

Tidewater Appalachian Trail Club

Appalachian Hiker

www.tidewateratc.com

February 2020 - March 2020
47th Edition, 1st Issue

PREZ SEZ

With the start of a new year, I have a number of reasons to be excited and happy about TATC, who we are and what we do.

We will enter into the new fiscal year with a board of directors that is a mix of seasoned members and new faces. It's like a shot in the arm when new people join in and bring their ideas and energy to the table!

We were recently awarded a grant from ATC via the license plate fund to develop and purchase new marketing and promotional materials. Thanks to some very talented members, Christine Morgan and Michelle Cobb, we have some gorgeous new goodies to take to events. And thanks to all of our members who have contributed photos which gave us a wonderful selection to choose from when designing our new handouts, banners and other beautiful items.

On a business note, the board of directors had to take a diligent look at our financial health for the coming years. We have been fortunate this past year, as we received some unexpected wind-falls of cash to bolster our budget. Each year at budget time the board has to determine as best we can what our coming expenses are and where the money will come from to pay for it all. We are faced with increasing costs like any other organization or person, as most things in life cost more as time goes by, not less. I assure you, the board economizes whenever possible, and spends responsibly for needed items and services. We made the decision this year to change our membership dues. We will no longer have a "new member" fee of \$5.00 added to the base dues; and the base dues will increase to meet up with inflation. The dues will be a flat rate of \$26 for single members and \$36 for a family membership, effective March 1st. A \$1.00 discount will still apply to those paying for their dues with cash or checks in person, instead of paying for them online. Life memberships will follow the prescribed formula of 20x the annual membership rate. Also, our new membership software tracks each sign-up date, so your membership dues will be due one year from whatever date you joined TATC, as opposed to when we strictly followed the March - February schedule for membership dues.

Decisions regarding the administration of the club are not always easy and often require thoughtful deliberation. My thanks go out to our board members who provide their input and experience on the numerous issues that present themselves to us throughout the course of the year.

My wish for 2020 is that each and every one of you will come out and support this club not only with your dues (which we thank you for!) but also with your time. We desperately need activity leaders to keep or schedule interesting and active! Try it, I'm sure you'll find leading an activity to be a very fun and rewarding experience!

Happy Hiking,

Rosanne Cary
President - Tidewater Appalachian Trail Club
president@tidewateratc.com



INSIDE THIS ISSUE

Prez Sez	1
Minute for Maintenance	2
Guthook Application	3
Northwest River Park	4
Freezeree 2020	5-6
WFA - A Chilling Experience	7-8
Winter Wildlife Festival	9
Konnarock Trail Crew	10
James River Batteau Festival	11
Southwestern U.S. Trip	12-15
Activities Schedule	16-17
Photolog	18-40
TATC Board	41

Banner Photo by Mark Ferguson



Visit our website at www.tidewateratc.com

Minute For Maintenance

These are good times, exciting times to be TATC Trail Supervisor. Let's take a quick review of the past two years followed by a sneak preview of our first special maintenance event of 2020.

During the winters of 2018 and 2019, we had strong support for two "off-season" special events: the December emergency clearing of 21 storm-downed trees across the A.T. & Mau-Har, and clearing of significant damage at Sherando campground the following year. The pictures of sawyers cutting snow-covered logs are some of the best on our display board.

During recent years, we have benefited greatly by the untiring efforts of several special club members: Paul Dickens, an instructor grade class "C" sawyer who had led us to do BIG things such as dealing with complicated, dangerous fallen tree binds, and southern Mau-Har improvement planning involving creation of a turnpike to solve a drainage issue, and major treadway work in a very rough section. John Oakes and crew completed the turnpike while Paul and crew did the treadway task during last Fall Maintenance. Paul has also convinced us that we can do much of our saw work using one-man crosscuts & and has donated seven such saws to TATC. Another special club member is Peter Burch who spends more time on our mountain trails than anyone. He is the keeper of the Love Gap fire road as well as his AT section. The fire road is much improved and always open. Additionally, Peter has put in hundreds of hours helping Kelly Sims at Sherando.

Our partnership with the SAWS/Naval Academy program under leadership of Eric Giebelstein has improved several problem areas of trail on the north Mau-Har and as of December 1, finished the opening of the long neglected Cellar Mountain Trail in Saint Mary's Wilderness. Presently the summit can be reached without bushwacking!

Now about 2020: First out of the box will be a special project at Maupin Shelter. Peter Burch, Jim Sexton, Chris Sexton and 6 others worked to cut down 105, mostly small, hazard trees in the area in November, and while doing this work, Jim supervised the cutting of tree trunks into 12-foot sections so as to use them to rehab outlying camping pads at the Shelter as well as installation of three fire rings paid for by ATC Virginia license plate money. This work trip is scheduled for early April (either the weekend of Apr 3-5 or Apr 10-12), whichever works for most club members wishing to participate. The Sherando CCC kitchen is reserved for both weekends until one is selected. Please email jimnewman55@cox.net and indicate a weekend of choice.

Now back to your regularly scheduled program of Spring Maintenance of May 8-10, 2020 featuring a new quirk: Swing Blade #1 will be incorporated with our usual work so as to get an early start on grass and weeds (climate change, you know, plus thru-hikers in the area). We cannot wait until June to hit the blade. A strong showing will be needed to accomplish both phases of this work.

Enough for now but please continue to come through for me. Don't want to lose my "good-time high!"

Jim Newman
Trail Supervisor
trailsupervisor@tidewateratc.com



Appalachian Trail - Guthook Application

Hello,

My name is Alivia Acosta and I work at ATC in the volunteer program arena. I'm writing with some good news; a special offer from the A.T. Register shown below for A.T. Volunteers to get free access to the A.T. Guthook App on their smart phone (this is an App that provides a detailed tracking map and guidebook of the A.T. on your Smart Phone)

January issue of the Register:

<https://mailchi.mp/appalachiantrail/the-register-january-940279>

To register for the App: https://docs.google.com/forms/d/e/1FAIpQLSfWt4qlshsokcOmfY6PbtOU3Vgc3XsS8rt_1s_9SWhUj4Fabg/viewform

A.T. VOLUNTEER NEWSLETTER & SPECIAL OFFER

The Appalachian Trail Conservancy started publishing "The Register" newsletter and blog again for A.T. volunteers. The Register serves as a platform for sharing A.T. management information, reminders for A.T. maintainers, a support mechanism for sharing information between volunteers, and a notification system for upcoming volunteer training events. In the current issue of the newsletter , A.T. volunteers will find an opportunity to get the A.T. Guthook Guide smartphone app for free when they sign up before February 14. The Guthook guide is like having a map, a streamlined guidebook, and a place to find crowd-sourced information on the Trail. ATC Regional Director Morgan Somerville says of the app, "it's an asset that volunteers will find useful." People with interest in getting the bi-monthly The Register newsletter sent to their inbox in the future can use the subscribe button in the upper left corner of the current issue.

All the best this new year,

Alivia Acosta

National Service Coordinator

Stewardship Council Member

aacosta@appalachiantrail.org

Office Hours: M, T, TR 11-3 p.m., Friday 8-12 p.m.



The Appalachian Trail Conservancy's mission is to preserve and manage the Appalachian Trail – ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come. To become a member, volunteer, or learn more, visit www.appalachiantrail.org.

Northwest River Park

Description: Northwest River Park sits on 763 acres of pristine wetland and forest habitat bordering the Northwest River in Chesapeake, Virginia, one of the last few undeveloped river corridors on the East Coast. The park has hiking, fishing, canoeing/kayaking, an interpretive center & interpretive programs, picnic areas, a camp store, boat rentals, campsite reservations and cabin rentals.

Trails include; the 2.0-mile Molly Mitchell Trail, the 1.0-mile Otter Point Trail, the 2.5-mile Indian Creek Trail, the 0.75-mile Deer Island Trail, the 1.25-mile Shuttle Trail and the 0.25-mile Marjorie Rein Memorial Walkway (currently closed). The trails pass through various low-lying areas. Several bridges on these trails are currently closed for construction. During periods of heavy rainfall, you can bypass these bridges but it may be a bit muddy, and the use of hiking boots is recommended.

Visitors can paddle along the inland lake or use the boat launch to venture onto the scenic Northwest River. There is also an 18-hole Disc golf course, miniature golf course, horseshoes, volleyball nets and scheduled programs. The park has 66 campsites and 2 rental cabins.

Website: <http://www.cityofchesapeake.net/Page2123.aspx>

Map of the Park: http://www.cityofchesapeake.net/Assets/documents/departments/parks_rec/Parks/NWRP/trail-map.pdf

Map to the Park: http://www.cityofchesapeake.net/Assets/documents/departments/information_technology/gis/maps-pdf/facilities/nw_riv_park.pdf

Brochure and Map of the Park: http://www.cityofchesapeake.net/Assets/documents/departments/parks_rec/Parks/NWRP/NWRP-brochure.pdf

Hours: Year-round from 9 a.m. until sunset

Store Hours: Varies seasonally

Campground: Open April 1 - November 30

Trout last stocked: in Lake Lesa: January 15, 2020

Fees: Camping, cabin rentals, boat and some interpretive programs.

Phone: (757) 421-7151/3145

Address:

Northwest River Park
1733 Indian Creek Road
Chesapeake, VA 23322

Directions:

From Norfolk take I-464 south. At end of I-464 stay to left take Rt. 168 south. Take exit 8B, Hillcrest Pkwy East (last exit before toll). Turn right onto Battlefield Blvd. Turn left on Indian Creek Rd. Park is approx. 4 mi on right.

From North Carolina travel North on Rt. 168. Turn right on Gallbush Rd., turn right on Indian Creek Rd. Park is approximately 0.2 miles on right.

:

FREEZEREE 2020 ADIRONDACK HIGH PEAKS ADVENTURE

By Mal Higgins

During January 5 - 11, 2020, eleven snow loving adventurers traveled to the High Peaks of the Adirondack Mountains, not too far from Lake Placid, New York. Participating were Bob Adkisson, Brian Richie, Bruce Davidson, Jerry Bauer; Jim Newman, John Predom, John Sima, Mal Higgins, Mark Connolly, Marty Vines, and Tom Miano. Many of the adventurers are long time cold weather hikers, and over the decades have spent many winter trips in either the Adirondack Mountains of New York or the White Mountains of New Hampshire. This usually annual hike began back in the late 1970s under the leadership of Otey Shelton, our longtime friend and TATC member. Joining us this year from Vermont was John Predom, who I first met years ago in 2009 at the Vermont A.T.C. biennial conference. Joining us from Illinois was Jerry Bauer, a veteran of a number of FreezerEE trips in recent years.

Most of the TATCers drove north to Lake George on January 5, and spent the night there in a Holiday Inn. The locals were quite worried that Lake George had not yet frozen over, risking the town's winter carnival festivities at the end of January. There was no snow on the ground. Next day, we drove the final 75 miles to Keene Valley, New York, and for the first time found snow in Keene Valley. After our traditional breakfast at the Noonmark Diner, we drove a mile to a great outfitter store, The Mountaineer, made some "must have" purchases, and then drove 4 miles to the trailhead parking lot "The Garden".

Here, we put on our snowshoes, hefted our backpacks and began the 3.5 mile hike in to Camp Peggy O'Brien. All of us were packing about 35-40 pounds of clothing, food, water and emergency gear (not to mention one roll of toilet paper each), except Jerry and Brian who pulled a sled with their gear. They became the foodies of the adventure, including a large cooler with fresh food ingredients. The trail had about a foot of snow, not much for this time of year.

We arrived without incident at Camp Peggy O'Brien, a cabin we rented from the Adirondack Mountain Club. Camp Peggy is a year round cabin that features bunk beds and (importantly!) propane, supplied by large portable tanks that are flown in and out of camp by helicopter. The propane heater and propane lights (much like a Coleman lantern) help overcome the lack of electricity and running water. A privy is attached to the main cabin and waste barrels are also flown out in the spring with the empty propane tanks, and the waste is processed by the town of Keene's system.

The first order of business was to snowshoe a short distance to Johns Brook and chop a hole in the iced over creek to draw drinking and cooking water. Throughout the time at Camp Peggy, we established a routine of boiling our water thoroughly, keeping a large pot of processed water, and shuttling to Johns Brook to gather more buckets of water to boil. The first night we planned the hikes and cooked our first meal. Jerry and Brian provided a smorgasbord of snacks from their cooler, roughly described as "pig, pig, cheese, cheese."

That night, everyone tucked into their sleeping bags, and with the propane heater in the separate living area, Camp Peggy stayed around 45-50F degrees. Temperatures at night were in the mid-teens outside, not too cold, except for one night when it did dip to minus 1F. Temperatures during our days of hiking were in the low 20sF. Wind was only a factor on the uppermost reaches, and even then not too blustery.

On our first full day of hiking, all of us set out to attempt to summit Gothics along the Orebed Brook Trail. Gothics is a notoriously tough peak. With an elevation of 4736 feet, it ranks #10 among the 46 "High Peaks" but is particularly nasty near the summit with large rocky, iced over slabs, and the remnants of a set of broken steel cables that have never been replaced.

The group separated into three groups as the climb took its toll. The lead group of John S, Brian, and Jerry made it to the summit; the next group was Bob and Tom, who then made it to the summit. Gothics summit is in what is called the "Alpine Zone", just barely above fragile vegetation and the last of short, dwarf conifers. My group did not make the summit, although we were far along when we decided we had done all we could at the top of an especially steep snow slide, and it was our turnaround time. At these upper reaches before breaking into the Alpine Zone, there was perhaps two to three feet of snow on the ground, with higher drifts. My group was first back to Camp Peggy before sunset, followed by the other summiteers.

(Continued on next page ...)

(Continued from previous page ...)

Jim cooked meals on two nights from simple recipes he had: soups and some sort of goulash (it had a better name). Jerry and Brian actually had fresh broccoli from their cooler to go along with a pasta meal. Some had some decent gourmet freeze dried meals, or simple tuna pouches and noodles. My bland Mountain House freeze dried chicken and rice was nauseating. I don't recommend it!

Next day, we all opted for an easier day of snowshoeing... We followed the trail from Johns Brook Lodge (a facility for hikers operated three seasons of the year by the ADK Club) and hiked up to Bushnell Falls. A gentle snow set in; about a third of the guys struggled down a "non trail" and saw the falls, while the rest of us enjoyed snacks at Bushnell Leanto #1.

Late in the afternoon, we all did various activities and short hikes. Bob wanted to explore. This time we donned our microspikes, and we walked a quarter mile to cross a Johns Brook bridge next to a Department of Environmental Conservation outpost building. We followed an unmarked abandoned logging road. It ran close to some cabins and outbuildings that we later learned were on private land, but not in use in the winter. It began to snow hard and got dark, so we retraced our steps and returned to Camp Peggy. As usual, "All Cotton" Bob managed to spend almost all of his outdoor time without gloves or mittens, while the rest of us always wore them.

Brian and Jerry built a snowman next to the Camp Peggy cabin, who we christened Peggy. A nearly full moon that night illuminated the outside of the cabin and Peggy, the snowwoman.

Our last full day to hike we all set out snowshoeing for Upper Wolfjaw (#29 of the 46 High Peaks), a peak with an elevation of 4185 feet and very icy rock ledges and "squeeze throughs". The lower reaches cross several landslides attributed to damage of Hurricane Irene in 2011. Far up the trail to Upper Wolfjaw, some continued, while my group turned around. Jerry, Brian and John S were able to summit. John P, Marty, and Bob got to the "squeezers" below the summit. The hike back to Camp Peggy offered some beautiful views of other surrounding High Peaks, with blue skies throughout the day.

On our final day we tidied up Camp Peggy, locked it, and snowshoed back the 3.5 miles to the parking lot. We did a celebratory mid-day lunch at the Ausable Inn, another favorite of ours, and drove in to Lake Placid. John P drove home to Vermont. We checked in to the North Woods Hotel. There was a very modest amount of snow on the ground in Lake Placid. Most everyone went out to shop, sightsee, and have supper. When morning arrived, Brian drove Jerry back to the airport in Albany to fly home to Illinois. The rest of us reformed our car-pools, and drove back all day to Tidewater and a balmy 55 degrees. No snow, so sad. Turns out, upstate New York was going into a thaw, too, with rain. As always, our days in the Adirondacks and snow produced a lot of good memories.



Wilderness First Aid Training - A Chilling Experience

By Lee Lohman

If you've ever had a standard or first responder first aid course, you might have been given something to read before the course. During the training, which was probably indoors, you may have done CPR on a dummy and perhaps bandaged a classmate to simulate wound management. The class might have lasted a day. Some are even shorter.

Wilderness first aid training is a very different experience. My weekend with the MEDIC SOLO Wilderness First Aid course consisted of two ten-hour days filled with instruction and simulations--serious simulations. Starting at 8:30am on Saturday, the instructor assured us that we would get out by 7:00pm--maybe. He also noted that we would have 20 minutes for lunch.

Then, jumping right in, he explained what to do if find someone needing your aid in the forest or somewhere else away from immediately available medical care. We learned that there is an established set of steps to follow to assure that the patient does not have any life threatening injuries or illnesses. That examination precedes taking care of less serious injuries--like a broken arm.

So after about an hour of classwork, you say to yourself, OK, I've got this. No problem. Then you go to the simulation, outside of course. The temperature is in the low 30's, the ground is wet, and there is a stiff breeze. You come up on your patient screaming in pain from a fractured lower leg. You politely ask if you can help the person (that's in the protocol). The response is vehement and translates, in more polite language, to, "Of course, you idiot."

As the screaming continues, you suddenly realize that step-by-step examination process you thought you mastered in class is completely scrambled in your memory. You are ever so thankful for the mnemonic cues that you learned AA,BB,CC,DD,EE (more on that later).

To do the examination, you have to partially undress the person to find possible injuries. This process makes the broken leg hurt more and now your patient is getting cold. The volume goes up on the patient's complaints.

(I played a patient in one of the simulations and was on the ground for 15 minutes before the responder had completed the examination sufficiently to safely roll me onto a sleeping pad. By that time, I was shivering uncontrollably.)

Up to this point, the simulation might have been similar to that of any first aid class for a first responder in the city. However, in this scenario, we're ten miles from any trailhead and have no means of reaching emergency services. Consequently, we have to splint the leg to reduce additional, and potentially serious, damage from the broken bones grinding together. Now the wilderness part of wilderness first aid begins. Dump everything from your pack then dump everything from the patient's pack and improvise a splint. You get surprisingly creative when someone is screaming at you to reduce the pain.

(Continued on next page ...)

(Continued from previous page ...)

When the scenario is over, the instructor comes by to evaluate your performance. You and the patient review mistakes made and lessons learned. Being the patient is nearly as instructive as being the responder. You are not responsible for anything, except screaming and being uncooperative, so you can calmly tick off in your mind the protocol.

A: Assess the situation. Is it safe for you and others in your party.

A: Airway: Is it clear? A person can only live six minutes without oxygen.

B: Breathing: Is the patient breathing?

B: Breathing: Is the patient breathing well? Anything other than smooth breathing can be life threatening.

C: Circulation in: Does the patient have a pulse?

C: Circulation out: Is the patient bleeding?

D: Deformation: Are any body parts out of alignment?

D: Disabilities: Are any critical body functions impaired?

E: Environment: Can the patient stay where he or she is?

E: Everyone else: Is everyone else OK?

...and that's just the beginning as a secondary examination is required.

Back in the classroom, you start on another tranche of the course material. Insect stings and bites, snake bites, shock, heat exhaustion and stroke, hypothermia, and many, many more subjects get covered with an outdoor exercise linked to each one.

At the end of the twenty hours of intense instruction, recovering from cold feet, and taking the written test, you come away a bit numb. As the hours pass though, you realize that you've absorbed an enormous amount. The principals and the details are firmly in your memory. You know that what you learned could save a life--perhaps even your own. So, you are grateful for the experience--despite the cold feet.



TATC at the Virginia Beach Winter Wildlife Festival (VBWWF)

By Lee Lohman

She was standing there with the owl on her fist. The Great Horned owl looked enormous and beautiful. She (the owl) had huge yellow eyes and a gorgeously colored feathers of yellow and black. She (the woman) didn't seem bothered by the weight of the bird. As she talked, (the lady, of course), we learned that the owl's hollow bones and fluffy feathers made her (the owl) much lighter than she seemed.

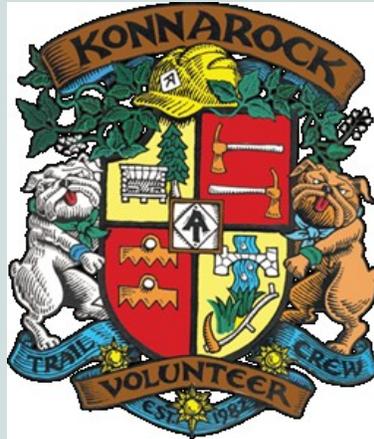
The lady was a member of an animal rescue organization one of many at the exhibition hall of the Virginia Beach Winter Wildlife Festival. Representatives from the Department of Game and Inland Fisheries, First Landing State Park, The State of Virginia's Forestry Service, and many other government, non-profit, and voluntary organizations were there--including us. For the first time, TATC participated in the festival with our own table just three tables down from the lady with the owl. Initially, the owl had a greater draw on the crowd that we did (who, who could resist an owl), but as the morning progressed, our table attracted larger and larger numbers of people drawn by our new vertical banner (thank you ATC), handsome new logo emblazoned table cloth, and a display of the gear we use to maintain trails on the AT and in the Hampton Roads area. Our TATC members at the table collared and chatted up everyone passing by who even paused to look at the display. They gave away our new postcard sized handouts to anyone who seemed truly interested. Many of those people were parents with children. Almost all of them wanted to get their children started on outdoor activities early in life. That's heartening.

The festival celebrated its 10th anniversary this year, and it was quite a celebration. The keynote speaker on Friday night was Sharon Stiteler, a National Park Service Ranger from the Mississippi National River and Recreation . Her talk was titled, "My Birding Career." Since 1997 she has made it her goal to get paid to go birding. That led to some interesting days on the job from finding restrooms in cornfields to being a sober ride for drunk waxwings or learning how to count ducks over the Mississippi River while going 100 miles an hour in a seaplane. Sound dull? It was a scream. Ranger Stiteler could be a professional stand-up comedian and makes regular appearances on TV in Minnesota.

Preceding Ranger Stiteler was the Mayor of Virginia Beach who welcomed all to the festival, thanked the organizers, then gave a special award to Mary Reid Barrow, who you may recognize as the longtime columnist of the Virginian-Pilot who covered nature events and reports. She received a standing applause from a very appreciative crowd.

Despite all of these activities, the festival is not about being indoors, The vast majority of the events take place in widely dispersed areas around Virginia Beach--and beyond. Among the many offerings were shipboard whale watching, visits to Fisherman's Island for a discussion of its history and wildlife, a tour of Cape Henry and First Landing State Park, and biologist led nighttime trips to three local parks to see owls. Most trips start at Princess Anne Recreation Center where participants are bused to the events. The festival charges for many of the trips, but the fees are modest.

Many thanks to Michelle Cobb, Nathan Terault, Lee Lohman, Allen Crute, Rosanne Cary, Rosemary Plum, John Barnes, Dave Plum, and Cary Pincus for manning the table, reaching out to bypassers about the value of our club, and generally raising the profile of TATC.



Konnarock Trail Crew

Konnarock is the Appalachian Trail Conservancy's flagship crew program, founded in 1983 and named after its original base camp in southwest Virginia. The crew works on the Appalachian Trail from Rockfish Gap, near Waynesboro, Virginia, to the Trail's southern terminus at Springer Mountain in Georgia. The program is a joint venture of the Appalachian Trail Conservancy, the 12 southern Trail clubs, the U.S. Forest Service, and the National Park Service.

At Konnarock, volunteers of diverse ages, backgrounds, and experience levels work together to build durable trail that will last for generations. After five days of working as a team, learning new skills, and living in the backcountry both the crew and the trail is transformed. No experience is necessary, but you must be 18 years or older. The Appalachian Trail Conservancy provides training, equipment, and room and board. Crews are transported in U.S. Forest Service vehicles from the base camp in Sugar Grove to a primitive, backcountry tent camp near the project site.

Crew members arrive on the evening before their work week starts in time to get settled in, eat dinner, and attend an orientation session. Whether they will be working with Crew 1 or Crew 2, crew members meet their crew leaders and fellow volunteers, and are issued safety equipment and loaner camping gear as needed. An early morning on the first day of the crew week (7 a.m.) begins with a hearty breakfast followed by any last-minute preparations and departure to the project sites. Volunteers work a five-day week in the field, tent camping at a remote site with vehicle access, and return to base camp for a celebratory dinner the evening of the fifth day.

Volunteers working more than one session are welcome to stay at Konnarock base camp between sessions, with the exception of the mid-season breaks. Other accommodations may be available for multiweek volunteers during the mid-season breaks. Multiweek volunteers should plan to spend at least an hour or two of their days off pitching in to keep base camp running smoothly—and the rest of it relaxing and exploring the beautiful Mount Rogers area!

When available, crew week schedules for 2020 will be available via the following link:

<http://appalachiantrail.org/home/conservation/trail-management/trail-crews-group/konnarock-trail-crew>

Please contact us at crews@appalachiantrail.org or call 540.904.4393 with any questions.

Kayak or Canoe the James River Batteau Festival

By Jim Sexton

120 River Miles | 8 days | June 20-27, 2020 | from Lynchburg, VA to Richmond

You can kayak or canoe this summer along with the batteaux as they journey down the James River.

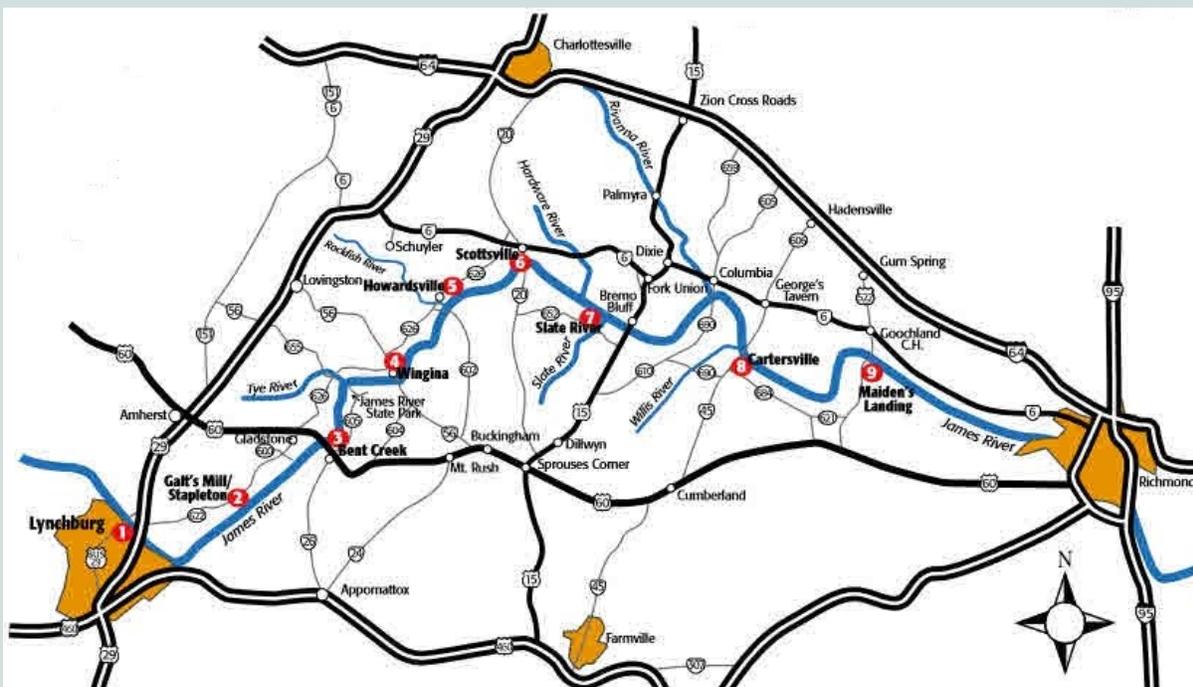
Even though the working batteau is no longer used, historians and river enthusiasts still keep the memory alive. Batteau crews have hand-built replicas of the 18th & early 19th century flat wooden cargo vessels once used to haul tobacco to travel on an 8-day journey from Lynchburg, VA to Maiden's Landing in Powhatan, VA. Since 1985, the James River Batteau Festival, an annual event sponsored by the Virginia Canal & Navigations Society has had as many as 25 boats and their crews travel the 120-river mile (200 km) distance each year. This event has also become very popular for kayakers and canoeists who enjoy floating along amongst the batteaux on their voyage.

Information on the James River Batteau Festival is available at: <https://vacanals.org/batteau/>

This information includes; festival schedules, festival maps & river atlases, campsites & camping fees, vendors and other information for planning your trip. You can campout one or more nights at campsites along your journey. Camping is \$6 per day or \$26 for the whole week.

Each year the festival partners with a variety of food vendors to offer an affordable dinner at each site. Many of these are civic groups for whom the festival represents an opportunity for fundraising. Consider simplifying your planning and supporting our vendors by purchasing dinner at each site! You are welcome to bring your own food and cooking setup; please remember that if you pack it in – pack it out.

The James River Batteau was a shallow draft river craft used during the period from 1775 to 1840 to transport tobacco and other cargo on the James River and its tributaries in the Commonwealth of Virginia. It was flat bottomed and pointed at both ends. The length of the batteau varied greatly, 58 feet (17.5 m) being a common length. The bateau was propelled by batteauxmen pushing with long sturdy poles. Alternate spellings of bateau include batteau, batoe and the plurals bateaux, batoes, and batteaux. Batteau is the French word for boat. In the colonial days, batteaus were used extensively in rivers throughout the eastern part of the United States.



Southwestern U.S. Trip - October, 2019

By Rosemary and Dave Plum

On October 4, 2019, our trip to Arizona and Utah began with a stop at Sherando National Forest to assist with the TATC Fall trail walk through, but way before that day; hours were spent planning our trip. Questions like where are where will we spend a night or two on the road; how long will we be gone; what will we do during each stop and what will we see? Once the plans were finalized, Rosemary, Scooter (our 5-year old English springer spaniel) and I were on our way.

After two nights at Sherando, we headed to Grayson Highlands State Park for a two night visit. During our stay, we spent an entire day hiking from the campground along Stampers Branch, Twin Peaks, Big Pinnacle, Cabin Creek, and the North Horse trail back to the campground. After this stopover we were on to Cumberland Mountain State park in the central part of Tennessee. We arrived early enough to get in a loop hike on the Cumberland Plateau trail and get rested up for our longest daily drive of the trip - to Hot Springs National Park in Hot Springs Arkansas. In Hot Springs, we drove to the top of North Mountain on our first evening in town and then went up to Hot Springs Mountain the following day for a loop hike on the Hot Springs Mt. Trail. After a nice hiking lunch, Scooter and I drove down to the historic Bathhouse Row, while Rosemary decided to hike down from the mountain top to meet up with us.

On October 11th, we left Hot Springs and drove thru the scenic Ouachita National Forest, Fort Smith to a campground outside of Oklahoma City. With just an overnight stop, we were headed to Amarillo for another overnight stay. Near Amarillo, we were directed to Palo Duro Canyon State Park. Who knew in the middle of the Texas prairie there was a beautiful box canyon you could drive down into? The views from the canyon rim were spectacular as was the ride down. At the bottom of the canyon we were met with numerous opportunities for hiking. Unfortunately time was short and we only had time for a driving tour, but we promised ourselves that given the opportunity we would return and spend a few nights camping and hiking in the canyon.



From Amarillo we were on to Albuquerque for a quick overnight and then westward. On the way we took a side trip and spent the better part of the day at the Painted Desert and Petrified Forest National Park.



We were fortunate that we had clear blue sky that accentuated the colors of the Painted Desert canyon walls. We took the time to stretch our legs and hiked the Tawa Trail along the rim of the canyon. As you can imagine, the colors in the Painted Desert canyon were brilliant pinks, reds, grays and more. The driving tour through desert afforded many spectacular breathtaking views.

(Continued on next page ...)

(Continued from previous page ...)

At the southern end of the Painted Desert, we entered the Petrified Forest National Park. In addition to the numerous petrified logs, petroglyphs, there were more colorful mesas and buttes. Newspaper Rock, Blue Forest, Blue Mesa, Agate Bridge, and Jasper Forest were all visited before it was time to drive on to Homolovi State Park, outside of Winslow, Arizona. At Homolovi, we had our first opportunity of desert camping. It was beautiful sunsets, dark skies and brilliant sunrises. Day-time temperatures were in the low 80's and nighttime temps were in the low 50's. This scenario would repeat day after day until we began our trip home from Moab, Utah. We couldn't have had better weather.



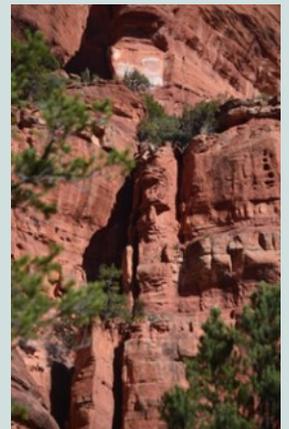
Homolovi State Park is an active Archaeological investigation. Throughout the park there were numerous sites and hiking trail leading to the sites. During our visit we hiked all 7 trails for a total of nearly 8 miles of desert hiking. We also took the time to head into Winslow, where almost every traveler along I-40 must stop. We even have the "Standing on the Corner in Winslow, Arizona" photographs to document our visit.

After Homolovi and Winslow it was on to spectacular scenery for mile after mile with amazing mountain and butte vistas around every bend in the road. The next stop on our trip was Sedona, Arizona. The mountains around Oak Creek and Sedona proper are amazing red rock formations with some evergreen trees, that on sunny days provide sharp contrast to the brilliant blue sky. We were fortunate to have experienced that view on a couple of days. Outside of Sedona we hiked the Thunder Mountain, Chimney Rock, Doe Mountain, Bear, and Brins Mesa Trails over three days. Personal recommendation on Sedona is to avoid the Uptown Sedona area unless you want chain restaurants, souvenir, fudge and congestion. Parking is scarce and if you find a space, you better be driving a small SUV.



From Sedona, on October 20th we headed north to Utah. We crossed Colorado River near Marble Canyon and then passed by the Vermillion Cliffs through the Kaibab National Forest, Kanab and on to Zion National Park's eastern entrance. Our basecamp for our week long stay at Zion was within walking distance to the south entrance of the Park. The interesting thing about Zion is that parking of private vehicles in Zion is at a premium. The best way to get around is to use the Springdale Transit free shuttle and the Park's free shuttle or bicycle. We used all three methods. As with most National Parks, pets are restricted as to where they could join us. In Zion, Scooter couldn't ride the shuttle and could only hike the Pa'rus Trail along the Virgin River, which he did a couple of times. The trail crosses the river several times and this proved to be somewhat of a challenge for Scooter. The bridge planks rattled while walking across the river and this proved unnerving for him. After the 10th or 11th crossing he got more and more comfortable with the noise. The wildlife along the trail consisted mainly of squirrels and mule deer. The mule deer seemed to be a nuisance as they freely roamed the campsites along the trail and had no fear of campers.

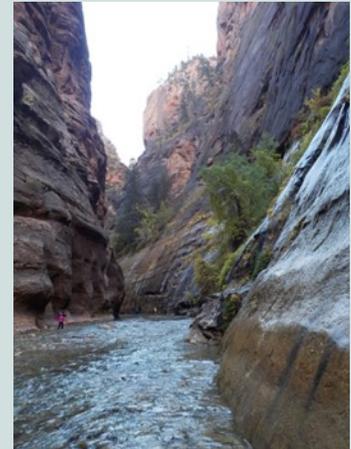
We also took the opportunity to hike Angels Landing, the Watchman and the Narrows trails in Zion. Angels Landing is a trail that leads to the top of one of the more famous peaks in Zion. It is well marked and heavily traveled. We took the opportunity to start up early in the morning to avoid the crowds. Even with the early start it was a steady stream of hikers up the trail.



(Continued on next page ...)

(Continued from previous page ...)

The views we saw were breathtaking even though we never made it to the summit due to my vertigo. At one point on the way up, I was almost clawing at the vertical wall to get away from the edge of the trail. As soon as we got to the next switch back, I told Rosemary that I could not continue up the trail. I was dizzy and feared I would lose my balance so we ended our attempt and returned to the base. Our hike to the summit of Watchman, which is directly behind the visitor's center, was successful. This is a narrow trail with many switchbacks, but I was able to overcome my vertigo and make it to the summit. The view from the top was amazing overlooking the Virgin River valley. Our final hike in Zion was the Narrows. This hike requires you to wade in the Virgin River. The air temperature was in the low 40's and the water temperature was in the upper 30's. With our dry suits on and sturdy wood staffs for balance we entered the river and began walking up river. The bottom of the river consists of loose, round river rocks that were very unstable. The majesty of walking up this narrow slot canyon with vertical walls and hanging gardens was amazing. We ended our upstream hike after approximately ½ mile and started our return downstream. As we were walking, we were amazed when we saw a pair of hikers wearing shorts with bare legs. I asked them where they were from, and the response was 'Great Britain'. I asked them if they were cold, after seeing their cherry red legs, and was told 'it felt like an early spring day in Great Britain.' I did have the opportunity to bike ride the length of the Zion Canyon one way. I loaded my bike on the Zion Shuttle and rode to the farthest stop, The Temple of Sinawava, unloaded and enjoyed a generally downhill ride to the visitor's center. I stopped several times along the ride to photograph the cliffs, condors, rock climbers on the sheer cliffs, mule deer and the hikers making the final assault on the summit of Angels Landing. I highly recommend a visit to Zion National Park when you have the opportunity. Since we were there in mid-October, the crowds were manageable and the lines for the shuttles were very short.



Our trip also included a visit to Bryce Canyon National Park on a cold 33 degree morning, that eventually warmed up to the mid 60's. The day was beautifully sunny and the views of the canyon from the rim were stunning. We drove to the end of the road at Yovimpa Point and stopped at every overlook while making our way back toward the Bryce Canyon Lodge. By getting there early and driving all the way out to the end we avoided a lot of the crowd and congestion. Only when we got to the area of Inspiration Point and the Lodge did we experience large crowds. Since we had Scooter with us, we could not hike down into the canyon on any of the trails but we hiked the Rim Trail from Inspiration Point to Sunrise Point. As is normal, Scooter was very popular with most of the other hikers. It was a great day and would definitely like to return in the future.



Then it was on to Moab and Canyonlands and Arches National Parks. Our base camp was approximately 3 miles south of downtown Moab, and a good place to begin each visit. On October 27, we ventured out toward Canyonlands Island in the Sky District. On the way, you can't miss the two large Buttes named Monitor and Merrimac due to their resemblance of the two Civil War ironclads. Before getting to Canyonlands, we took a little side trip to Dead Horse Point State Park that is on the mesa adjacent to the national park, has views into Meander Canyon, 2,000 feet below the rim, that are just as magnificent as Canyonlands. After checking out all the overlooks and noticing there was a loop trail along the rim, we decided we would return on our last day in Moab and hike the rim trail that was about 5 miles long. It starts at the Visitors center and follows the east canyon rim out to the point and then returns along the west rim of the canyon. We were told that visiting the park at night is a sight to behold on a clear night because of the stars that can be seen. Unfortunately for us, clouds rolled in every night and we missed that experience.

(Continued on next page ...)

(Continued from previous page ...)



Island in the Sky District of Canyonlands National Park is another driving tour park with many opportunities to get out and check out the overlooks into Meander and Stillwater Canyons formed by the Colorado and Green Rivers. The entire day was spent driving to the overlooks and checking out the views into the canyons. At the Grand View Point Overlook, we saw the confluence of the green and Colorado Rivers. We briefly considered driving the gravel Shafer Trail Road down into the canyon to get back to Moab, but reconsidered it after talking to one of the park rangers. He said it was very narrow and there was two way traffic that could require the vehicle heading down to get very close to

the edge of the road where there was nothing to prevent the vehicle from going over the edge. Common sense prevailed and I'm sure we made the right decision of not attempting this trail road.

Our final major park to visit was Arches National Park which is on the outskirts of Moab. For this visit we found a doggie day care for Scooter so we could hike to many of the arches that were some distance from the specific parking areas. Again as we started the weather was cold, but warmed up to a comfortable temperature for hiking.

The memorable rock formations in Arches we saw were the Three Gossips, Courthouse Towers, Balanced Rock, North and South Windows, Turret Arch, Double Arch, Delicate Arch and Landscape Arch which along with Double Arch are probably the most recognized of all the features in the park. During our time in Moab, there was snow in the higher elevations and from the trail leading the Landscape Arch we had a great view of the snow-capped peaks to the south.



As our trip came to an end it was time to head home. Leaving Moab, it was 8 degrees. A cold front came in and it followed us all the way home. Notable sights on the way home included Four Points, the location where Colorado, Utah, Arizona and New Mexico meet, Ship Rock in New Mexico, and Cadillac Ranch in a non-descript field west of Amarillo.

Seeing all the mesas, canyons, plains, wind turbines as far as the eye can see was fantastic, but it was even nicer to see the forest covered Great Smokey Mountains in North Carolina and the rolling hills of the Piedmont as we approach Virginia. Seeing the Welcome to Virginia sign south of Emporia was exciting as we knew we were almost home. Rolling into the driveway on November 4 was great, but we are already thinking of where our next adventure will take us.

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.

The Annual Chocolate Hike

When: Sunday, February 9, 2020 9:30am-2:00pm

Where: Mariners' Museum Park, 100 Museum Dr, Newport News, VA 23606, USA ([map](#))

Contact: Phyllis Neumann phyllisneumann@hughes.net

Description: Join your fellow chocolate lovers for this Pre-Valentine's Day hikette 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. We meet in the parking lot by the museum entrance across from the start of the Noland Trail. 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 afterwards!

TATC General Membership Meeting

When: Wednesday, February 12, 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

Description: TATC General Membership Meeting. Program: Bike safety

We'll start the meeting off by reviewing the TATC budget for the upcoming year. Johanna Neuber from East Coast Bicycles will then speak to us about bike safety-helmets, lights and other gear to keep us safer while biking as well as safe riding practices on the road! Get ready for the upcoming biking season. Guests are always welcome! Contact Sharon Salyer for more information at happycampers33@hotmail.com.

HAPPY HIKER HOUR

When: Thursday, February 13, 2020 5:30pm-7:30pm

Where: Bull Island Brewing Company, 758 Settlers Landing Rd, Hampton, VA 23669, USA ([map](#))

Contact: Phyllis Neumann phyllisneumann@hughes.net

Description: Join your fellow TATCers at 5:30PM at Bull Island Brewing Company (bullislandbrewing.com) Hampton's oldest waterfront brewery. Free parking garage. 14 brews on tap as well as seasonal beers. Food available. Wear your TATC caps and shirts!

First Landing State Park (FLSP) Maintenance – with Dave Plum

When: Thursday, February 20, 2020 9am-12pm

Where: Visitor Information Center, 2500 Shore Dr, Virginia Beach, VA 23451, USA ([map](#))

Contact: Dave Plum (757-615-6301)

Description: Meet at 9:00 am Bay/Beach Parking Area of First Landing State Park, Virginia Beach, VA, 23451. We will focus on cutting back vegetation from the campsites to get them ready for the season and other various jobs in the park. Bring drinking water, loppers, trash grabbers, work gloves, etc. We will borrow other tools from Park Tool Shed. Directions: From Eastbound Shore Drive Turn LEFT at the Park stoplight. Just after the pay booth turn LEFT into the Parking Area. You will be provided a free parking pass upon arrival. For planning purposes please sign-up in advance by contacting Dave at: heydave9@verizon.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.

TATC Board Meeting

When: Wednesday, March 4, 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

Description: TATC Board Meeting. Guests are always welcome!

TATC General Membership Meeting

When: Wednesday, March 11, 2020 7pm-9pm

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

Contact: Rosanne Cary president@tidewateratc.com

Description: TATC General Membership Meeting. Program: Lacie Weaver, HRSD Community Education and Outreach Specialist. Working as an environmental educator for the past six years, Lacie Wever has experience in Stormwater, Litter Prevention/Recycling, and Water Awareness. Upon graduating from the University of Virginia with a Bachelor of Arts in Environmental Thought and Practice with a minor in Politics, Lacie entered Regent University where she earned her Master of Public Administration in Public Leadership and Management. In 2018, Lacie began her current role as the Community Education and Outreach Specialist for HRSD. In this role, she identifies education needs and develops programs for all community members about HRSD, wastewater treatment, and STEM. Traveling throughout the Hampton Roads localities, Lacie attends events, presentations, community forums and public meetings to communicate the value of water to citizens. She is eager to cultivate rewarding partnerships and continue to increase awareness and understanding of environmental issues. Her goals are to increase civic participation in environmental activities and help children develop skills to resolve environmental challenges in our region. SWIFT information: SWIFT is an innovative water treatment project in eastern Virginia designed to further protect the region's environment, enhance the sustainability of the region's long-term groundwater supply and help address environmental pressures such as Chesapeake Bay restoration, sea level rise and saltwater intrusion. SWIFT takes highly treated water that would otherwise be discharged into the Elizabeth, James or York rivers and puts it through additional rounds of advanced water treatment to meet drinking water quality standards. The SWIFT Water is then added to the Potomac Aquifer, the primary source of groundwater throughout eastern Virginia.

New Quarter Park Spring Maintenance

When: Sunday, March 29, 2020 9am-1pm

Where: New Quarter Park, 1000 Lakeshead Dr, Williamsburg, VA 23185, USA ([map](#))

Contact: Phyllis Neumann phyllisneumann@hughes.net 757-570-8999

Description: Meet at the inner parking lot of New Quarter Park at 9:00 AM for light maintenance on walking trails constructed by TATC. Bring gloves, comfortable walking/hiking shoes, snacks and water. Tools will be provided. Eat out afterwards. Contact Phyllis phyllisneumann@hughes.net to sign up!

Freezeree 2020

Submitted by Brian Richie



Freezeree 2020

Submitted by Brian Richie



Freezeree 2020

Submitted by Brian Richie



Freezeree 2020

Submitted by John Predom



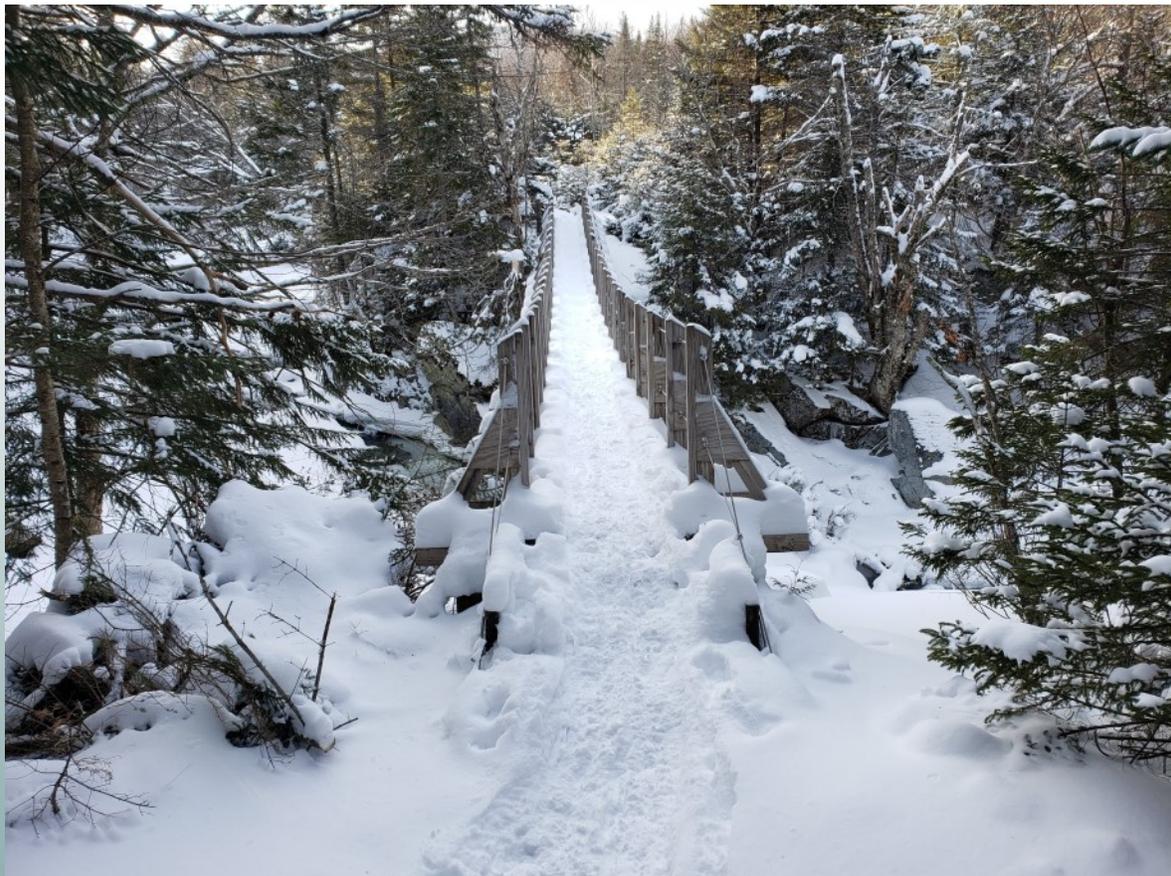
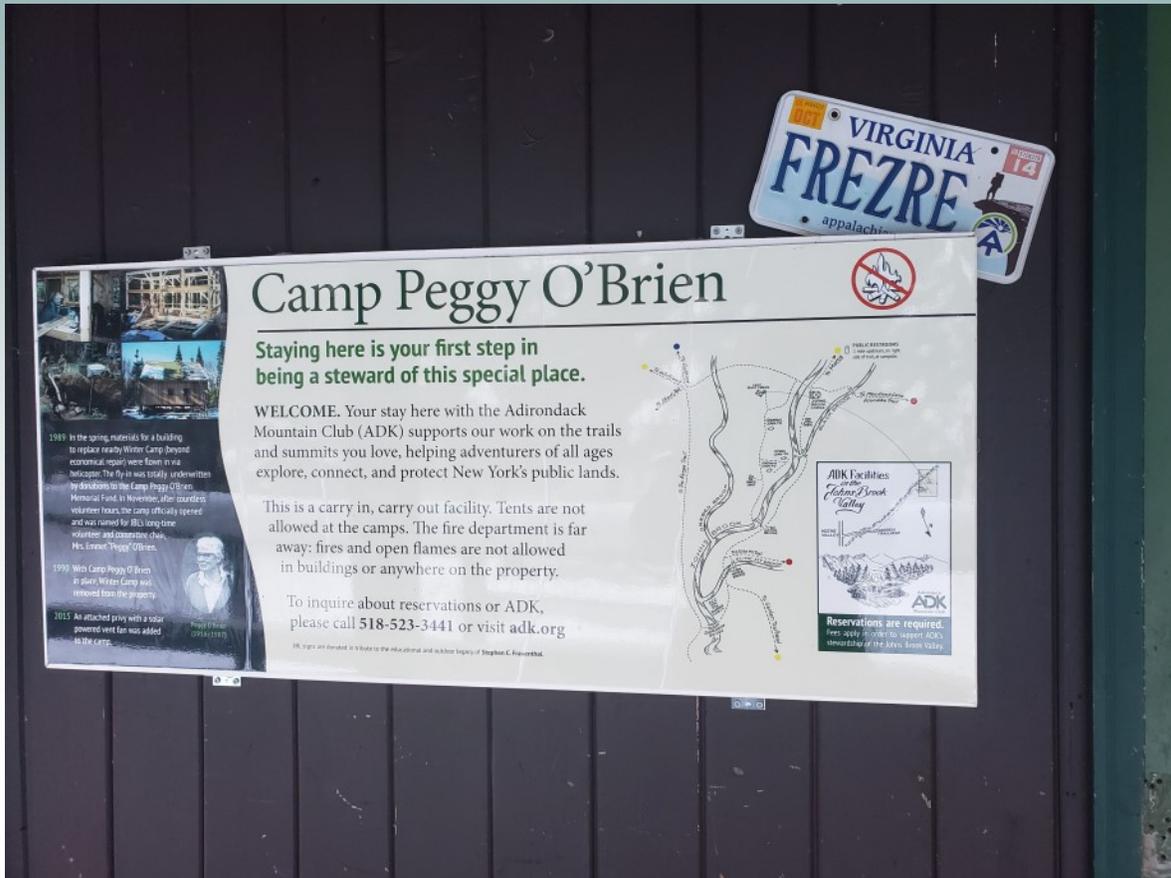
Freezeree 2020

Submitted by John Predom



Freezeree 2020

Submitted by John Predom



Freezeree 2020

Submitted by John Sima



Freezeree 2020

Submitted by John Sima



Freezeree 2020

Submitted by Mal Higgins



Freezeree 2020

Submitted by Mal Higgins



Freezeree 2020

Submitted by Mal Higgins



Freezeree 2020

Submitted by Mal Higgins



Wilderness First Aid (WFA) Course

Submitted by Lee Lohman



Wilderness First Aid (WFA) Course

Submitted by Lee Lohman



Hiking Savage Neck Dunes, Eastern Shore - Eastville

By Kama Mitchell



Happy Hiker Hour at MoMac Brewing Company

By Sharon Salyer



Winter Wildlife Festival

By Rosanne Cary



Winter Wildlife Festival

By Michelle Cobb



The Priest

By Michelle Cobb



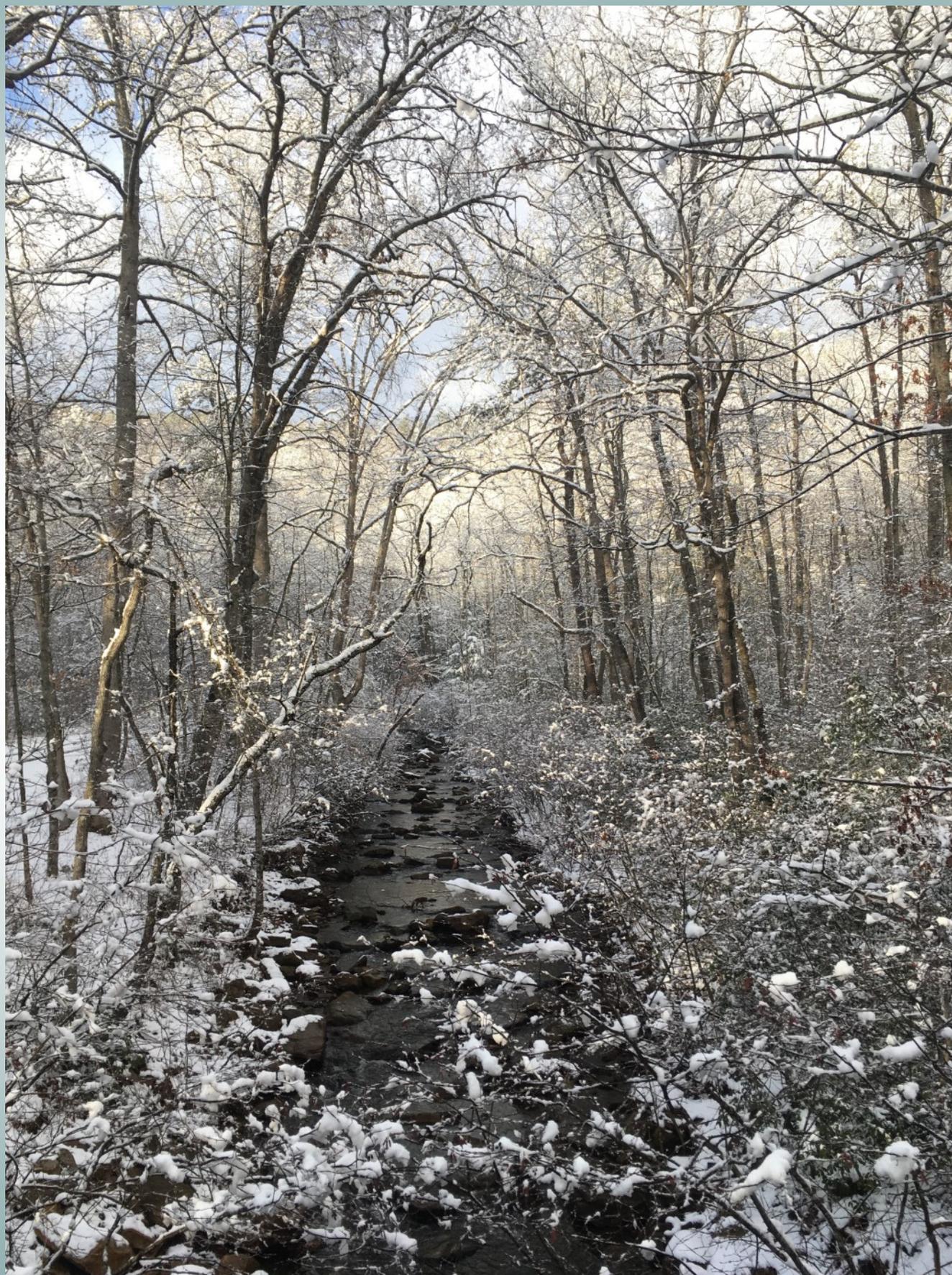
Sherando in Winter

By Michelle Cobb



Sherando in Winter

By Michelle Cobb



2019 TATC Holiday Party

By Jim Sexton



2019 TATC Holiday Party

By Jim Sexton



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	TBA	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	Rosemary Plum	outreach@tidewateratc.com
Past President	Juliet Stephenson	pastprez@tidewateratc.com
Programs	Suzanne Moss	programs@tidewateratc.com
Timekeeper	Bill Lynn	timekeeper@tidewateratc.com
Tool Boss	Bruce Julian	toolboss@tidewateratc.com
Webmaster	Jim Sexton	webmaster@tidewateratc.com