eagerly dispatched.



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.

Cabin Maintenance Trip

May 31 – June 2, 2013, Friday - Sunday

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 for hard bunk plus tent if you prefer to sleep outside. Cabin sleeps 12. Community dinner Saturday. Bring food to share plus personal food for other meals. Rent-free cabin stay in exchange for performing light maintenance. Attendance for orientation qualifies new members for cabin rental. Opportunity for hikes, exploration & fun.

Nelson County "Trail Daze"

June 1, 2013, Saturday

Chris or Jim Sexton - 757 484-2827

Being held at Devil's Backbone Base Camp, 200 Mosbys Run, Roseland, VA (Nelson County) Celebrate National Trails Day in Nelson County, a designated AT Community. TATC, ODATC, and NBATC will lead some free hikes in the morning. Hike signups are online or that morning at 8:00 AM at the nearby Glen Mary neighborhood. Outdoor exhibits begin at 10:00 AM. Registration info is posted at <http://nelsoncountytraildaze.com/>

Back Bay National Wildlife Refuge – 75th Year Celebration

June 8, 2013, Saturday, 9 AM – Noon

www.fws.gov/backbay or (757) 301-7329

Celebrating 75 years of Wildlife Conservation! Free admission and fun events; guided bird walks, opening ceremony, walk for wildlife, sea turtle release, tram rides, educational displays, free kayak demo trips, surf casting clinic, 2013 federal duck stamp artwork display, kayak fishing demonstration, etc..

First Landing State Park Maintenance

June 8, 2013, Saturday

Diana Ramsey - 619-0540 - magnoliafarms@cox.net

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

TATC General Meeting

June 12, 2013, Wednesday, 7:00 - 8:30 PM

Jim Newman, 687-6688 jimnewman55@cox.net

Tidewater Appalachian Trail Club (TATC) General Membership Meeting
Held at the Pretlow Library, 111 West Ocean View Ave., Norfolk, VA 23503

Kid-Friendly Camping & Tubing on Shenandoah River

June 21-23, 2013, Friday - Sunday

Rosanne Cary - 757 773-0859

Third annual river tubing campout! Bring the kids (or the kid in you). Camping at Low Water Bridge Family Campground in scenic Shenandoah Valley. River floating tubes available to rent at campground, or bring your own. Shuttle ride (for fee) to put-in site. We'll put in on Saturday morning and float back down to the campsite. Car camping on Friday and Saturday. Check for further details at <http://www.lowwaterbridgecampground.com/>

Hiking - Backpacking Seminar

June 22, 2013, Saturday

Bill Rogers 484-6001

Get prepared for hiking and backpacking. Learn some of the fascinating ins and outs, do's and don'ts, of these marvelous outdoor activities. Plan all day from 9:55 to 4:30ish. Bring lunch and a beverage. We'll be indoors and comfortable. Course limited. Call Bill for details, directions, and to sign up.

TATC Board Meeting

July 2, 2013, Tuesday, 7:00 - 8:30 PM

Jim Newman, 687-6688 jimnewman55@cox.net

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

Activities Schedule

TATC General Meeting

July 10, 2013, Wednesday, 7:00 - 8:30 PM

Jim Newman, 687-6688 jimnewman55@cox.net

Tidewater Appalachian Trail Club (TATC) General Membership Meeting

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

False Cape State Park Beach Clean Up

July 13, 2013, Saturday

Diana Ramsey - 619-0540 - magnoliafarms@cox.net

Beach Clean Up at False Cape State Park, Virginia Beach, VA

ATC Cullowhee 2013 - 39th Biennial ATC Conference

July 19-26, 2013, Friday - Friday

Come join us for the Appalachian Trail Conservancy's 2013 Biennial Meeting. Go to the ATC Events page for more information; <http://www.appalachiantrail.org/who-we-are/events/2011/07/26/atc-cullowhee-2013> to register.

3rd Annual Summer Swingblade & Lopper Festival

July 20, 2013, Saturday

Mark Connolly - 623-0764 - trailsupervisor@tidewateratc.com

Come out for the third annual festival that pits our members and our tools against the outrageous plant growth that hinders the passage of hikers on our section of the A.T. and Mau-Har Trails. Get a tool and get swinging or clipping or lopping. Tools to be provided. We'll negotiate for an appropriate base for our recovery on Saturday night, either the TATC Cabin or the Sherando Lake campsite.

Bike and Swim -Virginia Beach

July 21, 2013, Sunday

Rosanne Cary 757-773-0859

Meet at 10am - Get out for a perfect play day! Break out the cruiser, the hybrid, the old one with a basket on the front or that shiny titanium speeder - it doesn't matter! We'll meet at FLSP boat ramp and bike through the park, over to Virginia Beach Boardwalk - head down the beach then stop to swim and play in the waves. Then we'll head to ice cream shop before biking back to the park. We'll probably finish up between 2-3 pm. Bring swimwear, towel, sunscreen, water, lunch (or buy at beach) and \$ for ice cream. Water toys/floats optional, helmet required.

Kayak Paddle – False Cape State Park

July 27-28, 2013

Bruce Julian, 604-3099 or julianbm@verizon.net

Come join us for a two day kayak trip and spend the night in the Environmental Education Center (EEC) at Wash Woods. This will be an 11 mile paddle starting at Little Island City Park at 8:00 A.M. We will meet at 7:45 AM for a starting time of 8:00 o'clock. You will need YOUR kayak or canoe, a dry bag for your gear (in case of rain) at least one changes of clothes, money for the rent of the EEC.

Old Dominion Appalachian Trail Club. We work closely with our neighbor club in Richmond. Please go to the following website for some of their offerings: www.odatc.net

Weekday Activity Group: If you would like to receive e-mail notifications of local hikes, bicycle rides, and paddles taking place during the week (usually on **Tuesdays**) please send e-mail to Ellis Malabad malabad2@gmail.com requesting to be added to the "Tuesday Group" e-mail distribution list.

The TATC/Douglas Lee Putman Memorial Cabin is available for rent. You must be a member and first attend an orientation / work weekend in order to rent. The cabin can be reserved 8 weeks (56 days) in advance. Please call Bob Adkisson at 627-5514 if you have any questions, or want to check on availability, or to make reservations.

Local Trails Maintenance Opportunities: If you would like to receive E-mail notification about TATC Local Trails Maintenance activities, please send an E-mail to Bill Buck at LocalTrails@tidewateratc.com requesting to be added to the Local Trails E-mail distribution list. Trail maintenance may include weed cutting, brush and tree trimming, removal of small blown down trees, painting of trail blazes, repairing walkways and creating trails. Other special projects may be performed, such as building water bars to prevent erosion, building and repairing foot bridges, as well as building benches and other structures. Skills used in these efforts are also useful for AT maintenance.

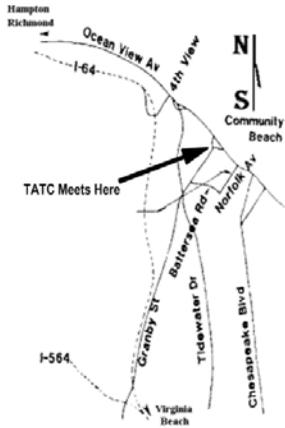
Information for Hike & Activities Schedule, TATC website listings and Meetup postings are collected & edited by the Hikemaster. Contact Christine Woods at 757 850-7567 or hikemaster@tidewateratc.com w/info for publication.



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



TATC Cabin