

# Tidewater Appalachian Trail Club

## Appalachian Hiker

www.tidewateratc.com

Banner Photo by Mark Ferguson

February 2021 - March 2021  
48th Edition, 1<sup>st</sup> Issue

### PREZ SEZ

This is the last Prez Sez I will write, as my term expires February 28.

I want to thank the entire board for their help and support over the last two years, and wish "farewell" to departing contributors and "welcome" to our new members.

#### Many thanks and farewell to:

**Phyllis Neumann** for her 20 years of contributions, wearing an array of hats over the years, recently as Vice President

**Douglas Cary** for his diligent care and handling of the club finances

**Jim Newman** for serving multiple roles, most recently as Trail Supervisor

**Patrick Hayes** for the support he provided as Assistant Trail Supervisor

**Mark Ferguson** whose counsel was always spot-on

**Mark Van Zandt** for providing an exciting assortment of club-branded merchandise

**Bruce Julian** for taking such ownership and pride in our cache of tools

**Suzanne Moss** for gifting us with some amazing programs and speakers

**Bob Giffin** for navigating the maze of Land Management since 1996

**Lee Lohman** who is transitioning from Education to the presidency

#### Welcome to:

**Lee Lohman** - President

**David Altman** - Vice President

**Cecil Salyer** - Treasurer

**Steve Clayton** - (returning) Secretary

**Brittany Collins** - Trail Supervisor

**John Sima** - Assistant Trail Supervisor

**Bruce Davidson** - Counselor

**Thank you** to our continuing Counselors, Ellis Malabad and Kari Pincus, and to our steadfast anchors Ned Kuhns and Jim Sexton for filling in time and again over the years in a variety of roles.

To our Cabin committee, Bob Adkisson and Greg Hodges; to Tony Phelps who stands ready to create our next calendar; to Local Trails Chair Dave Plum; to the Membership team of Sharon Salyer and Kama Mitchell; to our new Land Management Committee Chair, Nalin Ratnayake; to our Outreach Chair, Rosemary Plum; to our Timekeeper Bill Lynn and to our Facebook administrator, Juliet Stephenson: **THANK YOU for being there for TATC!**

We've come through an unusual year still functioning and viable as a club, thanks to each and every one of our members.

All the best for the future,

*Rosanne Cary*

President - Tidewater Appalachian Trail Club  
president@tidewateratc.com

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And if you do not want to renew online then click **here** for a hardcopy



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## Minute for Maintenance

As reported in the last newsletter, the pandemic scaled-back Fall Maintenance involving 18 members, successfully cleared our AT and Mau-Har trails while taking on the added job of installing fire rings and tent pads at Maupin Shelter. Since then, however, winter storms of December cluttered our trails with a dozen downed trees, mostly small, but one, a massive oak, created a huge switch-back mess near the AT/Mau-Har south junction. Being an obvious class "C" sawyer supervised task (multiple trunks of 16-22 inch diameter trunks with every bind imaginable), I called Paul Dickens whom I have on speed dial. Paul responded immediately and along with wife Martha cleared the blockage. See the pictures on the next two pages and also in Paul's article, which is also included in this newsletter.

Remaining work was done by solo individuals or teams of 2-3 involving Brittany Gonzales Collins & John Sima (incoming Trail & Assistant Trail Supervisors), Jim Sexton, Pete Burch & Milton Beale. Pete & Milton removed the blue blazes someone painted on a few of our trees.

Below is some useful information about our mountain trails. Note that AT cumulative trail mileage is presented north to south and south to north, along with distance between two adjoining points. A second piece of information gives present section leaders. We have a vacancy and some assignees may not wish to continue. Please review and contact me or Brittany in order for us to update the list. Requirements for section leaders are that they visit their section a minimum of 4 times per year. Spring and Fall Maintenance trips count. If the other 2 times occur in April and September, we could eliminate the need for trail walk throughs before May & October Maintenances.

*Jim Newman*

Trail Supervisor

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

### TATC Appalachian Trail Mileage

Miles N-S	Features	Distance	Elevation	Miles S-N
0.0	Reids Gap/BRP	1.7 miles	2645	10.7
1.7	Maupin Shelter/M-H N jct	0.4 miles	2,734	9.0
2.1	Bee Mtn Summit	0.8 miles	3,034	8.6
2.9	Gid Spring (for Gid Honsinger)	0.8 miles	3,281	7.8
3.7	Hanging Rock	0.5 miles	3,493	7.0
4.2	Three Ridges summit	1.7 miles	3,970	6.5
5.9	Chimney Rocks	0.4 miles	3,163	4.8
6.3	Flat Rock	1.6 miles	2,798	4.4
7.9	Harpers Creek Shelter	0.9 miles	1,906	2.8
8.8	Mau-Har S jct	1.8 miles	1,804	1.9
10.6	Tye River Bridge	0.1 miles	996	0.1
10.7	VA Hwy 56		1,005	0.0

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**AT Shortcuts:**

Drive to Maupin shelter on fire road. Save 1.7 miles  
to Hanging Rock & beyond

Drive to Cow Pasture & hike old AT to AT near Harpers  
Creek Shelter. Save 1.5 miles to points north

**Mau-Har Trail:**

Maupin Shelter to Waterfall 1.6 miles

Waterfall to AT South Junction 1.4 miles

## **Section Leaders**

Reids Gap to Maupin Shelter	Jerry & Etta Burch, Eric Christenson, Jim Newman
Maupin Shelter to Gid Spring & Fire Road	Pete Burch (no relation to above)
Gid Spring to Three Ridges Summit	Mike Wilson
Chimney Rocks to Three Ridges Summit	Nathan Terault
Flat Rock to Chimney Rocks	Libby Carmines
Harpers Creek Shelter to Flat Rock	Vacant
Mau-Har south jct to Harpers Creek Shelter	Randy & Evan Smith
Tye River to Mau-Har south jct	Jim Sexton



**Paul Dickens using a new improved under-bucking tool**

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**With long, large trees tension binds must be reduced by removing sections in pieces beginning at top**



**Seven cuts**



## Bill Newsom

By Bob Adkisson

Bill A. Newsom, Jr., age 90, died November 19, 2020 in Florida.

In 1972, Bill was a founding member of TATC; he later became a Life Member of the club, was a real cornerstone in the construction of the Douglas Putman Cabin, and, once rental use began, for almost 10 years he was the first head of the Cabin Committee as well as the rental officer.

There are probably only a handful of us today in the club who remember Bill because many years ago, after he retired from his job at NASA Langley (in 1985), he spent several years dedicated to caring for his elderly mother, and then, with her passing, he moved away; leaving his beloved native town of Norfolk, he followed his heart south.

Twenty years an active club member, involved in every aspect of the TATC cabin, in 1992 Bill moved to the small town of Apopka, Florida (just north of Orlando), to live with his long time friend and fellow club member, Jacque Jenkins (Jacque, a former club president and life member, also played a pivotal role in the building of the club cabin but, after about 7 years of work she was drawn to Florida to be near her adult daughter and grandchildren. Jacque passed away in January, 2018).

There were 5 club members most involved in designing the club cabin, supervising the work, ordering materials, and spearheading other aspects of getting the cabin built, 5 core people that dedicated vast amounts of time and effort to see it through-- from just an idea to completion. These people were: Jacque and Bill, Harold and Margaret Crate, and Otey Shelton.

Bill was the last surviving member of this group, and with his passing a page in the history of the club is turned. Every club member who visits and enjoys time at our club's wonderful stone cabin high on the side of a mountain in Nelson County owes these 5 people a debt of gratitude. They deserve to be well remembered and honored for all they contributed.



**Bill Newsom - Construction of the Douglas Putman Memorial Cabin**

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I was fortunate enough to know and work with all 5 of these great club members-- all of them a generation older than me. I experienced many long hours of work with them at the cabin (and on our section of the Appalachian Trail), rode back and forth to the mountains with them countless times, shared meals and mud and bugs and all sorts of weather with them, had many adventures with them on many trails and rivers.

I was lucky, and at the time I knew I was lucky-- to have found the club and these people (and other club members) that were so kind and generous and adventurous, who let me share this corner of their world, accepted me with open arms. My life was made infinitely better for having known them. I thank them all.

Bill and I were very different people-- besides being 23 years apart in age-- but I remember many hours standing beside him at the mortar box, the two of us wielding long handled hoes, mixing mortar and filling 5 gallon buckets for Otey and the rock laying crew high up on the jury rigged scaffolding at each end of the cabin. He was a highly educated engineer who worked for NASA in the wind tunnels, doing all sorts of technical research on military aircraft design, while I was a long haired college drop-out who worked the night shift in a wine warehouse, saving money for my next big trip. One of us a rock solid conservative with all sorts of responsibilities, one a carefree liberal.

That was another great thing I noticed about the club and the work we did, how different people came together from all walks of life to rub shoulders and get the job done, building a community, sharing their love for it all.

Bill was also different from the other core group who came on almost every cabin weekend work trip in one very important aspect-- they were all recently retired (or, in Otey's case, self employed and semi-retired), while Bill still had to get up early every Monday morning, drive to Hampton and go to work. I remember him speaking up about that in the spring of 1982 when we put in a lot of extra time (I think we made the long drive to the cabin and back 4 weekends in a row that April, and on Sundays we even worked until about 2 in the afternoon) to get the cabin ready for the Dedication Ceremony early that May-- a Dedication attended by members of the Putman family and many invited guests.

Besides the cabin work trips with Bill and the others, there was one very memorable canoe trip-- in August of 1981 Jacque and the Crates organized a week-long paddle in Ontario's Algonquin Provincial Park, about 200 miles north of Toronto. There were 12 of us altogether, in 6 rental canoes, and we paddled and portaged about 75 miles through any number of lakes, rivers and bogs. The first day we saw a bear close up, on the shore of a lake, the 2nd day we passed by a huge moose feeding in a bog. I had never paddled on lakes or in such a wilderness before. I don't think Bill had either. There were times I thought he looked far out of his element or comfort zone, but he smiled and gritted his way through it.

I visited Bill and Jacque in Florida 4 times over the years, mailed them TATC calendars every December, wrote and spoke with them on the phone a few times a year. They kept up with club events, read their newsletters, came back to Virginia at least once to visit the cabin they'd both worked so hard to build.

I also mailed Bill a long newspaper article a few years ago, a series about the history of NASA Langley. After getting out of the military, he worked there from 1958 until 1985 and, though rarely speaking much about it, he was very proud of the job he did. He recently sent me photos of himself at work and wrote about some of the things he did there. I'm sure some of the work he did was classified. I include one or two photos that he sent, plus one of him at the trail club cabin.

The last thing I sent him was a recent article from the Virginian Pilot newspaper about the book and movie Hidden Figures, which of course is based on actual events that took place at NASA Langley. Turns out he had an at least passing acquaintance with one of the women featured in the film (the aspiring engineer Mary Jackson, played by actress Janelle Monae).

I was informed of Bill's death by one of his long time, loyal neighbors, a woman who he'd asked to be the executor of his will (I believe I briefly met her on one of my last visits). She said Bill was doing well right up till the end, bothered only by poor circulation in his legs that kept him from getting out much. The cause of death was heart failure (nothing COVID-19 related). His last wish was to be buried in Norfolk, in a family plot alongside his mother and father. She sent me a copy of the obituary he wrote for himself, which I include below:

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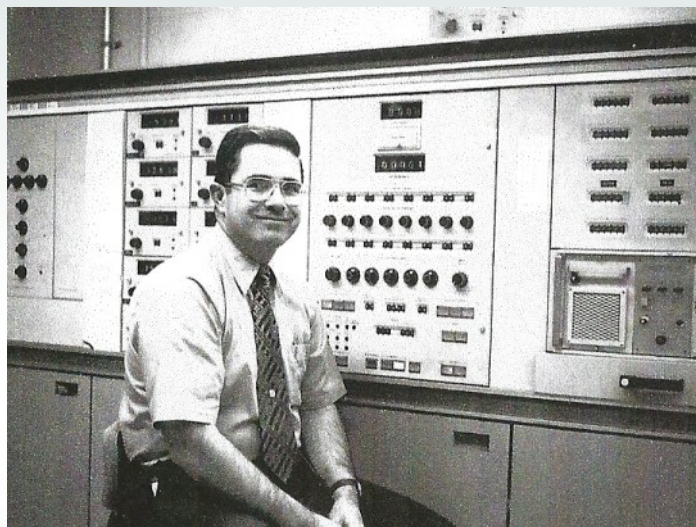
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Obituary :

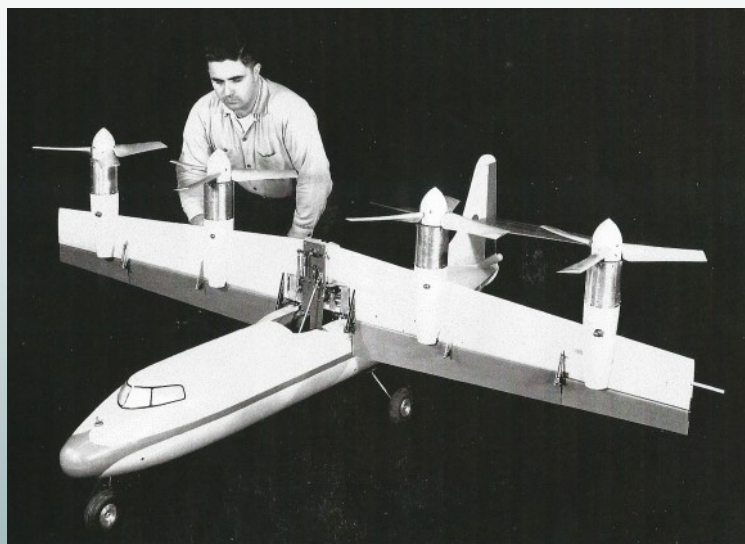
"Newsom, Willian A, Jr. Age 90. Died Nov. 19, 2020. He was a native of Norfolk, Virginia and the son of William A. Newsom and Lucy Russell Newsom. After graduation from M.F. Maury High School and Virginia Polytechnic Institute, he was recruited to be employed at the Langley Research Center of NACA which in 1958 was merged with other technical facilities to form NASA. His work at LRC was the study of Dynamic Stability and Controllability using the Free-Flight-Model Technique. During his period of employment, the configurations studied varied from unique designs of STOL and VTOL ideas to the development of all military designs such as the F-4, F-14, F-15, F-16 and F-18 fighter planes as well as the B-1 and B-2 bombing planes.

His military service consisted of 5 years as an Aviation Ordnanceman while a member of VMF-233 U.S.M.C.R. and 2 years as a member of the faculty of the Artillery School U.S. Army [the latter assignment was at Fort Sill, OK] He was a charter member of the Tidewater Appalachian Trail Club and a Life Member of the N.R.A. with a primary interest in long-range rifle marksmanship.

He was preceded in death by his beloved younger sister Carolyn N. Ferris of Yorktown, Virginia."



**Bill Newsom - Wind-Tunnel Jockey**



**Bill Newsom - 1957 - First Project**

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One final thing I remember Bill telling me when I visited him in Florida: he grew up in what sounded like a neighborhood of modest homes in Norfolk, along Killam Ave. just east of Hampton Blvd, near what is now an ever expanding part of ODU. He told me how, as a teenager, in the mid to late 1940's, he'd carry his hunting rifle onto a city bus, ride to South Norfolk, transfer to another bus going into some rural part of Chesapeake, then spend the day alone in the woods and fields, hunting or target shooting. At day's end he'd ride the bus back home. Neither he, the bus drivers, or apparently the passengers thought twice about a teenager carrying a rifle on the bus. But, years later, to me he marveled about such a thing not raising a single eyebrow, being perfectly acceptable.

## Leave No Trace – Virtual Trainer Course

UCSB Adventure Programs is proud to offer Leave No Trace Trainer online courses taught by one of our Master Educators. This 16-hour online course has been reformatted to include interactive live Zoom meetings and instruction. It will consist of “pre-Zoom” participant assignments and preparation followed by online presentations and class discussion. Our goal is for participants to finish the course feeling confident in their abilities to minimize outdoor impacts and pass those skills on to others.

Leave No Trace Trainer Course Certificate of Completion requires 16 hours of coursework. While typically the course takes place in the field, our online Trainer course will be conducted in the “virtual” field, and a little on your own.

Since this course is online and interactive, it requires the ability to meet online through Zoom video meetings on a device of your personal choice. Video/audio capability is required. Devices are not provided.

This course will be run February 1 – February 22 on Mondays and Wednesdays 3:00 – 5:00 PM PST. There will be no class February 15.

**Cost:** \$65

**Click [here](#)** for more information and to register.

**Contact:** Wren Wise, [djwise@ucsb.edu](mailto:djwise@ucsb.edu)

## Free Entrance Days in the National Parks

Come experience the national parks! On six days in 2021, all National Park Service sites that charge an entrance fee will offer free admission to everyone. Mark your calendar for these entrance fee-free dates in 2021:

**April 17:** First day of **National Park Week**

**August 4:** One year anniversary of the **Great American Outdoors Act**

**August 25:** **National Park Service Birthday**

**September 25:** **National Public Lands Day**

**November 11:** **Veterans Day**

National parks are America's best idea, and there are **more than 400 parks** available to everyone, every day. The fee-free days provide a great opportunity to visit a new place or an old favorite, especially one of the **national parks that normally charge an entrance fee**. The others are free all the time. The entrance fee waiver for fee-free days does not cover amenity or user fees for activities such as camping, boat launches, transportation, or special tours.

The annual \$80 America the Beautiful National Parks and Federal Recreational Lands Pass allows unlimited entrance to more than 2,000 federal recreation areas, including all national parks that normally charge an entrance fee. There are also free or discounted passes available for senior citizens, current members of the military, families of fourth-grade students, and disabled citizens. Learn more about the variety of passes offered by the **America the Beautiful National Parks and Federal Recreational Lands Pass** series.



# The Importance of Land Management

*Nalin Ratnayake, LMC Chair*

On the evening of Wednesday, January 20<sup>th</sup>, seven TATC members met to revitalize the work of the club's Land Management Committee. We discussed the nature of the core work to be done, logistical and safety considerations for a boundary walk, our schedule for the year, and committee roles with respect to our secondary goals.

## Key Takeaways:

In Attendance: David Altman, Emily Argo, Sky Burley, Bryce Horvath, Lee Lohman, Nalin Ratnayake, and one unidentified Zoom participant member

First 2021 LMC Boundary Walk (squad limited to 5 people): March 6-7 (if needed, weather hold to March 13 -14)

Next LMC Quarterly Meeting: April 21, 7pm

The duties of the LMC are quite important, and the committee is one of the few entities actually mandated in the bylaws of the club; however, the membership in general may only be vaguely aware of the committee's function and importance. The LMC's primary function is to fulfill the role of *Corridor Stewardship* – a duty deputized to us as a trail maintaining club by ATC and the government agencies with which it cooperates, the US Forest Service and the National Park Service.

The AT Corridor is a collection of NPS lands annexed by the US Government in the late 1970's in order to provide a buffer zone of wilderness surrounding the Appalachian Trail, particularly in areas where it did not already pass through USFS or NPS lands (and thus bordered private or other lands instead). The portion of the AT Corridor that is under our care extends from Reid's Gap to roughly near Maupin Field Shelter along the southeast side of the AT (see map).

The core task: Several times per year, we walk the edge of our AT Corridor section, inspect the official survey monuments that denote the legal boundary line, as well as their witnesses (reference objects such as trees or boulders that represent the legal reference points relative to which the monument is located on an official survey), and maintain the boundary. This maintenance includes clearing sightlines between the monument and all witnesses, ensuring that official blazes and signage are touched up and repaired, and that alignment between all of the above corresponds to the compass bearings on the official survey map.

A boundary walk can be arduous. Since the team travels off-trail, the going is slowed significantly by undergrowth, vines, rugged terrain, and all manner of creatures from insects to snakes. There are no trails or trail signs (nor should we make any in the wilderness!), and even in winter the trees and vegetation are too thick to properly see monuments though, and thus often we are obliged to navigate by compass and bearing alone. Including the time for maintenance at each monument, a one-mile stretch of boundary can take almost four hours round-trip to complete in fair weather.

Why expend so much effort to inspect a few discs of metal and a few dozen swaths of BarkMark Yellow paint? The most proximate answer is that it is our duty to do so, as a Trail Maintaining Club of the AT, as delegated to us from the Park Service through ATC. However, the bigger picture answer is that our regular Corridor Maintenance is the first line of defense of these public lands. The survey monuments denote the legal boundary between public and private property, and the witnesses are their legal points of reference. The signage helps deter accidental or malicious encroachment or annexing of public property, illegal hunting and ATV use, and timber theft. And finally, we are also the eyes and ears on the ground that keep tabs on the state and health of a shared public asset, a buffer zone that ensures a "wild" protective cushion is wrapped around the Appalachian Trail for the entirety of its 2193.1 miles.

Today, TATC's boundary is in fragile shape. Thanks to the heroic efforts of member Bob Giffin (the previous Land Management Chair) over many years, the majority of our monuments are intact, witnesses present, and signage properly posted. But the decades since the last official survey in 1989 have taken their toll. One monument is missing, and several are down to only one legal witness... Two may have no witnesses remaining at all, as even hardy oaks can fall and die over the decades. Some appear to have been intentionally cleared or destroyed. Alas, we are not permitted to lay new monuments or paint new blazes, nor can we designate new witnesses or move a "relocated" survey marker; only a licensed survey team is authorized to do such things, at the probable cost of many tens thousands of dollars. Legally, we can only repair and touch up what survey markers already exist when we arrive on our inspection trip.

So the bottom line is: The last survey was over three decades ago. No more are presently forthcoming. Our only choice is to preserve what we have as best we can, until such time that a new official survey can be conducted. This is part of our duty to the lands delegated to us to protect.

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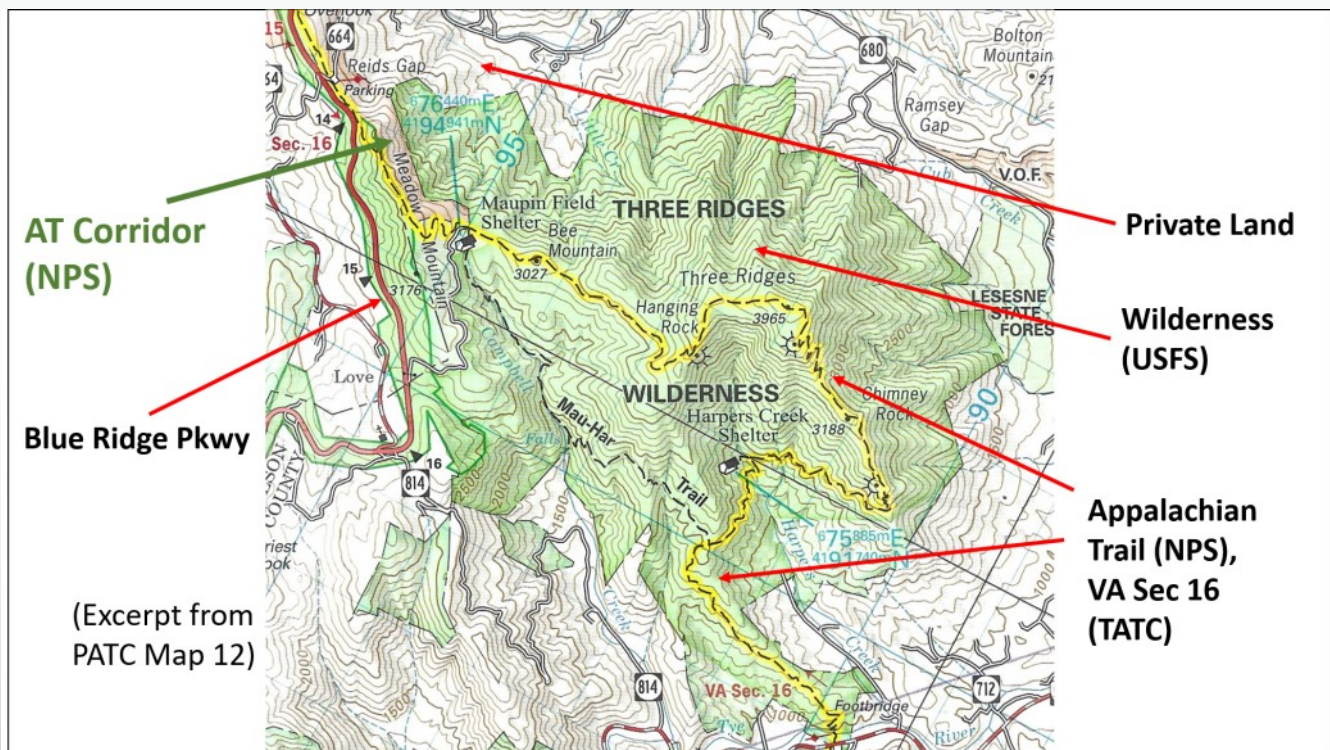
We are grateful to Bob for the work he has done that we can build upon – indeed we may not have much of a boundary left at all if it were not for his long years of dedicated effort. When the physical toll of the boundary walk become no longer possible for Bob, he had to step down from this position in recent years, temporarily leaving TATC's Land Management function with no champion. Today, I am pleased to report that many enthusiastic and energetic young members – the majority of whom have joined the club only within the past six to nine months – have stepped up to take on this challenge.

Our first corridor maintenance trip of the year has been tentatively planned for March 6-7, weather permitting. We will be following all appropriate safety precautions, including those related to COVID-19, and have mandated that at least one member of any boundary inspection team be Wilderness First Aid certified, due to the increased risk of injury in a remote area on such trips. We will also be requiring specific tools and equipment, such as sturdy, water resistant boots and a bladed hand tool for all members of the trip to assist in making our way through thick undergrowth.

The highly-physical boundary line walk is not for everyone. However, for those interested in engaging with our secondary goals, which include exploring and discussing topics in land stewardship, sustainability, and ecosystem conservation, you are welcome to join our quarterly meetings. The next meeting will be held Wednesday, April 21<sup>st</sup> at 7pm.

I hope through this article I've been able to spread the word about the importance of this committee's work, and generate enthusiasm for its goals. I am quite humbled by the number of eager volunteers who have stepped forward willing to engage, nearly a dozen expressing interest so far. I observe that – thanks to these new recruits – the new year seems off to a strong start for our reborn Land Management Committee.

We stand ready to “walk the line” in 2021!



Map showing TATC's section of the Appalachian Trail, as well as our portion of the AT Corridor. (North is along the Cartesian lines towards top-left.)



## 2021 Trail Crew Applications Now Open

The ATC is now hiring for several Trail Crew positions to work on A.T. projects from Georgia to West Virginia. Project work over the season (early March through mid-November) will include routine maintenance, heavy tread repair and rehabilitation, and Trail relocations. The deadline for submissions is February 8, 2021, so apply soon!

### PRIMARY PURPOSE:

Highly qualified seasonal crew staff are recruited each year to complete routine Trail maintenance, major rehabilitation/repair, and Trail relocation projects. Applicants must demonstrate responsibility, initiative, and self-motivation. They must be able to work both independently with minimal supervision and cooperatively as a member of a team. Crew staff applicants should demonstrate the interest and ability to contribute to the public-service effort of working on a National Scenic Trail.

All positions are seasonal. Wages vary according to positions and individual qualifications. The pay is competitive and includes room and board. This four-person crew will be provided various lodging options throughout the season which will include both tenting and various indoor facilities. Food will be provided by ATC and purchased by the crew. ATC will provide a crew vehicle for travel to and from projects, with gas provided. Extensive travel may be required for some projects. Cold, wet weather and a remote environment are possible.

In 2021 the crew will complete projects all along the Appalachian Trail from Georgia through West Virginia, including Great Smoky Mountains National Park. Project work over the season will include routine maintenance, heavy tread repair & rehabilitation, and trail relocations. All projects will be completed in coordination with the local A.T. Maintaining Club and land manager (USFS, Great Smoky Mountains Nat'l Park, A.T. NPS Office, etc.)

The following are the positions that will be filled in 2021:

- One Trail Crew Leader
- Three Trail Crew Members

Position descriptions for Trail Crew Leader and Trail Crew Member are available on the application page linked below:

To Apply:

Please follow the link to ADP below. All files attached should be "[your last name]\_[your first name]\_[file name]".  
[https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=308869eb-4bf3-4360-a0b8-b26c926a5f77&cclid=19000101\\_000001&type=JS&lang=en\\_US](https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=308869eb-4bf3-4360-a0b8-b26c926a5f77&cclid=19000101_000001&type=JS&lang=en_US)

**APPLY TODAY**

Please submit an application packet that consists of a resume, list of three references, and a cover letter. Cover letters should detail:

- Why you are interested in ATC Trail Crew staff position(s)
- How you found out about this position
- Previous trailwork experience
- Any relevant and current certifications (chainsaw/crosscut, first aid/WFA/WFR, LNT, etc.)
- 

Questions can be e-mailed to:

Josh Kloehn, ATC VARO Resource Manager, [jkloehn@appalachiantrail.org](mailto:jkloehn@appalachiantrail.org)

**Deadline to apply is February 8, 2021**

# Sandy Bottom Nature Park

Hampton's premier park is a 456-acre environmental education and wildlife management facility. Born from borrow pits and garbage dumps, the park is truly a success story of reclamation of our natural resources. From the 10,000 square foot nature center overlooking Sandy Bottom Lake to the elusive creatures that inhabit the wetland marshes, there is something for everyone at Sandy Bottom Nature Park.

Website: <https://hampton.gov/142/Sandy-Bottom-Nature-Park>

[Park Brochure \(PDF\)](#)

[Park Map \(PDF\)](#)

[Facebook](#)

## DESCRIPTIONS:

### ■ Hiking and Biking Trails

There are 12 miles of nature trails throughout the park. All trails, with the exception of Osprey Point and Wood Duck are bicycle accessible. Whether wishing to discover wetland marshes, wildflowers, hardwood forest or lake edge trails, Sandy Bottom Nature Park's extensive trail system has much to offer to the nature enthusiast. You never know what creatures you may see along the way

### ■ Camping

The peaceful and quite atmosphere of the park makes every visit tranquil and relaxing. Eleven primitive campsites, two of which are group sites, are nestled in the shady, wooded forest. There are also four tent cabins that are situated on the lake's edge giving you a spectacular view of Crystal Lake. Tent cabins and group sites may be reserved in advance. Individual primitive camping sites are on a first come first serve basis.

■ Picnic Shelters The park offers five different picnic shelters throughout the park for your picnic needs. These may be reserved in advance. There are also numerous picnic tables throughout the park that are open on a first come first serve basis.

### ■ Boat Rentals

Sandy Bottom Nature Park offers canoe, paddle and jon boats for rent at the nature center. Canoe in narrow channels or paddle your way around Crystal Lake in one of our paddle boats. The views are breathtaking. Special guided canoe trips, led by park personnel, are occasionally offered throughout the year. Inquire inside the nature center or ask one of the Park Rangers. Whether fishing for the big one or just enjoying a relaxing day on the lake, jon boats are available for rental at the nature center.

### ■ Nature Center

The 10,000 square foot nature center that overlooks Sandy Bottom Lake houses environmental & animal exhibits along with a conference room and classroom that may be rented out for functions.

### ■ Flora & Fauna

Sandy Bottom Nature Park has a diverse flora and fauna within the 456 acres. Flora includes forested, wetlands, shrub-scrub wetlands, forested wetlands, and open area species. This ranges from white oak to trillium to cattails. Fauna in the park holds a wide range of species from the common white-tail deer to the rarely seen threatened Mabee's Salamander and endangered canebrake rattlesnake which are both protected by the state. With the completion of the wetland mitigation project, the park's stop over for birds during migration has increased. Both the flora and fauna are important parts of the parks ecosystem as they interact to form a more stable environment as a whole.

LOCATION/ACCESS: 1255 Big Bethel Road in Hampton, Virginia. From Norfolk travel Interstate 64 (I-64) West until you reach the exit for the Hampton Roads Center Parkway, West. (Exit 261A). Take the parkway approximately 1/2 mile to Big Bethel Road. Turn Right on Big Bethel for 1/4 mile. Turn left into Park.

## CONTACT INFORMATION:

Physical Address  
1255 Big Bethel Road  
Hampton, VA 23669

Email: [sbottom@hampton.gov](mailto:sbottom@hampton.gov)

Phone: (757) 825-4657

Fax: (757) 825-4658

Park Hours: 7 days a week - Sunrise to sunset - Closed Christmas Day

Nature Center Hours: Jan. 18, 2021: Closed until further notice due to high numbers of COVID-19 cases.



## Big Down Mess Cleared in Three Ridges with COVID Precautions by Crew of Two

### Trip Report – 15 and 18 Jan 2021 - Three Ridges Wilderness, AT Switchback North of Tye River Crossing

Paul Dickens, C-Sawyer and USFS Traditional Tool Trainer, member TATC, PATC and CMC, Board Member of SAWS

On January 15, the Crew of Two (Paul and Martha Dickens) removed the climb over logs and limb mess totally blocking switchback on the AT above Tye River heading north. The switchback was made passable and the social bypass trail around the down mess was blocked. On January 18, the Crew of Two returned to clear the step-over, step-on logs remaining after the first trip. The Crew of Two is from same household to meet ATC and Forest Service COVID precautions. We made 7 crosscut saw cuts on 15 January including 3 C level cuts on the big oak down blocking both the top and bottom of switchback. We blocked off the switchback shortcut social trail with brush. On 18 January, we made 7 more cuts including 4 under buck cuts because of top bind in the step-over, step-on logs left after first trip. On the second trip we brought a strap-puller and pulled off the trail the big cut oak log left as a walk around on the first trip. Total of 14 crosscut saw cuts in two trips with limbing, axe work, strap puller work and tread repair to clear the big down mess. Three Ridges is Wilderness. Power tools are prohibited, so traditional tools were required. In normal times, the big down mess cleared would be a great TATC crew training exercise. Clearing the down mess in this high traffic area was important to prevent social trail resource damage, so special crew with their own equipment who could comply with COVIC precautions was dispatched.

Jan 15 - On trail 9 am. Off trail 3 pm just before rain began. 6 hrs trail work. 4 hrs travel and 101 miles roundtrip from GVA home. 2 persons x 10 hours = 20 hours.

Jan 18 - On trail 8:30 am. Off trail 1:30 pm, 5 hrs trail work. 4 hrs travel and 101 miles roundtrip from GVA home. 2 persons x 9 hours = 18 hours.

Other volunteer time. 1 hour total selecting and packing tools before each trip. 1 hour cleaning and storing tools after second trip. 1 hour writing initial and final reports.

Total 40 volunteer hours and 404 miles volunteer travel.

Pictures and notes follow. Please share and use as example of planning and documentation for this type trail work.

**15 Jan, View from top** - big oak down blocking top switchback corner (to left) on AT north above Tye River, short-cut social trail around the down mess is on right. ↓



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**15 Jan, Climb over down at top, measured 22-inch diameter, totally blocking trail. ↓**



**15 Jan, Climb over – climb through log and limb mess at bottom, totally blocking trail. ↓**



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**Walk-around – stop-over down on top after big log cut, 15 Jan.** Remaining step-over log is 12 inch diameter. ↓



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**View from top 15 Jan after** removing climb over downs and blocking the social trail with brush. ↓



**Step over logs left at bottom 15 Jan for next crew.** These logs are B-level cuts, but the logs are bent with heavy top bind. We cut notches on top of these step-overs for traction when stepping over, stepping on until next crew can clear. ↓



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**Tools used 15 and 18 Jan. ↓**



5.5 ft Champion tooth felling saw (1/15)  
5 ft Champion tooth felling saw (1/18)  
Silky Katanaboy 650 and 1000 saws  
Ax, lopper and hand saw  
Under-bucking tool (1/18)  
Strap puller (1/18), rope and loop straps  
Wedge kit including aluminum and plastic  
Digging tool for restoring tread  
Loggers first aid kit, hard hats, gloves, etc.

**Jan 15, Martha getting started clearing small limbs at bottom with hand saw and then cutting climb over log with Silky 650. ↓**



Note small aluminum wedge used to keep cut open.

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**Jan 15, Paul on crosscut** at start of big oak log cut, note the aluminum puck wedge set to keep kerf open ↓



**Jan 15, Martha checking wedges** on big log while Paul finished cut with Silky from the uphill side. There was top and side bind. Aluminum wedges with additional plastic wedges were necessary to lift and hold the log for a successful crosscut. Size and weight of log made this a C-level cutting work. ↓



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**Jan 15, Big log with skids set**, did not work as hoped to clear log off the trail because log rolled when it dropped and hung on limb knobs. Had to make the top cut on hillside above trail for place for sawyers to comfortably stand ↓



**18 Jan, Used Strap Puller** to move big oak log chunk out of trail, two pulls - first from top side to line up cut log for second pull from below to move cut log off trail with gravity assist ↓



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**18 Jan, Paul using under-bucking tool ↓**



These logs at bottom were bent from fall across the trail and had heavy top bind. Under bucking was only way to clear with a crosscut saw. Clearance around and below logs was tight preventing double under buck cut with two sawyers. The under-bucking tool made these cuts possible with one sawyer from the side. The alternative was to cut out the logs with an ax. Did finish one log by chopping out the top with ax when the undercut bound near top. Finish cut the other undercut logs with big silky saw after making most of undercut with traditional crosscut saw and under-bucking tool.



**18 Jan, Top Final Cleared, restored tread slightly uphill ↓**



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**18 Jan, Clear at Bottom**, restored tread slightly uphill, tight clearance around logs on downhill side limited where saw cuts could be made, a future crew can widen the tread if desired ↓





## The Christmas Cabin (PATC Bear Spring Cabin, Maryland)

Wayne Mortimer

My wife and I approached the cabin on a blustery Christmas day, with snow crystals swirling around our heads, free- falling to the ground and becoming a thickening white crust on a leafy forest floor which crackled and crunched with our every step.

I first saw our goal at the crest of a hill. It had a tin roof, metal smokestack and dark horizontal chestnut logs with white cement infill.

We gingerly made our way over the icy trail, wanting to get out of the blowing wind and skin tingling cold. Reaching the cabin, I inserted the key into a cold metal lock.

Opening the creaking wooden door, I entered a quiet space which was out of the snow and winter's cold grip. We had made it to our mountain haven for the Christmas weekend.

The cabin was approximately 15' x 15' and slept six people. The interior consisted of worn wooden floor planks, walls of chestnut logs and a wood plank roof deck that was held up with thick timber framing, all exposed to view. Completing the interior were dark wood three- tiered bunks on one wall with a cast iron wood stove in a corner and a wooden table and pantry along the remaining walls. Everything seemed ancient and well worn but also very well cared for. You could feel a sense of history and could imagine the many years of laughter and conversations that only an 85 year old cabin could bring. It was immediately inviting, like visiting with an old friend.

Out of the winter weather, we shed some of our layers and began the task of making the cabin as comfortable as possible.



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First, we unpacked our gear and then made our beds which were cabin provided mattresses and our own sleeping bags. After getting everything out and arranged, the next chores were to get water from the adjacent creek and then fire wood for the stove.

We collected water from the creek with my backpacking folding bucket then started gathering the wood. Luckily, someone had left a fairly long slender tree on the saw horse that was next to the cabin's outside covered pavilion. Using a hand saw and the cabin's heavy splitting maul, I quickly had a stack of seasoned firewood for the night. The work warmed me and gave me a satisfying feeling of accomplishment .

With about an hour of sunlight left, I started the fire in the wood stove. In short order, you could hear the crackling of the wood inside the stove and then feel the warmth radiating from the metal.

With dusk upon us, I turned on our gas- fired backpacking lantern which produced a warm yellow glow that reflected off the cabin's wood surfaces and gave the space an aura of olden times.

It was now time for our Christmas dinner. For this trip, we opted to bring dehydrated backpacking meals which can be very delicious and much easier to prepare and clean up . Our meal tonight was Dehydrated Texas chili by Packit Gourmet with chili cheese Fritos, all wrapped in a warm tortilla. We topped this off with Ghiradelli chocolate squares & a good Pinot Noir wine.

After quick clean up, I put more wood on the fire and the cabin became warm and toasty, around 60 degrees. Outside the winter weather raged on, with the temperature eventually dropping to 16 degrees.

The remainder of our night we spent listening to Christmas music on the iPhone, playing cards and backgammon. Finally, I stuffed more wood into the stove and we both headed for the comforts of our warm soft sleeping bags, eventually falling into the dreams of a deep winter slumber. It was the end of a perfect Christmas Day in the wilderness.



## Appalachian Trail Conservancy's Webinar on *The Path Ahead: A Post-Election Discussion*

Lee Lohman

The Appalachian Trail Conservancy, the umbrella organization for the 31 trail clubs, offers a surprising array of outreach events for club members. COVID precludes face-to-face meetings so ATC is using Zoom and other media to keep members engaged and keep the clubs informed of new initiatives.

For example, on December 8th, ATC held a Zoom session entitled *The Path Ahead: A Post-Election Discussion*. *Sandi Marra, President & CEO of the Appalachian Trail Conservancy and several members of the ATC staff participated in a discussion covering the impact of COVID on the A.T., the future of the trail maintenance, and prospects for funding the agencies responsible for preserving the A.T.*

The guest at the webinar was Senator Tim Kaine who is a long time supporter of the A.T. The Zoom setting was very casual. All participants had the chance to express their views. The Senator listened carefully to the concerns of ATC management and provided his views on likely Biden Administration efforts in support of the nation's outdoor resources (remember the webinar took place before the inauguration).

One important point raised by the speakers was the impact of the Great American Outdoors Act. You may be familiar with this legislation, but if not the text below is directly from the Act.

### Great American Outdoors Act

This bill establishes the National Parks and Public Land Legacy Restoration Fund to support deferred maintenance projects on federal lands.

For FY2021-FY2025, there shall be deposited into the fund an amount equal to 50% of all federal revenues from the development of oil, gas, coal, or alternative or renewable energy on federal lands and waters. Deposited amounts must not exceed \$1.9 billion for any fiscal year.

The fund must be used for priority deferred maintenance projects in specified systems that are administered by

the National Park Service,  
the Forest Service,  
the U.S. Fish and Wildlife Service,  
the Bureau of Land Management, and  
the Bureau of Indian Education.

The speakers agreed that this magnitude of sustained funding will permit these government agencies to address repairs and maintenance much in arrears. The webinar ended on an upbeat note.

The Act's funding may affect TATC's maintenance efforts. Projects delayed by the U.S. Forest Service may be addressed quickly and our help may be requested--if COVID allows.

ATC recorded the webinar. If you would like to see it, please click the link below from the Appalachian Trail Conservancy's YouTube page: [\*\*youtube.com/atconservancy\*\*](https://youtube.com/atconservancy).



*Excepts from*  
**Appalachian Trail Thru-Hike**  
by John Gignilliat  
(available on Amazon.com/books)



**HIKING IN THE DARK . . .** We hiked on in the oppressive heat. After coming to a highway, we crossed over and were greeted with a large sign attached to continuous barb-wire-topped chain-link fence. It stated in bold letters: *EXOTIC ANIMAL BREEDING AREA / ABSOLUTELY NO CAMPING / VIOLATORS WILL BE EATEN*. We found out later that this area was supposedly the breeding grounds for the National Zoo in Washington, DC. The tongue-in-cheek addition to the warning sign along with several suspicious looking holes dug under the fence convinced us to obey the no camping rule.

Checking our data book, we found out that there was a primitive campground four miles up the trail. We had no choice but to try and make this campsite by nightfall. After two of the four miles, darkness began to fall over the woods like a heavy dark pall. We could not view the sun setting, but it was becoming harder and harder to see the trail. We reached the cutoff trail to the campground in almost total darkness. We quickly hung our food and set up our tent using Carol's headlamp flashlight (an indispensable piece of gear). The spring was only a short distance from the campsite, and we drank our fill and replenished our water bottles. We brought back extra water and washed off the sweat, dirt, and grime of the day's exertion.

Noiseless lightning began flashing and flickering through the bare limbs and branches, followed shortly by a ghostly wind moaning in rising and falling intensity. Having hiked into this campsite in the dark had given it an eerie feeling, and the wind and lightning heightened this sensation. We learned later that this area with the spring was the campground of Colonel John Mosby, a Rebel commander who led numerous successful raids against the Union Army. Maybe the wind and lightning were their protest of a couple of Yankees sleeping in their camp.

**HYPOTHERMIA . . .** It was cool, beautiful hiking for the first several hours. All seemed to be going well. The clouds never broke, and as we approached the twin peaks of Snow Bird Mountain, the clouds lowered and turned into a thickening fog. It was not actually raining, but the humidity was so high that moisture was condensing on the leaves and branches and then dripping down on us. As we climbed higher, the wind increased and the temperature began to plummet. A gradual and insidious chill overtook us before we comprehended what was happening. We finally realized how cold we were getting and changed into warmer clothes and rain gear. Hypothermia is a constant danger when hiking in the mountains. It can be a sneaky killer who stalks its victims in a slow and deadly manner using its two favorite weapons: wind and rain. We vowed to be more careful in future wet and cold conditions.

**TRASH . . .** To help the Rat Patrol maintain the Ed Garvey Shelter, I spent the next hour policing the area and cleaning out the fireplace inside the shelter. It was my intention to leave the trail better than I found it, and this was one way I could help. The fireplace was especially dirty as many hikers throw their garbage into the fire ring as if it were a garbage disposal or trash can. With so many people out in the woods hiking and camping, the only acceptable policy is, "Pack it in; pack it out." Even burning trash is not effective since most packaging is either plastic or lined with foil. After cleaning up, I double bagged all the trash I had collected and strapped it to my pack.

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**SNAKES . . .** Our campsite was an excellent spot with a flat area for our tent, pretty trees over our head, and a huge boulder the size of a Volkswagen with a fire ring next to it. Since we were only two miles from Roan Mountain, I decided to clean up all the trash in this area. There were several broken bottles as well as other trash scattered behind our big campfire rock. I found a plastic side view mirror and a big piece of black plastic hose. I headed over to pick up that big, shiny piece of hose when my brain pulsed the message, "HALT!" to my hands and feet. This piece of "black hose" had one eye looking at me! It was the biggest, fattest black snake I had ever seen. It was coiled up, but looked to be five to six feet long with a four- or five-inch girth. I called Carol over for a look and all she could say was, "Oh . . . My . . . Gosh!" Camper's leftover food had probably drawn plenty of rodents to the area, so it looked like he had a constant source of nourishment. We collected wood and had a cozy fire by which we roasted marshmallows to eat with our chocolate bars (almost s'mores). We shared our campsite with our reptilian friend; and, as we closed up our tent, I was glad snakes did not know how to work zippers.

**BAD HIKERS . . .** After cleaning up in the attached pavilion, we went into the restaurant and were met by one of the owners at the door. She was annoyed that we had not checked in with her first before going back to the attached pavilion. We apologized and explained that we were covered with mud and wanted to clean up before entering her restaurant. She said that her annoyance was actually due to the fact that several days previous, some 'guest' hikers had broken into her stock stored in the pavilion and had stolen drinks. We apologized as best we could for the actions of our fellow hikers. It seemed as if this was a rather too common occurrence on the trail. Churches, towns, fire departments and others open up their doors for thru-hikers, but after several years of raffish behavior, drunken parties, theft, slovenliness, and so on by thoughtless hikers, the privilege is revoked; hurting only those who follow in their footsteps.

**CLINGMAN'S DOME . . .** We hiked and climbed through the Smoky Mountain National Park all morning with few breaks. In ten miles we would reach Clingman's Dome, the highest point on the Appalachian Trail. This accounted for our steady upward climb. We finally reached the summit following an exhausting climb which included a quarter mile hike down the wrong trail. After being alone in the rugged Smokies all day, we were surprised to find a futuristic observation tower with an abundance of Homo Sapiens. Clingman's Dome was a half mile from a parking lot, and there was a steep walkway leading up to this space-age observation tower. We sat on the benches down below and talked to the Park Ranger while observing all the tourists. After a while I went up to the top, but I was unimpressed with the view after all the hard-earned, more natural vistas we had had earlier in the day. I went back down and rejoined Carol who had stayed with our packs. I told her it was not worth the climb up the stairs. We were amused as we listened to all the people huffing and puffing and complaining about the walk up from the parking lot. As she plopped herself down on the stone benches, I heard one overweight woman exclaim, "SCREW THE VIEW!!! This is as far as I'm going!" We answered numerous thru-hiker questions from curious people before finding the trail and continuing on our way.

**CAMPING NEAR ROADS . . .** We had hoped to make it to the next shelter, but the pizza delivered to Mount Rogers Park Headquarters had made us logy. Instead, we decided to find a campsite four miles up the trail by a forest road. My only concern was the idea of camping by a road, something we always tried to avoid. I was even more concerned when a hiker coming from the other direction told us it looked like a party spot for locals. After he continued on his way, Carol commented, "How would he know?"

Her question was answered when we reached our proposed campsite. We walked past a soggy blanket with two beer cups nearby. One was half full and had a condom floating in it. The area was littered with broken beer, wine, and whiskey bottles and there was trash everywhere. Near the road there were two huge fire rings ten feet in diameter that looked big enough to burn whole trees. Yes, this definitely looked like a party spot, and here we were on Memorial Day weekend.

**TRAIL MAINTAINERS . . .** As we continued on in Virginia, we were shocked at the amount of destruction we were seeing from the ice storms. These storms had knocked out phones and power for days in whole sections of Virginia and had made the national news. This section of the trail was one of the worst areas hit. The forest was still green, but the canopy over our heads was gone. It looked as if a giant weed-eater had trimmed the forest. The crowns of every tree were missing and in their places were raw splintered stumps. The forest floor was littered with all the broken tree tops. We talked to one trail maintainer who said it was the worst cleanup job on the trail since Hugo came through in 1989. The amount of work to clear the trail must have been prodigious. Again, we were thankful for all the volunteer help that made our hike possible.

Link to Amazon Books: [Appalachian Trail Thru-Hike: A seven-month log of Port & Starb'ard's adventures, tribulations, and joys hiking from Georgia to Maine: Gignilliat, John: 9798556594845: Amazon.com: Books](#)





Friends of the Blue Ridge Tunnel,

The Crozet Tunnel is very popular! Since opening in late November over 30,000 visitors have made the trek! If you have not had a chance to visit, we suggest you plan to go mid-week, as both parking areas are often overflowing on the weekends. We want your visit to the Blue Ridge Tunnel to be a great experience. So, before you arrive, please become familiar with the trail and park rules and don't forget your FLASH-LIGHT or HEADLAMP.

Check out The [Coolest Hike In Virginia](#) and [Nelson County Tourism](#) for additional details on planning your visit to the Blue Ridge Tunnel.

The founding donors plaque has been installed along the western trail just past the trail entrance. Nelson County is working on expanding the parking lot at the eastern trailhead. The Virginia Department of Transportation (VDOT) just released a wonderful video complete with scenes from the removal of the large bulkheads. This amazing project would not have been possible without vital transportation funds and steadfast guidance from VDOT all along the way. Finally, tune in tomorrow for [WMRA's Virtual Books and Brews](#) to hear local author Mary E. Lyons discuss her three books on the history of building the original tunnel.

C. Dwayne Jones  
Foundation VP

[Make A Donation](#)







The purpose of the Back Bay National Wildlife Refuge Society is to promote and support the BBNWR in its mission to conserve, protect and enhance natural resources through advocacy, outreach, education, fundraising and projects for the betterment of BBNWR.

#### About Society Membership:

The Society is an independent, 501 (c) (3) nonprofit group, dedicated to supporting the mission of the U.S. Fish and Wildlife Service National Wildlife Refuge System and specifically promoting awareness of the Back Bay National Wildlife Refuge (Refuge) through education and participation.

The Society functions as the official U.S. Fish and Wildlife Service Friends Group for the Refuge. In so doing, its purpose is to promote and support the BBNWR in its mission to conserve, protect, and enhance natural resources through advocacy, outreach, education, fundraising, and projects for the betterment of the Refuge.

**There are no dues required for Society membership; however, the Society depends on donations to fund programs and projects that directly support the Refuge. Benefits of membership include:**

- Receive notification of current events, programs, and volunteer opportunities
- Demonstrate a commitment to protect and preserve critical habitat of the Refuge
- Participate in environmental education and outreach programs
- Meet and collaborate with like minded, environmentally conscious citizens

Please let us know how you heard about BBNWR Society.

### **[Link to Membership Page](#)**

#### **Membership Contacts:**

Charlie Ellin  
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[charlie.ellin@gmail.com](mailto:charlie.ellin@gmail.com)

Marjorie Thompson  
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**[Make A Donation](#)**



## A.T. Vista Inauguration to Be Conducted in 2021 and 2022 – Be a Part of the History!

With the great news of vaccines for COVID-19, the planning team for the inaugural A.T. Vista has updated the program to provide for both a virtual experience in 2021 and an in-person experience for 2022. This expanded program presents a great opportunity to allow wide participation each year, and we seek assistance from your club members. We know it has been since 2017 that we've been together to spend time on the trail, learn, and socialize together; however, the uncertainties involved in rolling out COVID-19 vaccinations has led us to avoid a trail-wide in-person event in 2021. We want the inaugural A.T. Vista to be memorable and this expanded two-year program rollout will allow us to develop and maintain momentum so that we can continue to share in the great camaraderie of the kindred spirits that cherish the Appalachian Trail.

As we want to continue to honor the celebration of the 100th anniversary of Benton MacKaye's 1921 article, "*An Appalachian Trail: A Project in Regional Planning*," the 2021 A.T. Vista program will be conducted with dispersed local hiking opportunities all along the Appalachian Trail (and perhaps even elsewhere!) plus virtual gatherings providing an opportunity for participants at any location to follow the hikes online as photos and videos are posted.

For the 2021 program, we are seeking hiking leaders from trail clubs to conduct small group hikes along the Appalachian Trail and other trails in your serving area. We are also seeking workshop proposals for topics that are conducive to an online presentation.

We anticipate the 2021 program will still be a 4-day event with virtual experiences available August 6-9, 2021. A planned itinerary is below (details are in process):

**Friday, August 6 (in the evening):** A virtual keynote program with welcome remarks, highlights of the virtual program, and online entertainment (components may be pre-recorded).

**Saturday, August 7 from 8AM to 5PM:** Local hikes to be conducted along the Appalachian Trail (and other trails in your area). **Afternoon and Evening:** Pictures and videos from these hikes to be uploaded and shared as armchair activities to engage people with various fun facts and opportunities for viewers to experience the hikes vicariously.

**Sunday, August 8 and Monday, August 9 from 9AM to 4PM:** Various workshop tracks

We are still working out many details for this expanded program while we continue to pursue the in-person program now scheduled for **August 5-8, 2022**, at the State University of New York (SUNY) at New Paltz.

If you have members of your club that would be interested in making this a memorable and ongoing future event, email us at [atvistainfo@gmail.com](mailto:atvistainfo@gmail.com) to join the team. Provide the requested information below for the hikes and workshops, and if you have other ideas, feel free to send those too. The A.T. Vista organizing team will be putting together an online program and registration system based on the submitted opportunities.

### Hike Submission:

- Leader Name and Contact info (email, phone)
- Co-Leader Name and Contact info
- Location
- Trail Name/Section
- Description to be used
- Number of Miles
- Level (easy, moderate, strenuous)
- Roundtrip or one-way hike?

### Workshop Submission:

- Workshop Name
- Workshop description
- Workshop Leader Name and Contact info (email, phone)
- Length of session (average is expected to be one-hour)
- Session Date: Sunday or Monday (or both!)
- Would you be able to host more than one session if needed?
- Would you also like to conduct this workshop online or in-person for the 2022 program?



# Short Day Hikes in the Tidewater Area for COVID Times

By Mal Higgins

All of us are looking for some interesting places to do some semi-urban hiking and during the past months we have visited some spots I knew about, but had never gone to before. The first two I will mention are on the Eastern Shore, less than an hour drive from Virginia Beach. Of course, it means a \$20.00 toll round trip with EZ Pass over the Chesapeake Bay Bridge Tunnel, but the beauty of the Chesapeake Bay and the feeling of a getaway makes it worth it.

1, Cape Charles Natural Area Preserve. <https://www.dcr.virginia.gov/natural-heritage/natural-area-preserves/capecharles> This interesting area borders the harbor of Cape Charles, Virginia. We went there in late December. A long boardwalk takes visitors through several forested natural communities, including a globally-rare Maritime Dune Woodland, and ends at a low bluff overlooking the Chesapeake Bay. The preservation of the federally threatened north-eastern beach tiger beetle means you have to stay on the boardwalk. As one walks along a dystopian glimpse of giant machinery and huge piles of gravel loom through the trees. Turns out this is an industrial area of a concrete making plant. No word on how the beetle is doing nearby.

2. Savage Neck Dunes Natural Area Preserve. <https://www.dcr.virginia.gov/natural-heritage/natural-area-preserves/savage> We really liked this area, and visited it in August and again in December on the same day as the Cape Charles Natural Preserve. There are three (3) marked hiking trails with interpretive signage. All are good, but the best goes to the Chesapeake Bay and one can get on the beach. That same tiger beetle is here but apparently not quite so endangered. Makes no sense. Several natural ponds lie along the beach trail. Parking is tight for only 8 vehicles.

3. Newport News Park <https://www.nnva.gov/DocumentCenter/View/1248/Newport-News-Park-Map-PDF?bidId=13560> Jefferson Ave, Newport News. We visited in December. At 7,711 acres Newport News Park is not only the largest in the city, but is also one of the largest municipal parks east of the Mississippi. The hiking here takes one across and around what today is Lee Hall Reservoir. But it also takes one to the still readily visible Confederate earthworks built to defend against the Union Army on the Peninsula. On April 16, 1862 a bloody and deadly “Battle of Dam #1” occurred with the loss of 145 Union soldiers from Vermont and 165 Confederate soldiers. The water “boiled with bullets”. Yet today all is serene and peaceful in the woods and along the marshland. Very melancholy to contemplate.

4. The Hamptons Golf Course, <https://www.hampton.gov/thehamptons> 320 Butler Farm Road, Hampton, VA 23666. We visited here in early January. Jim Newman introduced this to us in the summer of 2018. Plenty of free parking and the trail head starts at the parking lot. This has a three mile loop hike on blacktop through a nice woods and is suitable for walking or hiking. We actually saw deer on one part of the course. A beautiful combination of ornamental grasses out on the greens, lakes, wildflowers and interesting large poplar and loblolly pine trees.



Savage Neck Natural Area Preserve

*(More photos for this article in 'Photolog' section at the end of this newsletter)*

## **Tahoe Rim Trail**

### **A Thru-Hike with Views**

*Carl Morrison (Cardinal)*

The Tahoe Rim Trail circumnavigates Lake Tahoe as it travels through Nevada and California. This 165 mile trail includes climbs over 10,000 feet, numerous alpine lakes and above treeline hiking. Only open for hiking after snow melt, the TRT is growing in popularity and may become crowded on weekends. 50 miles of trail are shared with the PCT as it meanders through Desolation Wilderness on the western side of the lake. A permit for a two day stay is mandatory for camping in the wilderness area. Other requirements include a prohibition on open fires( use a canister stove) and the use of a bear canister.

My hiking buddy, SkyWatcher, and I hiked this trail in August 2019. We averaged 13 miles per day and took 12 days to complete the hike. I flew from Norfolk to Reno via Denver to meet my friend. At Reno we booked round-trip seats on a shuttle bus which dropped us at the front door of our motel in Tahoe City. Situated on the western shore of Lake Tahoe, Tahoe City is touristy but not crowded with casinos. To me, Tahoe City felt like a step back in time; smaller and older motels, family-run restaurants and crowds only on weekends.

Less than a half mile from our motel, we started our climb up to the trail and began our clockwise thruhike. I remember it was a warm day and the climb was an awakening. Not difficult, but tedious and hot! We walked past the first campsite near a small lake to be near water from a stream. Having tasted both, I much prefer the cool flowing water! The availability of water is a concern on the TRT. We had to carry water several miles as some of the campsites are dry. As a multi-use trail, the TRT hosts horse riders and mountain bikers. To my great relief, the bikers were very friendly, always announcing their arrival with a bell and a wish for a good hike.

One of my favorite campsites was beside Gray Lake. This small alpine lake sits at 9,000 feet in elevation and is reached by a side trail which was still covered with snow. I anticipated seeing abundant wildlife, but the opposite was true. A few deer, some birds but no bears! I grumbled daily about the extra weight of my cannister but had to admit it made it easier to see what food remained.

The highest point on the TRT is Relay Point( 10,338 ft). As you climb up, you are rewarded with spectacular views of the shining blue lake below. Continuing eastward, you reach Galena Falls, a 130' cascade down the mountain. At Mt. Rose, there is a USFS campground (reservations required with potable water but no showers) where we stayed on our third night. The next day we walked through the picturesque Tahoe Meadows filled with lush green vegetation and flowing water.

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My favorite camp was at "The Bench". Yes, perched high above Lake Tahoe on a ridge was a wooden bench! We camped among the trees and the views made us forget the three mile water carry. On our fifth day we reached South Lake Tahoe, where we stayed overnight and picked up our resupply box. This city was very heavily developed with the tourist dollar in mind; big hotels, casinos and plenty of people. Mellow Mountain Hostel, our home for the night, was an older motel which had been converted to a cheaper place to stay. This laidback place hosted all sorts of travelers. Music played constantly until 10PM but beer was only a buck! After not my best night of sleep in town, we eagerly hit the trail early the following morning.

The next days were filled with several climbs up to 10,000 feet and camps by alpine lakes. At Echo Lake, we bought a sandwich from the store and caught the water taxi across the lake. It was hot day so I didn't regret not hiking around the lake. We camped at Aloha Lake, another beautiful site in the Desolation Wilderness. The water was cold but it surely felt good on that day.

We met several thruhikers on this 50 mile section of trail, PCT thruhikers. I have spoken with other PCT hikers and some have told me that this section is one of their favorites. I can believe it! Filled with lakes and fantastic views! We heard thunder in the distant on a few days but only experienced a light rain for an hour one evening. Most of the area was experiencing drought-like conditions. My last remembrance of the TRT was looking down at the Truckee River on the western side of the lake, overflowing with rafts filled with sun-bathing people. Views, hiking challenges and more views, the TRT is a very enjoyable escape.

Logistics:

Tahoe Rim Trail Association ([tahoerimtrail.org](http://tahoerimtrail.org)) has complete information on hiking conditions and resupply options. If you become a member, you will receive a certificate (suitable for framing) of your completion.

Mountain Mellow Hostel can be booked online and will hold resupply boxes.

We elected to start/stop at Tahoe City but you may pick any location you choose.

I encourage TATC members to get out and hike, explore areas other than the AT. It is easier if you are retired and have a like-minded friend, but with planning anyone may enjoy this hike.

Carl Morrison  
Cardinal

*(See Photos from this Hike in the 'Photolog' section of this Newsletter)*

# Grand Canyon National Park – North Rim Hike

October 2020      North Bass Trail

Submitted by Steve Lantz

I was able to join a group of five avid Grand Canyon hikers for a six day trip in October 2020. The trip was originally scheduled for April 2020 but was postponed due to National Park Service COVID-19 restrictions. When restrictions were reduced and the hiking permit lottery reopened our hike leader was able to get a new request into the system. We got an October permit for 5 days on the North Bass Trail which traverses from Swamp Point on the North Rim down to the Colorado River.

I flew into Phoenix to meet up with our lone Arizona resident, while two hikers drove from Lynchburg, VA and two hikers drove in from Connecticut. We had our rendezvous at Jacob Lake, Arizona, located in the Kaibab National Forest, adjacent to Grand Canyon National Park. We arrived in time to take an afternoon hike of 5 miles on the Arizona Trail. This section is a gently rolling trail through open mature forests which are common to the Kaibab Plateau on the North Rim of the Grand Canyon.



**Arizona trail Marker**



**Arizona Trail terrain**

The next morning was Day One of our permit. We loaded our gear into two 4WD vehicles for our 40 mile drive to the trailhead. Thirty miles of the drive was on dirt roads. The sections maintained by the Forest Service were in good shape, but the last 10 miles maintained by the National Park Service were a very rough ride. Large scale wildfires have been very common in the region as recently as 2019 and we saw a variety of landscapes of burned and unburned forests, as well as forests in various stages of recovery from the fires.

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We arrived at the Swamp Point Trailhead (elevation 7500 ft), organized our gear, and made a mid-morning start on the North Bass Trail. In contrast to the grade and treadway of many of the south rim trails, this trail is steep, rough and often overgrown. The trail alignment is marked by stone cairns, but as the park service warns “follow cairns at your own discretion....in doing so you assume the person who placed them was not lost”. The trail followed the cobbled creek bed of the White Creek drainage and descended 2500 ft over 4.5 miles. As White Creek went over a sheer drop waterfall, the trail hugged the Redwall formation for a steep, rough, cliffside descent of 700 ft into Muav Canyon. The trail again picked up White Creek which now had intermittent pools of water which we filtered to replenish our supply. The drawback to the presence of water was the thick undergrowth along the trail. Due to COVID-19 in 2020 and forest fires in 2019, the trail had seen minimal foot traffic and maintenance, so we had to bushwhack through sword grass, briars and scrub. As evening approached we began scouting for a suitable campsite at the conclusion of a 5.5 mile day. This area of the park has no designated campsites and allows dispersed camping. Finding a clear, relatively flat site that wasn't rocky was a challenge as darkness closed in. We were able to find a smooth gently sloped slickrock site along the creek that was just large enough for 5 tents.



**Day One – View from Swamp Point**



**Day One – White Creek Drainage Way**

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**Day One – Redwall Descent**



**Day One – White Creek / Muav Canyon  
SlickRock Campsite**

The Day Two plan was to hike 5.5 miles and descend 1500 ft to Shinumo Creek (elevation 2800 ft). At the lower elevations the air temperature soared into the mid 90s by early afternoon. The trail also departed the White Creek drainage and traversed the wide open terrain of the plateau-like Tonto rock formation increasing the impact of the heat. A slow and steady pace got us to the cool waters of Shinumo Creek by mid-afternoon for a refreshing swim before we set up camp.



**Day Two – Hiking in the heat of the open terrain of the Tonto Formation**



**Day Two – Trail descending to Shinumo Creek**

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Day Three – We used day packs for a 6 mile roundtrip out-and-back- hike along Shinumo Creek to the Colorado River (elevation 2200 ft). The North bass Trail was named after William Bass, a famous canyon pioneer,. He was a miner and tourist guide and he blazed the trail in the nineteenth century. He also set up a cable river crossing and blazed the South Bass Trail up to the South Rim. His Bass Camp contains a collection of tools and household items left behind over the years. At the river we got to experience what many say is the best “beach” in the Grand Canyon located just upstream of the point where Shinumo Creek enters the river. We met a large group of rafters on a 21 day trip, and they had chosen this beach for their only one-day layover of their trip, and we could see why. The wide sandy beach is along a relatively wide, calm stretch of river between rapids located just upstream and downstream. The rafters were interested in our hike and treated us to surplus adult beverages for a 10:00AM happy hour. We swam, explored and relaxed along the river for hours before heading back to our campsite.



**Day Three – Hiking along Shinumo Creek**



**Bass Camp Artifacts**

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**Day Three – View of the Colorado River**



**Day Three – Rafters on the Colorado River**



**Day Three – Great day on the river for the author (Photo 13)**



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Day Four – After two nights at the Shinumo Creek campsite, we began our two day trek out of the canyon. We had taken the high ground trail coming down the lower White Creek drainage. For the return trip we took an alternate trail directly up the lower White Creek drainage way. We hiked through narrow canyons with cottonwood shade, and we scrambled over boulder fields and waterfalls. Near the end of this trail we entered an incredible slot canyon with smooth sheer walls. Shortly after the slot canyon we rejoined the North Bass Trail and set up camp on another compact slickrock site just below the redwall formation.



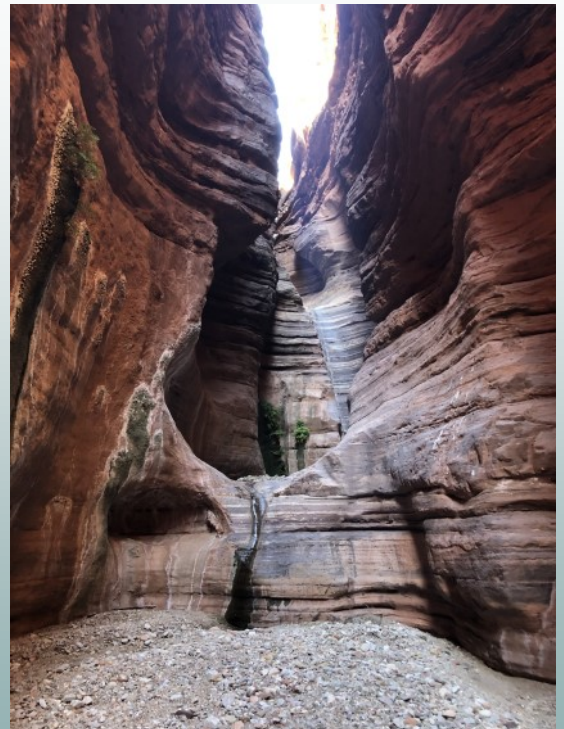
**Day Four: White Creek Rock Scramble**



**Day Four – White Creek Cottonwoods**



**Day Four – White Creek Slot Canyon**





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Day Five – We had a 5.5 mile hike ahead of us with a 3,000 ft elevation gain in temperatures that had risen steadily through the week. We took our time and enjoyed the shady spots when we found them. We reached the trailhead by mid-afternoon and most of us had met our limit for a day's worth of heat, elevation and hiking energy. We packed up for a beautiful return ride to Jacob Lake. The late afternoon sun lit up the golden Aspen Fall foliage as we drove through the Kaibab National Forest. Before heading our separate ways we enjoyed a great dinner at the Jacob Lake Inn and shared stories and laughs about a trip none of us will ever forget. For more information on the North Bass Trail check out: [https://www.nps.gov/grca/planyourvisit/upload/North\\_Bass\\_Trail.pdf](https://www.nps.gov/grca/planyourvisit/upload/North_Bass_Trail.pdf)



**Day Five – Enjoying the shade on a hot day**



**Day Five – End of Hike Celebration at Jacob Lake**



## Historical Photograph

By Bob Adkisson

I guess it is true that, in their own way, ALL photographs are historical, but before I get to talking about the photograph in question (above), please allow me a few preliminary comments:

As many of you may know (and just as many may not!) our club is nearing its 50th Anniversary. There is (or soon will be) a committee working to mark the occasion and celebrate this important milestone; several things are already in the planning stage, and any and all help will be appreciated getting things lined up and ready.

I too just celebrated an anniversary-- a few years back I reached my 40th year as a club member. I attended my 1st club meeting in Nov. of 1977, having just a week or so before finally completed hiking the entire A.T. (mine was a strung out effort-- a 5 year series of section hikes); I officially first joined the club the following November, in 1978.

Having hiked the trail, I wanted to 'give back' to it, by helping the club with its maintenance. I did wonder at first though-- if, or how much, the club actually needed my help-- a club of 300+ people, with only 10 miles of trail to oversee.....those numbers seemed way out of kilter.

But then, what really cemented by relation to the club, was something that began a year later-- the start of construction of the Douglas Putman Cabin in the Blue Ridge Mountains of Nelson County, Virginia. The cabin is about 4 miles, as the crow flies, from our section of the A.T.

Again, it took me a year to get myself in gear and go up to the cabin work site to help, so it was in November of 1979 that I actually first pitched in and got my hands dirty. At that time the cabin was little more than an outhouse, some cleared campsites, the access road, and the foundation. But on that fateful work trip I fell under the spell of the mountains and the season, fell into the enormity of the project and the easy camaraderie of the group of club members there with me on that westward facing slope. I felt immediately at home, and knew that this was something that needed all the help that all of us (and more) could give. I was hooked.

Though some of the people at the cabin that weekend I'd met before, in passing, on that first trip to the cabin worksite I was really more like a first timer to the club (not long after attending my first ever club meeting in 1977, I got a night time job; for the next 2 years I missed out on the opportunity to meet and get to know members at the monthly meetings).

That first work trip to the cabin was I believe only my 2nd overnight trip with the club, and not just camping and eating with the group of 21 people, but working side by side with them, moving earth, rocks, and logs, digging a ditch and laying a drainage pipe-- that shared labor opened a bond and began any number of long-time friendships.

Harold and Margaret Crate were on this trip in 1979, along with son Steve and his wife Linda; Bill Newsom and Jacque Jenkins were there (Jacque cooked for the group, over an open fire and in a dutch oven); Otey Shelton and Ray Levesque were ever present those first few years; Not only was Marilyn Horvath there, but her husband Hugo came (and they forgot to bring sleeping bags!); John and Ann Wilbon would prove to be regulars; S.G. Arey, Ken King, Howard Cartwright, Jim Barrett, Cecelia Yeskolski, Mason Newsome, Larry Nafziger, and John Fowler-- most of them would be met again many times on other work trips to the cabin, or at other club activities.

The photograph below was taken during the January 11th-13th, 1985 cabin work trip. By then the cabin was considered all but complete, with rental use by members having begun in August of 1983. But there were lots of finishing touches to be made, mostly inside the cabin, and the nearly once a month work trips continued for several more seasons. Five of the people mentioned above (from 1979) were also on this trip-- some of the most dedicated cabin workers, still with it over 5 years later: Harold and Margaret Crate, Bill Newsom, Jacque Jenkins, and Marilyn Horvath. And, by 1985, you could add my name to that list as well.

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So, one reason for this historical article is all of the history of the club that is, so to speak, in the air now-- because of the upcoming 50th Anniversary. Also because, for over a dozen years, I was the club historian; having lived so much of the history of the club, I am interested in it and like sharing it, like looking back at how far the club (and I) have come.

Since this last year has been one of distancing and loss, with almost no club activities to take our mind off of things, this is also a good time for reflection and appreciation. It is a chance for sharing some of our history, looking back at and remembering some of the people that have been on this journey with us, and introducing the current membership to some of the people from the past that contributed so much to the club's legacy.

Some of them of course are no longer with us.

I chose this particular photograph almost by chance-- when I saw it again a week ago it sort of leapt out at me. I thought it deserved a place in the next newsletter, and that the people in it deserved special mention. I happened upon this photograph again because, in a recent email with long time club member Mal Higgins, somehow the name of a former member came up-- Gid Honsinger. There is a place on our section of the A.T.-- Gid's Spring-- that is named for him (exactly how or why I don't know), but Mal claimed not to remember or know Gid. To jog his memory I told him to go to the club's website, to check the CABIN PHOTOS under the tab for the CABIN-- I knew there were a few photos of Gid there.

I myself scrolled back thru this collection of 127 uncaptioned and out of order photographs, both just to look at them again, and so that I could tell Mal exactly where to find the photos of Gid. The group photo (above) is from the mid-1980's, when Gid was still active in the club and living in the Tidewater area. It is one of my favorite photographs from the collection, and I will now introduce all the people in it, tell you a little bit about each of them:

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First off, the photograph was taken by one long time club member-- Judy Kernell-- who is otherwise not seen here or in any of the other pictures in this on-line collection! I don't know how I came by this photograph-- did it belong to Margaret Crate, a prolific photographer of many club events, and she gave it to me when I was club historian and she was organizing her collection and giving away extra photos? And-- that Sunday morning, I am assuming she gave her camera to Judy and asked her to do the honors.

On all of the many cabin work trips we brought along a journal, fondly called The Golden Book (because that was the color of its cover). In these books (we are on our 3rd book now) one member of the work party would be asked to write down the date of the trip, the members present, and what work was done. And whatever else they wanted to note. I was able to match the photograph to the exact work trip by comparing the list of people in attendance to the people in the picture-- but it wasn't a fair fight because I have a good memory, I could tell it was winter by the coats, gloves, and hats people were wearing, and by the age/size of my step-daughter in the photo!

Judy Kernell only revealed herself because she wrote this modest passage in the Golden Book, describing the work weekend:

"We replaced some firewood Sat. a.m. In the afternoon we worked on the porch. Jacque fixed bean soup, grilled cheese, salad. Birthday cake for Bill Newsom and Jerry Burch. Had some snow and ice early a.m. 16 degrees. The cabin is fantastic! I'm thankful I got to come and enjoy the weekend. Judy Kernell"

Within the club Judy is probably most remembered for two things: for many years she led an annual overnight hike into the Dismal Swamp, with her husband Lee helping with the car shuttle; and Judy graced several club banquets and special get togethers with her music, playing her harp for all to enjoy. I was able to go on one of Judy's across-the-swamp hikes, on a chilly and wet weekend right after Thanksgiving. She loaned me one of her spare machetes! She seemed to know the swamp like the back of her hand and showed us the site of an old sawmill and a section of an old logging railroad that, though close to some of the various dirt roads in the refuge, you'd never know they were there without someone's guidance.

Lee Kernell is in the photograph-- he is standing near the back right corner (3rd from the right), with a black and red plaid coat on and a brown wool cap. This may have been the Kernell's first trip to the cabin, and I knew them the least of all the people in the photo.

In the upper right corner of the photo, standing tall in a tan coat and maroon cap, is one of the founding members of the TATC, Herb Coleman. Herb was active in the Boy Scouts and in the Coastal Canoeists, and probably in the ATC as well. He had friends and contacts throughout the state, was club president in the 1980's, and was a general all round raconteur. Herb was, in a word, a character, had a slow and folksy way about him-- sort of like Sheriff Andy Taylor/Andy Griffith. I accompanied Herb on 2 canoe trips to the Dragon Run Swamp, and enjoyed his company on my first winter trip to the Adirondack Mtns of N.Y., on a trip led by Otey Shelton. When I was still just a new club member he went out of his way to help me when I got arrested in Richmond for canoeing the James River without a license-- he contacted friends (canoe club members and maybe even a lawyer) and found out that the law wasn't in effect, I had no need to worry-- and indeed, my case was thrown out of court. Herb passed away in 2004 (on the club's website, under the Newsletter tab, check out the article about Herb, written by Marilyn Horvath, in the Aug/Sept 2004 edition).

Between Herb and Lee Kernell stands Marilyn Horvath, in a tan coat. Marilyn too is a long time member of the club, a leader of many hikes on the A.T., and a great lover of the cabin (3 generations of her family have enjoyed time there). She is also a great canoe partner (she paddled in the bow position on a week long club trip to Algonquin Prov. Park in Ontario). Marilyn has an irrepressible zest for life and loved just about every moment of every adventure she ever went on. She always had a good time. Marilyn and her husband Don now live just off Shore Drive, in Baylake Retirement Community.

Standing shoulder to shoulder with Marilyn (with Lee between but behind them) is Andrew Bulloch, my nephew. He was about 12 years old when this photo was taken, and I was happy to be able to share the cabin with him any number of times as he grew up. He loved it, of course. He is now about to turn 50 and still rents the cabin about once a year, has taken his own son there numerous times.

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In the upper left of the photo are 4 people close together. The tallest among them, in a dark blue coat and a red stocking cap, is Harold Crate. Harold was the man, the unassuming man who quietly put more time and effort into the cabin than anyone else. He did so much, including a lot of work in his Newport News garage (he built the cabin table there, and the cabin shutters, and transported them up). It was he and Otey Shelton that teamed up to design the cabin, and while Otey supervised the laying of the stones, Harold seemed in charge of everything else. Harold, and his wife Margaret, did take a few months off here and there to travel and enjoy their retirement, but after most of the major work was done they kept going up on the work trips, kept enjoying it and adding things, right up thru the mid 1990's when health problems forced him to stay closer to home. Harold passed away in Jan., 2004, at the age of 87.

Next to Harold, also in a blue coat, is the indomitable Jacque Jenkins (don't let her pink hat fool you). Check out, on-line, the Member Profile article about her in the Dec/Jan 2002/2003 Newsletter. Jacque was the club's first female president and it was her warm and sincere rapport with Mrs. Putman that went a long way in making the cabin project happen. Jacque too put in a lot of time and effort, going on nearly every cabin work trip for over 7 years, buying the food and cooking great meals for all of the workers. And she took on the thankless task of calling and cajoling and trying to get people to come up and help with the work. She was the biggest cheerleader the project had and she was a major reason it was successful. When I threw myself into the project she practically adopted me from my parents. Though a generation apart, we became life-long friends.

Ironically, having put so much into it, not long after this photo she moved to Florida to be near her daughter and her growing family, and only visited the cabin once, years later. Jacque passed away in 2016, at the age of 88.

Standing directly in front of Harold and Jacque are Jerry and Etta Burch. They joined the club in the mid-1980's and soon became part of a 2nd wave of dedicated cabin workers. The two of them loved the cabin and helped with every job that came along. They also adopted a section of the A.T. and kept it well maintained. Their nearly every-cabin-work trip dedication lasted over a dozen years. They are both retired now, and still members of the club.

In the bottom half of the photo, sitting, kneeling, or squatting:

In the front left of the photo, the man in blue jeans and a blue coat is Bill Newsom. There is an article about Bill elsewhere in this newsletter-- please read it for more background. Unlike Harold, Margaret, Jacque, John and Ann Wilbon, and many other club members who put in a lot of time at the cabin, Bill was still working (at NASA Langley), and no doubt the long weekends of work at the cabin, at least once a month, wasn't easy on him. But he seemed to thrive on hard work, and at the cabin he was a jack of all trades. Bill and I mixed a lot of mortar together, especially for the fireplace chimney and the 2nd story at each end of the cabin. He is in a lot of the cabin photos, doing a variety of work. Nice picture of him and Jerry blowing out the candles on their birthday cake! Bill just passed away this last November, in Florida, where he'd gone to spend the last years of his life with Jacque Jenkins. I don't think he ever rented the cabin, or had a chance to stay there after the mid-1980's.

Gid Honsinger, in a brown coat and hat, is kneeling directly behind Bill. Gid was active in the club in the mid-1980's. He was an affable and helpful guy and I remember him being at many club events, working on the cabin and on our section of the trail. He dated another club member, Terri Villanueva, who worked for the Fish & Wildlife Service at the Dismal Swamp Refuge. At some point they married and, when she got transferred to a refuge in Delaware, they relocated. I think they still live in Dover, and both retired years ago. Maybe they will come join us to celebrate the club's 50th Anniversary?

Just to the right of Bill and Gid, but behind them, is Evelyn Adkisson, my wife (who I first met on a cabin work trip in April, 1983) and her 5 year old daughter, Leigh. Once we met, the two of them joined me on about every work trip to the cabin for the next decade or so. Plus all the times we rented it on our own (we were the 2nd group to rent the cabin once it became available). Leigh handled snakes, millipedes, and salamanders, swung on grapevines, played in the streams, caught snowflakes in a spoon, and helped build snowmen on the stone patio. She brought many friends there with her over the years. Now her children, a 3rd generation of our family, go there and enjoy the simple wonder of the cabin, the closeness of the natural world.

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Lillian Benson, in red pants and a gray coat, kneels just to the right of Leigh. Her smile, and that of Margaret Crate beside her, really makes this photo special to me. Lillian was a neighbor of ours for several years and we all took sunset walks together to the shore of the Lafayette River. She became a special friend over the years. When she moved to Ohio to live with a daughter we became pen pals. Lillian led numerous club day hikes all around the Tidewater area for many years. They made great family trips and were well attended, a lot of fun. She organized Chinese New Year hikes and eating out at a certain Chinese restaurant afterwards, a place that celebrated with fireworks and a dragon performing out front. Lillian also organized and led trash clean up trips to Fisherman Island, and overnight trips to the cabin at Wash Woods, in False Cape State Park. She also got involved with the Pipsico Boy Scout Camp in Surry, got our club to pitch in and build a 5 mile long trail there. Her smile says how much she enjoyed her trip to the cabin, all the close friends she found in the club. It meant the world to her. Read more about Lillian in the June/July 2014 Newsletter, written not long after she passed away.

Margaret Crate, in blue jeans and a dark blue sweater, is beside Lillian. Her smile too says how much she enjoys being with the friends she made in the club, and how perfectly at ease she is on a cold Sunday morning in the mountains. She and Harold both felt so lucky to have found the club just after they retired. I first met the Crates on that cabin trip in November of 1979 and was impressed with them right from the start. When the Horvaths realized they'd left their sleeping bags at home the Crates immediately gave them theirs. Instead of camping out that cold night, the Crates slept in their SUV, using sleeping bag liners and blankets to stay warm. Over the next 15 years the Crates were a constant, ever positive part of my life. Two nicer people would be hard to find. They did everything the club did, from paddling to rappelling to backpacking to trail work-- and it was something for me to witness, people my parent's age sliding down a rope off the cliffs at Old Rag Mountain, canoeing on wild lakes in the Canadian wild, clamoring all over the skeleton of a cabin in progress. They were inseparable and they were an inspiration. Three generations of their family have also been to the cabin. Margaret lived with her son Steve and his wife Linda in Christiansburg, Va. for the last dozen or so years of her life. Evelyn and I stopped by to visit whenever we could, and we exchanged letters and calls trying to keep in touch. She passed away in March of 2020. Much beloved, she was 99 years old. Under the Documents tab on our website you can read more about both Harold and Margaret, tributes from club members-- click on In Remembrance at the very bottom of the column.

And that just leaves the last person in the photo, sitting or squatting in the window sill at the very back of the shot-- that would be me. I too am wearing a red and black plaid jacket, with a blue hoodie over my head. Seeing the picture reminded me I'd just experienced a mini-trauma a week or so earlier-- because I was now married, with a child, I needed a better job, one that required me to have short hair and deal with the public, and I'd just gotten my first haircut in 17 years. I felt as if I'd been scalped, or lost my identity. Growing up is hard, even at age 31. Seven months later I switched jobs again, was hired as a fire-fighter for the city of Norfolk; a 28 year career began; another page was turned.

And this is just some of the story behind just one photograph, just one moment in time, on a certain hillside, far away.



# **MEDIC SOLO**

## **DISASTER + WILDERNESS**

### **MEDICAL SCHOOL**



Dear MEDIC Community,

We hope the upcoming holiday season is filled with health, warmth and adaptability. This winter will ask of us that which our dtWFA class teaches so well- ingenuity and calmness during stressful and uncertain circumstances. We hope you are able to draw on your wilderness first aid knowledge and rise confidently and successfully to the challenges that lie ahead.

Here at MEDIC, our team has been busy pivoting its programming to meet the needs of our students. We are happy to offer over 20 in-person classes in the first half of 2021. Here is our [in-person course schedule](#). Course participants have been very pleased with our [strict safety protocols](#) which we continue to refine, as new information comes into the fold. [Full transparency: view feedback forms here.](#)

Quick reminder that we now have FOUR ways to learn at MEDIC. Our dtWFA course can be taken [online](#), [in-person](#), and in a [blended learning](#) format (where you learn on-line now, and receive a 3-year credit to take the in-person class, whenever you feel comfortable doing so. Plus [we've launched new online Mini-Courses](#), several of which are FREE. Please keep your eye on our social media later this week for a new free video covering [little-known facts on coronavirus](#) -- we hope this video will spread widely and save thousands of lives.

Earn \$50 helping out MEDIC! We're looking for folks to post flyers for us in their city. In gratitude for printing and posting our flyer in legal spots around town, we will offer a \$50 refund of your course registration fee. [Contact us](#) to pre-arrange, as there are limited slots per town.

Finally, we are thrilled to [debut our new website!](#) Our wonderful [father-daughter-MEDIC-alumni Webmaestro team, Aamir and Zoya](#), worked many months to make this new site informative, colorful and easy to navigate. We are so grateful to have worked with this creative and talented duo. If you are in need of a website, consider working with them at [Green Jazz Design Studio](#).

*Our new homepage at [www.solowfa.com](http://www.solowfa.com) , many thanks to [Green Jazz Design Studio](#)*

Thank you for considering getting or refreshing dtWFA training. Together, we can reduce demand on hospitals. Kindly help us spread the word by forwarding this email to anyone you think might be interested (but please remove the footer so they don't mistakenly unsubscribe you).

Feel free to [contact us](#) with questions, or if we can be of help to you in any way.

Wishing you safe and happy holidays and much joy and adventure in the new year!

[Team MEDIC SOLO](#)

[www.solowfa.com](http://www.solowfa.com)



# 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, February 3, 2021 7pm-9pm

Where: Online via Zoom App

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

Description: TATC Board Meeting. Guests are always welcome! This meeting will be held remotely using the Zoom App. Please contact Rosanne if you are not currently on the Board, but wish to attend this online Board Meeting remotely.

## **TATC General Membership Meeting**

When: Wednesday, February 10, 2021 7pm-9pm

Where: Online via Zoom App

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

Program: TATC Elections

Description: TATC General Membership Meeting. Guests are always welcome! This meeting will be held remotely using the Zoom App. A blast email with a link to this Zoom Meeting will be sent out next week. If you do not currently subscribe to our blast email listing and would like to receive future blast emails, then click on the following link: <http://tidewateratc.us6.list-manage.com/subscribe/post?u=55b4b56215f58352eca502f98&id=0eb6788ff3>

## **TATC Board Meeting**

When: Wednesday, March 3, 2021 7pm-9pm

Where: Online via Zoom App

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

Description: TATC Board Meeting. Guests are always welcome! This meeting will be held remotely using the Zoom App. Please contact Rosanne if you are not currently on the Board, but wish to attend this online Board Meeting remotely.

## **TATC General Membership Meeting**

When: Wednesday, March 10, 2021 7pm-9pm

Where: Online via Zoom App

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

Program: TATC Elections

Description: TATC General Membership Meeting. Guests are always welcome! This meeting will be held remotely using the Zoom App. A blast email with a link to this Zoom Meeting will be sent out next week. If you do not currently subscribe to our blast email listing and would like to receive future blast emails, then click on the following link: <http://tidewateratc.us6.list-manage.com/subscribe/post?u=55b4b56215f58352eca502f98&id=0eb6788ff3>

## **2021 TATC Trail Maintenance Schedule:**

May 14-16	Trail Walk-thru
May 21-23	Spring Maintenance / Swing Blade Festival #1
July 9-11	Swing Blade Festival #2
Aug 13-15	Swing Blade Festival #3
Oct 8-10	Trail Walk-thru if needed
Oct 22-24	Fall Maintenance

Information for the Hike & Activities Schedule, TATC Newsletter, Website, and Meetup event postings are collected & edited by the Hikemaster. Contact the [hikemaster@tidewateratc.com](mailto:hikemaster@tidewateratc.com) to add your event(s) to the TATC Schedule.

# 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 Clayton	secretary@tidewateratc.com
Trail Supervisor	Jim Newman	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Patrick Hayes	assistantts@tidewateratc.com
Counselor	Kari Pincus	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	Jim Sexton	historical@tidewateratc.com
Land Management Committee	Nalin Ratnayake	landmgt@tidewateratc.com
Local Trails	Dave Plum	localtrails@tidewateratc.com
Membership	Sharon Salyer	membership@tidewateratc.com
Merchandise	<i>vacant - TBA</i>	merchandise@tidewateratc.com
Newsletter	Jim Sexton	newsletter@tidewateratc.com
Outreach	Rosemary Plum	outreach@tidewateratc.com
Past President	Juliet Stephenson	pastprez@tidewateratc.com
Programs	<i>vacant - TBA</i>	programs@tidewateratc.com
Timekeeper	Bill Lynn	timekeeper@tidewateratc.com
Tool Boss	<i>vacant - TBA</i>	toolboss@tidewateratc.com
Webmaster	Jim Sexton	webmaster@tidewateratc.com





## Short Day Hikes in the Tidewater Area for COVID Times

By Mal Higgins



Cape Charles Natural Area Preserve



## Short Day Hikes in the Tidewater Area for COVID Times

By Mal Higgins



Cape Charles Natural Area Preserve



## Short Day Hikes in the Tidewater Area for COVID Times

By Mal Higgins



Newport News Park



## Short Day Hikes in the Tidewater Area for COVID Times

By Mal Higgins



Newport News Park



## Short Day Hikes in the Tidewater Area for COVID Times

By Mal Higgins



Algae Bloom on Lake at Savage Neck Natural Area Preserve

## Tahoe Rim Trail - A Thru-Hike with Views

*Carl Morrison (Cardinal)*



View of Lake Tahoe



## Tahoe Rim Trail - A Thru-Hike with Views

*Carl Morrison (Cardinal)*



SkyWatcher Climbing in Paradise

## Tahoe Rim Trail - A Thru-Hike with Views

*Carl Morrison (Cardinal)*



Tahoe Rim Trail (TRT) Marker



## Tahoe Rim Trail - A Thru-Hike with Views

*Carl Morrison (Cardinal)*



Galena Falls

## Tahoe Rim Trail - A Thru-Hike with Views

*Carl Morrison (Cardinal)*



Aloha Lake in the Desolation Wilderness



## Tahoe Rim Trail - A Thru-Hike with Views

*Carl Morrison (Cardinal)*



“The Bench”

## Tahoe Rim Trail - A Thru-Hike with Views

*Carl Morrison (Cardinal)*



Sunset view from "The Bench"



# Colorado, Utah and Grand Canyon Raft Trip

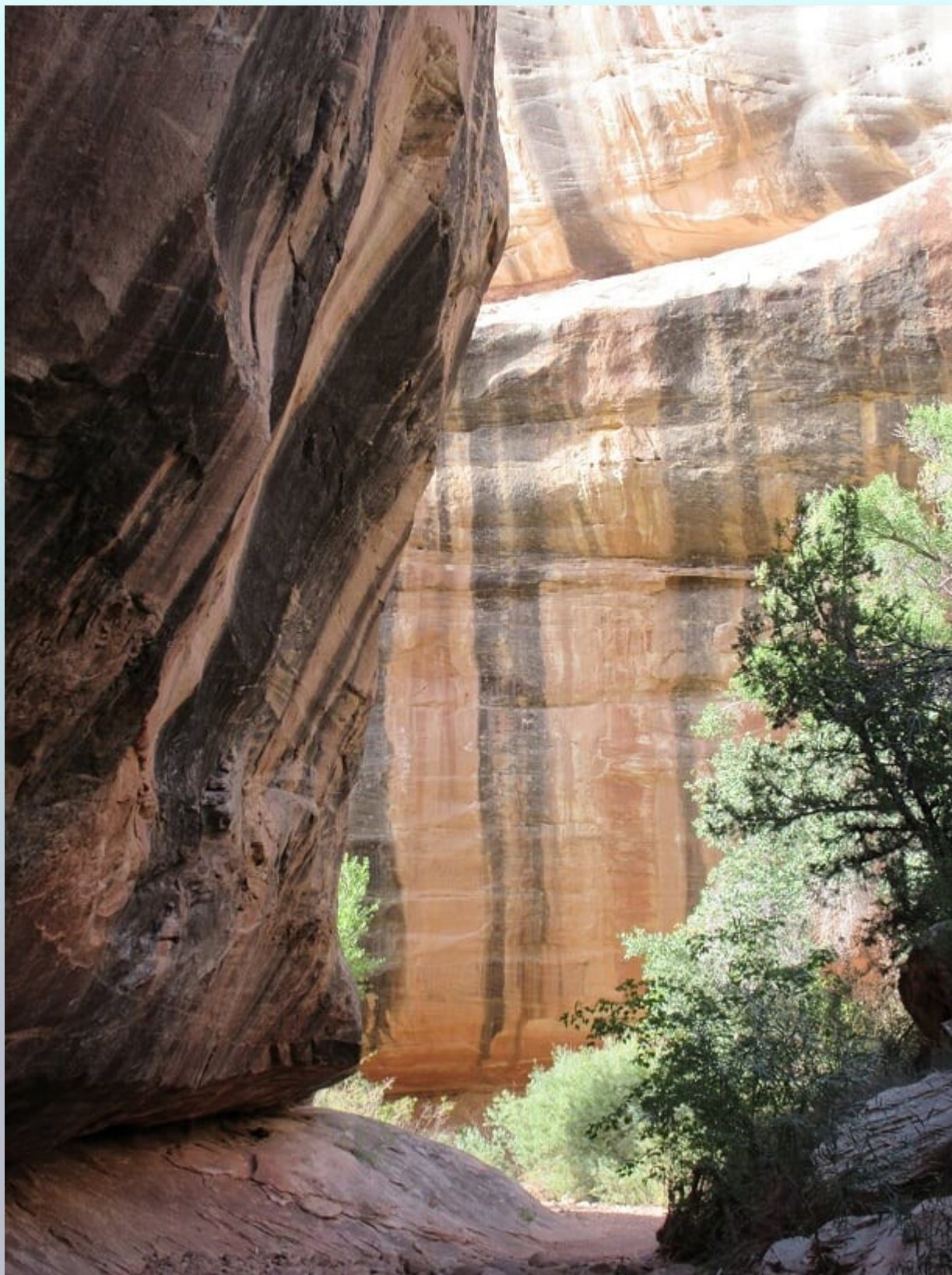
By Bob Adkisson





# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson





# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson





# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson





# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson





# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson





# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson





# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



Grand Canyon Raft Trip



## Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



Grand Canyon Raft Trip

# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



Grand Canyon Raft Trip



## Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



Tunnel to Cripple Creek Mines



# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



Trees and hillsides near Cripple Creek



# Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



Town of Cripple Creek

## Colorado, Utah and Grand Canyon Raft Trip

By Bob Adkisson



Trees near Cripple Creek



# Merchants Mill Pond

By Judy Welp

