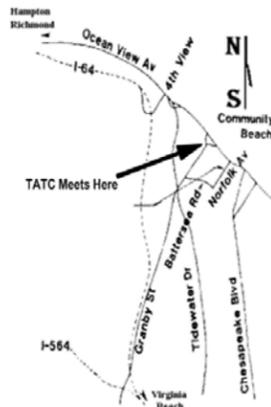




Tidewater Appalachian
Trail Club
P. O. Box 8246
Norfolk, VA 23503-0246

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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



Cullowhee 2013



www.tidewateratc.com



October 2013 - November 2013

Prez Sez

At the recent Blue Ridge Parkway Partnership meeting, the secretary, Trudy Phillips of the Natural Bridge AT club posed a question: "Can we settle the long-running conflict over the spelling of Reeds/Reids Gap?" We were informed that indeed the matter was resolved a few years ago through restoration of correct name spelling of early settlers in the area—John and Alexander Reid. Being a history major plus the fact that Reids Gap is the northern terminus of our AT section, I was motivated to re-search the historical record and am happy to share my findings found elsewhere in this newsletter. It's an interesting read!

Planning is underway for our fall trail maintenance (October 18-20) thanks to dedication and hard work of key people. Mark Connolly and Ken Lancaster are organizing work needs and preparing sign-up lists & tailgate safety information. Bruce Julian stands ready to load and transport tools. Stephanie Stringer, a superb planner, is overseeing the Saturday dinner and has engaged necessary help to cover every detail. Chris and Jim Sexton, vacation residents of Nelson County and patrons of Devils Backbone, arranged the first donation of BBQ & sides for our spring maintenance from DB. I, your humble president followed up on this inroad by recently meeting Chris Trotter, General Manager of our favorite away-from-home-off-duty meeting place, and securing his willingness to support our future maintenance dinners, both May & October! So, in the spirit of Hank Williams Jr. on Monday Night Football: ARE YOU READY FOR SOME FREE BAR-B-QUE? If so, let's remember our sponsor when we tire of camp food by enjoying a good meal and great microbrew at Devils Backbone. Also, know that DB products are distributed in Tidewater (Trader Joes, some Seven-11s and a few other places).

Yesterday I received a personal letter from Ron Tipton, ATC Executive Director, in which he introduced himself, expressed a desire to have and maintain a regular and open dialogue with TATC, and thanked us for all we do despite being so far away from the trail. He offered his phone number and email address to promote communications.

Remember the Mel Brooks movie, *History of the World, Part II*, in which Harvey Korman's character said, "It's good to be the king? Well, all the positives mentioned above in addition to the determined work of Phyllis Neumann's arrangement of the exclusive TATC Sawyer Class give me a cheery feeling. It's good to be the Prez! We're getting some respect now-a-days and can put to rest that famous Rodney Dangerfield quote.

Lastly, TATC will have a significant presence at the Newport News Park Fall Festival, October 5 & 6.

(Continued in next column...)

We will provide activities for children and have demonstrations of trail maintenance tools to include cross-cut sawing. Jim Sexton has organized this effort and needs enough volunteers to cover both days. Please check your calendar and Jim's sign-up list. Looking forward to seeing you at NN Park & Sherando,

Until next time,

Jim Newman

TATC President

president@tidewateratc.com

Table of Contents

Prez Sez	1
TATC Club Officers and Committees	2
Membership	3
Calling All Photographers	3
Attention Hike and Trip Leaders	3
Historical TATC Cabin Articles and Photos	3
BRMS Ad	4
Pennies From Heaven	5
TATC Cabin News	6-7
ALDHA - The Gathering	7
A Sturgeon Breaches	7
Paddle to False Cape	8-9
Nature Book of the Year	10
Trail Magic	11
A. T. Trail Maintenance	12-13
More Opportunities	13
Cullowhee 2013 -A Report by a New Member	14-15
Cullowhee - 39th Biennial Conference	16
Reeds Gap or Reids Gap?	17
Virginia State Parks Volunteer Opportunities	17
Activities Schedule	18-19
Cullowhee 2013 - Photo by Mal Higgins	20

(banner photo by Mark Ferguson)



Visit our website at
www.tidewateratc.com

Activities Schedule

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	Kevin DuBois	calendar@tidewateratc.com	621-2564
Calendar	Tony Phelps	calendar@tidewateratc.com	703-297-1594
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
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Newsletter	Jim Sexton	newsletter@tidewateratc.com	484-2827
Outreach	Rosanne Cary	outreach@tidewateratc.com	773-0859
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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<p>Elmwoods Cemetery Maintenance October 26, 2013, Monday, 9:00am-3:00pm Diana Ramsey 619-0540 Meet at 9am at Elmwood Cemetery on Princess Anne Rd, Norfolk, for tree trimming. Look for the TATC sign in yellow. Please bring a cold dish to share for a luncheon, serving fried chicken. Let's try to get a large group together and finish the job so we can go back and start the tablet restoration again in Cedar Grove. Contact Diana at 619-0540 or magnoliafarms@cox.net.</p>
<p>False Cape State Park, Virginia November 3-7, 2013, Sunday - Thursday - Meet at 3pm at Little Island City Park Bruce Julian, 604-3099 or julianbm@verizon.net It's that time again for a Fall Trip to False Cape State Park. We will be doing maintenance on the roads and trails, cutting back limbs. As always we will stay at the Environment Education Center (EEC) and bring our sleeping bags to put on their bunks. We will have 15 people for this trip and each will need clothes for the weather (what ever it maybe), towel & wash cloth, coat (for riding in back of truck), work boots, your own lunch (that you can eat at the work place) and work gloves. We will meet at Little Island City Park at 3:00 P.M. on Sunday November 3, 2013. We will divide into 3 groups and each group will prepare an evening meal, starting with Sunday night and one for Monday night and one for Tuesday night. Wednesday night we will eat left over's, which we always have. I will bring breakfast for all and prepare it each morning. If you want to go on this trip call Bruce at 604-3099 or email him julianbm@verizon.net</p>
<p>TATC Board Meeting November 5, 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 Pretlow Library, 111 West Ocean View Ave., Norfolk VA 23503</p>
<p>TATC General Meeting November 13, 2013, Wednesday, 7:00 - 8:30 PM Jim Newman, 687-6688 jimnewman55@cox.net Pretlow Library, 111 West Ocean View Ave., Norfolk VA 23503 Tidewater Appalachian Trail Club (TATC) - General Meeting - All Welcome Held at Pretlow Library, 111 West Ocean View Ave., Norfolk VA 23503</p>
<p>Cabin Maintenance Trip November 15-17, 2013, Friday - Sunday Greg Hodges - 757 439-1552 or greg@gregoryhodges.com TATC Cabin off of the Blue Ridge Parkway near White Rock Falls Gap, Nelson, VA Cabin Maintenance Trip - 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. For more information and directions contact Greg.</p>
<p>Trail Maintenance Seminar November 16, 2013, Saturday, 9:55am-3:00pm Bill Rogers 484-6001 Bring lunch and beverage. We'll cover tools, tool care, waterbar installation and maintenance, rock unearthing and moving, trail trimming and much, much more. Call Bill at 484-6001 for details and directions, and to sign up. Sign up deadline is Saturday, Nov. 9th.</p>
<p>TATC Holiday Party December 07, 2013, Saturday Jim Newman 867-6688 Plan to attend our annual seasonal celebration. This will be a potluck affair so bring a covered dish: entree, appetizer, salad, side dish or dessert. Drinks and paper products will be supplied by the club. \$5/person at the door.</p>

Activities Schedule

PLEASE NOTE: Most hikes are limited in the number of participants. The hike leader will take reservations on a first-come, first-served basis. You can include your name on the sign up sheets available at each meeting or call the hike leader. If you sign up for an activity and then decide not to participate, please contact the leader in advance.

TATC Board Meeting

October 1, 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 Pretlow Library, 111 West Ocean View Ave., Norfolk VA 23503

Backpacking Dolly Sods Wilderness, WV

October 3-6, 2013, Thursday - Sunday

Rosanne Cary 757-773-0859

Backpack the beautiful Dolly Sods Wilderness in West Virginia. We will meet at a central campsite Thursday night, then, spend two nights in the wilderness before returning home on Sunday. This will not be a high-mileage trip (av. 4 miles/day) but will be through some possibly challenging terrain. Participants should be experienced backpackers. *This is also an Adopt-A-Hike Leadership Opportunity* Rosanne is looking for a "trainee" to work with to introduce to both hike leadership and to the Dolly Sods area. She began leading trips to Dolly Sods after years of tagging along with a group and has enjoyed sharing this beautiful place with others; she's eager to pass on the experience. Give it a try and give Rosanne a call at 757-773-0859.

TATC Exhibit at Newport News Fall Festival

October 5-6, 2013, Saturday and Sunday, 8:00am - 5:00pm

Chris or Jim Sexton 484-2827

Visit TATC's exhibits in the Heritage Area at the Newport News Fall Festival of Folklife. TATC's exhibit tents will include club and membership information, an area for children's craft activities, and a demonstration area for trail maintenance tools. Cross-cut saw Sawyers will provide cross-cut saw demonstrations. This festival is Southeast Virginia's biggest traditional craft show features over 200 vendors, traditional crafts and trades, folk entertainment, food vendors (\$), and children's activities.

TATC General Meeting

October 9, 2013, Wednesday, 7:00 - 8:30 PM

Jim Newman, 687-6688 jimnewman55@cox.net

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

Tidewater Appalachian Trail Club (TATC) - General Meeting - All Are Welcome!
Come a little early to socialize, purchase new TATC merchandise, and buy your 50/50 raffle tickets! In addition to General Business and information on upcoming TATC activities, this meeting will include a program presentation by Angela Herring on the Black Swallowtail Butterfly.

New Quarter Park Maintenance

October 13, 2013, Sunday, 9:30am - 12:30pm

Phyllis Neumann 757-566-4584

New Quarter Park, Lakeshead Drive, Williamsburg, VA

Meet at the inner parking lot of New Quarter Park at 9:30am for some light maintenance on trails built by TATC. Bring water, gloves and snacks. Tools will be provided. Plan to eat lunch afterwards at a local restaurant. No experience necessary! Contact Phyllis to sign up: phyllisneumann@hughes.net or 757-566-4584.

Fall AT Maintenance & Family Camp-Out

October 18-20, 2013, Friday-Sunday

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

Sherando Lake, VA

This is a weekend for us to do what the club was set up to do: Maintain our assigned section of the Appalachian Trail, the Mau-Har Trail, and possibly some trail in St. Mary's Wilderness Area. Come on out to our base camp at Sherando US Forest Service Campground on Friday, if possible, to set up your tent at the Williams Branch Picnic Area at Sherando, keeping in mind that the gate is locked at 10PM and opens on Saturday morning at 6AM. The map and directions are available at our website www.tidewateratc.com.

Membership

Welcome to these new and returning members: Greg Whitley, Corey Snyder, Tami Kennedy & Tracy Burke, Yung-Han Chang, Bev Karangelen, and Michael Buff.

Mary Hormell

Membership Chair

membership@tidewateratc.com

Calling All Photographers

I would like to thank everyone who brought in pictures for our annual photo contest and I would like to congratulate the winners. 1st and 2nd place went to Kevin DuBois and 3rd place to Ed Martin. It's not too late to submit photographs for consideration for our 2014 TATC Calendar/Planner. We will accept pictures until October 15th. We encourage you to send pictures taken this year of the Appalachian Trail and trail club activities. We especially welcome action shots of club members working on trails, parks, and the cabin as well as other club related activities. Please identify the subject matter of the picture and the photographer of each picture. Please email your pictures to calendar@tidewater.com. Submissions will be acknowledged.

Tony Phelps

TATC Calendar Committee

calendar@tidewateratc.com



Attention Hike and Trip Leaders

Dates for 2014 activities should be submitted to Tony Phelps by October 15th in order to be included in the our 2014 TATC Calendar/Planner. Calendars will be available for purchase at our annual Holiday Party in December.

Tony Phelps

calendar@tidewateratc.com



Historical TATC Cabin Articles and Photos

Historical TATC Cabin Articles are now available at the following address;

http://www.tidewateratc.com/tatc/pages/tatc_cabin_historical_articles.html

Historical TATC Cabin Photos are now available at the following address;

http://www.tidewateratc.com/tatc/cabin/tatc_cabin_pictures/index.html

Or go to the TATC homepage and click on either "Cabin Historical Articles" or "Cabin Photos" under the "Cabin" drop-down menu bar.

Thanks,

TATC Webmaster



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Reids Gap or Reids Gap? A Summary Account of a Post on Geneology.com *written by Russell Reid, 2/15/2004*

On February 4, 2004, the Board of Supervisors of Nelson County, Virginia unanimously supported a resolution to the Board on Place Names of the U.S. Geological Survey recommending that the names of "Reeds" Creek and "Reeds" Gap be corrected to their original spelling, **Reids** Creek and **Reids** Gap. The change was the result of several years of efforts led by Peter Agelasto III, a property owner of part of the 18th century land of Alexander Reid Sr., through which Reids Creek flows. The proposed change had already received the support of the State Names Authority for Virginia, and, in the case of Reids Gap, Augusta County and the National Park Service.

The Board on Place Names unanimously approved the requested change February 11, 2004. The spelling change was made in the Geographic Names Information System (GNIS), details of which can be found at <http://geonames.usgs.gov>.

Reids Creek is a tributary of the South Fork of the Rockfish River in what since 1808 has been Nelson County. Reids Gap lies in the Blue Ridge Mountains on the line between Nelson and Augusta Counties. Sometime during or shortly before 1740, the brothers John Reid and Alexander Reid Sr., their cousin Andrew Reed Jr., and other family members migrated from Lancaster County, Pennsylvania to the Rockfish River Valley in what was then Goochland County. As that county was successively divided, the valley became part of Albemarle, then Amherst, and finally Nelson County. John Reid served as an early magistrate in the area, and his son Alexander Reid, Jr., received a patent to the land in Reids Gap. After the death of Alexander Reid Sr., his son Samuel, the last member of the family remaining in the area, settled his father's estate, sold his own land, and joined his brother in Kentucky. By the time maps were drawn of the area, no family members remained to provide the correct spelling of the creek and gap.

In 2002, a family member, Russell Reid, moved to Nelson County close to the confluence of the Rockfish River and what in the 18th century was known as Corbins Creek (now Gulleyville Creek). Mr. Reid initiated the need for restoration of the family name through his geneology.com post of 2004.

Virginia State Parks Volunteer Training Opportunities

Dear Tidewater Appalachian Trail Club,

In one way or another we are all ambassadors of Virginia State Parks and participate in marketing our parks, programs and facilities through volunteer activities and our daily interactions with friends, family and co-workers. I am offering four webinars in October that might be of interest to staff and volunteers at all levels. Webinars are done on line so you will need a decent internet connection to participate. If you have internet challenges but want to attend, please contact me for suggestions. Also please let your volunteer supervisor know if you plan to attend.

October 2: Blog Training, Part 1

Part 1 deals with how to write an article that will be of interest to our customers and potential visitors.

October 7: Blog Training, Part 2

Part 2 deals with how to use the blogging software to submit articles. You can be a blogger and submit articles without taking this part of the training. You must already be writing blogs for VSP or take the Part 1 training before taking this training (or it would be a waste of your time).

October 9: Flickr Picture Management Training

This training is required for anyone working or volunteering at VSP whose duties include taking pictures or anyone who needs to manage Park Photos. You will learn how to upload and tag pictures to our staff Flickr site.

October 17: Using Your Personal Social Media Accounts to Help Market Virginia State Parks

If you enjoy Facebook, Twitter, Instagram, Pinterest, ... while on your own time, did you know there are some easy things you can do to help our marketing efforts?

Each webinar will be offered twice on the designated date, 10 am and 2 pm. The training should last only 1 hour. Pre-registration is not necessary but please feel free to let me know if you have any questions. I will send out the links for the webinars in late September. I wanted to give everyone advance notice so you could plan to attend any of the webinars that interest you.

Thank you,

Nancy S. Heltman
State Parks Visitor Services Manager
(804) 786-5057 or (804) 840-1625 (cell)

Cullowhee: The Appalachian Trail Conservancy's 39th Biennial Conference

By Mal Higgins

At least 20 members of TATC attended the ATC's 39th Biennial Conference in late July 2013 in Cullowhee, North Carolina, on the campus of Western North Carolina University. Some TATC members were able to stay the full week, while others stayed various numbers of days. The activities available to enjoy and participate in were numerous: daily hiking on both the Appalachian Trail and a variety of local trails; workshops on practical skills of trail maintenance, Leave No Trace, and the natural geology and botany of the mountains; excursions to places like Biltmore Estate in Asheville, white water rafting, and "Unto These Hills" (an outdoor drama about the Cherokee Indians); and evening entertainment, featuring southern rock and blue grass musical groups, and slide shows. Most TATC members stayed in the dorms, but several camped or stayed elsewhere.

The conference was hosted by the five trail maintaining clubs of the ATC's Deep South Region--the Carolina Mountain Club, the Georgia Appalachian Trail Club, the Nantahala Hiking Club, the Smoky Mountains Hiking Club, and the Tennessee Eastman Hiking and Canoeing Club. Attendance was expected to exceed 900 attendees. Most came from the east coast many were affiliated with the 31 Appalachian Trail maintaining clubs. The Conference was ably chaired by Lenny Bernstein, a board member of the ATC and long time member of the Carolina Mountain Club, and a variety of hard working committee chairs.

Some of the members of TATC—including Phyllis Neumann, Ned Kuhns, Jim Newman, and me-- were active in various volunteer roles. I don't know all the volunteering that other TATCers did. Ned was an indefatigable hike leader, leading at least four daily hikes on the Appalachian Trail. One evening Phyllis assumed the duty of being a "shower monitor", letting attendees from the campground into the dorm to use the dorm showers. It remains unclear if she was charged with post-shower inspections for cleanliness. Jim set up the TATC display board and video show, during the first three days in the exhibition hall. Recently refurbished by Jim and Chris Sexton with brand new photographs, the TATC display was among the best of all the clubs. I was a hike leader for two hikes, and hiked on other days on the A.T.

One hike I hyped in advance so hard that I convinced 6 TATCers to join me—Jim Newman, Phyllis Neumann, Bruce Davidson, Mark Connolly, Bob Adkisson, and Svetlana Kononov. This was the Fisher Creek Recreation Area to Black Rock, about a 9-10 mile circuit hike, that was the most strenuous hike for elevation gain on the entire conference schedule. The trail description referred to the trail being so difficult that it was a "manway"—which is a path not sufficiently developed to be a trail. Naturally, Phyllis and Svetlana insisted that it be described as a "personway." Mark was smitten with light streaming in through to the forest floor, and for a brief moment we thought he was going to be raptured skyward. Bruce, Bob, and Jim complained the personway didn't have enough lions and bears. After all the elevation gain, and a serious scramble through a rhododendron forest, we were rewarded with 360 degree views from Black Rock.

By contrast, another hike some of us did to Max Patch—a grassy, heath bald—though not difficult, was exceedingly beautiful with fields of wild flowers being worked by bees. Others enjoyed hikes over Clingmans Dome in the Smoky Mountains National Park, to waterfalls, to Judaculla Rock (a mysterious large flat rock covered in petro glyphs), tubing on the Tuckaseegee River, and visits to many well known sights in Western North Carolina, such as the Nantahala Outdoor Center, or the town of Cherokee, ancestral home of the Eastern Branch of Cherokee Nation.

A typical day would begin with breakfast in the WCU dining hall, where TATCers would establish a table, discuss the forthcoming day's hikes or events, and then disburse to the rendezvous parking lot. There at large posted signs, hikers for a particular hike or excursion would assemble, check in with the hike leader, get car pool assignments, and take off. By day's end, TATCers would be back in the dining hall, a bit weary, but full of stories of the day. The evening musical groups, all local, had lively rockabilly and blue grass, and contra dancing was offered one evening. However, that was in a stifling, nonairconditioned gym, and the humidity inside drove us out.

Overall, the weather pattern during the Conference began with daily morning sunshine, and by mid afternoon, rain would occur for a couple of hours, followed by clearing and evening sunshine. A day or two it didn't rain. Locals say that the summer was one of their wettest. Trails were generally in good shape, reflecting the hard maintenance work done by the sponsoring five ATC clubs in advance of the conference.

I had always wanted to visit Springer Mountain, the southern terminus/starting point of the 2180 mile Appalachian Trail. When the conference ended, we drove about 100 miles south into Georgia, and passing through Blairsville, Georgia, found a USFS visitors center for the Chattahoochee National Forest. There, we got precise driving directions to reach USFS road 42, which crosses the A.T. one mile from Springer Mountain. Parking at the trail head, we meandered gently uphill south one mile to Springer's A.T. terminus, and reached it mid afternoon. No one was there, and we could take our time to absorb the quiet peacefulness of the place and the pleasant thought of all the many hikers who have started or ended their hikes there. It's a small clearing, a plaque with the very first white A.T. blaze on a rock, another plaque, and a metal box containing a very waterlogged paper registration log, placed there by the G.A.T.C. It's almost insignificant in physical presence, with little to no view, but hugely significant in everyone's memories.

We finished off our vacation with time at the Blairsville Green Bean Festival the next day. Essentially, it is a combination of civic activities (5K race, etc.) and a bustling farmers market on steroids: produce of every description, honey, pork rinds, kettle corn, crafts, and of course Mr. Green Bean. It was a great way to wrap up 9 days with our neighboring states to the south.

Pennies From Heaven ... Serendipity On the AT

By Nancy Rinkenberger

My mother passed away in December, 2003. Shortly afterwards, my daughter and I were walking along. I spotted a penny on the ground and reached to pick it up. She said, 'Whenever you find a penny, it means Granny is thinking of you.' Ever since then, I smile to myself whenever I pick up a penny. It may not mean Mom is thinking of me but it certainly prompts me to think of her ... and smile.

Last summer my brother and I took a road trip. We were both in our 50s and the two of us had never traveled alone together. We called it our "American Castles Tour" after a National Geographic series on opulent houses owned by the rich and famous of the early 20th century. We saw Kykuit, the Rockefeller Estate, and Jay Gould's Lyndhurst. Both are in the Hudson Valley of New York. We saw two Frank Lloyd Wright houses in Pennsylvania: Falling Waters and Kentuck Knob. Mom apparently came along for the journey. We found so many pennies it bordered on the ridiculous. We got back into the van after stopping for lunch ... a penny on the seat. We stepped out of the van to set up a remote campsite near the AT in Pennsylvania ... a penny on the ground. And I swear we didn't have holes in our pockets. Sightings at every turn.

After returning home, I'd find pennies occasionally but nothing to match the rate of the trip with my brother. At least not until I began planning my AT trip in the winter of 2013. Sandy Butler and I made regular training runs to the mountains, testing gear and getting into good physical shape. On one early training trip, I met her at a Park and Ride near Williamsburg. I stepped out of the van and there must have been 10-15 pennies scattered about. Of course I picked them up and smiled at Mom. I took this as a positive and encouraging sign for my pending trip.



Trish Mims, our faithful canine companion, Rusty, and I started our AT hike in late February. It was filled with missteps and mishaps. First I was injured. Then Rusty was injured. He and Trish got off the trail after his injury and I continued to hike on alone. Except not really. Mom and her pennies returned. I found none during the segment hiking with Rusty and Trish but once I was hiking alone, Mom was determined I wouldn't feel alone. The first appearance of the pennies occurred after a long day of hiking. Rain showers appeared eminent so I found a lovely spot within easy walking distance of a creek. I set up camp. I had barely gotten my tent up and jumped inside when the skies opened. I read for about two hours before the rain slacked off enough I could get out and cook my dinner. I ate rather quickly and got back into my tent to escape the constant drizzle. After a good night's sleep, I put on my hiking boots and began to ease out of the tent. As I opened the tent flap, there was a penny! Mind you, this was not an established campsite and I had already entered and exited the tent several times. So ... did Mom visit during the night?

Another time I was climbing to Dragon's Tooth. Near the junction of the AT and the blue blazed trail to Dragon's Tooth was a large flat rock. It reminded me so much of a table, I decided it would be the perfect picnic spot. I sat down my pack and was pulling out my lunch when I spied a bright shiny penny on one corner of the table rock. I smiled through my whole lunch. There was something so comforting about finding pennies along the AT. They made me feel Mom was looking out for me and that she was proud of and encouraging my efforts. I never felt alone or lonely. There were many other pennies along the trail and other serendipitous AT events but I'll save them for another day.

Next time you find a penny, pick it up. It doesn't make a difference if it's heads or tails. It's always good luck as it may mean someone in heaven is thinking of you ... Pennies From Heaven!



TATC Cabin News

By Bob Adkisson

This year seems to have been an exceptionally rainy one for the mountains and piedmont region of Virginia. At last report the cabin's spring was running fine, and so perhaps that will hold thru the often dry autumn months and there will be no water shortages, no need to pack in your own water.

Greg Hodges should have just led the September 20th - 22nd cabin work trip; at last report, he had a full crew signed up, and ready to go to knock out at least a half dozen or so chores, as well as take a hike or two. That leaves only the last cabin work trip of the year on the slate of future events; this trip is scheduled for the weekend of November 15th - 17th and I will be leading it. There will be a sign up sheet available at the October general meeting if you are interested. If you can't make it to the October TATC meeting, call or email me and I can answer any questions you might have and put your name on the list. As always, my name, phone number, and email address, as well as Greg's, are listed on page 2 of every Newsletter. If you misplace your newsletter, you can always go on-line to the club's website and find it there.

For the November cabin work trip I am thinking the main focus will be to cut and stack firewood and, if there are enough people, and the weather cooperates, also; to work on the cabin access road some (digging water trenches and mounds). If anyone has a chainsaw that they can bring, to help augment and assist one at the cabin; that would be both helpful and much appreciated. It wouldn't hurt to have even 3 chainsaws present.

Cabin work trips are for everyone, but especially for newer club members who've never been there before. By attending one of the 4 to 5 cabin work trips we usually schedule every year, new members learn about the cabin (how to operate and care for it, what to do and what not to do), and thus qualify themselves to rent it all on their own. If you can't attend for the whole weekend that is ok - you are welcome to come up early Saturday and put in an afternoon's worth of work, or come up and just spend Saturday night and help out a little bit on Sunday morning. On these trips we take about an hour to go over the rules and procedures of cabin rental and, if you live through that, and have put in an hour or so of work, that is acceptable. First timers coming up on a Friday night are encouraged, if possible, to arrive before dark; so as to find the half-mile long, unmarked trail to the cabin while it is still light.

As always, the cabin can be reserved up to 8 weeks (56 days) in advance for what we call private trips - where a qualified club member reserves it for themselves and various friends or family.

There is another type of trip that is available, with a less restrictive scheduling option, and that is for group trips that are open to all club members. In this case a club member who is qualified to rent the cabin reserves it (as far in advance as they wish) and throws it open to anyone in the club who might want to join them there. The only rule is that it must be fairly open to all members and announced in advance in the newsletter, the web site, or at the club meet up site. It would be like any other club event or hike, with the person reserving it being the trip leader who handles the details of scheduling, etc.. Once at the cabin, the leader could have a favorite hike planned that the others could join them on, or they could visit some nearby location or event (there are wineries nearby, museums, Grand Caverns, and trails of all lengths and descriptions). Staying at the cabin would be a great opportunity to drive just a few miles and see the section of the A.T. that our club maintains over Three Ridges Mtn.; or start a hike at either Reid's Gap, off of the Blue Ridge Parkway, or from the Tye River end of our section of the A.T., just off of route 56. You could hike into one of the two shelters on our section (Maupin Field Shelter or Harper's Creek Shelter) and have lunch, then hike back to your car, or attempt a circuit of nearly our entire trail section by utilizing the Mau-Har trail to make about a 10 mile loop. To encourage club members to take group trips to the cabin, and more fully utilize it, the 8 week in advance restriction was done away with for this type of trip.

It would be great if more club members took advantage of this opportunity to share and enjoy the cabin.

Also, it is now that time of year to schedule events and hikes for next year's TATC Calendar. The deadline is October 15th to get events sent to the Calendar Committee for inclusion. **This includes group trips to the cabin.** If you would like to lead and schedule a group trip to the cabin (open to all club members - though of course the cabin only sleeps 12), pick a date (or more than one date, if you want to lead more than one trip!), run it by Greg Hodges and myself (to make sure that we haven't chosen that same date for a cabin work trip), then send it on to the Calendar Committee.

One problem that cropped up this last August was a hornets nest built directly above the cabin access road about 200 yards in from the parking area / Blue Ridge Parkway; the grapefruit sized nest was built in a alder sapling only six and a half feet above the roadway. Normally we let bygones be bygones, but this nest had too much potential to cause too much pain and havoc - one accidental bumping of the nest and someone could have been swarmed and stung many times. So the tree was cut and, with the nest still attached, moved far off of the roadway (with the aid of a 50 foot long rope). Incredibly, the hornets soon built a new nest in another small tree, also directly above the roadway. This time a spray was used. Thanks to the cabin renters who handled the situation the 2nd time around.

In the previous year we saw where a bear had apparently dug up and destroyed (eaten) a ground bees nest along the access road, though the bees soon built another nest in about the same spot.

(Continued on Page 7 ...)



(Continued from Page 14 ...)

The descent that followed was on an "unofficial" trail that cut through rhododendron forest, probably the steepest descent I have ever done. We were hanging onto tree branches to avoid plunging down the side of the mountain. Then we climbed Little Green Mountain, not quite as high as its big brother, and ate our lunch. We descended again and trekked a couple miles to Schoolhouse Falls, a spectacular place that well rewarded the effort to get there. Children were playing in the small lake at the base of the falls. Then we hiked another hour up a more gradual section of trail back to the parking lot. We had hiked from about 10:30 AM to 4:00 PM, and we had climbed about twice as much as the 1200 feet of elevation listed.

The evening program was a talk by Jennifer Pharr Davis, who completed a supported hike on the AT in 2011 in 46 days, averaging 47 miles a day, the fastest thru-hike by any woman or man in the history of the AT. (During a supported hike, the hiker is supported by others who meet her at road crossings, provide food, water, first aid, set up the tent to sleep in, etc.) It was an amazing achievement, and the large crowd showed great respect. Opinions about what she did varied, however. Many ATC members do not view the AT as a place for competition and setting records, and Jennifer seems to agree: She says her hike was about endurance, faith, love, and finding her limits. I'm reading her book about the hike, *Called Again*, which I bought at the Conference.

DAY 4: Shorter hike: Bartram Trail: Osage Mtn. Overlook to Big Scaly Mtn. (Monday, July 22).

Listed at 3 miles and 900 feet elevation gain, this hike, by consensus of us hikers was Moderate/Strenuous, 5 miles, and much more than 900 feet of actual climbing and descending. It was rocky, wet in many places, and challenging, but certainly not as difficult as the previous day's hike. It was led by great couple, who lead a lot of hikes in their club, the Great Smoky Mountains AT Club. The hikers included a three-generation family of a grandmother, her daughter, and a granddaughter and grandson, ages 10 and 12. They were great to have along.

By now many of us from the TATC tended to congregate at a large table in the dining hall for breakfast and dinner, where there was a lot of good conversation, and I got to interact and talk with TATC members. For me, this was an especially enjoyable time every day. Monday evening, we were treated to the first of three great nights of musical entertainment. This first featured a "roots" music group, Southern Exposure.

DAY 5: First hike on a section of the AT: Stecoah Gap to Yellow Creek (Tuesday, July 23).

This southbound hike on the AT was listed as 7.6 miles and 1000 feet elevation gain, but I knew I would face much more than that. It began with a steep 1000-foot climb. Then, for 6 hours, the trail offered alternating portions of level smooth intervals, very rocky and treacherous sections, steep ascents and descents. I enjoyed a walk in the rain during the last half mile. It was beautiful. The elevation profile for this AT section shows about 2200 feet of actual climbing.

The evening featured one of my favorite kinds of music--Bluegrass--with a great local band called Buncombe Turnpike. They were terrific, and I bought their latest CD.

DAY 6: Recuperation with an "easy" hike: Max Patch (Wednesday, July 24).

The AT goes over the Max Patch summit, a grassy bald near the Tennessee border with spectacular 360 degree views from its open summit. This 4-mile hike was rated as an easy family hike, and that is quite accurate. At 4600 feet, it feels like your image of a meadow in the Swiss Alps. This was a relaxing hike, the first one that did not turn out to be more strenuous than advertised. Climbing to the summit was a 500 feet elevation gain, and the rest was a relaxing stroll. This hike demonstrated to me that there actually are easy hikes in the mountains of North Carolina.

The evening entertainment featured a cover band doing rock and roll nostalgia from the 1950s and 1960s. I didn't expect to like it, but I did.

DAY 7: AT hike from Deep Gap to Standing Indian Mountain (Thursday, July 25).

This hike was an in-and-out climb of almost 1200 feet up Standing Indian Mountain on the Appalachian Trail, with a returning descent. In contrast to the first four hikes I had selected, this hike turned out to be exactly as described in the program. Ironically, its elevation gain of 1200 feet was higher than the elevation gain listed for the first four hikes I completed. But those four hikes were all much harder than this sixth and last hike I completed. But that is because the four earlier hikes measured elevation gain in a different way. A couple from Franklin, NC, led this hike, and they were great. It was a wonderful way to wrap up my six days of hiking.

The evening activity featured a Cherokee speaker, who--in a lighthearted way--encouraged us to discard stereotypes we might have about Native Americans.

DAY 8: Departure and returning to Tidewater (Friday, July 26).

After an early breakfast, Jim Newman drove us home, and we again had a lot to talk about on the way. The TATC and the ATC made it possible for me to have this wonderful experience. Throughout the week I benefited from the volunteer work, the knowledge, the commitment, and the friendship of so many people. I also want to thank trainer Mike Burroughs at One Life Fitness in Norfolk, who has worked with me for the past 18 months and helped me become fit and strong enough to do the hikes I have described. I'm looking forward to being active locally in TATC, and Mimi and I want to attend and volunteer at the next Biennial of the ATC in Winchester, VA, in July 2015.

Cullowhee 2013 -The ATC Biennial: A Report by a New Member of TATC

Steve Rosenthal

My wife Mimi and I joined TATC at the June, 2013 meeting. A little more than a month later, I was lucky enough to be riding with Jim Newman in his truck to my first Appalachian Trail Biennial Conference in Cullowhee, NC. And there, inspired by the dedication, contributions, and achievements of the nearly 1000 people who had gathered at Western Carolina University, I had one of the best weeks of my life, hiking, making new friends, enjoying music, workshops, and speakers.

Mimi and I had been thinking about joining TATC for over a year. Several of our friends in the Silver Sneakers classes at One Life Fitness are TATC members, and they gently but persistently encouraged us to get involved and told us how much they enjoyed attending the Biennials. Since I retired three years ago after teaching Sociology for 30 years at Hampton University, my passion has been hiking and Cross-Fit training at the gym to get strong enough to do more challenging hikes in the mountains. When I looked at the on-line descriptions of the hiking and other activities planned for the Biennial Conference, I knew I wanted to go if I could figure out a way to do it. I sent a message to Jim Newman asking if he knew anyone driving to Cullowhee who had room for a passenger. Jim, who had not yet even met me, wrote back and offered me a ride himself! What follows is a day-by-day of my experience as a first-time attendee.

DAY 1: Travel and arrival (Friday, July 19).

So, at 5:00 AM on Friday, July 19, Jim picked me up at my house in Norfolk, and we were on our way. Eight hours of enjoyable and informative conversation later, we arrived at WCU and set up the TATC Board and Video at Registration. Then we got our registration materials and room assignments and took our stuff to our dormitory rooms. After that, I returned to the Registration Hall and bought some ATC stuff: A book, a coffee mug, and a key fob. Jim introduced me to some TATC members who arrived. Then I had dinner and went to bed early.

I had done day hikes on the AT with a Road Scholars program in March of 2012, hiking about 35 miles of sections of the trail in MD, PA, VA, and WV. I had also done day hikes in Great Smoky Mountain National Park this past April, when Mimi and I went to another Road Scholars program hosted by Great Smoky Mountain Institute at Tremont, Tennessee. I hiked 6 to 10 miles a day on "strenuous" and "easy" hikes. But I agreed with the Tremont director when he said, "there is no such thing as an easy hike in the Smoky Mountains." So I tried to choose my hikes carefully, alternating "moderate/strenuous" hikes with "easy/moderate" hikes. But, if you haven't personally hiked a trail, it is not easy to predict what your experience will be. I chose three "M-S" hikes, interspersed with three "E-M" hikes, taking into account the length and elevation gain stated for each hike. But I was in for a few surprises.

DAY 2: Workshops and half-day hike (Saturday, July 20).

For Saturday, my first full day at Cullowhee, I signed up for two morning workshops and a half-day hike after lunch: White-side Mountain and Devils Courthouse, a 4-mile loop between Cashiers and Highlands, listed as a 500 foot elevation gain and a "Moderate Family" hike.

The two workshops I attended were "The Gentle Art of Wandering" and "Pre-hab for Health:" Common sense ideas for hikers over the age of 50. The former was a thoughtful discussion about paying attention to and appreciating your surroundings wherever you may be hiking or walking. The latter offered some good advice about taking of your health, selecting the right clothing, equipment, food, etc. The two workshops were a good way to ease into the conference before hitting the trails. I should mention here that there were scores of workshops on hiking, trail maintenance, protecting the trail, building local chapters, nature, photography, history, and many more topics. I was able to experience only a fraction of what the Biennial had to offer, and I put a priority on hiking and making new friends.

After lunch in the University dining hall, I walked down the hill to a large parking lot, the assembly point for all hikes. Let me describe how this worked for readers who have not attended an ATC Biennial. At the scheduled times hikers gathered in the parking lot. Volunteers had put up signs marking the assembly point in the parking lot for each of the 10 to 20 hikes scheduled that day. Leaders of each hike had a list of who has signed up for their hike. They figured out who had a vehicle and was willing to drive to and from the trailhead, and how many passengers s/he could take. They made sure hikers had appropriate footwear, water, etc. Everything got organized, and caravans of vehicles set off for a scenic mountain ride of about an hour to the trailhead. (Although I heard during the week about a few glitches, in my experience this system worked very well. Moreover, I got to know fellow hikers and really enjoyed the conversations during the rides to and from the trails. And, since I had not brought a vehicle, I was very grateful to the generous drivers who transported me for six days.)

My first hike was listed as 4 miles long and an elevation gain of 500 ft, yet it took us almost 3 hours to complete it. That was because "elevation gain" was measured by the difference between the elevation of the trailhead and the elevation of the highest point on the trail. We climbed 500 feet at the beginning of the hike, and then went down and up several more times during the rest of the hike, getting beautiful views from the high points we climbed. It was a great hike, and we had climbed and descended a lot more than 500 feet by the time we finished. It was pretty strenuous and challenging for me.

It was almost 6:30 PM when we got back to WCU, just time to clean up, have dinner, and get to the Business Meeting and the nice reception that followed.

DAY 3: First full day long hike: Schoolhouse Falls, Little and Big Green Mountains (Sunday, July 21).

This hike was in an area called Panthertown, west of Cashiers. It was 9 miles, and listed as Moderate/Strenuous, with an elevation gain of 1200 feet. The ride was great, with lively conversation all the way with fellow hikers who had hiked most or all of the AT, as well as exciting trails on other continents. We first climbed Big Green Mountain, the very steep and rocky 1200-foot climb promised in the listing.

(Continued from Page 6 ...)

As you may be aware, I have finally all but finished assembling and writing a history of the TATC Douglas Putman Cabin, and with the assistance of computer guru; Jim Sexton, gotten it put on the club's website for all to read. There are about 127 photos, mostly of the early days of construction work, that were also included on the site (most of the photos were taken by former Club Historian and faithful cabin worker Margaret Crate). This has been a labor of love on my part and I hope everyone will go and enjoy looking at the pictures and reading the history of the greatest project the club ever undertook.

My work is not quite over yet however - again, with Jim's help; I need to put the photos in order, add dates and captions, etc., then clear up a few typos that slipped thru the cracks, add a few lines here and there, and also include another short chapter or two. This additional work (which had to wait while I went off adventuring in Montana in September.) will be completed, I hope, by the end of October. The project took me so long to get to where it is now that I had Jim go ahead and put it online as it was - not quite perfect. I figured that this would be better than delaying the whole thing another 2 months or so.

Please let me hear from you if you have any suggestions or corrections or questions about any of it.

The Appalachian Long Distance Hikers Association The Gathering

The 32nd annual Gathering of long-distance hikers, dreamers and friends of the trail will be Columbus Day Weekend, Oct. 11-14, 2013, at Shippensburg University in Shippensburg, Pa. Camping will be available right on campus, a short walk from the College Union Building where many programs will be held and where meals will be available in the college dining hall. Details can be found at <http://www.aldha.org/gathering.html>

A Sturgeon Breaches - 19 September 2013

By Bill Rogers

Just back from a 5:00 to 7:45p.m. pontoon boat ride on the James River up near Hopewell VA. The pontoon boat holds 35. We had about 21, so there was plenty of comfortable room to sit, stand and mill around being social. We cruised slowly under the Benjamin Harrison Bridge and, picking up speed, then up river to Turkey Island. There, by chance, we met a VCU scientist who is studying sturgeon. He was just releasing a 5-footer he had tagged. He held it above water for a moment so we could see it. He had caught, tagged and released 23 that day.

After that we just drifted, hoping to see sturgeon breaching and just enjoy the scene. A River Keeper aboard gave a nice, interesting, chit chat talk about sturgeon. I saw two splashes as folks called out 'breach.' But, as you can imagine, my head could not turn fast enough to catch the actual breach. One has to have eyes in the right place at the right time or all you all you observe is the sight or sound of the splash. Later I did see about a 5-footer breach a good 2 to 3-ft out of the water. What a sight !!!!!

Saw an immature bald eagle, an adult, and then a known nesting pair in the top of a tree just feet from each other. Saw another in the top of the tree on an island where it had nested. Saw an osprey, and watched another dive and come up with, and fly off with, a fish. Watched terns diving for their meals, lots of gulls and cormorants, and some Canada geese.

There was a pleasant breeze and my 'T' shirt was just fine on this lovely early autumn evening. While e cruised slowly back to the marina the beautiful sunset was artwork over the shoreline and river. Not to be left out, as we neared the marina, the 100% full moon rose and brought its silver road to the water's surface. Then it disappeared behind clouds. For a moment it was split by clouds and looked like Saturn's rings. Minutes later it cleared the clouds and again lent its shimmer to the river. I said 100% full moon because it was, astronomically speaking, completely full at 7:13 just after rising.

Crossing the Nansemond River Bridge there is a house on stilts out in the river, and rows of associated piling to which yachts are secured. For just a second, as I crossed the bridge, the house and pilings were silhouetted against the moon's silver river of light on the water. That would have made one great photograph.

The 62-mi drive each way and the cruise's cost (\$55.00) were insignificant compared with the sheer beauty of the evening, and seeing the breaching sturgeon.

A magical evening.



Paddle to False Cape
July 27th and 28th, 2013
By Bruce Julian

We had talked about this paddle for about 4 months and the day finally came. The weather looked like it would be perfect as I had prayed for, for the past two weeks. If you have ever paddle in Back Bay, you know that the water can go from flat to four or five foot waves in a short time. The bay is only about 4 to 8 feet deep as an average; so bad weather is not something that would stop a paddle, unless of course, you have Thunder & Lightning. On this trip we had none of the above bad weather.

We met on Saturday July 27th at 7:45 A.M. with people starting to show up, starting at 7:15 A.M.. Margaret and I had come down to the park on Thursday to volunteer for two paddles that False Cape was having, and also to drive the Tram on Friday; so we were already there. We drove into Little Island City Park and two cars were already there unloading their boats. Everyone else showed up at about 7:30 A.M. and we started carrying and rolling the kayaks and gear down to the put-in; which is about 200 feet across the road from the park. Right off the bat; I had a malfunction with my kayak and it held me up for about 15 minutes retying the string that lift's and lower's my rudder. Some of us brought wheels for our kayaks and we shared them with others and we all were in the water by 8:30 A.M.. One of the paddlers picked up his kayak and carried it the 200 ft., there is something good to say about a 6 ft. kayak.

There were people from The Trail Club, The Tuesday Group and The Meet-Up Site, so we had everyone line up with their kayak and say their name, take a few pictures and then we talked about the trip down to the Environmental Education Center (EEC), where we would be paddling, and where we would stop for breaks and eat our lunch. By now it was 8:50 A.M. and I was in the lead as we headed out of the small body of water down a smaller cut through to Back Bay. As we paddled out into the bay, the water was flat and you could see all the way to the other side, my prayers had been answered.

With very little wind we had our chose of which side of Long Island to paddle on. That is one good thing about having three large islands to navigate around, if the wind is out of the West or North, then you can paddle on the East side and if it's blowing out of the East or South, then you can paddle on the West side. Along with Long Island, we had Ragged Island and Cedar Island. Ragged Island is the one you need a map to work your way through, because there are a lot of small creeks that will lead to dead ends. Our first stop was to be at the South end of Long Island where there is a small sandy beach. This was about 2.5 miles into our paddle, but everyone said that they wanted to keep going. Well next time we will stop and take a break because I had a few people tell me later that they wish we had stopped, because the farther you paddle; the harder it gets on a long paddle. It is always good to stick to your original plan because there were some young people and we also had some that were not so young, and it is hard to get people to say "I am tired, can we take a break". After about 5.5 miles we made our first boat stop. We did have stops for water and to let everyone catch up, but when you sit in a kayak that long; you welcome a sandy beach where you can get out and stretch your legs, I for one was ready to get out. This was a small island called South Point and the beach was mostly under water but large enough so we all could pull up onto the sand and get out. Here we stayed for about 30 minutes to drink water, walk around, take bathroom breaks and have a snack. This was when I knew I had made a mistake by not stopping at the first beach.

Now it was about 11:30 A.M. and we all got back into our kayaks and headed for Cedar Island. There were two things that I wanted to show everyone there on the island. Mr. Williams had a small farm with his wife and two children back in the late 1800's and up into the early 1900's, he also had a duck hunting club there on the island. The old house which was in fair shape back in the 1980's had fallen into the bay and only had one room still intact. The bay water in the last 20 years has eroded the ground away for almost 100 feet and in another 4 or 5 years this house will fall into the bay, what a loss! The other thing was a small monument with three names engraved into it, these names were of three men that in the 1940's and 50's, and maybe as far as the late 60's; loved to come and stay on this island. I guess that this was long after the Williams had died or moved away. Some of their family and friends bought the monument and placed it on dry land next to the old house but now it is also in about a foot of water. The park wants to save the monument, but with the weight of the concrete, plus the monument, there's no practical way to get heavy equipment over to the island. After spending a few minutes at the monument, we paddled around the island and found a place to eat our lunch, on what used to be a nice beach, but not any longer; since it's been around 14 years since I had last visited, it was no longer like I had remembered it. You just need to asked some of the people from this trip, and they will tell you that it was not the best place to eat our lunch. Sorry to all, but next time we will eat on the West side of Cedar Island instead of the East side. (Am I forgiven yet?)

(Continued from Page 12 ...)

At some point a Richmond couple caught up to us. Somewhere in our chat they brought up some stories about bee stings and avoidance. They mentioned last year they had seen the green surveyor tape marking the bee nest southbound past the cull near Bee Mountain and had not been stung. But on the return they had not seen the other piece of tape and he had gotten a couple of stings. 'Tis indeed a small, small world. We all had a chuckle when we said we'd installed the tape and that I'd found one piece under the seat in my truck just two day ago.

After our 11-hour day Tom had mac 'n cheese 'n dogs for dinner and I freeze dried Lemon Lime Chicken with rice and wild rice. For desert I broke out a 3-inch blueberry pie for Tom and a similar cherry pie for myself. A barred owl nearby called just twice.

Sunday: We were off by 8:00. Tom and I each carried a swing blade (weed whacker) tied on our packs, water, and one extra layer - nothing else. Climbing Bee Mountain we met five runners. Seeing our tools these runners said "Thank you" as they ran by. Our destination was a trail-overgrown patch of jewelweed where earlier in the year there is a nasty section of stinging nettles. There were only a few of the latter, but over an acre of bright yellow jewelweed.

Here we turned around and weedwhacked our way back to Maupin Field. The sky was a bright azure blue; this day there were no clouds. We were back at camp at 11:55. Tom had done a bit more early morning travel prep than I. A couple of baby wipes, a change of shirts, and breaking camp took a bit of time. Still we headed out 12:30. It was a pleasant 60°.

Then it was off for lunch at the Blue Ridge Pig - a traditional stop on each trip. At the restaurant we found Straw out back. I gave him a Sgt. Grit catalog I'd been saving, and we chatted for a bit before going in and placing our order. When we finished, Tom set off for home, and I headed for Winter Garden. There I picked up two of the three available homemade éclairs. These went into my cooler for the ride home. My evening shower and the removal of four days' worth of beard completed my transformation back to civilization.



More Opportunities

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

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

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

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

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



A.T. Trail Maintenance - 12 to 15 September 2013

By Bill Rogers (Pulaskiteer)

Thursday: There was road paving on the Blue Ridge Parkway, but the two delays were only a few minutes each. I did pass through about 12 1/4 drops of rain. Views from the Parkway were extremely hazy. Later, in camp there were occasional weak lightning shimmers and more occasional, very far off, hard to hear rumbles of thunder. A quarter moon shone briefly behind the clouds and then was hidden for the night. A barred owl shrilled twice from close by, then another called several times far off. I watched for stars, but saw no breaks in the overcast. At 4:30 a.m. the stars were out and as beautiful as a winter sky. Cassiopeia looked down from straight overhead. Katydid were now silent in the chill.

Friday: By 8:00 I was hiking the fire road with crosscut saw, hard hat, axe, and pruning saw. There were two side by side blowdowns I knew of from my last trip. I found the blowdowns, but they had been cut and were off the road. I should have known they would be by the fire tracks I saw. Forest Service folks don't come in here unless they carry a chain saw in their truck. So it was back for different tools, then on to Maupin Field. There I perused the shelter register. The first entry was mine back when I put the register in the shelter months ago. Also in the register: "8-13. Turn all your sensors toward Mother Earth & she will sing you the best song, tell you the best story, and give you the best breath of fresh air - - treat her with respect! - Incessant Professor -"

The spring behind the shelter was running, but was low. The dime found under the picnic table went in my pocket. Nearby stood an unopened bottle of Mandarin Orange Sparkling Beverage. It was opened and dumped on the ground. Upon checking the camping area the fire ring in a campsite just uphill from the shelter contained about a 3-inch layer of hot coals. Eight trips to the spring behind the shelter with the beverage bottle soon had the coals out and safe.

From there I headed back up the fire road, working on each fire road drainage as I went. I was back in camp at 12:30 or so for lunch. It was a very pleasant 68°. Then I enjoyed a short nap - almost unheard of on a trail maintenance trip. But this was Friday, and I was tired.

Then I worked my way downhill toward the Parkway doing more drainage work. My destination was a log that had been moved by a bear and was now in one wheel track. I could get around it easily with my small truck, but others would have problems. I eased the plain end of the log up onto the fire road bank - 'twere heavy. The other end, the root end, was easier. Hopefully Mr. or Mrs. Bear will leave it there. Supper was mac 'n cheese, and some cherry tomatoes, preceded by a piece of decadent coffee cake, and followed by a red bean pastry from the Asian market in Hampton.

Tom arrived a bit after I had finished my dishes. The most pleasant evening, cool and breezy, was spent visiting, and chit chatting, and just enjoying being back home in the hills. The 1/4+ moon rose bright and pretty. Soon stars came out visible between leafy tree branches.

Saturday: We discussed various options and settled on our original plan, discussed a few days ago, to climb south to the peak of Three Fridges and work on waterbars north back towards Maupin Field. For tools we would take only a Pulaski, a fire rake, and our loppers.

I showed Tom a piece of green surveyor tape I'd used over a year ago to mark a ground bee nest in the cull on the south side of Bee Mountain. I'd found it under my truck seat two days before this trip. We had a chortle over that memory.

We've many times spotted and admired Indian pipes. Some of the very young ones just emerging had showed a trace of pink. On the approach to Bee Mountain I spotted a bunch of a dozen or more Indian pipes pinker and prettier than any I've ever seen in the Adirondacks, in NJ, in Virginia, or anywhere else. They were indeed pretty and unusual.

As opposed to the dearth of hikers Friday, this day we saw a plethora. The first we saw were early in the a.m. and were three northbound runners. Southbound were: a group of 14 were from VCU in Virginia; a number of couples; and a group of ten Boy Scouts passed by. All were headed to Harpers Creek Shelter for the night. As always we stopped for a bit at Gid Spring. Sadly, though expected this time of year, it was completely dry.

Tom and I stopped for a few minutes at Hanging Rock, spying a broad wing hawk and a red tailed hawk. We continued south, climbing until we reached Shingles, a prominent rock outcropping. We agreed that this was far enough on tired legs, and that we had enough to do on the way back to take up the rest of the day. After lunch the work began as we headed back north toward Maupin Field. We worked on each and every water bar from Shingles all the way back to Maupin Field, a bit over two miles. Having just one fire rake we alternated the work, each one doing one water bar, then trading the fire rake for the loppers as we progressed. It was good, strenuous work, but also pleasant in good company. Alternating gave us each a moment's breather break between waterbars. Nice!

(Continued on Page 13 ...)

(Continued from Page 8 ...)

I could see after lunch that some of the people were not as interested as they were when we started about 4 and a half hours earlier, so after talking with the group; I made another change to our trip, and by-passed the Bald Eagles at Spratt Cove, Cowpens Cove, and the False Cape Landing Boat Dock, where we were going to have another boat stop. The July sun was shining down on us and we had very little wind to keep us cool. This was only going to take about 1.5 miles off of the total trip and I knew we would be going back this way on Sunday.

We left Cedar Island and headed Southeast to Green Point and from there we had flat water for the last mile to the EEC Building. After we had gotten all of our boats out of the water, we met on the front deck of the EEC. Here, I told everyone who had never been to the park or the EEC building, about the old Swam Hunt Club, which we would be staying in. With bunks, two bathrooms, a full kitchen, one indoor shower & two outdoor showers, and with all the cold water you need to fill your water bottles, and also with a terrific view of Back Bay, Knott's Island, and the setting sun. This would be our paradise for two days. We had 9 women : Margaret J, Margaret P, Christine M, Christine W, Gayle, Olivia, Tracie, Dottie and Lori. With 6 men : Frank, Mark, Kyle, Vic, Ken and Bruce. With only 3 bedrooms, I gave them to the 3 couples, and we had all the other women bunk downstairs and the men upstairs, this made the downstairs off limits to all the men and it worked out great.

After about an hour of storing our gear, cooling off with a cold glass of water and taking a short break; some wanted to just sit on the deck and watch the bay, others wanted to walk to the beach and go swimming in the ocean, and 4 of us wanted to paddle another 3 miles to Dudley Island and the North Carolina Border (and we did!). Kyle wanted to have a picture of us crossing the State Line in our boats and with the marker that they have there in Deal Creek, we did get 3 or 4 pictures. We also had time to hike down to the Church Site and old Graveyard before supper, which each person had brought with them. We did have a few goodies to set out for everyone to enjoy, and this went over very well. After 10 miles and for some, 16 miles for others; you have a very good appetite and can eat anything placed in front of you. Most everyone turned in around 10:00 P.M. and the bed felt good, after a long day of fun !

Sunday morning found six of us getting up before the rooster crowed, and we walked out to the beach (1 mile) and tried



to watch the sun come up, but with a few low clouds, it was almost 7 O'clock before we got to see it. Two of the ladies braved the early morning surf and took a swim, and I'm sure that they woke up after diving into the water. Back at the EEC, at around 8 O'clock, everyone was eating their breakfast and filling their water bottles for the paddle back. The weather was still good and we had only a light wind which was blowing out of the South. This would help us on our paddle back North. The plan was to leave at around 10:00 O'clock, but some thought that the bad weather may hit us before we reached the take-out; so everyone was ready to leave at 9:00 A.M.. On the way out from the EEC, we looked like the Spanish Armada with 14 boats of many colors and shapes and with our gear tied on front and back as we

paddled north.

On the way back, we did go by Spratt Cove, and some got to see the Bald Eagles as they took flight back into the tall pines trees. We had our first boat stop at Barbour Hill, where we had bathroom for our use, and a sandy beach. We then paddled on the East side of the bay, and had very little wave action until about a half mile from the Back Bay Wildlife Refuge Office. We had another boat stop at the office. We ate our lunch at this time and talked to some people who were eating lunch, who had ridden the Tram into the park that morning. They were on vacation from Pennsylvania, and thought that we had accomplished a great feat by paddling the 20 some miles.

Here our trip was almost over and we started out on our last 2 miles, heading for the take-out at Little Island City Park. This was the first time that I had taken on a trip like this with new people, that I had never send before and with this distance involved, but it worked out very well and most wanted to make it a two night and 3 day trip for the next time. At the take-out we helped each other load the boats and everyone said their good-bye's and we headed back to our homes. I will try and do this trip again, and start praying for the good weather, like we had on this one !!!

Appalachian Trail Book Named Nature Book of the Year

News Release - Harpers Ferry, WV (September 17, 2013) – *The Appalachian Trail: Celebrating America's Hiking Trail* was named 2012 Book of the Year in the adult nonfiction/nature category by *ForeWord Reviews*. Published in celebration of the 75th anniversary of the Appalachian Trail (A.T.), the book documents the significance of the A.T with historical essays and full-color photos.

The Appalachian Trail: Celebrating America's Hiking Trail, published by Rizzoli International, explores America's best known hiking path in detail and includes 300 contemporary photos of scenes on the Trail as well as previously unpublished historical photos, documents, and maps from the Appalachian Trail Conservancy (ATC) archives.

The *ForeWord Reviews* Book of the Year award is an effort to celebrate the best independently published books each year. The Book of the Year awards process asks a jury of readers, librarians and booksellers to select and review titles in areas of their personal expertise. Their decisions take into consideration editorial excellence, professional production, originality of the narrative, author credentials relative to the book, and the value the title adds to its genre.

Other accolades awarded to the book include being named number one among the 2012 holiday season's book picks by *Parade* magazine, listed among *Publisher's Weekly's* top ten travel books of fall 2012, and named a best book of the month by Amazon.com.

Author Brian B. King has worked for the Appalachian Trail Conservancy (ATC) in a number of roles since 1987, most frequently as publisher and director of public affairs. King's extensive research and knowledge of the Trail were integral to the creation of the book.

"The story behind the Appalachian Trail's development is little-known but encompasses nine decades of work by hundreds of people in private life and public service, from legislative clerks up to presidents and their families. The editors, designers, and executives at Rizzoli did a magnificent job in helping the Appalachian Trail Conservancy bring this story to broader public attention," said King.

The book includes a full-sized map of the A.T. and a foreword by best-selling author Bill Bryson, who recounted his 1996 attempt to hike the Trail in his book, *A Walk in the Woods*.

For more information or to purchase a copy of the book, visit www.atctrailstore.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.

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Trail Magic

By Kari Pincus

I like to hike and camp, but I am no long distance hiker, by any means. But that doesn't mean I don't enjoy reading about it. Recently I have enjoyed reading The Barefoot Sisters' books, [Southbound](#), and [Walking Home](#). They have fascinating stories about their hikes, and one of the things that intrigues me the most is Trail Magic - of the food variety, left for hikers along the trail. They describe all sorts of treats that they happened across - from things as simple as a cooler of sodas, to a parking lot picnic, tailgate style. One day they emerged from the woods, where the trail crossed a road, and found a man cooking bacon and eggs ... just for through-hikers. Later that day, he was further up the trail, grilling hot dogs and hamburgers. Turns out he goes every year, on his vacation, to do Trail Magic! I thought this was just the coolest idea, and I wanted to be a part of it.

I don't go camping very often, and there's only certain times of year that through-hikers pass through Virginia, but this past June, I got my chance. I went on a car camping trip to the Tar Jacket Ridge / Cole Mountain area, and I took two large coolers (plus two other campers and our gear - the car was quite full) . Before I left, I asked around for a little advice (thank you Nancy R and Carol H), and I did my shopping. I took water, sodas (no diet), all sorts of sugar and some protein: Little Debbie Cakes, Rice Crispy Treats, chocolate bars, hard boiled eggs, and individually wrapped cheese. I also wanted to take some fruit, something I knew they would not carry with them, and that would not create a lot of garbage: apples and grapes. I realized, of course, that I needed lots of ice.

At the last possible place to stop, I bought the ice, and we headed into the woods. We parked along the road leading to the Mount Pleasant trail head, where the AT crosses the road. We filled one cooler with ice and drinks and the other with ice and all the "goodies". I had zip lock bags to keep them dry, trash bags, and also a little notebook for hikers to sign if they wanted. Up the trail a bit, we found a little flat clearing that fit the two coolers perfectly. I taped on a sign welcoming through-hikers to help themselves, topped the coolers with a couple of large rocks, and went to set up camp. Our campsite was not along the AT, so I would not be able to see as hikers passed by.

The next day, I was a little disappointed when the coolers were still full, but that would not be for long. The campsite is very large, and there were several groups that came and went that weekend. In addition, some had set up camp after I placed the coolers, and were travelling in the opposite direction. So, I just walked around, and spread the word. Boy, did that pick up business. Some of the groups were through hikers, and had not reached the coolers yet. Others were not hiking the entire AT, so they hesitated to take anything. Well, they were hiking long distances, so of course, I invited them to help themselves. By the time we left on Sunday afternoon, the coolers were almost empty. All the fruit, eggs, and cheese were gone, and only a few sodas and wrapped goodies were left (enough for our car ride home). The little notebook I left had lots of greetings, all signed with their trail names, of course.

I have no idea if or when I will ever through-hike the AT, but in the meantime, it was a lot of fun providing a little Trail Magic for others. I want to do more in the future, maybe along the Blue Ridge Parkway, while staying at the cabin. If anyone is interested in joining me, let me know. Kari Pincus is a member of the TATC Meet-Up group.

