

# *Tidewater Appalachian Trail Club*

## *Appalachian Hiker*

www.tidewateratc.com

December 2019 - January 2020  
46th Edition, 6<sup>th</sup> Issue

### PREZ SEZ

As I sit down to write this article, it's the day before Thanksgiving and a time to pause and think of what both I and the club have to be grateful for.

Over these last several weeks our club has had a very successful maintenance trip, a wildly successful Silent Auction, and some generous donations sent to us which will help us with our efforts going forward. We've had new people step up to fill important roles in our administration, and members taking a leap and scheduling events for our friends and fellow members to enjoy.

I am personally thankful for the wonderful support from fellow board members and club members during my current tenure as president. It takes a team effort to keep things running and what a great team we have!

Thanks to you all,

Rosanne  
President - Tidewater Appalachian Trail Club  
[president@tidewateratc.com](mailto:president@tidewateratc.com)



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Banner Photo by Mark Ferguson



Visit our website at [www.tidewateratc.com](http://www.tidewateratc.com)

## Minute For Maintenance

Much has happened since last newsletter, so let's get with it:

Last month's Fall Maintenance included a record number of volunteers: 92 including 23 U.S. Navy personnel stationed in Norfolk. Seventeen crews were organized to provide honest work for all, with a variety of jobs from blazing to big projects of drainage and tread-way rehabilitation on the Mau-Har led by Paul Dickens and John Oakes. Michelle Cobb ensured that everyone was happily fed at Saturday dinner. A big thanks to all.

TATC now has 20 currently certified crosscut sawyers, five of which received their cards at the recent training session at Natural Bridge Station. Welcome to the elite, John Barnes, Lisa Hall, Tim Hall, Chris Van, & Mark Wenger. John Sima upped his certification to B level. Six of us are certified for chain saw: Pete Burch, Libby Carmines, Brad Hughes, Lee Lohman, Jim Newman & John Oakes.

During Fall Maintenance, 105 hazard trees were discovered in the Maupin Field Shelter area, requiring prompt action as no one wanted the next widow-maker death to occur in our section. Since only two TATC members are certified for chain saw felling (Pete Burch & John Oakes), our forest service & ATC partners are always needed in felling dangerous trees. Thanks to Josh Kloehn of the Roanoke ATC Regional Office, a team was organized to clear the problems. Eight volunteers removed the trees in one long day: Josh Kloehn & Conner McBane of ATC VARO; Jim & Chris Sexton, and Pete Burch of TATC; Doug DeJarnette of NBATC; Brad Hughes of ODATC, & Patrick Murray of USFS. Thanks to these dedicated people for making Maupin Shelter and environs a safer place.

Last weekend, Paul Dickens visited his Mau-Har south trail section and removed a few step-overs deemed too high. He also reported that our AT section is clear from Tye River to the Mau-Har junction. And speaking of trail sections, after months & months of being away in Montana and South Caroline, Nathan Terault has returned to the area to resume maintaining his high-upon-Three Ridges section (summit to Chimney Rocks), the longest, toughest area to reach! Welcome back, young man & best holiday wishes to everyone!

*Jim Newman*

Trail Supervisor

[trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)

## TATC 2019 Silent Auction Sponsors

Please support the following businesses who donated items to TATC's 2019 Silent Auction:

<b>Acredale Animal Hospital</b>	1200 Lake James Drive, Virginia Beach, VA 23464 (757) 523-6100 <i>and</i> 837 Battlefield Blvd. S Chesapeake, VA 23322 (757) 482-2181	<a href="https://acredaleanimalhospital.com/">https://acredaleanimalhospital.com/</a>
<b>Rockfish Gap Outfitters</b>	1461 E Main St., Waynesboro, VA 22980(540) 943-1461	<a href="https://www.rockfishgapoutfitters.com/">https://www.rockfishgapoutfitters.com/</a>
<b>Appomattox River Company</b>	3009 West Mercury Blvd. Hampton, VA 23666 (757) 890-0500	<a href="https://paddleva.com/">https://paddleva.com/</a>



Use this link from now until December 8th to use coupon code HLDY2019 and save!

This holiday season, there's no better place to find a gift for Appalachian Trail fans than the **Ultimate Appalachian Trail Store®**. From our official ATC 2020 Calendar, to exclusive T-shirts and other Trail-themed apparel, to ornaments crafted especially for ATC, there's something for everyone on your shopping list!



Local Hikes

## **The Noland Trail**

The Mariners' Museum Park is 550 acres of privately maintained, naturally wooded property that offers visitors a quiet and serene place to walk, run, or picnic. Within the Park is the 167-acre Lake Maury, named for the famed 19th-century oceanographer and native Virginian, Matthew Fontaine Maury.

Following the shoreline of Lake Maury is the five-mile Noland Trail. Dedicated as a gift from the Noland Family in 1991 and with significant ongoing financial support from the Noland Family, the trail has fourteen bridges, picnic areas, benches, handicap access, and mile markers. Each fall The Mariners' Museum hosts a Park celebration that includes the Noland Trail Marathon and Relay and a family-friendly fall festival.

The Mariners' Museum Park is open daily to the public. Benches at approximately every half-mile offer places of rest along the trail, and views of Lake Maury can be found around every corner.

Park and Trail Website: <https://www.marinersmuseum.org/park-and-trail/>

Park and Trail Map: [https://www.marinersmuseum.org/wp-content/uploads/2014/03/park\\_map.pdf](https://www.marinersmuseum.org/wp-content/uploads/2014/03/park_map.pdf)

Location: Newport News, Virginia. Take Exit 258A off of I-64 and go south for 2.5 miles on J. Clyde Morris Blvd., cross Warwick Blvd., then turn left onto Museum Dr. Park on the right side of road, across from Mariner's Museum.

Operating Hours: The Park and trail are FREE and are open daily from 6:00 AM to 6:00 PM, closed Thanksgiving and Christmas Day. The park gates are locked each evening, so check closing times and plan your visit accordingly.

Donations: Give to the park: <https://10123.blackbaudhosting.com/10123/Park-Donation>

### Contact Information:

Museum (757) 596-2222  
Security (757) 591-7777  
After Hours Security (757) 254-2144

### Address:

The Mariner's Museum  
100 Museum Drive  
Newport News, VA 23606

:





## You're Invited to the TATC Annual Holiday Party

Saturday, December 7 from 6-10 pm

Royster Presbyterian Church – 6901 Newport Ave., Norfolk

\$7 per person at the door

Potluck, DJ and Karaoke, BYOB

Join your friends for an evening of festivities in celebration of the  
Holiday Season

Put on your party duds and dust off your dancing shoes! It's time for the TATC Holiday party! The party will once again be held at Royster Presbyterian Church, 6901 Newport Ave, Norfolk. Music will be provided by DJ Gary Stephenson. Admission fee is \$7.

**THIS IS A POTLUCK! BRING A MAIN DISH, APPETIZER, SIDE OR DESSERT!!**

For more information, contact: Sharon Salyer at [happycampers33@hotmail.com](mailto:happycampers33@hotmail.com).

## **SHERANDO MAINTENANCE WEEKEND: SUNSHINE AND A TROPICAL STORM**

*By Mal Higgins*

This October 2019, 92 folks turned out for our semi-annual fall maintenance trip to work on our trails. This created at least 10 work crews deployed to the Appalachian Trail, the MauHar Trail, the Minebank Trail in St. Mary's Wilderness, and the White Rock Trail near the cabin. The event was notable for its glorious weather Saturday and its tropical rain storm Sunday (totally unpredicted by the so called Accuweather app as of Friday morning). Yes, I rant at weather forecasts frequently. Wrong most of the time.

As has been TATC's practice for decades we assembled and camped Friday night at the Williams Branch area of Sherando National Recreation Area. Friday was a beautiful, starry night, and temperatures dropped to just above freezing. It felt great.

Bright and early at 7:30 a.m. Saturday, Trail Supervisor Jim Newman gave us a safety briefing at the picnic shelter, complete with his trademark set of cardboard cue sheets. This included his innovative acronyms, such as "safety is BDD"—big darn deal. Soon, cars roared out to their destinations and I joined Bruce Davidson's crew. It was tasked with driving down the Maupin Field fire road and then hiking down the MauHar to re-blaze a number of faded or critically missing blue blazes. Carolyn, Kathy, Ed, Tom, Svetlana, Bruce, and I sawed a few small blowdowns on our way in to the campsite at the Campbell Creek waterfall.

We encountered a small number of hikers. We opened up our paint kits, and re-blazed the yellow side trail to the waterfall. The water level was pathetically low. We then retraced the 1.5 mile climb back up to Maupin Field Shelter, blue blazing and adding a couple of blue arrows at critical spots of confusion. Along the way, we also improved a couple of the rock bridges across the meandering Campbell Creek. We counted a number of dead upright trees hovering over the Maupin Field designated campsites. The shelter is in good shape and clean.

Saturday night, most everyone enjoyed "Italian Night", which Michelle Cobb organized with delicious baked ziti, roasted potatoes, bread, and salad from Tony's restaurant in Fishersville, VA. What a feast, topped off by a table full of deserts provided by TATC members. Our annual community dinners have become a huge success over the years thanks to Michelle and her predecessors, Stephanie and Judy, and going back to Mike. Bruce Julian led karaoke at the lakeside shelter afterwards, and the pleasant sounds floated all around the various Sherando tent and RV camping loops.

All was well until 1:00 a.m. Sunday morning, when the tropical rain storm that Accuweather did not know about hit. Yes, a torrential rain inundated Sherando right up through Sunday sunrise and on into the late day. Breaking down a tent in a driving rain-storm is an experience not to be missed. But even better was the drive home on I-64 in a torrential rainstorm all the way back to Tidewater. Guess the weatherman will be sending reparations soon. Omitting that, the Sherando weekend was its usual success!

## CLAUDIUS CROZET BLUE RIDGE TUNNEL

*By Mal Higgins*

Deep inside Afton Mountain in Nelson County, immediately adjacent to and crossing beneath today's Interstate 64, lies a remarkable abandoned railroad tunnel. Designed by civil engineer Claudius Crozet, it's the Blue Ridge Tunnel, built over many years and completed in 1858. The tunnel is approximately one mile in length and straight as an arrow. The tunnel was abandoned about 1942 when a new larger tunnel was built somewhat parallel to it, which is in use today. Amtrak and some freight trains still roar down the modern tracks.

The 1858 tunnel is now well on its way to becoming a "rails to trails" path thanks to the dedication of many folks who in 2011 created the Claudius Crozet Blue Ridge Tunnel Foundation [CCBRTF], a 501(c)(3) foundation. This occurred after 2007, when the CSX Railroad deeded the tunnel and right of way to Nelson County. Visit the foundation's website for some cool photos and some background on the tunnel and the foundation: <http://blueridgetunnel.org/> You can join as a "Founding Supporter" for a mere \$100.00!

TATC's own Bob Adkisson introduced some of us quite a few years ago to the tunnel's "secret" entrance on the west side of Afton Mountain, found off route 250 in Waynesboro. I have been back a number of times. I became hooked on its mysterious and eerie feeling as you walk down an overgrown weedy path and enter a short, rocky canyon, feeling the cold air emerging from the tunnel on a hot summer day. Inside, in those days, one could walk about ¼ mile before encountering a wall to wall to ceiling concrete plug. It is pitch black and flashlight beams disappear quickly. Only a 24 inch or so diameter metal pipe extended through the concrete with maybe 4 inches of tunnel water running through it and draining out to the east side of the mountain. Only the brave slid through it, and I was never convinced I needed to! The concrete plugs were built at either end to create a natural cavern to store liquid natural gas in a business scheme that never came to fruition. Graffiti from many visitors over the decades and some trash and beer cans littered the sides, and running water splashed along the walls in places, creating weird echoes.

Bob explored and found the east side entrance to the tunnel some years ago next to the tiny community of Afton. He showed me the entrance and I have visited the tunnel from the east side various times since then. A remarkable transformation is occurring in the tunnel, most visible on the east side. Thanks to a public grant by the Commonwealth Transportation Board and other significant donations, a parking lot, a hard packed gravel road, and a reworked tread path inside the tunnel with proper water drainage has been built on the east side. The litter and graffiti are gone on the west side. The two concrete plugs have been blasted out. Falling brick lining over at the west end has been rebricked and safely restored.

The CCBRTF work on the tunnel is entering the next phase of the project. This will be facilities at the trailheads, additional brick repair, historical signs/markers presenting the history of the tunnel and its construction by Irish immigrants and slaves, and expanding the tunnel's use as a path for trail hikers, walkers, bicyclists and other visitors. Lighting is planned for the future.

Both entrances to the tunnel are at the moment "closed to visitors" with "no trespassing signs" posted by the Nelson County Sheriff. The time is coming when TATCers who know the entrances will lead a hike there. All flat! Very dark! Strange noises! Natural air conditioning!

## TATC Education/Training Survey

*Lee Lohman*  
[education@tidewateratc.com](mailto:education@tidewateratc.com)

TATC Members,

The Board thanks everyone who participated in the education/training survey. As we noted, only with your input can we develop and deliver education and training classes that match what you need and how you want the training delivered.

We received 44 responses. That was approximately 10 percent of those solicited. The typical time spent was three minutes.

We analyzed the results of the survey taking responses of interested, very interested, and extremely interested together to determine the subjects of greatest interest. Question 1 (first aid) registered the greatest interest. Questions 4 (GPS), 8 (economical gear purchase and repair), and 9 (leading an activity) all tied for second place. Question 6 (food for camping and backpacking) came in third. Question 7 (finding and sanitizing water) came in fourth. Question 3 (day hike preparation) generated the least interest.

Question 1 (first aid) generated the most “extremely interested” responses followed by questions 4 (GPS) and 9 (leading an activity).

The survey is very valuable as it gives the Education/Training Committee some sense of the direction you would like us to move in. We have already begun to explore ways to identify the type of first aid training that would be most useful. This is not as easy as it might seem. Some people want a complete first aid course that would meet the requirements of Forest Service sawyer certification. Others want to know how to deal with the types of injuries one might experience at camp or on a bicycle trip.

Some would be pleased to take a three day course while others want short presentations on specific subjects. Finding suitably qualified instructors is another problem.

The committee is working on these issues and hopes to provide some level of first aid training beginning in January. We believe we can also begin to address your requests for GPS, gear, and leadership training in the first quarter of the new year.

Again, the Board wants to thank everyone who participated in the survey. We are always eager to hear from you about training you think the club should consider and also your critiques of training we will be delivering.

For those of you interested, details of the survey results are provided below. To refresh your memory, the survey questions are shown below as is the table of percentages voting for each question.

Q1. Being able to provide first aid to someone injured or sickened by something likely to happen while hiking, camping, or doing trail maintenance work.

Q2. Knowing what to bring on a backpacking trip, how to pack, what to wear, how to plan the trip, and what safety precautions to take.

Q3. Knowing what to bring on a day hike, how to pack, what to wear, how to plan the trip, and what safety precautions to take.

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Q4. Being able to use a GPS device or applications on mobile phones or tablets to locate your position on a map. Plotting a course to reach a destination on a map using the same devices.

Q5. Knowing the standards for “leave no trace” camping. Knowing the techniques to employ to achieve those standards.

Q6. Knowing which foods and food packaging are best for tent camping and which are best for backpacking. Knowing how to prepare the food. Understanding which equipment is most effective for each type of camping.

Q7. Knowing how to find, collect, and sanitize water.

Q8. Knowing how to select, economically purchase, and repair clothing and equipment for hiking, camping, and trail maintenance.

Q9. Knowing the TATC standards for leading an activity. Understanding how to energize activity participants. Understanding what to do in an emergency.

Question	Not Interested	Somewhat Interested	Total B and C	Interested	Very Interested	Extremely Interested	Total E, F, and G
Q1	2.27%	11.36%	13.63%	15.91%	34.09%	36.36%	86.36%
Q2	15.91%	15.91%	31.82%	34.09%	15.91%	18.18%	68.18%
Q3	13.64%	25.00%	38.64%	29.55%	20.45%	11.36%	61.36%
Q4	9.09%	11.36%	20.45%	20.45%	27.27%	31.82%	79.54%
Q5	13.64%	18.18%	31.82%	38.64%	15.91%	13.64%	68.19%
Q6	13.64%	11.36%	25.00%	25.00%	34.09%	15.91%	75.00%
Q7	13.64%	15.91%	29.55%	18.18%	31.82%	20.45%	70.45%
Q8	6.82%	13.64%	20.46%	36.36%	25.00%	18.18%	79.54%
Q9	9.09%	11.36%	20.45%	20.45%	31.82%	27.27%	79.54%

Q10. What additional education/training subjects would you like to see TATC offer to the membership?

*The responses to Question 10 are repeated below in their entirety:*

- Use 20 minutes of our meeting time to do short training
- Club history
- When you teach the GPS course, using a compass and map should go along with it.
- CPR, chainsaw certification
- Marketing and recruiting new, younger members. Having a mentoring program to bridge older members with new members.

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- Mainly first aid in the wilderness. Have we ever worked with the Boy Scouts on trail maintenance?
- Think training priorities should be: 1. Basic Trail Maintenance Training 2. First Aid/CPR 3. Leadership Training
- Information on recommended walking/hiking organizations such as Road Scholar, REI, etc.
- Land navigation by non-electronic means. (Maps, compass, environment.) Identify trees & useful plants. Corridor management.
- Sounds like you covered it.
- Outdoor photography tips; using your cell camera vs. a standard camera
- Joined the club and have yet to make it to a trail maintenance weekend. In past I have enjoyed tent and primitive camping with really old equipment several decades ago. Knowing how to use new stuff and adapt to my aging self probably has been a barrier to participating.
- How to look out for And avoid common hazards. Snakes bees tripping / falling poison ivy sumac oak etc.
- How to establish a new hiking trail. 2. How to download and use Guthook on your phone. 3. How to use a 2-man had saw.
- What laws pertain to the area you are going to hike, IE, campfires, what restrictions are now present, etc.
- Trail maintenance technique discussions at the General Meeting immediately before maintenance weekends
- Photography
- Plant and animal identification
- I would like to take day hikes with someone that can identify plants and trees along the trail.
- Trail Maintenance topics, i.e.; Water-bar building & maintaining. Stairs/steps building & maintaining. Poisonous plants, Venomous Snake, Invasive Plant identification.
- Item #9 is very important to me - activity leadership training. I think offering this in a group setting, vs. pointing a member to the online documents, can benefit the club by giving members the confidence to plan trips. A buddy system/co-leader/mentor network could increase out of area activities (i.e. backpacking). In my opinion, #1, wilderness first aid training is an integral part of the leadership training. Sugar Grove is a long way to drive for this, and local classes are very expensive. Would be great if it could be ATC/TATC sponsored at Sherando or locally.
- Land navigation with map
- How to select a safe and comfortable campsite that will not blow away or flood.
- I would like First Aid/CPR training offered semiannually.
- Excellent survey, My lower-interest generally is because I have experienced and practiced the aforementioned skills for a quarter century; however, I am enthusiastic about spreading my interest and knowledge. Way to go, Mr. new TATC Education Chairman! We are on to something important here!
- Trail building types of trail maintaining.

## **Slate of Officers for January 8th, 2020 Elections for TATC**

The Nominating committee submits the following names as required by the TATC By-Laws for the election of the 2020-2021 Board to be held at the January 8, 2020 General Membership Meeting:

President: Rosanne Cary  
Vice-President: Phyllis Neumann  
Secretary: Steve Clayton  
Treasurer: Douglas Cary  
Trail Supervisor: Jim Newman  
Assistant Trail Supervisor: Patrick Hayes  
Counselor: Kari Pincus

Any Club Member is eligible to run for any one of these positions. Additional nominations can be made at the January 8, 2020 club meeting. Job descriptions for each position are available in the Bylaws on the TATC website. Contact a Nominating Committee Member if you are interested. If you plan to nominate someone, please make sure they have agreed to fulfill the position if elected.

TATC Nominating Committee:

Marti Malabad - m.malabad@gmail.com  
Christine Woods - cwoods.onthebay@gmail.com  
Judy Welp - judywelp47@gmail.com  
Bill Lynn - walynn3@cox.net  
Sandra Canepa - canepasa@cox.net

## **Note of Appreciation for Local Maintenance Work in First Landing State Park**

The Club cleared over a mile of the encroaching vegetation in First Landing State Park from the right side of 64th Street on Tuesday November 21st. This was a big job. I would like to recognize the following for a job well done:

Marti Malabad, Bruce Julian, Dave Plum, Lee Lohman, Sandy Baylor, Margaret Pisone, Jody Cooper, Jim Dunham, Debbie Economos, Sharon Reid, Carl Allen, Brenda Butler, Elaine Birk, Diane Leber, David Corder, Lesley Hildreth, James Allen, David Phillips, Joe New, Ed Welp, Christine Woods

Thank you,  
*Ellis Malabad*  
Crew Leader



With the holiday shopping season just around the corner, there is another great and easy way to support the Appalachian Trail Conservancy (ATC) in addition to donating and being a member: complete your Amazon.com purchases using **AmazonSmile!**

When you complete your Cyber Monday or Christmas shopping on AmazonSmile, **choose the ATC as your preferred charity** and a small portion of your purchases will be donated to support our work. Shopping on AmazonSmile is completely free and works just like shopping on Amazon.com, featuring all the same products, prices and shopping features.

While **being an ATC member or donor** is the best way to support our work, **every cent from AmazonSmile helps us further our mission to maintain and protect the Appalachian Trail for generations to come.**

So **please select the ATC as your charity of choice using this link** and do your shopping on AmazonSmile — during the holiday season and beyond — to help conserve the A.T.!

Thank you for being a part of our team and happy holidays!

—The ATC Team

P.S. Looking for the perfect gift for the A.T. fan in your family? Visit our **Ultimate Appalachian Trail Store®** today! All proceeds support our work to maintain and protect the Trail.

P.P.S. Want to double or triple your donations? Many employers match their employee giving! See if your company matches donations by visiting **appalachiantrail.org/matching** or by checking with your HR department.

**Give Now**

# Wilderness First Aid Certification Course

**Great Outdoor Provision Co & MEDIC Solo Disaster + Wilderness Medicine School**

are hosting a Disaster + Travel + Wilderness First Aid Certification Course

on **JANUARY 18-19, 2020**

Old Dominion University Outdoor Adventure Program

**LEARN HOW to SAVE LIFE and LIMB in a**  
wilderness area-rural area (not near a hospital), disaster site or travel anywhere

This is a great course for anyone who ventures outdoors, travels, or wants to help in case of an emergency during a disaster!

***The Tidewater Appalachian Trail Club (TATC) will receive 10% of the course proceeds from the course being held in Norfolk, on January 18-19, 2020.***

Course INFO, ONLINE REGISTRATION, other locations & dates: <http://www.solowfa.com/>

**TIMING:** These are a 2-day class. 8:30am-6:30 or 7:00pm both days.

**FEE:** \$195 (note: another organization in the region charges \$275!) In appreciation of the hosting community, MEDIC SOLO will donate 10% of course proceeds to the Tidewater Appalachian Trail Club, a local non-profit organization.

**WHY:** Mired in a disaster zone, travel or rural area far from a hospital, or natural area miles from an access point ... accidents, destructive weather, and terrorism happen, and all-too-often members of a group are not capable of dealing with the emergency. This leads to improper care of the patient, and endangers the entire group. Many recreational accidents are preventable, and improper care of trauma can compound even simple injuries. Very few first aid programs actually address the issues of providing emergency care in a setting where 911 is overwhelmed or not immediately reachable. In this course, classroom instruction and Q&A are interwoven with practical work and problem-solving exercises. Hands-on experience – a most powerful learning tool – during scenarios comprise ~50% of class. You come away with actual do-it-yourself care-giving confidence. Satisfaction guaranteed.

## **OVERVIEW:**

- No prerequisites
- For adults and focused teens. Know your loved ones are safe wherever they are.
- Hands-on learn how to care for an injured / ill person during the critical minutes or hours before ambulance / hospital arrival
- Blend of classroom instruction & hands-on rescue scenario practice
- Approved by the Boy Scouts of America (BSA), Girl Scouts of the USA, American Camping Association (ACA), University of Virginia (100% reimbursement for certain academic employees), and more
- 2-year SOLO WFA certification
- Counts as recertification for WFA, AWFA, WFR and wilderness part of W-EMT

**TOPICS:**-Beyond the 'golden hour': wilderness/remote travel/disaster-delayed EMS arrival injury challenges and long-term patient care

- Patient Assessment System: thorough patient examination, treatment, monitoring, safety, and documentation
- Orthopedic Injuries and Treatment: Sprains, Strains, Fractures, and Spinal Cord Management
- Circulatory System Form and Function: Heart, Blood, Blood Vessels, Lungs, Brain
- Soft Tissue Injuries and Wound Treatment: Contusions, Abrasions, Lacerations, Flap Avulsions, Amputation, Punctures, Impalements,
- Bites, Stings, Blisters, Burns, and Infections
- Environmental Injuries and Treatment: Cold, Heat, Dehydration and Wilderness Survival
- Medical Emergencies and Critical Care: Shock, Allergies, Shortness of Breath, Brain Problems, and Heart Problems
- Patient movement: spinal cord precautions and clearing; pre- and post-evacuation treatment
- International Travel: preparing & packing for safe travel, problem prevention before and during travel, and identification & treatment of many travel illnesses - presented in a special hand-out for those who indicate interest.

**Instructor:** Matthew Rosefsky, Geo Medic, Wilderness EMT, CERT, MRC, and SOLO Instructor-Trainer; or a top-notch, highly-qualified expert Matt personally trained.

# 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**

When: Wednesday, December 4, 2019 7pm – 9pm

Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503 ([map](#))

Contact: Rosanne Cary [president@tidewateratc.com](mailto:president@tidewateratc.com)

Description: TATC Board Meeting. All members welcome!

## **TATC HOLIDAY PARTY!**

When: Saturday, December 7, 2019 6pm – 10pm

Where: Royster Memorial Presbyterian Church, 6901 Newport Ave, Norfolk, VA 23505, USA ([map](#))

Contact: Sharon Salyer [happycampers33@hotmail.com](mailto:happycampers33@hotmail.com)

Description: Put on your party duds and dust off your dancing shoes! It's time for the TATC Holiday party! The party will once again be held at Royster Presbyterian Church, 6901 Newport Ave, Norfolk. Music will be provided by DJ Gary Stephenson.

Admission fee is \$7.

**THIS IS A POTLUCK! BRING A MAIN DISH, APPETIZER, SIDE OR DESSERT!!**

Contact Sharon Salyer for more information at [happycampers33@hotmail.com](mailto:happycampers33@hotmail.com).

## **HAPPY HIKER HOUR**

When: Wednesday, December 11, 2019 6:00pm – 8:30pm

Where: MoMac Brewing Company, 3228 Academy Ave, Portsmouth, VA 23703, USA ([map](#))

Contact: Cecil Salyer [csalyer2@cox.net](mailto:csalyer2@cox.net)

Description: Join Cecil for a TATC Happy Hiker Hour at MoMac Brewing in Portsmouth. Wear your TATC caps and shirts! Join your fellow TATCers for some early evening fun! Contact Cecil for more details!

## **TATC Board Meeting**

When: Wednesday, January 2, 2019 7pm – 9pm

Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503 ([map](#))

Contact: Rosanne Cary [president@tidewateratc.com](mailto:president@tidewateratc.com)

Description: TATC Board Meeting. All members welcome!

## **TATC General Membership Meeting**

When: Wednesday, January 9, 2020 7pm – 9pm

Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503, USA ([map](#))

Contact: Rosanne Cary [president@tidewateratc.com](mailto:president@tidewateratc.com)

Description: TATC ELECTIONS. Time to vote for officers for the 2020 Board of Directors. You must be a member in good standing to cast your vote.

*(Continued on next 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.

## Happy Hiker Hour at Vibrant Shore Brewing Company

When: Wednesday, January 15, 2020 6:30 – 8:30pm

Where: Vibrant Shore Brewing Co. 505 18th St, Virginia Beach, VA 23451, USA

Contact: Ellis Malabad 757-285-1252 [malabad2@gmail.com](mailto:malabad2@gmail.com)

Description: Happy Hiker Hour at Vibrant Shore Brewing Company. Vibrant Shore Brewing Company <https://vibrantshorebrewingcompany.com/> is a new brewery that sprung to life to create a space where artists and people from all walks of life can gather around great craft beer in Virginia Beach's ViBe Creative District. VSBC features a consistently rotating lineup of premium, unique microbrews for the discerning beer connoisseur, seasonally appropriate specialty beers as well as several crisp flagship beers tailored for the active lifestyle.

Since it is anticipated no food truck will be on site, here are some nearby Food possibilities:

Beach Bella Pizza, (757) 437-3663, 616 Virginia Beach Blvd, Suite 110, Virginia Beach, VA

China Harbor, (757) 428-2467, 616 Virginia Beach Blvd, Virginia Beach, VA

Bring a friend and wear your TATC hat, t-shirt, etc.

## Wilderness First Aid

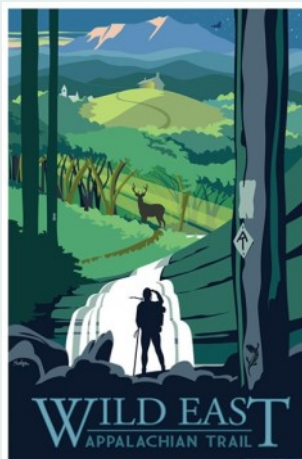
When: Saturday, January 18, 2020, 8:30am – Sunday, January 19, 2020, 6:30pm

Where: Old Dominion University 350 W. 21st St, Norfolk, VA 23517 ([map](#))

Description: Great Outdoor Provision Company is partnering with MEDIC SOLO Disaster + Wilderness Medicine School to offer this two day course in disaster preparedness in wilderness/rural settings. Learn what to do when 911 is not an immediate option. There is a fee for this class (\$195). Visit [www.solowfa.com](http://www.solowfa.com) for course information and online registration. Contact [courses@solowfa.com](mailto:courses@solowfa.com) with questions or to register. (This is not a TATC event but MEDIC SOLO will donate 10% of the course proceeds to TATC)

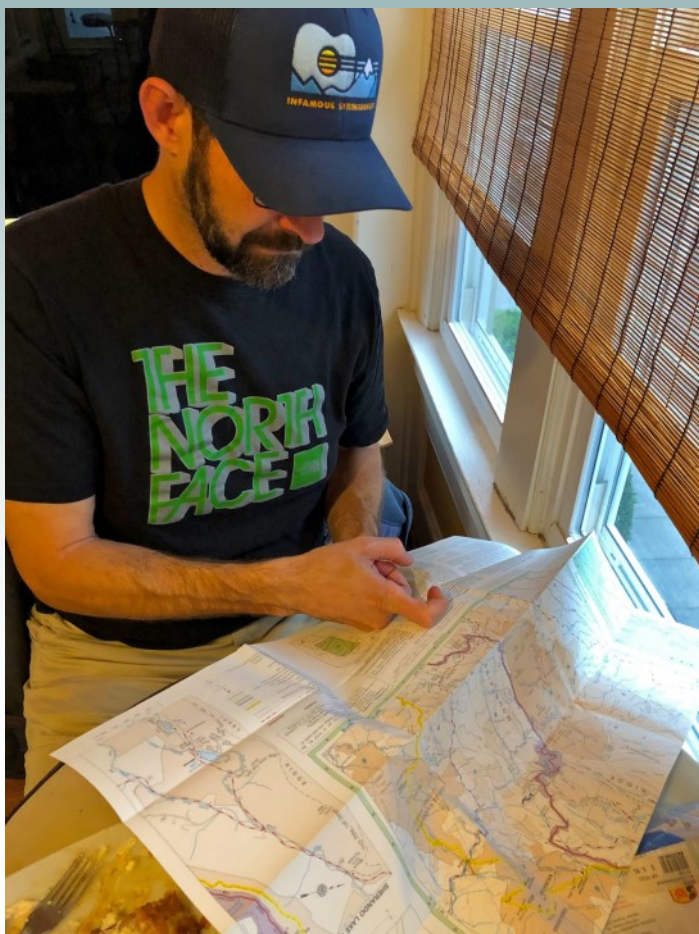
***Information for Hikes & Activities appearing in TATC emails, newsletters, website listings, and Meet-up postings are collected & edited by our Hikemaster; Phyllis Neumann.***

***Please contact Phyllis at [hikemaster@tidewateratc.com](mailto:hikemaster@tidewateratc.com) for publication.***



## 2019 Three Ridges Camping Trip

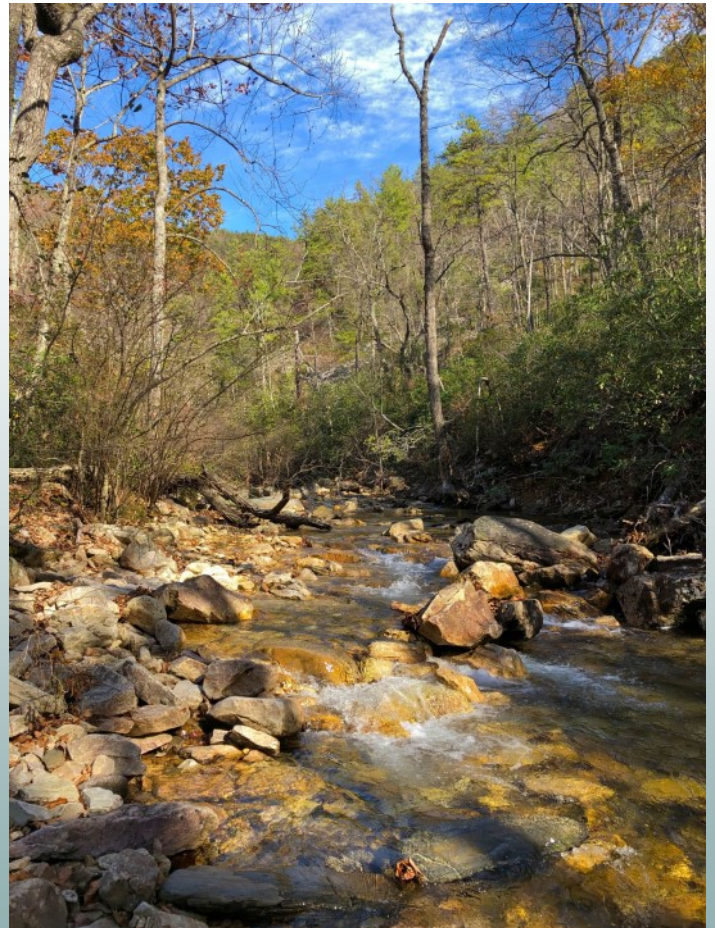
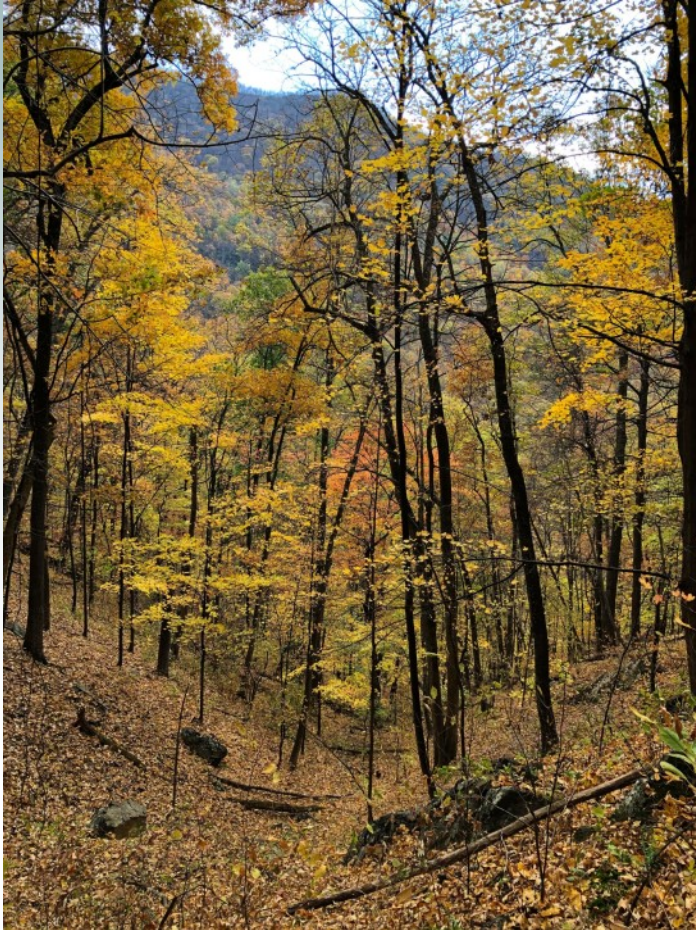
*By Kevin DuBois*





## 2019 Three Ridges Camping Trip

*By Kevin DuBois*





## 2019 Three Ridges Camping Trip

*By Kevin DuBois*





## 2019 Three Ridges Camping Trip

*By Kevin DuBois*





## Fall Maintenance & Family Campout 2019

*By Michelle Cobb*



### **Navy Muscle Power moves Harper Creek Picnic table!**

The table was being carried to its proper place in front of the Harpers Creek Shelter. Months ago, it had been improperly taken to the camping area ACROSS the creek. The individuals in the picture are all Navy Men; Bryce Wein, Jon Garcia, Gene Powell, David Lester, Justin Kennedy, & Drake Keller (not in order)



# Fall Maintenance & Family Campout 2019

*By Mal Higgins*



Folks enjoying Italian Night Meal



Jim Newman preaches safety



# Fall Maintenance & Family Campout 2019

*By Mal Higgins*



More Folks enjoying Italian Night Meal



Lunch at the MauHar Waterfall



# Fall Maintenance & Family Campout 2019

*By Mal Higgins*



Michelle announces Italian Night



Tom finds a special rock for Lunch



## Fall Maintenance & Family Campout 2019

*By Mal Higgins*



Tom, Paul and Svetlana absorb the lecture



Crew # 10 under Bruce's Leadership at Maupin Fields Shelter



## Fall Maintenance & Family Campout 2019

*By Mal Higgins*



Carolyn, Kathy and Ed blaze a Yellow Blaze to the Waterfall



A special bridge for the daring on the MauHar Trail



# Fall Maintenance & Family Campout 2019

*By Jim Sexton*





# Fall Maintenance & Family Campout 2019

*By Jim Sexton*





# Fall Maintenance & Family Campout 2019

*By Jim Sexton*





## Happy Hiker Hour - Coelacanth Brewing Company - November 2019

*By Jim Sexton*





# Happy Hiker Hour - Coelacanth Brewing Company - November 2019

*By Jim Sexton*





# Happy Hiker Hour - Coelacanth Brewing Company - November 2019

*By Jim Sexton*





# Newport News Park History Hike

By Amanda Hartwig





## 2019 TATC Silent Auction

*By Chris Sexton*





## 2019 TATC Silent Auction

*By Chris Sexton*





## Maupin Fields Work Crew

*By Josh Kloehn*



Eight volunteers at Maupin Fields on Sunday, November 3rd, 2019 worked on cutting down 105 hazard trees. Doug DeJarnette- NBATC, Brad Hughes – ODATC and Certified Arborist, Patrick Murray - USFS Intern, Josh Kloehn - ATC VARO (not in picture), Conner McBane - ATC VARO, Peter Burch – TATC, Chris Sexton – TATC, Jim Sexton – TATC

# TATC Officers & Board

Positions	Names	E-Mails or Phone #'s
President	Rosanne Cary	president@tidewateratc.com
Vice President	Phyllis Neumann	vicepres@tidewateratc.com
Treasurer	Douglas Cary	treasurer@tidewateratc.com
Secretary	Steve Rosenthal	secretary@tidewateratc.com
Trail Supervisor	Jim Newman	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Patrick Hayes	assistantts@tidewateratc.com
Counselor	Bill Bunch	counselor@tidewateratc.com
Counselor	Mark Ferguson	counselor@tidewateratc.com
Counselor	Ellis Malabad	counselor@tidewateratc.com
ATC RPC Representative	Ned Kuhns	rpcprep@tidewateratc.com
ATC RPC Representative	Jim Sexton	rpcprep@tidewateratc.com
Cabin Committee	Greg Hodges	cabin@tidewateratc.com
Cabin Committee	Bob Adkisson	cabin@tidewateratc.com or 627-5514
Calendar Committee	Tony Phelps	calendar@tidewateratc.com
Education Committee	Lee Lohman	education@tidewateratc.com
Hikemaster	Phyllis Neumann	hikemaster@tidewateratc.com
Historical Committee	Juliet Stephenson	historical@tidewateratc.com
Land Management Committee	Jim Moir	landmgt@tidewateratc.com
Local Trails	J. P. Richards	localtrails@tidewateratc.com
Membership	Sharon Salyer	membership@tidewateratc.com
Merchandise	Mark Van Zandt	merchandise@tidewateratc.com
Newsletter	Jim Sexton	newsletter@tidewateratc.com
Notices	Jim Sexton	notices@tidewateratc.com
Outreach	TBA	outreach@tidewateratc.com
Past President	Juliet Stephenson	pastprez@tidewateratc.com
Programs	TBA	programs@tidewateratc.com
Timekeeper	TBA	timekeeper@tidewateratc.com
Tool Boss	Bruce Julian	toolboss@tidewateratc.com
Webmaster	Jim Sexton	webmaster@tidewateratc.com