

Tidewater Appalachian Trail Club

Appalachian Hiker

www.tidewateratc.com

February 2019 - March 2019
46th Edition, 1st Issue

PREZ SEZ

It has been my honor to serve these last three years as your President. While I begin to pass the baton to Rosanne Cary, I have complete faith in the abilities of this club. TATC members possess both a willingness to act and a passion for trail work. Our many hours working, and playing, together have forged numerous strong friendships. I have confidence the club will continue to grow and flourish. Here's to the next forty-seven years!

On my way out of office, I would like to thank the members of the Board. I have the finest team of advisors and mentors anyone could ask for. Each and every one of them adds to the strength and vibrancy of the TATC. They made my job easy.

I write this, my last Prez Says article, under a full moon eclipse. Fittingly, tradition has this as a time of completions and endings. However every closure leads to new horizons. I am looking forward to what 2019 will bring, and I hope you are too. Onward and Upward!

Juliet Stephenson

President - Tidewater Appalachian Trail Club



INSIDE THIS ISSUE

Prez Sez	1
Minute for Maintenance	2
New Website Software	3
Show and Tell	4
Wilderness Skills Institute.....	4
Freezeree	5-6
WFA & CPR	7
Wild East Coast	8
Life After the A.T.....	9
A.T. License Plate	10
Recreation.gov	10
Government Shutdowns	11
FLSP - Trail Build	12
Speakers Wanted	12
TATC Elected Officers	12
ATC - Donate Now	13
Activity Schedule	14-17
Photolog	18-53
TATC Board	54

(Banner Photo by Mark Ferguson)



Visit our website at www.tidewateratc.com

Minute For Maintenance

Ladies and Gentlemen of Tidewater Appalachian Trail Club: I am happy to announce that the State of our Trails is Good...and improving! Oops, that's not quit original...something I borrowed from watching too much national news!

But, yet, the idea has merit. After a damaging November ice storm, our A.T. section along with the Mau-Har and trails in Saint Mary's Wilderness were left with significant tree litter--everything from broken tree tops and limbs to logs. But, unlike the government, trails remained open and passable. Winter hikers found walk-arounds until our emergency December maintenance crews cleared footpaths. The call to duty amazed me. Sixteen TATCers signed-on with enthusiasm that carried through to productive work. They deserve acknowledgement:

Bob Adkisson	Mal Higgins
Milton Beale	Michael Horrell
Pete Burch	Stan Krajewski
Bruce Davidson	Jim Newman
Paul Dickens	John Oakes
Mark Ferguson	Jim Sexton
Andy Grayson	John Sima
Patrick Hayes	Randy Smith

Special thanks goes to Paul Dickens, member of TATC & PATC, who earlier checked the upper regions of Three Ridges and provided pictures and descriptions of damage. Paul drove from Richmond to meet two crews of four at the Love Gap fire road gate at 6:30AM on Saturday, Dec 8. All were driven along the previously cleared fire road to Maupin Shelter, thanks to the diligent work of Pete Burch who prides himself on fire road maintenance. One crew was assigned to clear the large mess at Hanging Rock while the other hiked over the summit and down to the bottom of the switchbacks before working back to meet the first crew as it worked upward. Both missions were completed and everyone out by 3:30.

A third team concentrated on problems on the northern Mau-Har from Maupin to the waterfall. This team gathered at a more reasonable hour—8:00AM

The fourth team hiked from the cow pasture to Harpers Creek Shelter to repair minor damage to the shelter roof. Special credit to Milton Beale who climbed onto a snowy roof to replace about a dozen cedar shingles. He made it down safely and the roof looks great!

Dave Whitmore of the USFS arranged for winter maintainers to stay at Sherando's Administrative Center during this special maintenance. The overflow camped on the lawn or slept in vehicles. Weather timing was on our side as an approaching snow storm held off until the early morning of our Sunday departure, leaving roads to the interstate quite slick. Snow was observed all the way home until we hit Newport News, then the rain, ughh!

Looking to the future, our 2019 trail maintenance calendar is set and is listed below. Also, our association with SAWS remains strong, as that organization will continue both Saint Mary's recovery work and helping TATC complete major cribbing work on the south Mau-Har. Look for this at Spring Maintenance: There will be two blazing crews operating as we refresh fading markers and correcting confusion at two locations of complaint. My hope is to recruit the experienced teams that Mal Higgins and I led when the Mau-Har was blazed 3-4 years ago.

That 2019 TATC Maintenance Schedule:

- April 26-28 Trail Walk-through
- May 3-5 Spring Maintenance
- June 7-9 Swing Blade/Lopper Fest #1
- July 12-14 Swing Blade/Lopper Fest #2
- August 16-18 Swing Blade/Lopper Fest #3
- October 4-6 Trail Walk-through
- October 18-20 Fall Trail Maintenance

So there, fellow citizens, a report on recent events and a peek into the future. Meanwhile ..., may the trail rise up to meet you, the wind be always be at your back and the sun shine warmly upon your face until we do trail maintenance again!

Jim Newman
Trail Supervisor
Jimnewman55@cox.net

Postscript: Look for maintenance-related pictures elsewhere in this newsletter.

New Website Software

Jim Sexton

TATC is now using Wild Apricot as the software platform for TATC's website. Wild Apricot is web-based software for small associations and non-profits to help manage membership, website, events and other activities. It is "cloud" software, meaning it runs through a web browser without needing to install anything on a local computer.

What does this mean to TATC Members:

TATC's homepage can still be accessed through our www.tidewateratc.com address, or now can be accessed via the new tatc.wildapricot.org website address.

Wild Apricot is a Membership Management System (MMS), which will automatically send reminders when your membership renewals are due. You will be sent a password via email to access your membership profile in Wild Apricot. Your User ID in Wild Apricot will be your email address. **If at any time you forget your password, just go to TATC's site and request a new one, and an email will be sent to your email address with the new password.** You can do this by hitting the 'Login' icon/link in the upper right-hand corner of our homepage, and then hitting the link for 'forgot password'. All pages in TATC's website are visible and available for use without a password, and User IDs and passwords are only needed when users are either joining TATC or renewing their memberships. Most Life Members won't even need to use their User IDs and passwords; since they won't need to renew their memberships. One note: If you have a family membership, only one invoice is generated per family, and renewal notices are only sent to one of the family email addresses. If you have a preference as to which email address within the family that you want renewal notices to be sent to; then please contact the TATC Membership Chair at membership@tidewateratc.com.

You will be able to renew your membership at any time by logging into the TATC's website and going to the 'My profile' link, under the 'account' menu in the upper right-hand corner of the homepage. And you can renew your membership by clicking on the links provided in the renewal notices that will be sent to you automatically. Renewal notices will be sent out, 28 days prior to your membership renewal date, 14 days prior, and on your renewal date. As soon as you renew, no more renewal notices will be sent to you until the next year. Remember, if you join as a 'Life Member', you will never, ever again, have to worry about renewal notices!

The use of Wild Apricot will also allow TATC to have different types of website administrators assigned to control different website functions and different types of webpages. TATC will now be able to have administrators for membership, events, finance, emails, specific web pages, an online store, etc., and we will also be able to have back-up website administrators assigned.

If you have any questions on this topic; then please contact TATC at webmaster@tidewateratc.com.

Show and Tell Time!

by Rosanne Cary

What's your favorite camp meal? Where is your favorite place to camp or what trail do you love to hike? What is your "go to" resource for outdoor information? What piece of gear can't you live without?

Tell us about it at the April Membership Meeting on Wednesday, April 10 as TATC hosts a "Show and Tell."

Members and guest are invited to take about *1 or 2 minutes* to share some of their favorite things - that's it, it's that easy and quick! If, for any reason you don't want to address the group, shoot me an email and I'll share for you. Our group is so wonderfully diverse and experienced, we all stand to benefit from sharing information with each other, so *Show and Tell!*

Wilderness Skills Institute

<https://wildernessskillsinstitute.org/>

The Wilderness Skills Institute is a training partnership between the Appalachian Trail Conservancy, the United States Forest Service and Southern Appalachian Wilderness Stewards. Started in 2011, the Institute currently features two weeks of training hosted each year in the spring at the Cradle of Forestry facility outside of Brevard, North Carolina on the Pisgah Ranger District of the Pisgah National Forest.

Wilderness work requires a special scope of skills. This program is designed to provide volunteers, agency and partnership staff and others opportunities for growth within these unique skill sets. Each year, courses are selected to provide skills training for all levels of experience, from those new to stewardship to those who have been stewarding wilderness for decades. Training through the Institute is provided for free to accepted students, and free camping is available on site for those wishing to take advantage of the facilities. The Institute an excellent opportunity for connecting with Wilderness stewards across the region both inside and outside of the classroom.

New Class Schedules and Applications for WSI 2019 can be found at:

<https://wildernessskillsinstitute.org/2019-course-offerings/>

The application process opened on January 21st, 2019.

The Uncertain Freezeree that Almost Wasn't

by Jim Newman

Unlike my previous five Freezerees, the 2019 version was uncertain from the start. Mal Higgins, tireless leader of this annual event, put forth a conditional plan in early December—conditional in the sense that his participation would be based on being able to shake loose from the office. By end of the month, reality was clear. Duty won over play. Mal was out, leaving six hardcore snow lovers to “shiver” alone—so to speak!

With the trip hanging in the balance, Bruce Davidson and I decided to co-lead the “expedition” by following the plan Mal provided: Jan 7-12, New Hampshire, attempt Mt. Lafayette, Lonesome Lake Hut, etc.

With four others putting their fate of in the hands of substitute leaders, all were committed to the perils and pleasures of a long drive, cold temps, deep snow and unpredictable winds! As scheduled, we were off on January 7: Bob Adkisson, Mark Connolly, Bruce Davidson, Jim Newman, John Sima, and Marty Vines, together sporting an average age of 63.5, with the youngest being exactly half the age of the eldest (39 & 78). Here is our story:

Traditionally, it started at the 6:30AM departure from the Virginia Beach side of Chesapeake Bay Bridge Tunnel. A picture found elsewhere in this newsletter shows five live participants with Mark Connolly holding Gerald G. Gnome, a garden figure to represent Mal. Gerald accompanied us all the way. Marty Vines, not pictured served as photographer.

Approximately 12 hours and 700 miles put us in Lincoln, NH located in Franconia Notch. Sidebar here: note that the round-trip would involve 24 hours in two moving vehicles, punctuated by breaks to eat overpriced turnpike food and visits to “high traffic” restrooms! Oh, yes, and to endure those Connecticut gas prices!

Next morning the plan called for an attempt on Mt Lafayette, elevation 5,260 feet; however weather conditions for the high peaks that day cited 65 mph winds with gusts of 80! Despite John's wish to see iconic Franconia Ridge, we agreed that this was not the day to be above tree line, so we invoked plan B: drive to Crawford Notch to try Mt Pierce whose summit just breaks tree line at 4,310 feet. This was a semi-pleasant 3-mile hike that required a slow, four-hour snowshoe slog through snowdrifts. Despite this, the ordeal was cheered when we met the expected Gray Jays, who make their homes between 3,000 & 4,000 feet. These industrious birds do not migrate and survive snowy winters by caching up to 8,000 food bits yearly in tree bark crevices by using their sticky saliva as glue. Even though they have enough stored food to endure winter, they are always on the lookout for anything hikers offer. They even come to hands offering food as they chuck a bill full and fly back and forth between hand and tree. Truly amazing! Look for pictures nearby.

Conditions on Mt Pierce were peaceful with little wind and temperature in the teens. The overcast lifted to reveal Mounts Eisenhower, Monroe, and Washington to the north. Things brighten even more when we were treated to a brief period of heavily filtered sunlight. Sights never to be forgotten!

January 8 was our second night at the Lincoln Holiday Inn. Next day was to be our trek to Lonesome Lake Hut, a mere 1.6 miles over 900 feet of elevation gain from I-93. After breakfast we packed and readied ourselves for the more basic living style of fixing our own dehydrated food and sleeping in an unheated bunkhouse! Funny thing happened on the way however: As we climbed significant elevation through Franconia Notch on the Interstate, wind and falling snow increased significantly. We arrived at trailhead in an unplowed parking lot with 18” of snow, and winds blowing occasional whiteouts across windshields as we crept along wondering where to park! Upon getting outside and trying to don hats, wind jackets, and to fix packs, snowshoes and the sled, while enduring punishing wind-driven snow, we quickly decided this was not our day to hike to Lonesome Lake! We were soon on our way back to Holiday Inn for a third night! OK, guess we're not Otey Shelton or Mal Higgins tough, but, hey, we are safely back to our secure, warm Hampton Roads homes, and able to share our “harrowing” experience! But wait. The story continues! There is more.

Safely returned to the warm hospitality of the Lincoln Holiday Inn, Bruce contacted AMC about our failure to reach the hut and to inquire if our paid 3-day hut reservations could be extended a day (through Saturday). Answer: No. Boy Scouts had the hut for the weekend but we would have a shot if there were cancellations. Fat chance with six needy people!

(Continued on next page ...)

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Thursday dawned as usual: comfy room with choice of hard or soft pillows, a nice breakfast that featured a never-before-seen pancake-making machine that plopped a dollop of dough on a moving belt that slowly moved between two heating elements and eventually deposited a pancakes on a preplaced plate! All within one minute! Entertaining as the sign promised: "Push the red button and watch the show!" Clever, but the product was a bit rubbery!

But I digress from the hardcore, manly things Freezerees are known for! This day, January 10, conditions allowed for our delayed journey to the hut. Even the parking lot was plowed and the winds were down. Uneventful, basically. This time Bob demurred from walking across the frozen lake as he did in 2016, so all of us took the long way around to the hut. Upon arrival, I experienced my first negative thoughts. The kitchen/dining/great room was ten degrees above freezing, dank and sparse. I found myself endlessly pacing. My brain was telling me, "why are you here and do you want to do this again?" After a day or so, I knew the answer to that question: "YES, I DO WANT TO DO THIS AGAIN!" Strange how the mind operate!

On Friday, January 11, our last day at the hut (no Boy Scout cancellations), we explored trails near the hut. Bob circumnavigated the one-mile trail around the lake, finding a marshy spot where his snowshoe-shod foot plunged all the way to where he felt water entering his boot! No big problem if you know Bob! Later in the day two us accompanied him on the same circuit, with Bob guiding around the problem spots. Still later, all six of us set off to hike the Cascade Brook Trail that connected to a circuit to the vehicles and back to the hut. Here I learned to appreciate snowshoes and how difficult and tiring post-holing can be without them. Perhaps next article, I will find time to explain the background involved in the lost snowshoe and how it was recovered. Fortunately, I was less than a quarter mile from the hut when I learned a valuable lesson: Always have snowshoes when snow is deep even though trails are packed down...and never lose one!

Saturday was split between X-country skiing for Bob and Bruce in the A.M. and travel part way home in the afternoon. Marty, John, and I drove to the brewpub in Littleton while, fortunately, Mark elected to remain at the ski center in Franconia in order to have a car there. During our first beer, I receive a telephone call from Mark. Bruce had fallen in tricky snow and hurt his left rotator cuff and was being driven by Mark to the northern-most hospital in New Hampshire, located just blocks away from the pub. We had a long wait at the hospital waiting for news. Finally, we were told that Bruce had not suffered dislocation as thought, but a sprain. He soon appeared wearing his usual smile and equipped with an exotic sling that incorporated a large ice bag. Doc said he was properly medicated and ready to travel! Tough hombre, that Bruce. Over the years, he has dealt with everything from frostbite to sunburn, but like the Ever-ready Bunny, keeps coming back!

After a few hours of driving, we overnighted in Brattleboro, VT & returned uneventfully to Hampton Roads next day.

Now the final question: "Hey Mal, where to in 2020? Seriously!"



Wilderness First Aid (WFA) & Cardiopulmonary Resuscitation (CPR) Course

With lots of interest from Clubs and volunteers for another discounted WFA & CPR course taught by Landmark Learning, we're moving forward. The course is on the books and registration is open. Please share with your Club volunteers, especially those folks who are certified sawyers, work trip leaders, etc.

For those of you who are new to WFA courses, here's the lowdown:

- The 16- to 20-hour Wilderness First Aid course is designed to introduce outdoor enthusiasts and individuals working in remote locations to wilderness medicine principles.
- Learn how to improvise equipment, deal with challenging environments, and act with confidence.
- Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will help you integrate your learning.

Course Details

Cost: A.T. Volunteers: WFA & CPR - \$50; WFA - \$38, CPR - \$12 (Course is deeply discounted for A.T. & Club volunteers).
Non-A.T. Volunteers: WFA & CPR - \$221; WFA - \$166, CPR - \$55

Space is limited in this course - there are 30 open spots. Registration will be open to only A.T./Club volunteers until early Feb 2019 – I want to maximize the number of Club participants. If spots are open at the end of January, this course will be opened up to the public to try and fill the class.

Date & Time:

CPR: Friday, April 12, 6-9pm

WFA: Saturday, April 13, 8am-5pm (WFA Day One)

Sunday, April 14, 8am-5pm (WFA Day Two)

Course Address: Volunteer Trail Camp, MRNRA Work Center
609 Flat Ridge Rd, Sugar Grove, VA 24375

Course Logistics:

Food: All participants will be responsible for their own food and meals. Participants will have full access to the camp kitchen – fridges, utensils, pots & pans, stoves, etc., will be available for your meal prep. With up to 30 participants, the kitchen might get busy so be flexible and plan to bring a backpacking stove and a cooler with ice in case there isn't enough fridge space. For folks looking to dine out for dinner, there are several restaurants in Marion, VA – a 20 minute one-way drive away.

Lodging: Participants are invited to use the Camp Pods – uninsulated, and unheated rustic structures that have electricity and light. Participants who use the Pods may have to share the space with another participant. Participants also may bring their tent and set up anywhere on the lawn. For folks not wanting to camp or stay at Camp, there are several hotels/motels in Marion, VA – a 20 minute one-way drive away. Participants may arrive anytime on Friday, April 12.

Other Camp Details

Bathhouses: Two bathhouses are at Camp – one male, one female – that will be available for use. They each have laundry, toilets, and showers.

Pavilion: The pavilion will be used as classroom space during the CPR and WFA courses, but during off hours the pavilion will be available. Pavilion has a pool table, ping-pong table, WIFI, comfy hangout space, woodstove, and tv with DVD's.

*****All Participants Are Responsible for Cleaning Up After Themselves in the Pods, Kitchen, Bathhouses, and Pavilion*****

How To Register if Interested:

Contact Josh Kloehn – jkloehn@appalachiantrail.org or 540-904-4391

- Once you contact me, I'll send you the course paperwork and forms for you to complete and return to me.
- Participants will mail a check for payment (make it out to ATC) to:
ATC-VARO
Attn: Josh Kloehn
416 Campbell Ave SW, Suite 101
Roanoke, VA 24016

If you've got any questions, let me know!

Josh Kloehn
Resource Manager
Appalachian Trail Conservancy
Central & SW Virginia Regional Office
416 Campbell Ave SW, Suite 101
Roanoke, VA 24016
Phone: 540-904-4391, Cell: 406-860-8371
jkloehn@appalachiantrail.org

Appalachian Trail Conservancy Brings Greater Focus to Importance of Wild East Coast Landscapes

HARPERS FERRY, W.Va. (Jan. 23, 2019) – Today the Appalachian Trail Conservancy (ATC) invited nature lovers everywhere to celebrate the beauty and importance of eastern United States landscapes with the launch of “Wild East,” an initiative bringing greater attention to the Appalachian Trail (A.T.) and the lands surrounding its 2,192-mile length from Maine to Georgia.

Wild East highlights the wildlife, forests, night skies and other natural wonders found along the Trail, as well as the welcoming communities, recreation opportunities and cultural history that have made the A.T. a world-renowned destination, all of which is within a day’s drive for 55 percent of Americans. The initiative also brings greater focus to the threats to the Trail and its surrounding ecology including urban sprawl, poorly-planned infrastructure projects and the impacts of climate change.

"Through Wild East, we will show how the Appalachian Trail is the link that ties together the most impressive views on the East Coast and creates a vital pathway for migratory birds and wildlife," said ATC President and CEO Suzanne Dixon. "Our ultimate goal is to show how vital the A.T. is for the eastern United States, leading more and more people to join the Appalachian Trail Conservancy’s mission to preserve the A.T. and the remaining open spaces surrounding it as a natural retreat for all of us to enjoy."

In collaboration with artist and astronomer Dr. Tyler Nordgren, the ATC has commissioned an eye-catching poster to celebrate the launch of Wild East. The poster speaks to the legacy of the Trail as an American adventure while also bringing attention to landscapes, animals and communities that embody the A.T. experience. The poster will be available to those who become members of the ATC or make a donation to its mission to maintain and protect the Trail.

For more information about Wild East and to get involved today, visit wildeast.org.

About the Appalachian Trail Conservancy:

The ATC was founded in 1925 by volunteers and federal officials working to build a continuous footpath along the Appalachian Mountains. A unit of the National Park System, the A.T. ranges from Maine to Georgia and is approximately 2,192 miles in length. It is the longest hiking-only footpath in the world. The mission of the ATC 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 generations to come. For more information, please visit appalachiantrail.org.

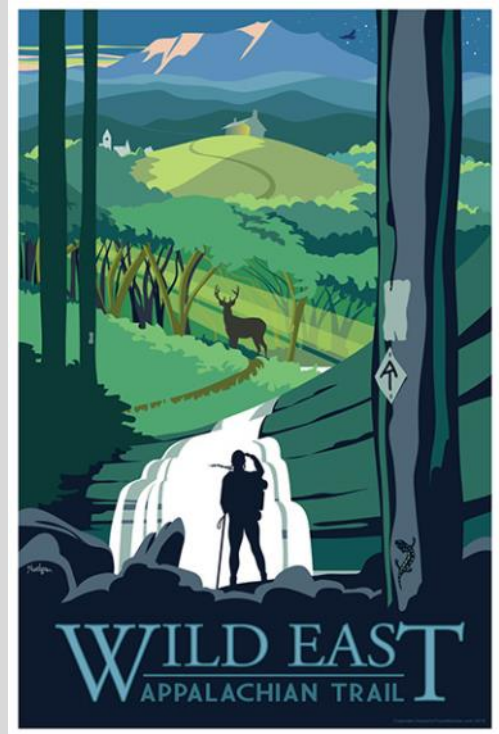
Media Contact: Jordan Bowman

Appalachian Trail Conservancy; www.appalachiantrail.org

Tel: 304.885.0794

Email: jbowman@appalachiantrail.org

Facebook: www.facebook.com/ATHike



Life After the Appalachian Trail

"Life After the Appalachian Trail" is a book by Susan Gail Arey about what happens to thru-hikers after they get home from the Appalachian Trail. Everyone knows what happens to them on the Trail. They lose weight, get in shape, gain confidence and get in touch with nature. But what happens to them afterwards when the situation is reversed? How does hiking the Trail affect their future lives -- both in short term culture shock and long term life changes? Do noises seem too loud or buildings too warm or traffic too fast? Does it affect choice of job, home or college major? Do some become trail maintainers?

The book is based on the answers to over 60 questionnaires handed out at the Long Distance Hikers Meeting in the 1980's and contains people's comments and the compiled results. There's a section on what hiking was like in the '70's and '80's. (It often took longer to find out information on the Trail and where it was so you could go there and hike it, than it did to thru-hike the whole thing.) There is also a section on the difference between men and women thru-hikers. (Men can build on what they already learned from Boy Scouts or other opportunities society gives them, to go backpacking. Women have to start from scratch to learn how to backpack. For women, getting to the first mountain is often harder than getting to the last mountain.)

The book is available on www.amazon.com.

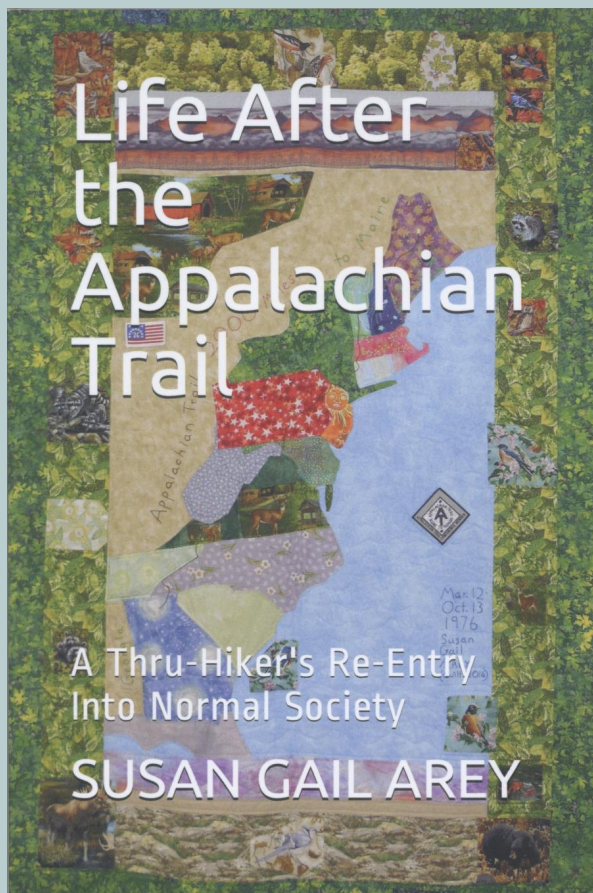
The trade paperback, 108 pages, is \$17.95 plus shipping.

The Kindle e-book is \$2.99.

The book is illustrated with color pictures of some of the author's gear and photos and details of the AT map quilt that the author designed and made. And yes, this digital dinosaur formatted both versions herself with lots of help from the people at Slover Library.

Also if you bring your copy to Trail Club meeting, she will autograph it for you.

Front Cover:



Back Cover:



Virginia A.T. License Plate

Now Available at Virginia DMV. Personalization of the license plate is available. Six (6) characters available on plate. Plate Fee (in addition to registration fee) is \$25 annually, and a personalized plate is an additional \$10 annually. A disabled symbol is also available with this plate.

As a revenue sharing plate \$15 of the \$25 fee is transferred to Appalachian Trail Conservancy after the sale of the first 1,000 plates.



Registration is easy! Sign up by visiting: [Virginia's DMV Web site.](#)

For more information about tax deductions, please contact a tax specialist or the IRS.

REGISTER NOW

RECREATION.gov

RECREATION.gov

One of the best sites available online to make reservations for camping, lodging, tours and recreational activities is <https://www.recreation.gov/>

This site can be used to reserve over 3,500 facilities and 100,000 individual sites across the country.

There's something for everyone on Recreation.gov, so make your reservations, get out there, experience America, and bring home some stories!

Information for A.T. Volunteers on Government Shutdowns

The government shutdown ended on January 25, 2019, allowing #AppalachianTrail volunteers to resume their work. Since no trail maintenance was permitted on the A.T. for 35 days, there may be hazardous conditions from downed trees and other storm damage. Use caution and report any concerns to trailconditions@appalachiantrail.org.

The Volunteer Service Agreement (VSA) suspension has been lifted and Volunteer in Parks (VIP) trail work can now resume.

If no new congressional budget for 2019 is signed into law by February 15th, 2019, then another government shutdown and another VSA/VIP suspension may occur, with volunteer trail work again being suspended.

Commonly asked Volunteer in Parks (VIP) questions from the last shutdown...

1) Q - As a leader in our club, I know that not all members have e-mail and there are those that have e-mail that don't always check it regularly. In the event of a shutdown, a volunteer may go out and do work in good faith not realizing the cease work order. Are these volunteers left "swinging in the breeze"? Are there any provisions and safeguards in place for these valued but erring souls? What are the consequences?

A - It is the responsibility of the club and its leaders to provide adequate guidance and oversight to volunteers and assure communication related to shutdown operations. If people, knowingly or unknowingly, volunteer on the A.T. while federal volunteer protection programs are suspended due to shutdown, there are no provisions in place to protect them in the event of injury. In fact, this opens a great deal of exposure to the club, its assets, and potentially its board of director's personal assets (if the club doesn't have director's insurance). It is in the best interest of the club to set up necessary internal communications to volunteers who may be at risk of not receiving the notice (or misinterpreting it), i.e. by telephone tree, or text.

2) Q - What do we do about those who look for "loopholes" and try to skirt the issue on the pretense that they are just going "hiking"? Or worse, disregard the instructions completely?

A - The Trail is not closed to hiking, though individuals visiting the Trail do so at their own risk as services are limited. If a volunteer disregards instructions from the agency in which they serve, they risk termination of their agreement.

3) Q - Are we just being asked not to do work or are we prohibited from doing work? If prohibited, are there punishments or penalties that are assessed against the violating members or against the club as a whole?

A - The Volunteer Service Agreement(s) through which A.T. volunteer work is enabled is a contractual agreement that outlines roles and responsibilities. During a time of shutdown, the instructions from federal agency partners are that work not occur, thus articulating a prohibition. At the discretion of the land manager, a volunteer in breach of the contract could be prohibited from any future volunteering with the agency/park/district.

4) Q - Is there a list of low risk activities that volunteers can do during a shutdown? Could we advocate for someone to remain on staff or payroll as essential personnel to process paperwork in order to prevent the trail from languishing? Who can we communicate with about this? Could regional ATC staff be cross trained to assist in this?

A - There are no activities or work-related tasks that are authorized during a shutdown in conjunction with the Volunteer Service Agreements. All club activities that are not AT related and are not part of volunteering on public lands may continue at the club's discretion.

*If there is a life health safety issue that arises, APPA Chief Ranger/ Incident Commander for any shutdown should be notified immediately by calling dispatch at 1-866-677-6677.

First Landing State Park - Trail Build

Dear TATC,

Everyone at First Landing would like to say a huge thank you to those of you who came out on Jan 22nd to help in building our newest trail. We know it was hard work and we would not have been able to accomplish everything that we did without your help. It was above and beyond what we were expecting!

We sincerely appreciate all of your support, the Team at First Landing

Erin McManama

Volunteer Coordinator

First Landing State Park

(757)412-1010

erin.mcmanama@dcr.virginia.gov

Speakers Wanted!

Are you a Subject Matter Expert? Have you been on an interesting trip lately? Why not share your knowledge with TATC? Sign up today to speak at a monthly General Membership meeting! Contact programs@tidewateratc.com

TATC Club Officers Elected

The following Club Officers were elected at the January 2019 General Meeting to serve for the 2019 fiscal year, March 1, 2019 - February 29, 2020:

- President, Rosanne Cary
- Vice President, Phyllis Neumann
- Treasurer, Douglas Cary
- Secretary, Steve Rosenthal
- Trail Supervisor, Jim Newman
- Asst Trail Supervisor, Patrick Hayes
- Counselor, Ellis Malabad
- Counselor, Mark Ferguson



Thanks to your support, we've been able to accomplish so much - but as we look ahead, **I'm asking you to consider giving a generous gift to help provide the ATC with the financial support we need to manage and preserve the Trail in 2019 and beyond.**

Donate Now

When you give today, you will help:

- Preserve the world-famous Appalachian Trail—the longest hiking-only footpath in the world—which traverses the Appalachians, one of the most significant land features in the eastern United States.
- Protect “the cord” that connects six national parks, several national forests and national wildlife refuges, as well as national heritage areas and national recreation areas; and,
- Manage this treasure that connects us all in spirit and inspiration through dense forests, atop spacious ridges, past tumbling waterfalls and alongside working farmlands.

Simply put, your gift ensures the Appalachian Trail continues to represent our nation's finest, while honoring our American spirit for generations to come.

So please don't wait, make a tax-deductible gift today!

Thank you for your support,
Suzanne Dixon
President & CEO
The Appalachian Trail Conservancy

Make Your Donation Today

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: February 5, 2019, Tuesday, 7:00 - 8:30 PM

Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503

Contact: Juliet Stephenson (mimi64j@cox.net).

Description: Board of Directors meeting. Guests are always welcome,

The Annual Chocolate Hike

When: February 10, 2019, Sunday, 9:30 AM – 12:00 PM

Where: Noland Trail, 100 Museum Dr, Newport News, VA 23606, USA ([map](#))

Contact: Phyllis Neumann, 757-566-4584, phyllisneumann@hughes.net

Description: Join your fellow chocolate lovers for this Pre-Valentine's Dayhikette on the Noland Trail. This revered annual event challenges participants to explore their wildest chocolate fantasies by creating culinary masterpieces for fellow TATCers to sample. Will you be able to tempt the shrewd and discerning palate of the completely impartial and honorable Judge? Here's how it works: Meet at the Mariner's Museum (100 Museum Drive, Newport News, VA, <http://www.marinersmuseum.org>) at 9:30 AM. Bring a chocolate confection (that you have created) for the Judge (that would be Phyllis) and your fellow hikers to sample. Then we'll hike the Noland trail (~ 5 miles) taking multiple breaks along the way to continue sampling the entries. At the conclusion of the hike, prizes will be awarded for the tastiest and most unique creations. And then we'll eat lunch afterward!

TATC General Meeting

When: February 13, 2019, Wednesday, 7:00 PM –8:45 PM

Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503

Contact: Juliet Stephenson (mimi64j@cox.net).

Description: Guests are always welcome, so join us for our monthly meeting and see what we're all about. This is a great opportunity to socialize, network and just plain have some fun with folks who love to work and play in the outdoors. You don't have to be a member to attend our meetings or events so no worries. Many join the club as a way of "giving back" in one form or another and we hope you'll be a part of that too. The work we do on the Appalachian Trail and many other trails in the Hampton Roads area comes from a heartfelt desire to be good caretakers of nature. Even if you're not able to physically work the trail, your membership helps to purchase tools and other necessities for this non-profit club to operate. Our club also has a cabin on the Blue Ridge Parkway which is open for rent by club members so that's another great reason to join. See you there! Juliet Stephenson (mimi64j@cox.net).

(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.

False Cape State Park Maintenance

When: March 3 - 8, 2019, Sunday - Friday

Where: False Cape State Park

Contact: Bruce Julian, julianbm@verizon.net, 757-484-0975

Description: Come join us at False Cape State Park for a week of volunteering for one of Virginia State Parks. We will be doing Trail Maintenance plus a few other things to help get the park ready for the spring season. We will once again stay at the Environmental Education Center and enjoy beautiful sunsets each afternoon. Things you will need to bring: warm clothing, sleeping bag (to put on your Bunk), washcloth and towels and your own personal gear. Also work gloves, good shoes, and a warm coat; you may be riding in the back of an open truck. The food we will talk about at a later date and decide on who will bring what and for which day after I find out how many and who will be there. If you cannot stay the whole week or if you can come for the second half of the week please let me know and we can work out something. Please email me or give me a call at 604-3099 as soon as you can, I would like 14 or 15 volunteers for this work week.

TATC Board Meeting

When: March 5, 2019, Tuesday, 7:00 - 8:30 PM

Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503

Contact: Rosanne Cary (president@tidewateratc.com).

Description: Board of Directors meeting. Guests are always welcome,

4th Annual TATC / VBMG SPCA Rain Garden Work Party

When: March 9, 2019, Saturday, 10:00 AM -2:00 PM

Where: Virginia Beach SPCA, 3040 Holland Road, Virginia Beach, VA 23453

Contact: Juliet Stephenson, mimi64j@cox.net

Description: Meet at far end of parking lot. We are back by popular request! The Virginia Beach Master Gardeners were so impressed with the work we have done in previous years, they have asked TATC to return. We will be working in the large rain garden at the Virginia Beach SPCA on Holland Road. Spring is just around the corner & the last year's growth needs to be pruned to make way for the new! We will be cutting switchgrass & other native perennials, so loppers & hand pruners would be a good choice of tool. If you have a SMALL power trimmer, even better. "If it's brown, cut it down!" will be our motto! Choose footwear with care, it will be muddy in many spots. Please bring tools, gloves, snacks, & water. Many hands make light work! I hope you will come out to help in this unique garden. Rain will force rescheduling. Contact Juliet for more details. 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.

(Continued on next page ...)

Activities Schedule

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TATC General Meeting

When: March 13, 2019, Wednesday, 7:00 PM –8:45 PM

Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503

Contact: Rosanne Cary (president@tidewateratc.com).

Description: Guests are always welcome, so join us for our monthly meeting and see what we're all about. This is a great opportunity to socialize, network and just plain have some fun with folks who love to work and play in the outdoors. You don't have to be a member to attend our meetings or events so no worries. Many join the club as a way of "giving back" in one form or another and we hope you'll be a part of that too. The work we do on the Appalachian Trail and many other trails in the Hampton Roads area comes from a heartfelt desire to be good caretakers of nature. Even if you're not able to physically work the trail, your membership helps to purchase tools and other necessities for this non-profit club to operate. Our club also has a cabin on the Blue Ridge Parkway which is open for rent by club members so that's another great reason to join.

McAfee Knob / Tinker Cliffs Hike

When: April 5-7, 2019, Friday - Sunday

Where: McAfee Knob, Appalachian Trail, Troutville, VA 24175, USA ([map](#))

Contact: Juliet Stephenson, mimi64j@cox.net

Description: McAfee Knob, Catawba, VA. Join us on the AT for this 3-day excursion to two points of Virginia's Triple Crown! (Rte. 311 to US 220.) Day 1 - Depart Tidewater 8 am on Friday for Daleville, VA where we will catch a shuttle to the 311 Trailhead. Hike to Catawba Shelter (3 miles). Day 2 - Hike from Catawba Shelter to Lamberts Meadow Shelter (10 miles) with time to admire McAfee's Knob & Tinker Cliffs. Day 3 - Hike from Lamberts Meadow to US 220 Daleville and head home (10 miles). Optional: Sunday night hotel stay in Daleville and head back Monday. Costs: gas, shuttle and if staying overnight on Sunday, the cost of a hotel room. Contact Juliet for gear or trip details. Reserve your space now!

TATC General Meeting

When: Wed, April 10, 7:00pm – 8:30pm

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

Description: You don't have to be a member to attend our meetings - guests are always welcome so join us for our monthly meeting and see what we're all about. This is a great opportunity to socialize, network and just plain have some fun with folks who love to work and play in the outdoors.

This month we're inviting members and guests to "Show and Tell" us about your favorite outdoor things! Do you have a favorite campground, trail, camping meal recipe, gear or tool? Or how about your favorite place to paddle or bike? What are your favorite resources for finding out about the outdoors - a website, magazine or book?

Please take 1 or 2 minutes to share one of your favorite things, it's that easy! If you have a moment, shoot an email to vicepres@tidewateratc.com and let us know what you'll be sharing. See you there!

(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.

CPR/Wilderness First Aid Course

When: April 12 - 14, 2019, Friday - Sunday

Where: 609 Flatridge Rd, Sugar Grove, VA 24375, USA ([map](#))

Contact: Josh Kloehn – jkloehn@appalachiantrail.org or 540-904-4391

Description: With lots of interest from Clubs and volunteers for another discounted WFA & CPR course taught by Landmark Learning, we're moving forward. The course is on the books and registration is open. Please share with your Club volunteers, especially those folks who are certified sawyers, work trip leaders, etc. This course includes:

- The 16- to 20-hour Wilderness First Aid course is designed to introduce outdoor enthusiasts and individuals working in remote locations to wilderness medicine principles.
- Learn how to improvise equipment, deal with challenging environments, and act with confidence.
- Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will help you integrate your learning.

More information on this course is included on page of this newsletter.

First Landing State Park—Maintenance

January 22, 2019

Photos by Bob Mooney



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January 22, 2019

Photos by Bob Mooney



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January 22, 2019

Photos by Bob Mooney



Appalachian Trail Maintenance

December 8, 2018

Photos from Jim Newman



Emergency December trail maintenance: Clearing a tree at Hanging Rock

Appalachian Trail Maintenance

December 8, 2018

Photos from Jim Newman



Milton Beale repairing Harpers Creek Shelter Roof

Appalachian Trail Maintenance

December 8, 2018

Photos from Jim Newman



Sawing a snowy log

Appalachian Trail Maintenance

December 8, 2018

Photos from Jim Newman



Biggest Problem at Hanging Rock during December 8th 2018 Emergency Trail Maintenance

Appalachian Trail Maintenance

December 8, 2018

Photos from Jim Newman



Camping at Sherando Admin Center during December 2018 Emergency Trail Maintenance

Appalachian Trail Maintenance

December 8, 2018

Photos from Jim Newman



Road conditions leaving Sherando, December 9, 2018

First Landing State Park—Maintenance

January 22, 2019

Photos by Jim Sexton



First Landing State Park—Maintenance

January 22, 2019

Photos by Jim Sexton



First Landing State Park—Maintenance

January 22, 2019

Photos by Jim Sexton



First Landing State Park—Maintenance

January 22, 2019

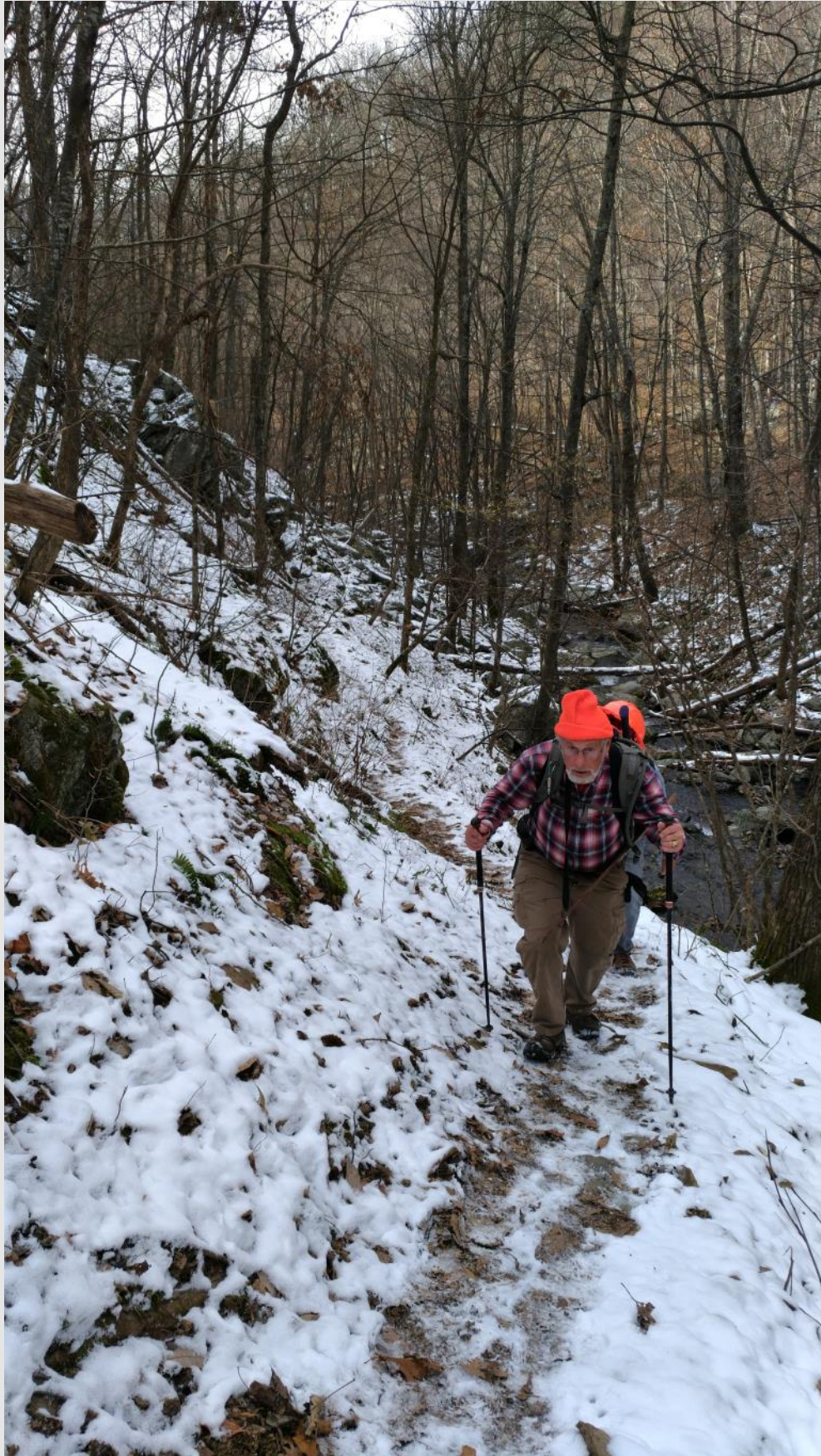
Photos by Jim Sexton



Mau-Har Trail Maintenance

December 8, 2018

Photos by Jim Sexton



Mau-Har Trail Maintenance

December 8, 2018

Photos by Jim Sexton



Mau-Har Trail Maintenance

December 8, 2018

Photos by Jim Sexton



Mau-Har Trail Maintenance

December 8, 2018

Photos by Jim Sexton



Mau-Har Trail Maintenance

December 8, 2018

Photos by Jim Sexton



Freezeree 2019

Photos from Jim Newman



Early morning departure with Mark Connolly holding Gerald G Gnome representing the absent Mal. From left to right: Jim Newman, John Sima, Mark Connolly, Bruce Davidson & Bob Adkisson. Not pictured; Marty Vines, photographer.

Freezeree 2019

Photos from Jim Newman



View from Lonesome Lake Hut with Canon Mountain in background.

Freezeree 2019

Photos from Jim Newman



Sign at Mt. Pierce.

Freezeree 2019

Photos from Jim Newman



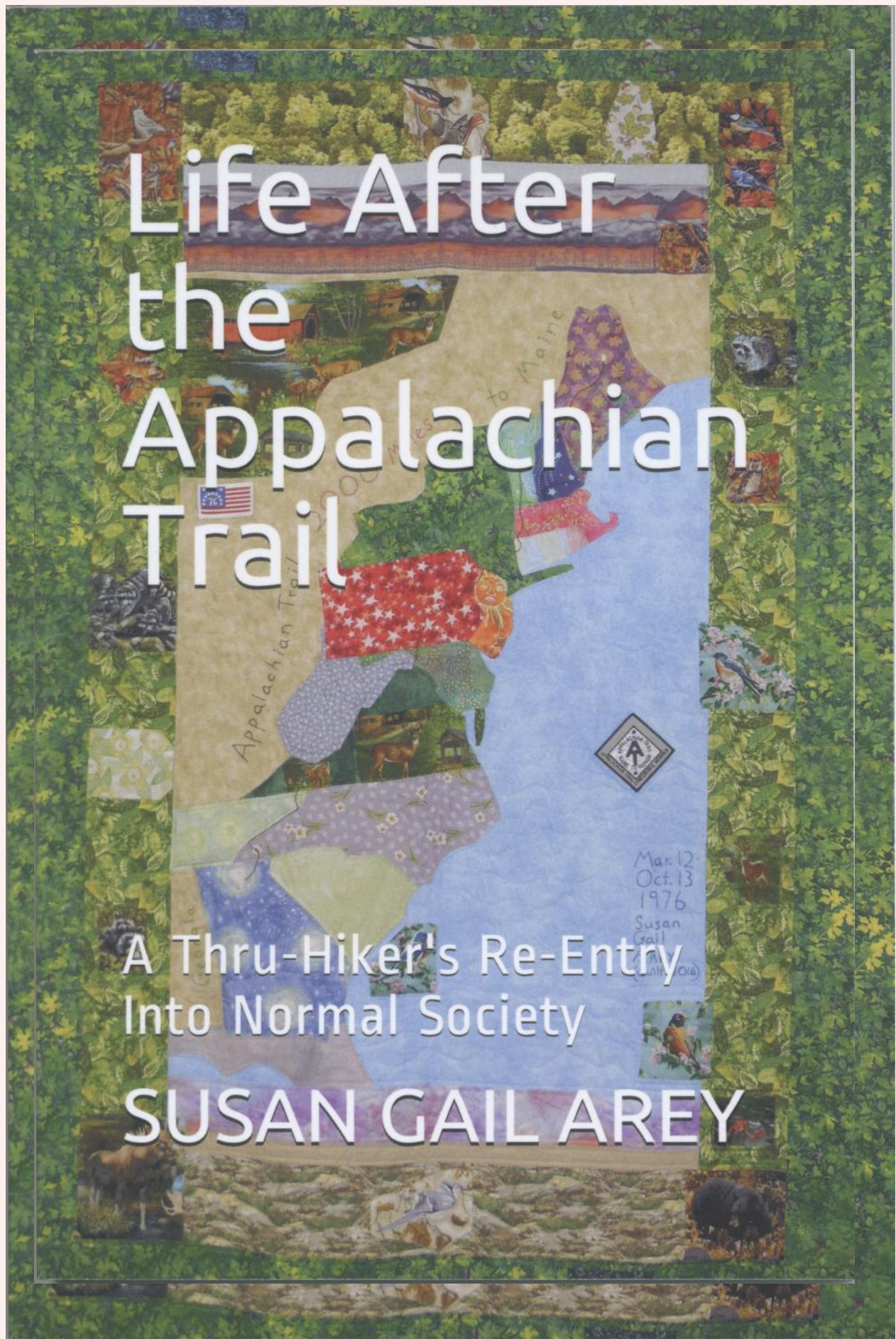
Summit of Mt Pierce with Mounts Eisenhower, Monroe, and Washington in background.

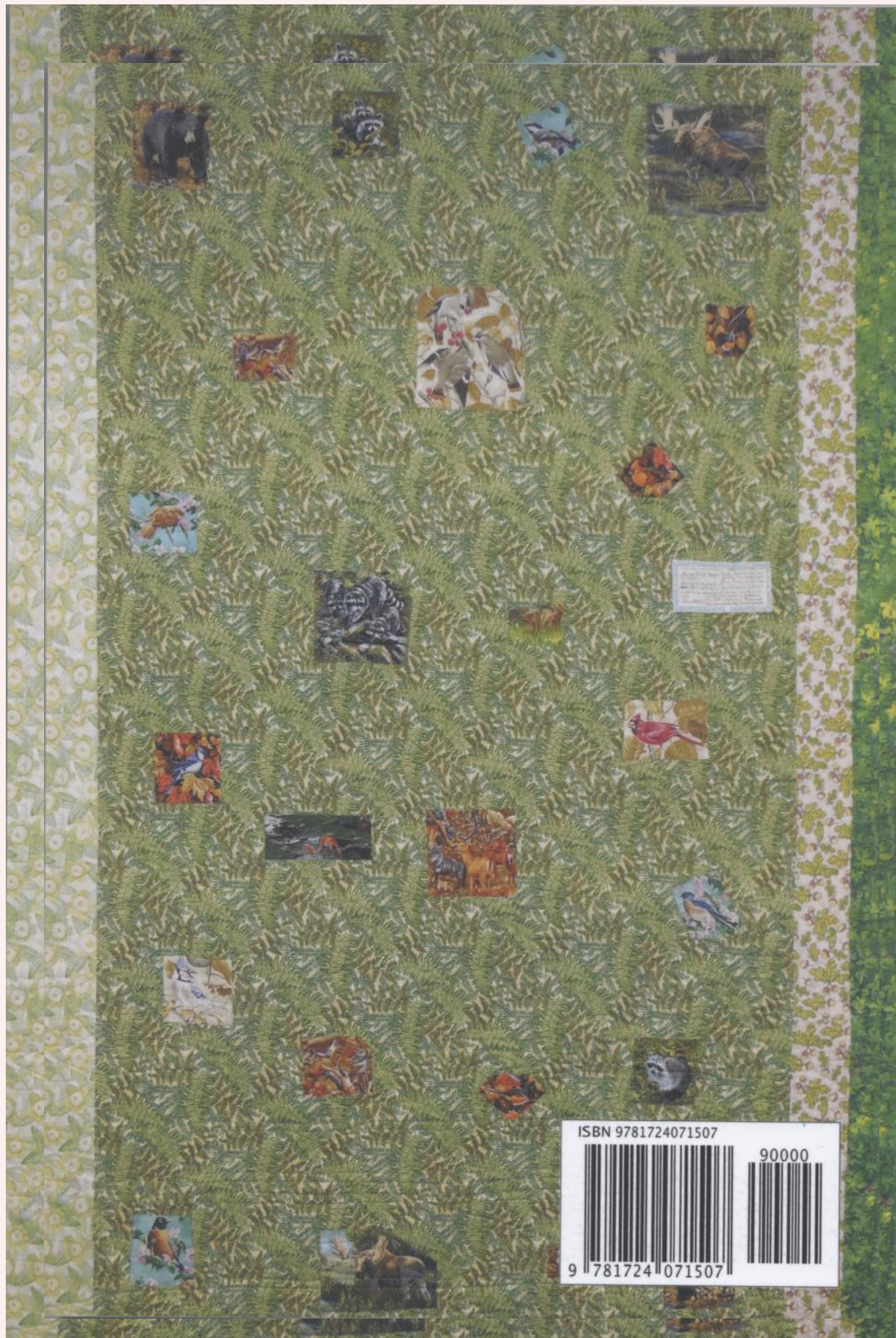
Freezeree 2019

Photos from Jim Newman



Gray or Canada Jay, Mt Pierce Summit.





TATC Board

Positions	Names	Phone #'s	Forwarding E-Mail Address
Club Officers			
President	Juliet Stephenson	468-3137	president@tidewateratc.com
Vice President	Mike Wilson	831-6411	vicepres@tidewateratc.com
Treasurer	Mark Wenger	645-6700	treasurer@tidewateratc.com
Secretary	Steve Rosenthal	440-7801	secretary@tidewateratc.com
Trail Supervisor	Jim Newman	867-6688	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Patrick Hayes	965-2268	assistantts@tidewateratc.com
Counselors			
Counselor	Bob Mooney	481-3362	counselor@tidewateratc.com
Counselor	Mark Ferguson	564-0807	counselor@tidewateratc.com
Counselor	Phyllis Neumann	566-4584	counselor@tidewateratc.com
ATC RPC Representatives			
ATC RPC Representative	Ned Kuhns	552-0292	rpcrep@tidewateratc.com
ATC RPC Representative	Jim Sexton	484-2827	rpcrep@tidewateratc.com
Committees			
Cabin	Greg Hodges	439-1552	cabin@tidewateratc.com
Cabin	Bob Adkisson	627-5514	cabin@tidewateratc.com
Calendar	Tony Phelps	703-297-1594	calendar@tidewateratc.com
Education	Melinda Browne	563-3933	education@tidewateratc.com
Hikemaster	Mike Wilson	831-6411	hikemaster@tidewateratc.com
Historical	Juliet Stephenson	468-3137	historical@tidewateratc.com
Land Management	Bob Giffin	495-7002	landmgt@tidewateratc.com
Local Trails	Jean-Paul Richard	689-6556	localtrails@tidewateratc.com
Membership	Amanda Hartwig	309-5369	membership@tidewateratc.com
Merchandise	Mark Van Zandt	685-1959	merchandise@tidewateratc.com
Newsletter	Jim Sexton	484-2828	newsletter@tidewateratc.com
Outreach	Marty Vines	288-7638	outreach@tidewateratc.com
Past President	Mark Wenger	645-6700	pastpres@tidewateratc.com
Programs	<i>open position</i>		
Timekeeper	Mike Wilson	831-6411	timekeeper@tidewateratc.com
Tool Boss	Bruce Julian	484-0975	toolboss@tidewateratc.com
Webmaster	Jim Sexton	484-2828	webmaster@tidewateratc.com