

Tidewater Appalachian Trail Club

Appalachian Hiker

Banner Photo by Mark Ferguson

PREZ SEZ

In early June, I thought we were in for a hiker friendly summer of cooler days and even chilly nights. Geez. In July, even backyard work brings the threat of hyperthermia. We can only have sympathy for the thru-hikers trying to make miles in this weather.

Our own A.T. work crews braved the heat on June 15th to swingblade, cut, and lop. The good news is they were successful. The bad news is that a new member, Mike Martin, was injured while swingblading. TATC members administered first aid and got him to an urgent care facility quickly.

I wasn't on this trip, but the following day, I called Mike. He was remarkably chipper and eager to get back on the trail during the October trip. Mike will clearly fit in with our crowd.

We contacted the U.S. Forest Service about compensation for the medical costs. After asking about Mike's condition, one of the first questions is whether Mike had completed the Job Hazard Analysis form. Those pesky forms that we all have to fill out before starting trail work are seriously important if someone gets hurt. John Sima, our Trail Maintenance Supervisor, is looking into ways to assure the sign up process.

Despite the heat, July was filled with TATC activities. The Tuesday Group did five paddle trips, Mark Wenger led a Tuscarora Trail backpacking trip, Dave Plum's group did multiple local maintenance events, and many of our members helped the Chesapeake Bay Foundation with their shoreline restoration project.

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August 2023 - September 2023
50th Edition, 4th Issue

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Visit our website at www.tidewateratc.com

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Next month, the Appalachian Trail Conservancy, our umbrella organization, will hold its VISTA event in Johnson City Tennessee. It's a Boy Scout Jamboree for A.T. maintainers filled with hikes, presentations, and lots of time for get togethers and fun. Many TATCers will be attending and on their return will share their experiences and lessons learned with all of us.

The General Membership Meeting on August 9 includes the first reading of draft bylaw revisions proposed by the Board. Andy Grayson, our Vice President, will be explaining the changes and answering any of your questions. We'll send out the draft with the meeting invitation. The final vote will be taken at the September meeting. Please do attend. This is an extremely important update of the fundamental rules by which TATC is governed.

So, as always, there is lots going on in our club. Please be careful as you pursue outdoor activities in July. Hyperthermia is real. Be safe.

Happy Trails,

Lee

Full Moon Eludes TATC Hikers

Lance Deaver organized a full moon hike along the north shore of Virginia Beach on June 3. Though the afternoon was bright and sunny, the clouds started blocking the sky around late afternoon and by hike time at 7:45pm several overcast layers kept the moon hidden from view during its 8:15 scheduled appearance. This did not deter 9 TATC hikers from making the best of a breezy evening and taking a beach walk. Starting at 67th St, they accessed the beach and hiked northerly toward Ft Story. Sandpipers and ghost crabs made occasional appearances. Before the hike began, Ruth and Eva watched a couple of surfers taking advantage of some of the bigger waves stirred up by the steady 20MPH NE wind. The rain stayed away and for the most part the sand stayed on the beach rather than being blown into the faces of the hikers. They watched several ocean vessels heading out to sea through the mouth of the Chesapeake Bay. An enjoyable evening for all.



Cabin Committee



Hello, my name is Greg Hodges. I'm the newly appointed Chair of TATC's Cabin Committee following Bob Adkisson's retirement from the job. I wanted to introduce myself to TATC's membership.

For over a decade, I have been the Assistant Chair of the Cabin Committee working closely with Bob and other members who actively support cabin operations. My association with the cabin started in September 2004 when Carol, my girlfriend-at-the-time and now wife, introduced me to the cabin.

Last year, the Board asked the TATC membership to suggest ideas to make the cabin more attractive to everyone. Mattresses came out on top. Under Bob's leadership, we now have them. Renter reaction is great.

Other improvements are coming too. At the last Board meeting, I proposed that we:

- 1) adopt an online/electronic payment system for cabin rentals (while continuing to accept check payments);
- 2) replace the wood stove/oven with an easier-to-use wood stove.

I think these changes will enhance the renter's experience. However, a well-maintained cabin is critical to their enjoyment. That requires energetic, skilled volunteers to address tree blowdowns, cut firewood, rebuild the firewood box, paint, repair screens, and do the myriad of routine maintenance chores that keep the cabin attractive.

To get all this done, the Cabin Committee is seeking volunteers with the necessary skills, tools, and enthusiasm. So, in the next TATC Newsletter, you will see solicitations for the September and November cabin maintenance/orientation trips. I've described the work to be done and the skills needed. If you have those skills, we need your help.

This is an opportunity for you to contribute to the cabin and make it a place where you would want to visit. Also, please remember that you have to do an orientation trip before you can rent the cabin. These trips will be your chance.

Lastly, I want to acknowledge Bob's contribution to the cabin as an institution and to my development as the Assistance Cabin Chair. Bob, thank you for your friendship, mentorship, and leadership since I have met you and have been going to the cabin. Our families have done private trips to the cabin as well as other places. I see cabin and camping trips continuing in the future for many years. You have dedicated countless hours to the cabin from the very beginning before the foundation was even laid out. For over three decades, you have made it a place of peace, serenity, and comfort for so many people who needed to share time in nature with family and friends. We have literally trained hundreds of cabin renters over the decade that I have been involved. I cannot imagine how many you have trained over the past thirty years. All of your dedication and commitment to the club and the members has not gone unnoticed. Thank you!

Cabin Report

As of August 2nd, the cabin can be rented out to the end of September.

No rentals in July (not unusual with the Summer heat):

Tuesday, July 4th, 2023 - Carol and Greg Hodges stopped by to wipe down the mattresses with Simple Green and to apply Rodent Sheriff (a rodent deterrent, not a poison) on them. The mattresses had noticeable mice excrement on them. The mattresses were stored in a vertical position (versus a horizontal position) so that the mice could not walk on the sleeping surface.

Friday, July 7th, 2023 - Carol and Greg Hodges stopped by again to reapply the Rodent Sheriff.

Saturday, July 22nd, 2023 - Kathryn Fourney-Hinshaw (Phyllis Putman's granddaughter) requested to rent the cabin but ended up not going to the cabin due to a family situation. She has returned the key.

Schedule rentals in August:

Wednesday, August 2nd thru 4th - Paul Krekorian

Wednesday, August 9th thru 10th - Randy Smith

Friday, August 11th thru 13th - Michael Horrell

Maintenance & Orientation Weekends:

Friday, September 22nd thru 24th - Rebuilding firewood box and fixing the chimney cap

Friday, November 10th thru 12th - Firewood Trip

Outstanding Rental Fees:

Gregory Hodges owes \$28 for June rental, awaiting online option to test out online payment process

V/r,

Greg Hodges



First Landing State Park Trail Maintenance



The TATC conducted our monthly trail maintenance in First Landing State Park on Friday July 7, 2023. We had ten volunteers led by Margaret Pisone. Our effort for the day was to make sure our adopted trails, the Live Oak and Cypress Swamp Trails were free from trip hazards, encroaching vegetation and litter. Our crew got right down to business and we were able to complete our work within an hour and one-half. The saying “many hands make light work” is really true.

Next month we will be back out in the park. Watch the schedule for the date and time of our next work day. Don't be shy, come on out and support our local parks. You will be glad you did.

Ellis Malabad

Scroll Through A.T. History

The Appalachian Trail (A.T.) is not the same as it was in 1937 or 1967 or 2007 — in fact, less than half of the Trail remains where it was originally laid. This week, The Washington Post gives readers a chance to scroll through the Trail's history to see some of the past reroutes that have created the path we know today. Click below for the full story:

<https://wapo.st/3Dvbxbk>

Reese Lukei Article on Bald Eaglet

[Bald Eaglet 23-2031 | The Wildlife Center of Virginia](#)

<https://www.wildlifecenter.org/critter-corner/current-patients/bald-eaglet-23-2031>

Crosscut Sawyer Certifications

There are two crosscut sawyer certification opportunities planned for the fall of 2023. These courses can each accommodate 15+ A/B participants, so please share with your club leaders and land managing partners. There is no cost to attend the courses.

More information and application form for each course can be found with the links below:

October 18-20

Virginia Crosscut: A/B only; camping options at training site (MRNRA/Volunteer Trail Camp)

<https://wildernessskillsinstitute.org/sawsi/2023-crosscut-a-b-course-in-sugar-grove-virginia/>

November 13-17

Georgia Crosscut: A/B/C certifications; camping options available at Lake Winfield Scott

<https://wildernessskillsinstitute.org/sawsi/2023-georgia-crosscut-saw-certification-course/>

Weekly ATC Ridgerunner's Reports

Here are the last two weekly reports from Lauren Yoder, the ATC Ridgerunner for our area.

Lauren's Comments:

Hi everyone,

Please find my report for the week of 7/20 through 7/24 attached. I got to hike in some areas outside of my typical section this week to complete shelter site assessments. It was fun to see areas I haven't been through this year! Overall, it was a really nice week. I had a lot of good conversations with hikers and had generally great weather. There seemed to be a few more hikers this week than I've been seeing the past couple weeks. Let me know if you have any questions or comments. Have a great week!

Link to: [2023 Tye River Ridgerunner Report - 7.20-7.24](#)

Hi everyone,

Please find my report for the week of 7/27 through 7/31 attached. The heat was intense in the beginning of the week, but the last couple days were very enjoyable. It was another relatively slow week in terms of the number of hikers I encountered. That being said, a lot of the hikers I've been encountering are open to having conversations, which has been nice. The population hiking now seems to be in less of a hurry. Generally speaking, the vegetation along some sections of the trail is starting to get tall again where it had previously been cut back. Please let me know if you have any questions or comments. Have a great week!

Link to: [2023 Tye River Ridgerunner Report - 7.27-7.31](#)

Appalachian Trail Conservancy (ATC) Membership Meeting

We are excited to announce that the 2023 Appalachian Trail Conservancy (ATC) Membership Meeting will take place on **Saturday, August 26, from 10:30 a.m. to noon EDT**. Like the past several years, the annual Membership Meeting will be online only. You can view a live stream of the meeting at appalachiantrail.org/2023meeting or on [our YouTube channel](#).

During the meeting, we will announce the results of the 2023 Board of Directors election. Active ATC members can vote for Board of Director candidates from August 12 at noon EDT through 8 a.m. EDT on the morning of the meeting (August 26). **All members in good standing as of August 1 will receive an email with detailed instructions once voting begins.** [You can renew your membership here!](#)



USDA

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DEPARTMENT OF AGRICULTURE

Now Hiring

We are currently recruiting for Recreation Technicians in the following locations!

Blacksburg, VA
Edinburg, VA
Harrisonburg, VA
Hot Springs, VA
Natural Bridge Station, VA
Norton, VA
Sugar Grove, VA

Apply on USAJobs!

Search: 23-R8GVA-12063384DP-AW

More information on hiring:
www.fs.usda.gov/main/gwj/about-forest/jobs

Some great news on a Monday afternoon – GW Jeff is hiring 21 Recreation Technicians (GS-5 & GS-7) across the forest:

- Blacksburg, GS-5 and GS-7
- Edinburg, GS-5 and GS-7
- Harrisonburg, GS-5
- Hot Springs, GS-5 and GS-7
- Natural Bridge Station, GS-5
- Norton, GS-5
- Sugar Grove, GS-5 and GS-7

Meadowlark Ridge

Relax & Reconnect in the Heart of the Shenandoah Valley

www.meadowlarkridge.com



Hello Tidewater Appalachian Trail Club,

We wanted to email you to let your organization know a little about Meadowlark Ridge Bed & Breakfast. Calling all you outdoor enthusiasts! We extend a warm invitation to embrace the wonders of nature and embark on unforgettable adventures in our breathtaking landscape. Unleash your spirit of exploration and let the Shenandoah Valley captivate your senses. Get ready to forge new trails, uncover hidden treasures, and create cherished memories amidst the untouched wilderness. Join us in embracing the boundless beauty that awaits you. Come to the Shenandoah Valley where adventure begins!

We know that sometimes your organization may participate in events which may lead patrons of your company to come to the area to access trails and may be in need of a cozy and comfortable place to stay. We are located relatively close to **Stokesville** and the **George Washington National Forest** as we are located in Mt. Solon, VA



Please take a look at our website Meadowlark Ridge and let us know if you have any questions or would like us to drop off or mail out some brochures. Also consider checking us out and/or following us on Facebook, Instagram or Pinterest.

Thank you for your attention to this announcement, feel free to forward this information to any other interested party.

Jaimi and Ryan
Managers

2nd Annual USMC Sgt. Mecot Camara Memorial Hike / Ruck



TATC, would you be so kind as to share the word about our special memorial hike / ruck on September 23rd in beautiful Pipestem, West Virginia?

This year we are seeking 241 hikers in honor of the 241 Marines killed in Beirut 40 years ago this October. Each Hiker Bib will have the name of one of our fallen so they are hiking in memory of one of our fallen heroes that did not come home.

The two local state parks have drastically discounted accommodations for this event. Just mention you are in town for Mecot's Ruck. Call directly for the discounted rooms to Bluestone State Park at 304-466-2805 or Pipestem State Park at 304-466-1800.

All proceeds go to our non-profit, American Brother Foundation, that provides scholarships to military families, helps veterans in need and creates military documentaries that tell the story of our veterans.

To pre-register and receive a custom made ruck t-shirt click here:

[https://www.aplos.com/aws/events/2nd annual usmc sgt mecot camara memorial ruck](https://www.aplos.com/aws/events/2nd_annual_usmc_sgt_mecot_camara_memorial_ruck)

Thank you so much!

Very respectfully,

Elisa Camara - Founder

elisa@americanbrotherfoundation.org

www.americanbrotherfoundation.org

www.wecameinpeace.us

Phone: 407-587-9875

Mid-Atlantic Trail Crew

Based near Carlisle, Pennsylvania, the Mid-Atlantic Crew works on the Appalachian Trail from Rockfish Gap in Virginia to the New York–Connecticut state line. Sponsored by the National Park Service, the Appalachian Trail Conservancy, and the A.T. maintaining clubs of the mid-Atlantic region, it normally runs for eight weeks from late August to late October.

Base Camp

The crew base provides a meeting place for the crew on the day prior to the work week. It has a kitchen, dining/meeting hall, showers, bunk space, and parking for crew volunteer vehicles.

Crew Week

Crew members meet at base camp on the afternoon or evening of the day before the first day of their work week for dinner and an orientation session. The first day of the work week begins with a hearty breakfast at 7 a.m. followed by travel to the project. The remainder of the first day is spent on some combination of working on the project and setting up a field camp. The crew spends the next three days working on the project. On the final day of the work week, the schedule is reversed: field camp is packed up, some work may be done on the project, and the crew travels back to base camp. Tools, the field kitchen, and vehicles are cleaned, followed by an optional celebratory dinner. Volunteers for the next session may be able to stay at the base camp between sessions, with the exception of the mid-season break — please indicate whether you are interested in this while registering. Please note that while there are usually three days off between each crew session, occasionally adjustments to that schedule must be made. Please contact us with any questions about the schedule.



Mid-Atlantic Schedule 2023

Session 1: Wind Gap A.T. Relocation

Wednesday, August 30 – Monday, September 4

The Crew will be working on a relocation of the Appalachian Trail within the Cherry Valley National Wildlife Refuge near Wind Gap, Pennsylvania. This relocation will reduce the steepness of this section of the Trail, providing visitors with an improved experience today and into the future. This new route will have a more gradual grade, helping to prevent erosion by reducing the amount and speed of water that travels down the tread of the Trail. Constructing a new and more sustainable path for the Trail involves tasks such as vegetative clearing, tread definition, side hill tread construction, stone step installation, and crib wall construction. Each workday the Crew will be hiking about 3/10 of a mile to the worksite with a climb of between 200 and 450 feet. The crew will be staying at a nearby A.T. hostel.

(Continued on Next Page ...)

Session 2: Wind Gap A.T. Relocation

Thursday, September 7 – Tuesday, September 12

The Crew will be working on a relocation of the Appalachian Trail within the Cherry Valley National Wildlife Refuge near Wind Gap, Pennsylvania. This relocation will reduce the steepness of this section of the Trail, providing visitors with an improved experience today and into the future. This new route will have a more gradual grade, helping to prevent erosion by reducing the amount and speed of water that travels down the tread of the Trail. Constructing a new and more sustainable path for the Trail involves tasks such as vegetative clearing, tread definition, side hill tread construction, stone step installation, and crib wall construction. Each workday the Crew will be hiking about 3/10 of a mile to the worksite with a climb of between 200 and 450 feet. The crew will be staying at a nearby A.T. hostel.

Session 3: Palmerton A.T. Relocation

Friday, September 15 – Wednesday, September 20

The Crew will continue work on a relocation of the A.T. on Blue Mountain, near Palmerton, Pennsylvania. This relocation will provide visitors with a more sustainable treadway while also bringing them to spectacular new viewpoints along the way. The work will involve tasks like vegetative clearing, tread definition, side hill tread construction, stone step installation and crib wall construction. The crew will tent at a nearby commercial campground. Each workday the Crew will be hiking about 3/4 of a mile to the worksite with no appreciable change in elevation.

Session 4: Palmerton A.T. Relocation

Sunday, September 24 – Friday, September 29

The Crew will continue work on a relocation of the A.T. on Blue Mountain, near Palmerton, Pennsylvania. This relocation will provide visitors with a more sustainable treadway while also bringing them to spectacular new viewpoints along the way. The work will involve tasks like vegetative clearing, tread definition, side hill tread construction, stone step installation and crib wall construction. The crew will tent at a nearby commercial campground. Each workday the Crew will be hiking about 3/4 of a mile to the worksite with no appreciable change in elevation.

Session 5: Wind Gap A.T. Relocation

Wednesday, October 4 – Monday, October 9

The Crew will be working on a relocation of the Appalachian Trail within the Cherry Valley National Wildlife Refuge near Wind Gap, Pennsylvania. This relocation will reduce the steepness of this section of the Trail, providing visitors with an improved experience today and into the future. This new route will have a more gradual grade, helping to prevent erosion by reducing the amount and speed of water that travels down the tread of the Trail. Constructing a new and more sustainable path for the Trail involves tasks such as vegetative clearing, tread definition, side hill tread construction, stone step installation, and crib wall construction. Each workday the Crew will be hiking about 3/10 of a mile to the worksite with a climb of between 200 and 450 feet. The crew will be staying at a nearby A.T. hostel.

Session 6: Wind Gap A.T. Relocation

Wednesday, October 11 – Monday, October 16

The Crew will be working on a relocation of the Appalachian Trail within the Cherry Valley National Wildlife Refuge near Wind Gap, Pennsylvania. This relocation will reduce the steepness of this section of the Trail, providing visitors with an improved experience today and into the future. This new route will have a more gradual grade, helping to prevent erosion by reducing the amount and speed of water that travels down the tread of the Trail. Constructing a new and more sustainable path for the Trail involves tasks such as vegetative clearing, tread definition, side hill tread construction, stone step installation, and crib wall construction. Each workday the Crew will be hiking about 3/10 of a mile to the worksite with a climb of between 200 and 450 feet. The crew will be staying at a nearby A.T. hostel.

Session 7: Tagg Run Bridge Replacement

Friday, October 20 – Wednesday, October 25

The Crew will be working on replacing of a 32-foot long two-stringer log bridge in Michaux State Forest near Mt. Holly Springs, Pennsylvania. The work will involve tasks such as dismantling the old bridge, using a grip hoist system (which is a manual device that uses a wire rope to lift or pull heavy loads) to set in place the new log stringers for the bridge, and installing new decking as well as guard rails. The crew will be staying at the basecamp and commuting each day to the work site. Each workday the Crew will be hiking about 1/2 mile to the worksite with little change in elevation.

Session 8: Tagg Run Bridge Replacement

Saturday, October 28 – Thursday, November 2

The Crew will be working on replacing of a 32-foot long two-stringer log bridge in Michaux State Forest near Mt. Holly Springs, Pennsylvania. The work will involve tasks such as dismantling the old bridge, using a grip hoist system (which is a manual device that uses a wire rope to lift or pull heavy loads) to set in place the new log stringers for the bridge, and installing new decking as well as guard rails. The crew will be staying at the basecamp and commuting each day to the work site. Each workday the Crew will be hiking about 1/2 mile to the worksite with little change in elevation.

Give us a call at (717) 258-5771 x203 or email bsickley@appalachiantrail.org with any questions.

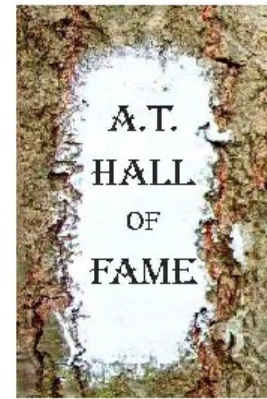


2023 A.T. Hall of Fame Induction

**Sunday, September 10, 2023
1 p.m.**

**U.S. Army Heritage &
Education Center
950 Soldiers Drive
Carlisle, PA 17013**

Appalachian
Trail Museum



**Join us as we honor the 2023 A.T. Hall of
Fame class:**

**M.J. Eberhart a/k/a Nimblewill
Nomad, Lester Kenway, Brian King
and Harry Rentschler**

Induction is **FREE**, but registration required.

To register for Induction, email

atmbanquet@gmail.com

More Information: www.atmmuseum.org

BLUF (Bottom Line Up Front)

The Tidewater Appalachian Trail Club Amphibious Trail Crew (TATC ATC) and Lynnhaven River Now will partner for an water-side West Neck Creek Clean-Up on Saturday, August 19 (rain-day Saturday, August 26). We ask paddlers of all sorts to save the date and stand-by for further details.

We put-in at Dozier Bridge with about a 1 kt current flowing south towards the Northwest River. The water level, while still high, was down about 12" from the level I had observed earlier in the week. I'm happy to report that the 3 miles of creek south from Dozier to Indian River Road are clear of major obstructions with little trash/ garbage along the banks. All in all, I'd highly recommend West Neck Creek south from the Dozier Bridge launch point to anyone who'd like to enjoy a pleasant afternoon on the water. With abundant vegetation on the banks, it's easy to beat the heat by paddling on the shady side.

While there were no "major" obstructions along the creek, we noted several places where blowdowns and overhanging branches along the banks are beginning to capture floating debris. Some pictures below. In time, "trash rafts" will form around these blow-downs and branches that may grow large enough to block paddlers. There are many water-logged, partially and fully submerged snags in the creek that also have potential anchor trash rafts. In several areas, alligator grass is beginning to flourish along the banks and around blow-downs. With a continuation of warm weather, the alligator grass will continue to spread and eventually completely block the creek as it did several years ago..

Based on what we saw on this paddle, combined with a paddle north from Dozier with John Murray on Monday, July 17, Vince and I concluded that it's time to schedule a West Neck Creek clean-up .It took more than 4 years and 30 some maintenance trips to clear the entire length of the creek prior to COVID. LRNow did some clean-up during the pandemic but the lack of more regular maintenance is beginning to show. It's time to nip problems in the bud rather than wait until the creek is obstructed and needs a major effort to clear it again.

Since we did not want to schedule a clean-up that conflicted with either currently scheduled events or plans people have already made for the next few weekends, , Vince and I compared the TATC and LRNow event calendars and agreed on Saturday, 19 August as our clean-up target date. Saturday, 26 August will be our rain-day. I will try to rally TATC ATC and get word out to other paddlers through the Kayak Enthusiasts website. Vince will get an event on the LRNow event calendar. We have a bit of coordinating and planning to do so details are not nailed down yet. More information to come. Stand by. - John Oakes



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Washington, **DC** area Jun 3-4, 2023
Charlottesville area, **VA** 100% outdoors! ... Jun 10-11
Norfolk/Virginia Beach area, **VA** Jun 10-11
Chattanooga, **TN** Jun 24-25

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boats, campfire, s'mores, cabins \$10/person/night;
free camping nearby, sunset overlook hike, optional
CPR & more. Near Blacksburg, **VA**.... Sep 2 - 4

Northern **VA** (Fairfax) Sep 30-Oct 1
Charlottesville area, **VA** Oct 14-15
Northern **PA** (Gaines) Oct 21-22
Washington, **DC** area Nov 4 - 5
Norfolk/Virginia Beach area, **VA** Nov 18-19

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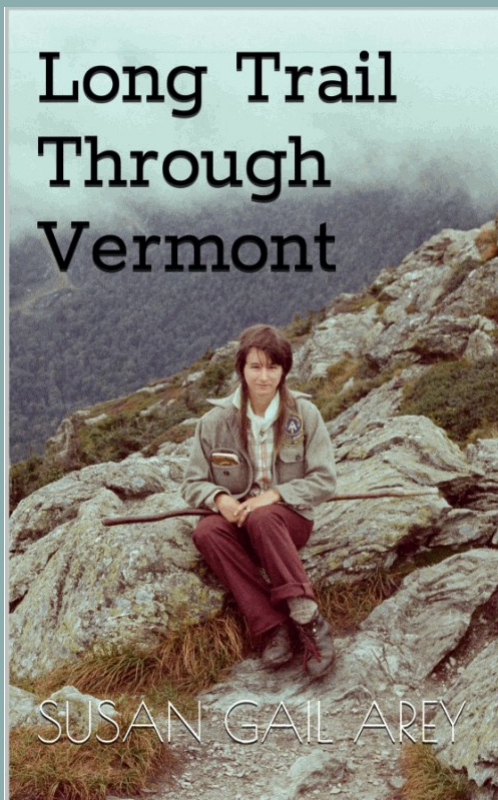
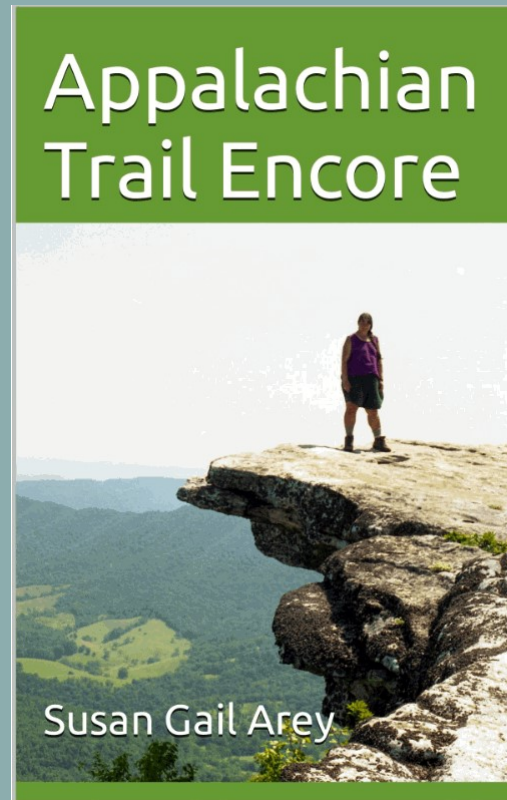
- For adults & teens with solid attention spans.
- No prerequisites – first-timers welcome.
- Medical professionals: learn front-line improvisation.
- ~50% lecture + Q&A, and ~50% hands-on skills.
- 2 days; 8 or 8:00am - 6:30 or 7pm each day.
- 5 bonus hours beyond the typical 16-hour class ([compare here](#)):
 - Deeper learning: the "why's" behind things;
 - More real-world practice scenarios;
 - Stronger resulting skills & confidence.
- **[Inclusive Instruction & Safe Space Ally](#)**, by design.
- 2-year world-renowned WFA cert by SOLO, founded 1976.
- Approved by: ACA, BSA, GS-USA, BCUNA and more.
- COVID + Monkeypox protect-everyone [Class Safety Protocols](#).
- Fee: \$245; local nonprofits receive 10% of course proceeds.

Topics Include:

- Patient Assessment System: uncover hidden and underlying issues
- Medical Emergencies: *Save Life*
- Environmental Emergencies: *Save Life*
- Skin Injuries: *Stop Bleed, Speed Healing, Prevent/Treat Infection*
- Musculoskeletal & Spinal Injuries: *Reduce Pain, Speed Healing*
- Evacuation & Care-giving for Hours to Days before hospital arrival

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[Click Here for Susan's Author's Page](#)

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.

West Neck Creek Paddle-Gayle

When: Tuesday, August 1, 2023

Where: West Neck Marina, 3985 W Neck Rd, Virginia Beach, VA 23456

Description: Meet at 9 AM for a 4 1/2 mile paddle up West Neck Creek. \$3 to launch honor system. Port-a-potty at launch only. We will paddle to Indian River Road and have lunch (which we have carried with us) on the grounds of one of the homes by the bridge. We have made arrangements with the owner. Bring lunch, water, bug spray, something to sit on at Indian River Bridge and PFD must be worn. The trip leader has determined that the following safety equipment must be worn by all participants: personal floatation devices. You can expect amazing scenery, many birds and huge Cypress trees. To sign up email Gayle: owensgaylee@gmail.com (mailto:owensgaylee@gmail.com) To see who has signed up already click here: <https://docs.google.com/document/d/1-FpgonBITRr1j6KV5L0RVHBbQPnty7mGW0mBQEHlem8/edit?usp=sharing> More information on the TATC Tuesday group can be found at - TATC Tuesday Group (<https://sites.google.com/site/tatctuesdaygroup/>)

TATC Board Meeting

When: Wednesday, August 2, 2023 7pm - 9pm

Where: Episcopal Church of the Advent (map)

Contact: Lee Lohman at president@tidewateratc.com if you have any questions!

Location - 9629 Norfolk Ave Norfolk, Virginia 23503

Description: TATC Board Meeting. Our board meetings are now being held at the Episcopal Church of the Advent. Here is the map link: <https://www.google.com/maps/place/9629+Norfolk+Ave,+Norfolk,+VA+23503/@36.9495041,-76.2499649,17z/data=!3m1!4b1!4m5!3m4!1s0x89ba90ed2bb6c48f:0x50634ecf5bf8023c!8m2!3d36.9495041!4d-76.2477762?hl=en&authuser=4> Please use on-street parking

2023 Appalachian Trail Vista

When: Friday-Monday, August 4-7, 2023

Where: Johnson City, TN

Description: 2023 Appalachian Trail Vista, Johnson City, TN. <https://www.atvista2023.org>

Ticket includes admission to all workshops, hikes, opening dinner, and closing dinner.

Where to Stay: <https://www.atvista2023.org/where-to-stay>

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Activities Schedule

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First Landing State Park Trail Maintenance Work Day

When: Friday, August 4, 2023, 9am – 12pm

Where: First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451

Contact: Bob Mooney at mbm9@cox.net or localtrails@tidewateratc.com to sign up.

Decryption: First Landing State Park Trail Maintenance Work Day, Live Oak and Cypress Swamp trail maintenance. The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed.

Support Chesapeake Bay Foundation Shoreline Restoration

When: August 7 & 14, 2023

Description: The Chesapeake Bay Foundation (CBF) has asked if TATC members would help them with a major shoreline project this summer. The project offers multiple opportunities to clean, restore, and enhance the bay and its surroundings. Please consider registering for one or more of the events. The CBF shoreline project will run all summer long and be broken into 6 weeks (plus a week in October for riparian buffer install), each week focusing on another stage of the project. While each step of this project takes multiple days, anyone can sign up to participate on as few or as many days as you like! Webpage with details and registration: <https://www.cbf.org/events/virginia/berner-living-shoreline.html> Details can be found in registration but here is the schedule:

Sand Backfill w/ EQR

August 7th - 11th

Rain Date - August 12th

Planting Shoreline

August 14th

Rain Date - August 15th

Please use the following link to registrar -

<https://www.cbf.org/events/virginia/berner-living-shoreline.html>

(Continued on Next Page ...)

Activities Schedule

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TATC General Membership Meeting

When: Wednesday, August 9, 2023, 7pm – 9pm

Where: Episcopal Church of the Advent, 9629 Norfolk Ave Norfolk, Virginia 23503

Contact Lee Lohman at president@tidewateratc.com if you have any questions!

Description: TATC General Membership Meeting. Our meetings are now being held at the Episcopal Church of the Advent. Here is the map link: <https://www.google.com/maps/place/9629+Norfolk+Ave,+Norfolk,+VA+23503/@36.9495041,-76.2499649,17z/data=!3m1!4b1!4m5!3m4!1s0x89ba90ed2bb6c48f0x50634ecf5bf8023c!8m2!3d36.9495041!4d-76.2477762?hl=en&authuser=4> Please use on-street parking

Swingblade & Lopperfest #3

When: Friday - Sunday, August 11 – 13, 2023

Where: Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952

Contact: John Sima - TATC Trail Supervisor - trailsupervisor@tidewateratc.com

Brittany Collins - TATC Asst Trail Supervisor - assistantts@tidewateratc.com

Description: Join us for a single day, or for the weekend, from Friday, August 11-13 and enjoy helping out with some fun filled and satisfying essential trail maintenance during one of the TATC annual Swingblade & Lopperfest events! The primary focus will be working on the section of the AT between Reids Gap and the Tye River, camping will be at Sherando (CCC Kitchen) and will be free of charge (let the folks at the gate know you are with TATC for the maintenance event). Swingblades & Loppers (also known as trimmers) are cutting tools that are often used for removing grasses, branches from trees and are the quintessential tools for removing overgrown vegetation from the sides of the Trail.

This essential work, and so much more, is performed by volunteers and helps to keep the Appalachian Trail alive. All are welcome to join this event. Camping accommodations for Friday and Saturday night can be made available. Participants will need to provide their own camping gear including but not limited to a tent or hammock, sleeping bag, sleeping pad, and plenty of food and snacks for the weekend. We will be working on Saturday only (but feel free to stay and hike on Sunday!!) Please be sure to wear long pants and sturdy boots. Bring plenty of water and snacks for the day, lunch, sunscreen, bug spray, a rain jacket and personal work gloves.

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Activities Schedule

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False Cape State Park - August Beach Clean-Up

When: Saturday, August 12, 2023, 8:45 A.M.

Where: Meet at Back Bay National Wildlife Refuge Parking Lot

Description: Our Beach Clean-up for August is on Aug. 12, 2023, I will be out of town this coming week, so I am sending this out a week early. You will have plenty of time to sign-up by Aug. 12, but write it down so not to forget that you did sign-up. Remember we do clean 6 miles of beach, no open toe shoes, you must wear your shoes at all times, while in the park vehicles and on the beach picking up trash.

Please be at Back Bay National Wildlife Refuge at 8:45 A. M, so we can leave at 9:00 A.M. ahead of the Tram. Bring water, snacks, sunscreen, bug spray, gloves and a hat, it may be HOT! We will try and be back to the parking lot around 1:00 P.M.

Please call the Office (Visitors Center) and give them your name and the names of anyone that may be coming with you, and your phone number. PARK PHONE NUMBER: 757-426-7128, tell them you would like to sign-up for the Aug. Beach Clean-up.

Thank You

V P Friends Group - Bruce Julian

Hampton River Paddle-Sandy

When: Tuesday, August 15, 2023

Where: Sunset Creek Boat Ramp, 21 Marina Rd, Hampton, VA 23669

Description: Tuesday, August 15, 2023 9:00am with launching time as soon afterward as possible but NLT 09:30am. PLACE: Sunset Creek Public Boat Ramp, Marina Road, Hampton, Virginia. The Hampton River (aka Hampton Creek) is located entirely within the city of Hampton, and yet still has a little bit of everything to offer paddlers of different interests. Not only does it have a very interesting history (think Pirate Blackbeard's severed head for one), but paddles can include views of downtown Hampton, Hampton University, Hampton's Air and Space Center, Hampton Yacht Club, fish/crab unloading docks, and lovely waterfront private homes. For more adventurous paddlers, even for the less adventurous, with good weather.

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Activities Schedule

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Just being in a "vehicle" that permits you to leave this construction site anytime you wish is a huge plus right now for our area. The river is 3.2 miles long so the round-trip paddle, without any ventures into open water, will be approximately 6 ½ miles. This paddle is in protected waters and can be shortened easily to any length should someone need to break away. We will not paddle out into the open waters of Hampton Roads unless it is a group decision. All participants must wear a personal flotation device (PFD) when paddling, and don't forget to also bring any other paddling gear you'll need along with water, sunscreen, and lunch, or money for lunch in one of the restaurants located nearby. The Surf Rider restaurant is right next door to the put-in ramp, and Vancosta's is just a couple of blocks away on Kecoughtan Road. Vancosta's is one of Hampton's few remaining, yet still very popular, local Greek neighborhood restaurants. Breakfast Option: McDonald's at 8:30, only six minutes from the put in, 1101 W Queen St, Hampton, VA 23669 TO SIGN UP: Contact Sandra Canepa, canepasa@cox.net (or icanewsac@gmail.com); Phone 757/478-7374 (Cell) To see who has signed up click here: <https://docs.google.com/document/d/1jUihb9a8K6reDw-bOVZKgtGFmrkqtzjwUTsba1tTYA/edit?usp=sharing> More information on the TATC Tuesday group can be found at - TATC Tuesday Group (<https://sites.google.com/site/tatctuesdaygroup/>)

TATC Board Meeting

When: Wednesday, September 6, 2023 7pm - 9pm

Where: Episcopal Church of the Advent ([map](#))

Contact: Lee Lohman at president@tidewateratc.com if you have any questions!

Location - 9629 Norfolk Ave Norfolk, Virginia 23503

Description: TATC Board Meeting. Our board meetings are now being held at the Episcopal Church of the Advent.

Here is the map link: [https://www.google.com/maps/](https://www.google.com/maps/place/9629+Norfolk+Ave,+Norfolk,+VA+23503/@36.9495041,-76.2499649,17z/data=!3m1!4b1!4m5!3m4!1s0x89ba90ed2bb6c48f0x50634ecf5bf8023c!8m2!3d36.9495041!4d-76.2477762?hl=en&authuser=4)

[place/9629+Norfolk+Ave,+Norfolk,+VA+23503/@36.9495041,-76.2499649,17z/data=!3m1!4b1!4m5!3m4!1s0x89ba90ed2bb6c48f0x50634ecf5bf8023c!8m2!3d36.9495041!4d-76.2477762?hl=en&authuser=4](https://www.google.com/maps/place/9629+Norfolk+Ave,+Norfolk,+VA+23503/@36.9495041,-76.2499649,17z/data=!3m1!4b1!4m5!3m4!1s0x89ba90ed2bb6c48f0x50634ecf5bf8023c!8m2!3d36.9495041!4d-76.2477762?hl=en&authuser=4) Please use on-street parking

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TATC General Membership Meeting

When: Wednesday, September 13, 2023, 7pm – 9pm

Where: Episcopal Church of the Advent, 9629 Norfolk Ave Norfolk, Virginia 23503

Contact Lee Lohman at president@tidewateratc.com if you have any questions!

Description: TATC General Membership Meeting. Our meetings are now being held at the Episcopal Church of the Advent. Here is the map link: <https://www.google.com/maps/place/9629+Norfolk+Ave,+Norfolk,+VA+23503/@36.9495041,-76.2499649,17z/data=!3m1!4b1!4m5!3m4!1s0x89ba90ed2bb6c48f0x50634ecf5bf8023c!8m2!3d36.9495041!4d-76.2477762?hl=en&authuser=4> Please use on-street parking

First Landing State Park Trail Maintenance Work Day

When; Thursday, September 21, 2023, 9am – 12pm

Where: First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451

Contact: Kaci Midgette at kacithemidge@gmail.com or localtrails@tidewateratc.com to sign up.

Description: First Landing State Park Trail Maintenance Work Day, Live Oak and Cypress Swamp trail maintenance. August 4th from 9:00 to 12:00. The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed.

Cabin Maintenance & Orientation Trip

When: Friday-Sunday, Sep 22 - 24, 2023

Where: White Rock Falls Trailhead, Blue Ridge Pkwy, Vesuvius, VA 24483

Description: TATC Douglas Putman Memorial Cabin Maintenance & Orientation Trip.

This is the 3 of 4 annual trips to do maintenance work and to provide orientation to members so that they can be qualified to rent the cabin. Primary task will be to replace the firewood box. Additional tasks will include repairing window screens, inventory non-perishable foods and cleaning supplies, wash and season cast-iron pans, and other housekeeping tasks. Depending on participation size and skillsets, the falling of dead trees to be used for firewood is possible. The final maintenance trip is scheduled for Veterans Day weekend, November 10th thru 12th, 2023. This is the annual firewood cutting and stacking trip. If you have questions or want to participate, please contact trip leader, Gregory Hodges, at cabin@tidewateratc.com or at (757) 439-1552. Call or text is fine.

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Activities Schedule

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Fall Walk-thru

When: Friday-Sunday, Sep 29 – Oct 1, 2023

Where: Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952

Description: Camping out at the CCC Kitchen area in the Sherando Lake Recreation Area. Fall Walk Thru. Approximately 12 people needed to walk our section of A.T. & Mau-Har Trail to document maintenance needs. To sign up or for more information on maintenance, contact:

John Sima - TATC Trail Supervisor - Supervisor - trailsupervisor@tidewateratc.com

Brittany Collins - TATC Asst Trail Supervisor - assistantts@tidewateratc.com

Newport News Fall Festival (Now Fall-O-Ween)

When: Saturday & Sunday, October 7-8, 2023, 10:00 A.M.- 5:00 P.M.

Where: Newport News Park, 13560 Jefferson Avenue, Newport News, VA 23603

Contact: Email Jim Newman at jimnewman55@gmail.com

Description: TATC Participation in this event will involve setting up a display table and discussing what the club does with people who stop by. Will likely need no more than 4 volunteers to staff it.

TATC General Membership Meeting

When: Wednesday, October 11, 2023, 7pm – 9pm

Where: Episcopal Church of the Advent, 9629 Norfolk Ave Norfolk, Virginia 23503

Contact Lee Lohman at president@tidewateratc.com if you have any questions!

Description: TATC General Membership Meeting. Our meetings are now being held at the Episcopal Church of the Advent. Here is the map link: <https://www.google.com/maps/place/9629+Norfolk+Ave,+Norfolk,+VA+23503/@36.9495041,-76.2499649,17z/data=!3m1!4b1!4m5!3m4!1s0x89ba90ed2bb6c48f0x50634ecf5bf8023c!8m2!3d36.9495041!4d-76.2477762?hl=en&authuser=4> Please use on-street parking

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Fall Maintenance Weekend & Family Campout

When: Friday-Saturday, October 20-22, 2023

Location: Sherando Lake Recreation Area, 96 Sherando Lake Road, Lyndhurst, VA 22952

Description: This is a weekend for us to do what the club was set up to do! We'll maintain our assigned section of the Appalachian Trail, the Mau-Har Trail, the White Rocks Trails, plus more! Come out to our base camp at Sherando Lake Recreation Area on Friday as early as noon; set up your tent at the Williams Branch Picnic Area, keeping in mind that the gate is usually locked at 10PM and opens on Saturday morning at 6AM. Crew signup sheets will be available Friday; Saturday organizational meeting at 7:45AM. Optional hikes offered on Sunday. To sign up or for more information, contact:

John Sima - TATC Trail Supervisor - Supervisor - trailsupervisor@tidewateratc.com

Brittany Collins - TATC Asst Trail Supervisor - assistantts@tidewateratc.com

FLSP Fall Festival

When: Saturday, Oct 21, 2023

Where: First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451

Description: 3rd Saturday in October 2023, Noon to 5:00 pm

Description: TATC Participation in this event will involve setting up a display table, similar to the one used for the VB wildlife festival in '22. Will likely need no more than 4 volunteers to staff it. The first time we did it there were only two volunteers, and we had no problems doing it. Details to follow. No cost to club. POC - Dave Plum, heydave9@gmail.com

CBES 30th Between the Waters Bike Tour (registration closed)

When: Saturday, October 28, 2023

Location: Chesapeake Bay Eastern Shore (CBES)

Description: Chesapeake Bay Eastern Shore (CBES) 30th Between the Waters Bike Tour
While not a TATC sponsored event, we have typically had a fair number of members that have coordinated transportation over to the Eastern Shore, ridden as groups in the various distances and sometimes gone out to eat afterwards. From the serene seaside to the waters of the Chesapeake Bay, pedal past golden fields through historic small towns & hidden seaside hamlets. Designed for hobbyist to hardcore cyclists.

(Continued on Next Page ...)

Activities Schedule

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4 ROUTES: 25 - 40 - 60 - 100 miles—flat terrain, little traffic makes for a serene spin.
All the real details are available at this web site - CBES 30th Between the Waters Bike Tour (constantcontact.com)

ALL RIDERS RECEIVE:

- Lunch Stop
- Rest Stops Stocked with Snacks/Beverages & Helpful Volunteers
- Free Commemorative Long Sleeve T-Shirts [If pre-ordered]
- Free Friday Fun Ride
- Well-Marked Scenic Route, Map/Cue Sheet, GPS Route
- SAG (Support and Gear) Service along the Bike Tour

To coordinate with other TATC club members participating on this ride, please contact Bruce Davidson at bruce.davidson3@verizon.net



TATC Officers & Board

Position	Name	Email Address
President	Lee Lohman	president@tidewateratc.com
Vice President	Andy Grayson	vicepres@tidewateratc.com
Treasurer	Cecil Salyer	treasurer@tidewateratc.com
Secretary	Lelia Vann	secretary@tidewateratc.com
Trail Supervisor	John Sima	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Brittany Collins	assistantts@tidewateratc.com
Counselor	Bruce Davidson	counselor@tidewateratc.com
Counselor	Bill Bunch	counselor@tidewateratc.com
Counselor	Sandra Canepa	counselor@tidewateratc.com
ATC RPC Representative	Ned Kuhns	rpcrep@tidewateratc.com
Alt ATC RPC Representative	Jim Sexton	rpcrep@tidewateratc.com
Cabin Committee	Bob Adkisson	cabin@tidewateratc.com or 627-5514
Cabin Committee	Gregory Hodges	cabin@tidewateratc.com
Education	Vacant - TBA	education@tidewateratc.com
Hikemaster	Andy Grayson	hikemaster@tidewateratc.com
Historical	Jim Sexton	historical@tidewateratc.com
Land Management	Vacant - TBA	landmgt@tidewateratc.com
Local Trails	Dave Plum	localtrails@tidewateratc.com
Membership	Kama Mitchell	membership@tidewateratc.com
Membership	Sharon Salyer	membership@tidewateratc.com
Merchandise	Vacant - TBA	merchandise@tidewateratc.com
Newsletter	Jim Sexton	newsletter@tidewateratc.com
Outreach	John Barnes	outreach@tidewateratc.com
Past President	Rosanne Cary	pastprez@tidewateratc.com
Programs	Vacant - TBA	programs@tidewateratc.com
Timekeeper	Vacant - TBA	timekeeper@tidewateratc.com
Tool Boss	Vacant - TBA	toolboss@tidewateratc.com
Webmaster	Jim Sexton	webmaster@tidewateratc.com



Lopperfest #1
June 16-18, 2023
Photos from Mary Crozier



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June 16-18, 2023
Photos from Mary Crozier



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Lopperfest #1
June 16-18, 2023
Photos from Mary Crozier



Lopperfest #1
June 16-18, 2023
Photos from Peter S. Burch

