

Tidewater Appalachian Trail Club

Appalachian Hiker

Banner Photo by Mark Ferguson

PREZ SEZ

Hello, 2023. After a busy and very successful 2022 and a holiday break, TATC is back at it.

January is our election month. The members attending the January General Membership meeting elected Lelia Vann as our new Secretary, succeeding Steve Clayton, and Sandy Canepa as our new Counselor, succeeding Kari Pincus. Congratulations to both of you, and a warm thank you to Steve and Kari who have reached the end of their respective terms. Your work is much appreciated by the Board and the membership.

Congratulations also to the Board members who were re-elected: Andy Grayson, Vice President; Cecil Salyer, Treasurer; Brittany Collins, Trail Supervisor; John Sima, Assistant Trail Supervisor. Bruce Davidson and Bill Bunch will stay on as Counselors as they serve for a longer term. I was elected for another year.

Dave Plum and Jim Newman led multiple tree planting events in the recent months. Their outreach to the cities of Norfolk, Virginia Beach and organizations such as Lynnhaven River Now, help us get over 500 trees in the ground. That exceeds our 50th Anniversary target, but they aren't stopping. Another planting is scheduled for February 4th. Please check the club's calendar (<https://tadc.wildapricot.org/Schedule>) and consider joining in. It's fun and worthwhile work.

On January 28th, we'll be staffing a table at the Virginia Beach Winter Wildlife Festival's event at the Princess Anne Recreation Center, in Virginia Beach. Large numbers of Hampton Roads residents, who love critters and the outdoors, attend this event every year. Our presence will give us the opportunity to tell our story and perhaps persuade some of them to join us. If you plan to attend any of the VBWWF events on the 28th, please stop by our table and say hello. Here's the link: <https://www.vbgov.com/government/departments/parks-recreation/special-events/Pages/winter-wildlife-festival.aspx>

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February 2023 - March 2023
50th Edition, 1st Issue

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Visit our website at www.tidewateratc.com

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Kevin Du Bois noted that Amazon discontinued their Amazon Smile program. That program yielded us a small fraction of the price of any purchase. It wasn't big money, but every penny helped. We appreciate the contributions our members made through this program.

TATC Pub Night/Happy Hiker Hour is growing in popularity. The last one was at Oozlefinch Beers & Blending in Fort Monroe. It was a fun get together and the truck from FLAME AND PIE FOOD TRUCK offered seriously good pizza.

The next one will be at the Public House on Colley Avenue in Norfolk on February 16th at 7:00. It offers a good selection of local and national beers and indoor food--a plus if it's cold outside. The place is similar to an English country pub and offers a creditable Shepherd's Pie in addition to burgers, etc. Here is the link to the menu and directions: <https://www.pubhouseeats.com/>

In February, John Sima will lead a team of very experienced cold weather campers on a badly needed Winter Trail Maintenance event to our A.T. section. The recent storms brought down a slew of trees and branches. Shortly after the storms, Pete Burch cleared seven medium sized trees and multiple treetops, but there is much more to be done. Go Pete!

The 50/50 Raffle has been a feature of the General Membership Meetings for many years. We are going to expand the attraction by adding a second place prize. That will vary month to month and will be a thing rather than a percentage of the pot. We'll announce what it is in the invitation to the GMM for February.

Speaking of the GMM, TATC members filled the Parish Hall at the January meeting. Latecomers had to hunt for chairs. The attractions included the election of new Board members and the handout of 50th Anniversary logo clothing. A number of new members and the curious were in the crowd. Many were attracted by the articles profiling TATC in two local newspapers.

February's GMM will include the always fascinating presentation of the annual TATC budget to the membership. Once through that, long-time member Reese Lukei will make his presentation on Peregrine falcons living among us. The presentation was postponed from November when he came down with COVID. Reese is back in good health and, through a series of stunning photographs, will show how these raptors have adapted to living near people.

Check out TATC's new group Facebook page (Tidewater Appalachian Trail Club Group Page). It now has 133 members filing fun stories, pictures, and comments about the outdoors. Janice Miller's photographs of winter in the Appalachian Mountains are magical. Terry Manns' recommendation of One Man's Wilderness (An Alaskan Odyssey) is a book that is not to be missed. Beginning in 1968, Dick Proenneke spent 30 years in a cabin in Alaska--mostly alone. He recorded his experience in a journal and on 8mm film. Click the link for a small sample of a video on his life: <https://www.youtube.com/watch?v=iYJKd0rkKss>.

TATC offers a micro version of this experience through our own cabin. Here's the link: <https://tatc.wildapricot.org/General-Information>

Speaking of the cabin, life member Kevin Vipavetz (AKA VIP), who had been inactive for some time, attended the 50th Anniversary Event after being encouraged by Bob Adkisson. He subsequently rented the cabin twice, the last time bringing along five friends. With his payment check, he included a donation for the cabin of \$1,000. Thank you, VIP. It was most generous of you, and though you live in NC, we hope you will be able to make it to one of our General Membership Meetings in the future so we can thank you in person.

If you are looking to walk off a few holiday pounds, TATC offers a range of hikes: Valentine's Day, Newport News, and Phyllis Neumann's WORLD FAMOUS CHOCOLATE HIKE, where you can take off and add calories on the same hike. If swinging blades is your form of exercise, a First Landing State Park Trail Maintenance Work Day is scheduled in February. Check out the details on TATC's calendar at this link: <https://tatc.wildapricot.org/Schedule>.

Well, that's it from me this month. I hope to see you at the General Membership Meeting on February 8th. Happy Trails.

Lee

Membership Committee

January 2023 Newsletter Article

Looking back at the membership newsletter of December 2020 when our membership was “over 300 people” is startling, considering that we now number over 500! This is due to a number of factors that have re-energized our club since things opened up post-covid. Meeting face-to-face is certainly a primary reason for the increase since then, as are more and more chances for us to work and play together. Thanks to the dedicated members who have organized these many new activities. Membership duties have kept me busy, and along with all the excitement surrounding the 50th Anniversary celebration and the Winter Day in the Park, I have fallen behind with posting the new member bios that have been submitted. So, I will let them introduce themselves now:

Tim and Tiffany Myers have been members since 10/31/22.

Hello! My name is Tim Myers and my beautiful wife is Tiffany. We have two sons, Sean and Connor. Sean is currently a freshman at JMU and Connor is a junior at Cox High School. My wife and I enjoy the outdoors and have done a bit of hiking either with Cub Scouts/Boy Scouts, or just finding a trail while visiting her parents in New York. I am a retired Navy man currently working on Dam Neck base as a Building Manager and Tiffany is a Guidance Counselor at Churchland Middle School in Portsmouth. We are looking forward to taking advantage of the outdoor opportunities the Club has to offer, learning more about the outdoors and meeting all of you. See you at the next meeting.

Ruth Amundsen has been a member since 11/13/22.

I'm a NASA engineer and I've lived in Norfolk for 32 years. I used to hike a lot in college, and when I lived in Colorado, but haven't done much around here. I am an avid water-skier and do some rock climbing (indoor bouldering) with my kids. I used to hike in Yellowstone and some great locations in Colorado; I am excited to see the trails around here. I'm married with two kids; one in grad school in the UK, and one a senior at Univ of Michigan. I also do a lot in installing solar in under-resourced neighborhoods, through norfolk.solar.org. I look forward to meeting everyone!

Carolyn and Mike Talley have been members since 11/15/22.

We are thankful for this opportunity to be a part of the Tidewater Appalachian Trail Club and look forward to enjoying some great times together working to maintain and keep our parks and trails amazing places to hike and explore. We have enjoyed camping and hiking together and with our families for most of our lives. Some of our favorite places to hike are the Appalachian Trail, along Skyline Drive, as well as many of the beautiful parks and trails in the western part of Virginia. We have also enjoyed the amazing beauty of Parks, Passages and Trails in New England, West Virginia, North and South Carolina and Georgia. We look forward to many new camping and hiking experiences with you all as well as working to keep our parks and trails safe, fun, and beautiful, and give everyone the opportunity to enjoy this amazing landscape.

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Patty Maddox has been a member since 12/2/22.

I came to Virginia Beach in 1985 to work for the Navy as an Engineer, and became a full time mom in 1992 and discovered my love of hiking the state park nearby. After three children and many years of exploring trails with the family and running trails with friends, I continue to discover new and rewarding places to hike —my favorite so far being Cinque Terra in Italy. As a newly retired teacher, I am excited to join a new club and meet people with similar interests.

Brian Maddox has been a member since 12/2/22

I recently retired from a career in sales and had the opportunity to hike 500 miles with my son on the Camino de Santiago in Spain. I enjoy hiking, biking, and kayaking and look forward to doing all three with the TATC. Hoping to get involved with trail maintenance at the various parks in the area. Looking forward to this new adventure.

Mary Wagner has been a member since 12/3/22

Hello to fellow hikers and campers! I've been hiking the AT since I did a stretch from Amicalola Falls to close to Fontana Dam in 2001. Since moving to Virginia Beach in 2010, I've been hiking all over Virginia, on the AT and in other areas like the side trails in Shenandoah and in St Mary's wilderness. And I get a good long weekend hike with my sister at least once a year; among those adventures we've hiked Grayson Highlands, the Triple Crown, and the 4 state challenge from Loudon Heights just into Pennsylvania. The Three Ridges/Hau Mar loop is a particular favorite of mine, and I have two miniature Australian Shepherds who are the best hiking dogs! I've been able to be a trail angel on occasion when staying in a cabin at the base of The Priest, and am excited to be able to be part of the group that does so much to maintain these beloved trails!

Welcome new TATC members!





Registration is now open for A.T. Vista 2023

Register

**The Northeast Tennessee Tourism Association and Visit Johnson City
Hosts the Appalachian Trail Vista Event
August 4-7, 2023
Wild & Free in Tennessee**

The Northeast Tennessee Tourism Association and Visit Johnson City - will host the in-person Appalachian Trail Vista 2023 program in the beautiful Johnson City, Tennessee area, with hikes, excursions, workshops and entertainment at the East Tennessee State University (ETSU) campus. The event is four days, Friday through Monday for a gathering with hundreds of hiking and outdoor enthusiasts!

The A.T. Vista is the rebranded ATC Biennial program, somewhat streamlined but keeping most of the exciting activities. It's been since the summer of 2017 that we've been able to gather, spend time on the trail, learn, and socialize. This inaugural A.T. Vista program is being planned to carry on the great camaraderie of kindred spirits that cherish the Appalachian Trail and being outdoors.

***Come to Tennessee!
Mark your calendars for August 4-7, 2023***

Affordable on-campus rooms and delicious and healthy buffet meals will be available onsite. The local Johnson City area offers lots of wonderful dining opportunities including a variety of vegetarian and ethnic options, as well as excellent local breweries. If you opt to reside on campus in the dormitory system, you can arrive as early as Thursday evening and stay through Tuesday morning, as program activities begin on Friday, August 4 and extend through Monday, August 7.

Reservations will be available online for dormitory rooms starting May 1, 2023.

Nearby vacation homes, hotels, campgrounds, and RV and camping will also be available.

Programming includes over 40 hikes, of which many will be on the Appalachian Trail, and the remainder using many of the hiking areas that are within an hour's drive from the Johnson City area. There are nearly 35 workshops expected, and over ten exciting excursions. Evening entertainment includes concerts and opportunities to meet other attendees. An opening session and reception are scheduled for Friday night, August 4.

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Early Registration for the inaugural A.T. Vista program is now open and registration for dorm rooms, hikes, excursions and workshops will open in May. Visit www.atvista2023.org for the details.

Access to certain activities will have limited spaces, so register early to join the fun!

You can also sign up to get the A.T. Vista monthly newsletter, with the latest information about the event and the programming.

We are still seeking volunteers to assist in implementing many of the 2023 activities. View the various A.T. Vista 2023 volunteer position needs and sign up today. Go to the atvista2023.org website and select the “Volunteer” tab.

Additional volunteer opportunities include **Hike Leaders, Workshop Assistants, and Excursion Chaperones!** We need volunteers to lead or co-lead hikes, chaperone one of the many fun excursions, or provide assistance during a workshop session. (You don't need to be from the area to volunteer in any of these roles!) If any of these opportunities interest you, email us at atvista2023@gmail.com or sign-up online at www.atvista2023.org

This inaugural A. T. Vista program is sponsored by The Northeast Tennessee Tourism Association, Visit Johnson City, and the Committees of the A.T. Vista program representing many A.T. Clubs along the Appalachian Trail. A.T. Vista is a marketing program of the Appalachian Trail Conservancy that provides an opportunity for kindred spirits to come together to hike, learn, and play in local communities near the Appalachian Trail.

Want to be a sponsor or exhibitor?

Are you a business that wants to increase your reach to a targeted audience by being a part of the A.T. Vista 2023 program? Check out our Sponsor and Exhibit program opportunities at www.atvista2023.org.

Note that, based on the conditions of COVID-19 at the time of this program, appropriate CDC, state, and venue guidelines will be in place.

HISTORY of the A.T. Vista

In the past, the Appalachian Trail Conservancy (ATC) sponsored trail-wide gatherings, known as Biennials; the last one was held at Colby College in Maine during the summer of 2017.

A task force was organized by ATC to review options for future Biennial-like programs based on the new requirements for ATC business meetings and the impact of organizing these events with local trail clubs. The ATC Biennial program was rebranded to A.T. Vista to continue to offer an extended-weekend event to include hikes, workshops, excursions, and entertainment as parts of the program and to expand the event organizing for more collaboration.

During 2021, the A.T. Vista program was initiated as part of the 100th Anniversary of the Benton MacKaye article which involved dispersed hiking trips along the entire Appalachian Trail. For the summer of 2023, we eagerly anticipate your arrival at the inaugural in-person A.T. Vista!

A.T. Vista Committee
atvistainfo@gmail.com

New Year – New Facebook Group Page

You have an open invitation to join the more than 130 people who have already joined the “Tidewater Appalachian Trail Club Group Page”. If you have not checked out the club’s group Facebook page lately, please search Facebook for the page. You can help us tell our story by posting your TATC photos, experiences and comments. Approval of posts submitted may delay appearance on the page. After all, we are a large club that has a lot of people with specific interests. You may find fellow travelers that you did not know about who have a lot to share via Facebook. And that on its own is a compelling reason to come over to the group page and join the conversation.

[Click here for TATC Facebook Group Page](#)

This is a good time to “follow us on Facebook”.

Our Trail Crews Need YOU!



Have you been curious about what it's like to join a Trail Crew? This spring and summer, the Konnarock Trail Crew is looking for new members who are interested in getting out on the Appalachian Trail (A.T.) to complete essential Trail maintenance from Rockfish Gap, near Waynesboro, Virginia, to the Trail's southern terminus at Springer Mountain in Georgia.

[LEARN MORE & APPLY](#)

Trail Crew members spend five days on the Trail, gaining new skills and making lifelong friends and memories. Tools, training, and meals are all provided.

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

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

The Placing of the 2022 Time Capsule “Mr. Future”

By Mal Higgins

The project to create and permanently store the 2022 TATC time capsule is now complete. It was buried December 10, 2022. The time capsule is a sealed 6 inches wide by 24 inches long stainless steel cylinder. It is buried in a vertical position in the dirt below the floor boards of the Douglas Lee Putman Memorial Cabin. The position is beneath the wooden bed rack to the left of the fireplace and is marked by a screwed on metal plate which reads “TATC Time Capsule Under Floor Opening, placed December 2022. The TATC board has intentionally chosen to not state a date by which it is to be opened.

The final process of preparing the contents was organized by Jim Sexton, who hosted two meetings of the ad-hoc time capsule committee consisting of himself, Rosanne Cary, Bob Adkisson, Jim Newman, Lee Lohman and Mal Higgins. At the first meeting at Jim’s house, we discussed and identified items we wanted to include. At the second meeting the contents were stuffed in the capsule and the lid sealed with a special adhesive caulk. The capsule was purchased online from a company called “Future Packaging & Preservation, and the capsule TATC purchased is a model called “Mr. Future”!

The contents include the same contents that were removed from the 1982 time capsule (see the TATC newsletter article “The TATC 1982 Time Capsule” published in the December 2022—January 2023” issue, which describes the removal of the 1982 time capsule. Thanks to Jim Sexton’s hard work, the new contents included about ninety 5 x 7 and about ten 8 ½ x 10 color photos, printed on archival photo paper; a two terabyte hard drive with 100% of the TATC newsletters scanned since 1972 and other photos and selected articles;; several flash drives with the “Getting Stuff Done 50th Anniversary Book” (the 396 page book available for purchase now); Bill Rogers educational materials (available on the TATC website); a copy of the TATC bylaws (everyone’s favorite, of course). The capsule also includes perhaps my favorite: all the “Messages to the Future” authored by people in advance of the 50th anniversary and those hand written on cards with “magic marker pens” at the anniversary celebration. The printed materials and photos were inserted in special envelopes designed to protect the paper. The electronic media were placed inside special envelopes designed to protect them. Desiccant packets were added to the capsule at the end of the process.

Tangible items include a TATC whistle, the 50th Anniversary program, the handkerchief 50th anniversary model, a lanyard, 1972 and 2022 quarters and half dollars (thanks to Jim Newman), a TATC Covid mask, and a unique 6 inch long black locust stick (“jointer”) used by Harold and Margaret Crate to smooth the mortar joints during construction of the cabin 1979-1982.

A complete inventory is to be published elsewhere in this issue of the newsletter.

On December 10, I drove to the cabin and met Bob Adkisson at the White Rock Gap parking lot. We backpacked Mr. Future into the cabin together with various drills, screwdrivers, pliers, and assorted other tools in a small metal bucket given me by Jim. On our walk into the cabin we were joined by a hunting dog with radio collar, named Zip, who seemed lost and was looking for company. His handler showed up later in the day at the cabin and retrieved Zip.

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I am much indebted to Jim Newman, who provided all the tools and lots of good coaching advice, but was unable to come to the cabin on December 10. Also, I am indebted to the “on scene commanders”—Martin Vines and Larry LeMasters, who know far more than me about using tools and who, learning of the installation plan, joined us at the cabin. I set to work with sage advice on tool technique from Martin and Larry, and soon unscrewed and removed the previously cut flooring, which was prepared for removal when the hole was dug in the dirt on the previous trip on November 7, 2022.

Jim Newman had provided an extra protective PVC blue pipe that the capsule fit into, and we lowered both into the hole. We decided not to back fill the cavity with dirt, as the capsule was snug and vertical without adding dirt back in around it. We thought that might add to its longevity to withstand corrosion. The trap door floor was successfully screwed into the joists supporting the floor, just as planned by Steve Crate and Jim Newman on the preparation trip, November 7. The metal plate label was screwed into the floor. I then torqued in the torx screws to secure the “trap door”, to the amusement of the far more experienced tool handlers, Martin and Larry, who helped me correct my workmanship. Bob handled the flashlight and offered encouragement as I stripped a few screws and had to start over!

As a gag, before securing the floor over the time capsule, we paid special tribute to Jim Newman’s small metal tool bucket, which we placed upside down over the top of the capsule, before securing the trap door. The bucket is labeled “Jim Newman Bucket” in magic marker.

Now that the time capsule is in place with its contents below ground, some who have since stayed in the cabin have reported hearing the eerie sound of a mournful whistle coming from within the cabin somewhere. Could it be?

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Contents of 2022 TATC Time Capsule

Hardcopy or Physical:

Inventory list
List of Photos
Photos (90)
50th Anniversary Program
50th Anniversary Patch
50th Anniversary Kerchief
Messages to the Future (typed and written comments from members)
TATC COVID Mask
TATC Whistle
TATC Lanyard
TATC Coaster
TATC Cabin Note Card
1982 TATC Roster
2022 TATC Roster
Wooden Peg Jointer from Cabin Construction
Quarters (1972 & 2022)
Printed Articles:
· History on Entry Mountain – from 1982 Time Capsule
· The Douglas Lee Putman Memorial Cabin and Phyllis P. Putman – from 1982 Time Capsule
· Take a Hike - Local Trail Club Celebrates 50 Years Strong - Daily Press - Online Article
· Trail Blazers Article from Daily Press on December 2 2022
· Virginian-Pilot Article on TATC 11-27-22
Copy of Bylaws - 2017

Electronic Media:

2 USB Drives (with TATC logos):

List of Photos
Files for Photos
TATC History Book
Articles:
· History on Entry Mountain – from 1982 Time Capsule
· The Douglas Lee Putman Memorial Cabin and Phyllis P. Putman – from 1982 Time Capsule
· Take a Hike - Local Trail Club Celebrates 50 Years Strong - Daily Press - Online Article2
· Trail Blazers Article from Daily Press on December 2 2022
· Virginian-Pilot Article on TATC 11-27-22
Copy of Bylaws - 2017
1982 TATC Roster
2022 TATC Roster
TATC Logo Files

2TB Hard Disk Drive: contains all of the files on the USB Drives plus:

4,000+ TATC Articles
4,000+ TATC Photos
280+ TATC Newsletters
TATC Educational Documents
TATC Cabin Documents
TATC Maintenance Documents

A Major Oopsie Daisy (With a Twist)!

(It is NOT Always Easy to Stay Upright)

By Bob Adkisson

For a couple of years now I've been of the age where, when I go to my doctor for a check up, they've begun asking me some odd, out of the blue questions, like— 'have you fallen in the last 6 months'?

It always makes me smile, and I have to stop myself from laughing out loud, because I can't help thinking about all those times, when I was in my early 20's, and I was doing a lot of backpacking, where I seemed to be constantly tripping over rocks or sticks, slipping on wet tree roots or stepping into small holes I didn't notice, and falling to the ground. And, since I still do some backpacking, and a lot more day hiking, I still every now and again do an inelegant face plant or full-out body sprawl.

Have you noticed it yourself— there are a LOT of things out there to trip over, roots and rocks and things that look like snakes stretched across the trail?

This seems especially true for me because I don't like to look at, or fixate on, the ground directly in front of me— I like to look around, alot.

When backpacking too, once you lose your balance and are in the process of falling, you have to worry about the 30 or perhaps 40 pound pack you are lugging— it is not so fun when you fall forward and all that weight comes down on you, driving home the point you should have been paying more attention to the path directly in front of you rather than enjoying the flowers or the trees to either side, or looking for movement from the stump that looks like a bear, the rustling that could be a snake about to strike or a ruffed grouse about to explode into flight.

I've taken a lot of falls over the years (though I can't remember most of them), but I've never incurred much in the way of injuries— scraped knees, stubbed toes, cut hands, wounded pride. I usually just popped back up and continued on my merry way; cursing a bit if the situation demanded it of course, if I was especially mad with myself, with the trail builders, or with the sheer, embarrassing injustice of it all.

I do remember that I took a lot of falls on the A.T. in New Hampshire and Maine, where the trail is steeper, rockier, wetter, and more rooty than anywhere else along the 2,100 mile route. I had special trouble remembering that the wet, sprawling, and exposed root systems of trees were as slippery as if they had ice on them. I simply had to slow down and try to find holes among the twisted mass of roots, holes big enough to fit the toe or the heel of my boots in; I had to find a handholds on the nearest trees to help me stay upright, or lean into the slope and have one hand on the ground for balance.

I remember one near-fall that I almost took, hiking the A.T. north thru New Hampshire, on my determined way to Mt Katahdin: at a moderately steep angle, the trail was descending down a smooth, slanted, wet rock face. Suddenly my boots lost traction and tried to shoot out from underneath me.

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I have no idea what contortions or arm waving or pivoting I did, but after sliding about a foot I came to rest, still upright. Only..... my heavy backpack, having no chest strap that connected and held the pack's shoulder straps together, had slid completely off of my shoulders and was lying on the rock face behind me, still attached to me by the waist belt. That was weird and awkward.

I had to unbuckle the waist strap, then turn around and hoist the pack back up and onto my shoulders. And of course continue on, as if nothing untoward had happened.

About 3 days later, having just gone into the town of Lincoln to resupply, I had another odd, non-fall predicament to deal with. I climbed about 1,800 feet steeply up onto the crest of Franconia Ridge. My hiking companion decided, since it was near day's end, to walk about half a mile in the wrong direction to an established camping area. I decided to stay on the A.T. and continue north, uphill another mile or so along the crest; I'd find some guerilla type campsite up there, one that I hoped would come with a view. The trail eventually led me to a four and a half foot high granite ledge, flat on top, but with no easy way to get up it, especially since I had a very full pack and was near exhausted.

The best way to climb it would have been to take off my pack and place it up on the ledge, then, unencumbered, hoist myself up. Once atop the ledge I could pick up the pack and continue. But, not me— keeping the pack on, I sort of jumped up, got both hands on the edge of the ledge and pushed downward. Then I did a sort of controlled, slow motion fall forward, onto my stomach. With the upper half of my body now lying face down and flat on the ledge, I scootched the lower half of my body up and onto it as well. Only then, lying there with maybe a 50 pound pack on my back, I was too tired, too weak, too pinned down to move, to try and get to my feet.

There was nothing much to do but find it funny, so I lay there for a couple of minutes, laughing at myself and trying to catch my breath.

Eventually I was able to slowly and carefully do a pushup, the lower half of my body supported by my knees, then I got my feet under me and stood up.

But all of this is just a prelude to the main event, my well remembered and most hilarious, spectacular fall ever!

It occurred on the Pacific Crest Trail, in June of 1980. I was near the end of my first trail section in southern Oregon, almost completely out of food, and so my pack (it seemed) weighed nearly nothing. It was early on a warm beautiful day and I was hurrying along the nearly flat trail towards a junction with a forest service road— the road would lead me about half a mile to a private campground and a resupply spot. I would arrive before noon and I was granting myself the rest of the day off! There was the possibility of hot food and even ice cream! And showers, would there be showers available? (I don't remember now if there were, but I remember there was a small lake)

The trail wound thru a pine tree forest and the ground was a soft mixture of volcanic ash, soil and pine needles. I was feeling on top of the world and walking fast and free, looking forward to an afternoon 'off'. I knew I was getting close to the gravel forest service road because suddenly every single pine tree had a metal trail marker on it— one about every 25 feet.

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Some lazy government employee had parked their truck at the junction, walked maybe half a mile, and placed about 75 small, rectangular markers, one right after the other, on every tree in sight. It gave me a laugh, especially since 99% of this trail section that I'd just walked had only one marker every 5 miles or so.

Coming into view up ahead I saw a pine tree fallen across the trail. The trunk of the tree was maybe 10 inches in diameter and it was almost 3 feet off of the ground. I could see that, right where it was across the trail itself, there were no limbs, and so as I approached at full speed I chose to regard the trunk as a sort of low hurdle that I could just fly over. I was in such a good mood and it looked like fun, like a challenge. What could go wrong?

As I got nearer I readied and gathered myself; it seemed I knew, instinctively, how to step over the trunk without having to slow down in the least. This, even though I'd never taken track and field in high school or college, and had only jumped over actual hurdles a couple of times for the fun of it (but I'd of course seen it on TV, during the Olympics and such)

I was wearing bib overalls, and the pant legs were extra wide at the bottom, almost bell bottoms. This would turn out to be an important detail in the after-action report of the mayhem that was about to ensue (actually, I was out there in the woods all by myself, no witnesses, no cell phones, no rescue squad. It was just me, and the squirrels— and whatever trouble I got myself into).

As I got about 6 feet from the tree I suddenly caught sight of a complication— on the far side of the trunk, sticking out about 10 inches, was a one inch in diameter, broken off tree limb. I made the quick, executive decision that I could handle this problem with my lead foot, bringing the heel of my boot down hard on this limb and snapping it off right at, I hoped, the trunk. With my lead foot over the trunk, I'd then leap up and over the tree and pull my trailing leg in behind me, tucked to the side.

Just like I'd seen the men on TV do.

I was committed, I never slowed up, I went for it.....

Only.....

It all happened very fast and was totally confusing.....

I brought the heel of my right boot up and over the tree trunk and then down hard on the projecting tree limb, and it broke off, and a split second after that I leaped up off of my left leg, trying to sail the bulk of my body right over the tree trunk.....pulling my left leg up and over as I went

But..... something caught, something happened, I pivoted and thrashed my arms, the world became a spinning blur.....

A moment or two later, when the dust settled..... I found myself upside down; my head was sideways and pressing against the soft ground; my two arms were sort of holding my body upright and trying to protect my head; my left leg was free and waving in the wind up above me; my right leg, while still attached to my body, was somehow strangely pinned and immobile. I reached my right arm up to try and touch my lower right leg but that was hard to do— the pack was a hindrance and I couldn't move my head very much to see where the problem lay.

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I did a quick diagnostic run thru of my person and got no immediate reports of pain or dislocation or blood loss, and so I decided it was time to burst out laughing, which I promptly did.

When I finally stopped laughing I figured the 2nd thing to do was shed the backpack. I undid the waist-belt and managed to shrug off the shoulder straps and push it away from my body. I contorted my head some and got a look at my right leg— the bottom part of the pant leg was raised up to around my knee and it was wrapped very tightly around the broken off tree limb. The tree limb had not broken off right at the trunk like I'd hoped— about 3 inches of it remained, and the pant leg had caught on it and was now twisted very tightly around it; the pant leg was also squeezing my leg uncomfortably, just below the knee. I reached up and tugged on it, trying to free the pant leg, but it was impossible.

This was an interesting situation! Most of my body weight was hanging from the tree limb which had hooked and held onto my right pant leg— about 3 feet off of the ground.

Since I was only 26 years old and my body was both lithe and wiry, without an ounce of fat or any stiffness in my spine, I was soon able to use my arms to raise and rotate my body some, to the point where I could turn and get my left leg back on the ground and underneath me where it belonged; I stood up on it, just a little wobbly. Once the weight of my body was off of my right pants leg I was able, balancing on one leg, with some struggle, to free myself, to brush the pine needles out of my hair and clothing.

In my mind I reconstructed what had happened when everything was a fast moving blur.....when the pant leg got caught on the branch, and I at the same instant leaped over the trunk, my body had pivoted around the broken tree limb; my upper body had gone upside down over the tree, my arms had instinctively gone out to catch the ground and protect my head.

Once the dust had settled, the overall result was: no harm, no foul, a good laugh was had by me and any squirrels so privileged as to have witnessed my little acrobatic adventure.

I donned my pack and continued on; just as I'd guessed, the road to the campground was only half a mile away.

For those of you who haven't been on it, the Pacific Crest Trail is easier, better, wilder, and less crowded than the Appalachian Trail. Besides being much wilder and more protected inside of vast National Parks and Forests and huge wilderness areas, it is maybe 5 times more scenic too (plus, it has volcanoes!).

Not that there weren't any trip hazards, but I hardly ever fell on the P.C.T.— in fact, the one incident (above) is the only time that now comes to mind.

Hiking the A.T. on the other hand..... so much of it seems to revolve around foot placement, on watching out for constant obstacles and trip hazards. It seems rare to find a simple section of the trail that is just dirt, without rocks and roots every other step.

Screech Owl Surprise

By Jane Oakes

Several members of TATC went to False Cape State Park over the New Year's Weekend to stay at the park lodge and to do our annual clean out of the park's 35 duck boxes.

Clad in high boots, carrying a ladder, a drill, and clean wood chips to replace the duck bedding, over 2 days we opened the boxes, counted and recorded hatched and unhatched eggs and replaced the soiled bedding material.

To our surprise , we discovered 7 tiny Screech owls sleeping soundly in 7 of the 35 boxes. Nocturnal, they spend their days asleep in tree cavities and in the park's duck boxes. They sleep so soundly that some of them didn't even wake up when we took them out of the boxes.

As many of you know, Bruce Julian is False Cape's longest and most loyal volunteer. He had been at False Cape, he tells us, since the 90's. As tribute to his commitment, he has been honored with a National award for most valuable volunteer. Bruce had been leading work trips to False Cape for years with many of us TATC members tagging along, building structures, painting and maintaining park buildings, creating trails, trimming and maintaining roads and trails, and cleaning the beaches. We work for free but the peace and quiet of the dunes, and the beach, the sunsets and the camaraderie are more than enough pay back. The extra bonus this year were the Screech owls.



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False Cape State Park (FCSP) New Years Day Hike

By Jane Oakes

Every year, each Virginia State Park sponsors a First Day Hike. On January 1, 2023, 50 ! hikers ranging in age from 8 months to John Oakes showed up at False Cape State Park for a hike led by Bruce Julian and monitored by 7 TATC members. In glorious weather, the group hiked through the pines of park, over the dunes and to the beach.



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False Cape State Park (FCSP) New Years Day Hike



USA Adventure 2022

By Dave and Rosemary Plum
BRN 1585

This is the story of the second half of our western US trip to the Pacific Northwest. Our travels continued September 4, and what a change in scenery! After all the time spent in the agricultural fields and prairies of North Dakota and eastern Montana, it felt like heaven to see the large tree covered mountains. As soon as we crossed Two Medicine River, we were in the trees and

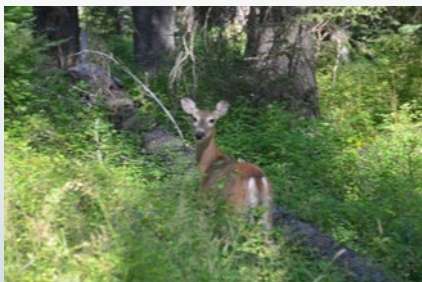


then very shortly in the mountains. The drive along US 2 got very scenic the rest of the way to West Glacier and Moose Creek CG. We took a short detour into the USFS Summit CG on US 2 and talked to a couple who had spent the night there. They said there were 8 or 9 sites vacant when they arrived. We should have taken a chance and moved there after one night in Cut Bank. Lesson Learned - take a chance and go find a USFS campground. They are everywhere in the National Forests.

After we dropped off the BC20X in the campground we drove to Glacier NP and unlike earlier in the day, there was no line of cars to get into the park. When we went by the park at 11:30 AM, the cars were lined up on US 2 for approximately ¾ mile to turn in, and then it's another two miles to the ranger contact station. We stopped at the Apgar Visitor Center, got a few questions answered and then drove up Going to the Sun Road (GTSR) to Lake McDonald Lodge after which we returned to the CG.



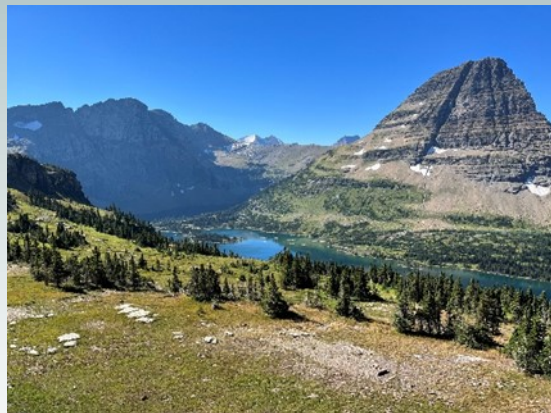
Labor Day was a relaxed day. Rosemary did a 4-mile run along the US 2 bike path. When she returned, I rode from the CG all the way to the park and to Apgar campground and the visitor center. Turned out to be an 11.5-mile ride. Several long hills to climb and descend. Great run and ride. In the afternoon, we went back into the park and walked from the Apgar Visitor Center on the dog permitted paved trail over to the Apgar campground. It was a nice walk, and we met some very nice Park volunteers who fell in love with Scooter. We continued our walk to the shore of Lake McDonald, we headed back to Moose Creek to get ready for our first real day of hiking in Glacier.



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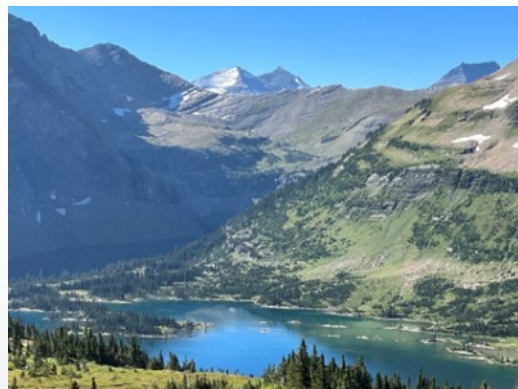
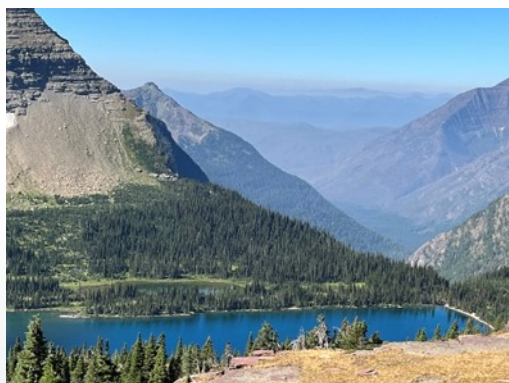
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Tuesday morning, we dropped Scooter off at Columbia Mountain Kennel for his three day stay while we hiked GNP. We drove into the park, and up to Logan Pass, which is the highest road elevation in the park. At 8:30 AM, the lot at the Logan Pass Visitor Center was full, and it appeared that many visitors had spent the night in their cars as they had their hiking stoves out and were making coffee and breakfast. Many may have come in early from the east en-



trance; however we could not do that from the west entrance due to overnight road construction. A mile away from the main parking lot we were fortunate to find a spot along the side of the road. That meant we had to hike a mile up hill to get to the start of the Hidden Lake Trail. The Hidden Lake Trail was 3 miles up hill to the summit and then 3 miles back

down to the visitor center. The trail was primarily on a boardwalk across treeless mountain slopes. Half-way up the boardwalk ended and was a moderate exposed gravel/rock trail conditions to the summit.



The hike up was well worth the effort. From the summit, we could look down into a valley and see Hidden Lake. We enjoyed a light lunch at the summit before heading down. On the hike we were fortunate to see several bighorn sheep who seemed to be posing for pictures. Many people seemed oblivious to them and walked by.

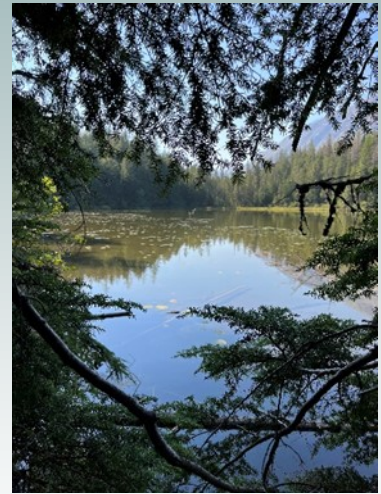
The drive up to Logan Pass was a white-knuckle event with little opportunity to look at the scenery. There were a few pull offs where we could stop and look at the amazing views. Words and photographs can't come close to describing the awe-inspiring feeling you get when looking up at the mountain tops or down into the deep valleys. We did see several mountain goats on the ride up.



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On the way back to the CG, we stopped and hiked the 3-mile Johns Lake Loop Trail. This was completely different as it was through cedar forest and along McDonald Creek. Total hike distance for the day 11 miles.



When we got back to the CG, Jim and Gussie Fox, friends from Virginia Beach, were there. Dinner that night was in Columbia Falls at the Gunslinger Saloon, followed by Huckleberry ice cream for some of us.

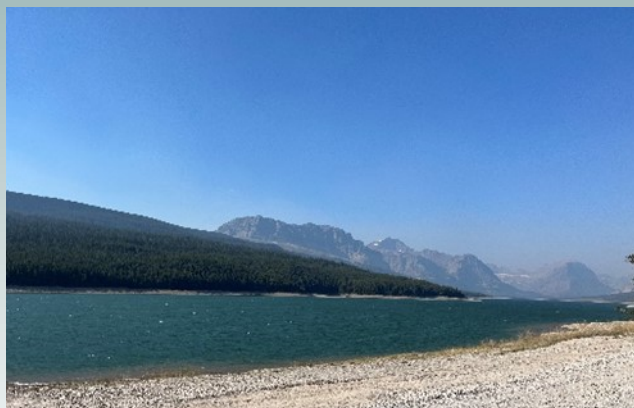
Wednesday, September 7th saw us getting an early start as we were going to Many Glacier, on the east side of the park, fifty miles each way on the two-lane switchback Going to the Sun Road. On the way up to Logan Pass, we had the good fortune of having a large black bear cross the road in front of us. Neither of us were quick enough to get a picture, but we did see a bear. After passing Logan Pass, we stopped at Sun Point on St. Mary Lake. This was worth the stop as the view again was fabulous. The wind was blowing about 25 mph and there were white-caps on the lake. We hiked about a mile to the rocky point of land overlooking the lake without getting blown over.



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After a brief stop at the Wild Goose Island overlook to get some pictures, it was on to the east park entrance and the village of St. Mary. We drove north on US 89 about 8-miles and then turned onto Many Glacier Road and drove about 15 miles west. The road ran parallel Lake Sherburne, another beautiful, large mountain lake.



Arriving at Many Glacier Lodge was like stepping into Switzerland. The hotel was magnificent, and the lobby was amazing.

The wind was still howling across Swift Current Lake, but we persevered and found the trail head that would take us around Swift Creek Lake.



Unfortunately, part of the trail was closed for maintenance, so we diverted up to Lake Josephine and to a point where we could see Grinnell Glacier. There were



signs warning of being in Grizzly Bear country, but we were prepared with bear spray. This turned into an out and back hike that ended up being over 5-miles. The highlight was coming up on a cow moose feeding in a small cove that we had to walk around. We watched her feed until she ran out of the water and stopped on the path in front of us. Fortunately, she was around the corner and couldn't see us. Then suddenly, her calf showed up. They moved into the brush beside the path, and we watched them graze. Finally, we slowly and quietly walked past them so as not to get their attention.



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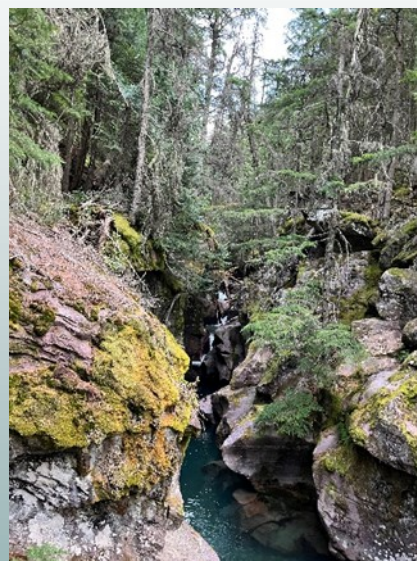
On the way back to the campground, we wanted to stop and hike to St. Mary Falls, but there was no parking for miles on either side of the trail head. This is in an area that must have been burned out by a forest fire a couple years ago because for several miles along GTSR there are blackened, bare cedar trees as far and you can see.



September 8th was our last full day at glacier NP. We got an early start to get a parking spot at the Avalanche Lake Trail Head on GTSR. We got to the trail head before daylight and waited for it to get light enough to see and not be surprised by a bear. The Trail of the Cedars is the starting point and then the Avalanche Lake trail branched off it. The Trail of the Cedars is a boardwalk through old cedar growth. The giant cedar tree root ball in the photo to the right, that was stripped of all soil was quite interesting. The Avalanche Lake trail was 3-miles out and 3-miles back and uphill most of the way to the lake.

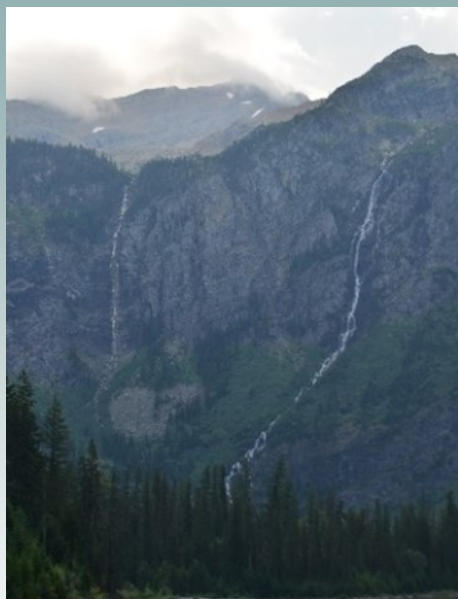


The first part of the trail follows the creek that starts out in a deep gorge and then gets nearly level with the trail. The hike was well worth the climb. This lake is apparently on the back side of Hidden Lake and is fed by at least 4 waterfalls streaming down from several hundred feet above. Once again beautiful scenery. The sun was just about to appear over the eastern mountain ridges as we arrived.



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We encountered Jim and Gussie Fox on the way down as they were heading up to the lake. We had to do the hike early so we could get back to the CG and get ready to leave on Friday and pick up Scooter from the kennel. He was very excited to see us. Total hike today 7-miles.

Unfortunately, it was time to leave Glacier NP and continue west. The drive to our overnight stop in Mead, OR north of Spokane, took us through MT, ID, and WA. More great scenery from mountains to large reservoirs with sparkling blue water. Flathead Lake is supposed to be the largest freshwater lake in the US, after the Great Lakes.

There were places where we could not see the other shore. Next up was Clarks Fork Reservoir and finally Pend Oreille reservoir. Simply amazing is the best way to describe the scenery on this leg of the trip. Hidden Acres Orchard (another Harvest Host (HH) was our destination and as we rolled into the Orchard, we were met by the Owner who showed us where to park. We visited the farm store and stocked up on Honeycrisp Applesauce, Huckleberry Barbeque sauce, Garlic/Dill pickles, Strawberry/Rhubarb Jam. We especially enjoyed a delicious fresh-baked mixed berry hand pie. At this point we have traveled 6,616 miles since leaving Virginia Beach in mid-July.



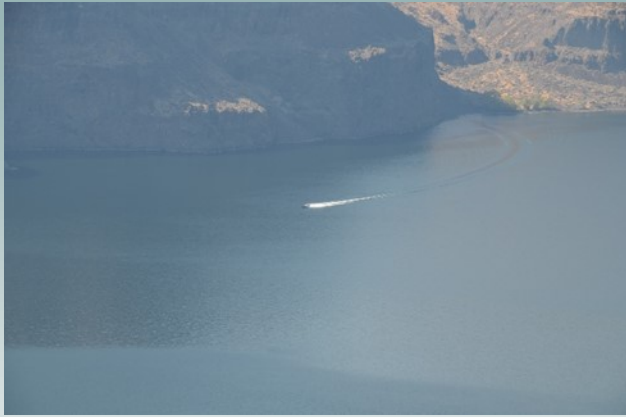
We woke up Saturday morning to a duck and chicken parade from their pen to the owner's front yard. Before leaving we picked apples and peaches and bought some apple butter and 2 more hand fruit pies.



We paralleled the Columbia River Gorge for several miles and were amazed at the width of the river and the depth of the gorge. Both sides of the river were prairie and high desert.

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Our next nightly stop was to be at another HH in Ellensburg, WA. The HH was a disappointment and we opted to continue driving, not knowing where we would spend the night. Rosemary got on the phone to Millersylvania SP south of Olympia, WA and talked to the duty park ranger. She explained our situation and was told our site for Sunday night was occupied on Saturday night, but they had a couple of emergency sites where we could spend the night. We said yes and drove two and a half hours more to get to Millersylvania SP. We drove over Snoqualmie Pass as the sun was setting but the views were still wonderful. There was a haze in the air as there were forest fires burning many miles south of us. This was the best decision of the day except for the two additional mixed berry hand pies from Hidden Acre Orchard.

Our extended stay at Miller Sylvania State Park in Washington allowed us to reprovision and get some weatherstripping to stem the small leak in the rear door of the Basecamp. We also took a 2-mile hike through the woods and along the lake in the park. We considered a day trip to Mt. Rainier, but the rangers told us there was a lot of smoke from ongoing forest fires and we would not be able to see



very much. On Monday we took a short road trip to a linear City Park in Tumwater that paralleled the Tumwater River. At that park, they had constructed a glass enclosed fish ladder to allow the public to view the migrating salmon. There were also regular fish ladders in the river, and we saw several salmon leap into the air as they made their way upriver to their breeding grounds.



September 13th, we headed to the Olympic Peninsula. Needless to say, it is remote and sparsely populated except for a few villages. Forks and Port Angeles are the big towns.

Our destination was Bogachiel State Park, but unfortunately our assigned site would not accommodate the Basecamp, so we headed to Forks looking for a campground with room for us. We found a private CG right off US 101 in Forks and they had a spot for us.

September 14th, we decided to keep Scooter with us as we visited the Hoh Rain Forest and bypassed hiking to Sol Duc Falls after reading a little more about it. It is only a 49' high waterfall, and we saw much more dramatic falls in the White Mountains of New Hampshire. In addition, the rivers were running low in the Pacific Northwest due to the lack of rainfall.

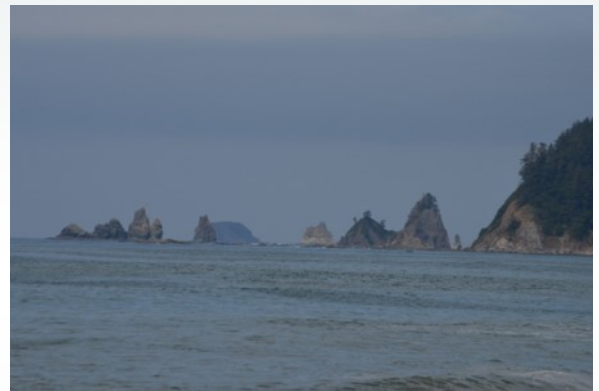
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At Hoh Rain Forest, we took turns hiking the Hall of Mosses trail and the Spruce Nature Trail. The one not hiking watched Scooter and walked around the picnic area and Hoh River Campground. Both of us encountered elk as we were walking.

The Hall of Mosses trail was beautiful with all the moss encrusted and living on most of the trees. The size of the trees and their height was fascinating. 10'-12' diameter trees that reached over 200-feet tall. I will have a tough time sorting through the pictures to decide what to include in the trip book.

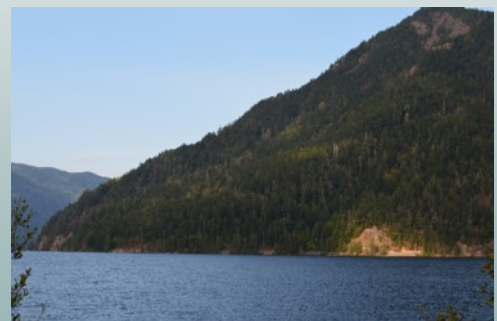
After these hikes, we drove out to Rialto Beach, north-west of Forks. This is another part of the National Park. It's hard to describe all the logs /trees washed up above the normal high tide line. Many of these logs are 4'-5' in diameter and they are tossed around like the game of pickup sticks!



The tide was coming in and it was over a mile to get to the hole in the wall sea stack, but even from where we stood, we could see it. Amazing to see all the rocky sea stacks in the ocean.

Another early start as we were headed to Hurricane Ridge the next day. The entrance to that part of the park is 57 miles north and west of Forks on US 101. Again, another scenic drive.

Crescent Lake, about halfway to Port Angeles, is amazing. Dark blue water with incredible visibility into the water. US 101 snakes along the shoreline for almost 20 miles. Even at the cautioned speed of 30 MPH, it felt like I was driving way too fast. We stopped at several pull-offs to take pictures.



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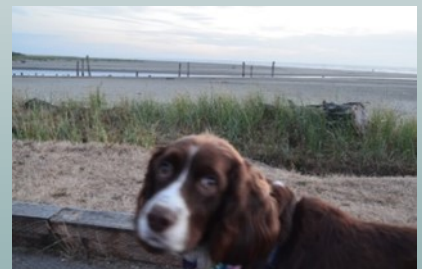
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The road up Hurricane Ridge was very steep. It probably averages 7-10% grade and sometimes steeper. It was amazing to see cyclists riding up the mountain (8+-miles to the top). We drove through fog and then clouds to get to the top. The temp at the top was 15-degrees lower than in Port Angeles at the bottom of the mountain. We were above the low clouds for the most part when we got to the top. The views toward Mt Olympus were partially obscured by clouds, but we could get glimpses of Glaciers as the clouds were rolling by.



On the return trip we stopped at Salmon Cascade. This is a section of the Sol Duc River that is very narrow and there are several cascading waterfalls that the salmon must get over on their journey to spawn. We were fortunate enough to see several airborne salmon make it through one part of the narrow channel.

We had a short 100-mile drive on September 16th along the coast to a small state park in Pacific Beach, WA. On the way, we pulled into the newly re-opened and enlarged parking area at Ruby Beach. More sea stacks all along the coast.



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Pacific Beach State Park is at the mouth of the Joe River as it empties into the Pacific Ocean. The weather was cool and sunny, and we walked on a very wide beach. At low tide, the beach is probably $\frac{3}{4}$ -mile wide.



We only had another 100-mile drive on Sunday, September 17th, so we took the coastal roads through several small villages. Some appeared to be for very affluent residents, others not so much. In Ocean City Beach, we came upon a cooperative of chainsaw carver artists. We kept saying we would pick up one of these eventually. Today was the day we got our bear with a fish, on a log and a table. Quite a find! Now we have a new piece of furniture/artwork that we get to set out on display at night when we stop.

This was another nice drive along the coast. All the way to Astoria, Oregon we were probably no more than 1-2 miles from the ocean and most of the time we were only a few feet from the high tide line.

The Fort Stevens State Park campground is huge. Probably more than 500 sites on numerous loops. We had a great site with adjacent campers we could barely see. While walking around our loop to find the bathrooms, we came upon an elk cow grazing about 25 -feet from the door of the men's shower room. It was almost a heart stopper to come around a blind corner and see her calmly grazing. These are big animals, as big as a horse!

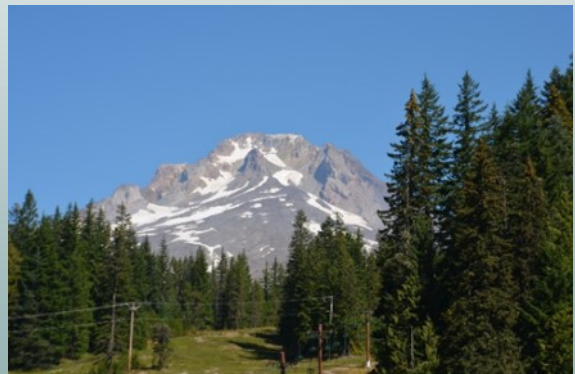
We walked 1.5 miles thru the woods on a shared use path to the south beach where we saw the remnants of the Peter Iredale, a British sailing ship that ran aground in 1906. Quite amazing that so much of the hull frame is still intact after more than 116-years.

After unloading the bikes and assembling Scooter's Ride, we were off to see Historic Fort Stevens, at the mouth of the Columbia River. 3.5-miles thru the woods on a very nice SUP took us to the Fort at the mouth of the Columbia River. We spent an hour walking around the old concrete structure that had expansive views of the Columbia River. We took a wrong turn on the way back and ended up riding through the north campground of the State Park. The south end, where we are appears to be the place to be as the sites are more spread out and have trees and bushes between sites.



On Monday September 19th, we had a 5-hour drive, to our HH for the night in Madras, OR an agricultural community in the Oregon High Desert.

We drove across the Columbia River and out of Portland toward Mt. Hood. It was a beautiful sunny day with great views of the mountain. The drive past Mt Hood was very scenic with lots of opportunities to see the mountain. There are still several fields of snow near the peak and several hundred feet down from the summit.



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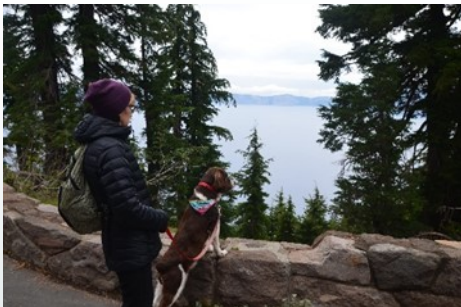
The host in the Madras Chamber of Commerce, where we are parked for the night, was very helpful and gave us a lot of information on Oregon, including a State Road Map! If you have any maps like these, you should hang on to them as the states seem to be very stingy with them. We enjoyed a cold draft beer, a diet Coke and some chips and salsa at Madras Brewing LLC. Spiciest Salsa we have ever tasted.

The drive to Crater Lake was uneventful except for the fact we had to pull the BC20x around the west Rim Road to get to the campground. Those 12' lanes looked to be about 6' wide going around some of the left-hand curves with nothing but air, a foot or two off the edge of pavement.

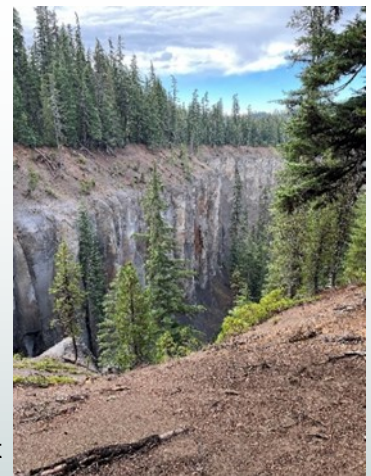
We arrived at the campsite and after a couple of celebratory ice cream sandwiches at the Mazama Village Store, we went in search of the Pacific Crest Trail that goes through the park. We found a trail head and walked southbound for a half mile or so. It was a wide, relatively flat grade trail, nothing at all like the trails along the Appalachian Trail.



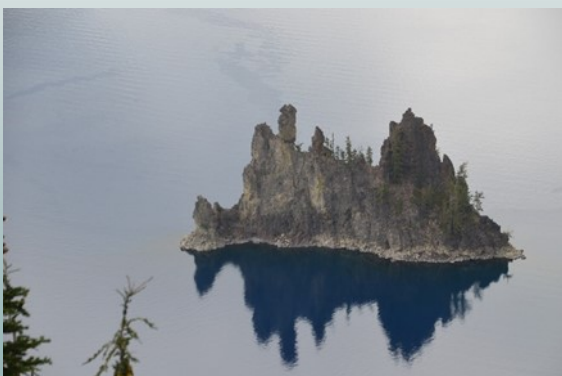
On Wednesday, September 21st we woke up to rain so there was no hurry to do anything. Eventually we headed up to the rim for some sightseeing and hiking. We hiked the Godfrey Glen Trail and about 2 miles of the Rim Trail with Scooter.



The pictures taken don't come close to capturing the size and beauty of the crater and the height of the rim above the surface of the lake. It is approximately 973-feet from the rim down to the water surface.



Leaving the Rim Trail by Mazama Village, we stopped at Sun Notch, the Pinnacles, Phantom Ship Overlook, Pumice Castle Overlook and Cloudcap Overlook which sits at



Elev. 7865, 1700 Ft above the lake surface. This lookout is the highest road elevation in the park. Words cannot describe the magnitude of the crater and the views from all the various sites.



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On the way back down, we hiked the Lady in the Woods trail which encircles the Park Administration.

Thursday, September 22, was an early day as we were out the door at 6:00 AM for the 10 -mile drive up to the crater's rim to catch the sunrise. It was very eerie driving up the steep access road with many switchbacks. We were the first vehicle in the Discovery Point pull-out where we could park with the front of the Tahoe facing Crater Lake and we could stay in the car between photo ops as it was 37 degrees.



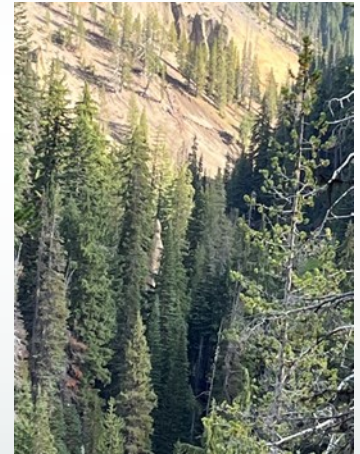
Leaving the overlook, we then hiked north on the Pacific Crest for 2.3-miles to the Dutton Creek trail junction campsites and a spur trail that went up to the Rim Village. No Dogs were allowed on that trail. Hiking this section of the PCT was



really a breeze. Very few rocks and a wide trail for most of the way. There was one major climb going north and then a long downhill. Obviously, it was reversed on the way back to the car and we had the LONG uphill!

We returned to the campground for a restful afternoon as we prepared to leave in the morning heading east. We walked around the campground and checked out the major gorge right behind some of the sites. Annie

Spring trail follows this gorge from Mazama Village. From where we were standing at the top of the cliff, it was probably over 500-feet to the creek at the bottom. We could hear hikers but could not see them because of the trees.



It was hard to leave Crater Lake on Friday September 23rd, but it was time to head back to Virginia Beach. We went north on OR 62 and eventually drove past the North entrance to CLNP.

After taking several paved county roads and passing through a couple of small towns, east of Juntura, OR on US 20, the road entered a canyon that had a small stream in it. The road wound around and climbed up for over 30 miles! Incredible views but one switchback after another. We finally reached the top and were on a plateau. The map showed two towns ahead, but neither one had gas. By now we were down to ¼ tank.

We finally reached Vale, OR and fueled up with 18 gallons! We had no reservations for a place to stay for the night so Rosemary once again got online and found Gem State RV Park in Mountain View, ID, east of Boise. What a nice little oasis for the night. The temp was 77 degrees when we arrived! The day's drive was 490 miles and took approx. 10.5 hours.

(Continued on Page 32)

(Continued from Page 31 ...)

On Saturday, we continued east and had a reservation at Picabo Angler RV Park. It was a nice overnight stop, but not worth two nights. In the afternoon we drove to Craters of the Moon National Monument (CMNM) and did the driving tour. On the way out we asked the ranger what the chances were of getting a campground in the park for Sunday night. She thought they were pretty good. Since we had a day to kill, we decided to stay on the moon overnight.



We arrived at 10:00 AM Sunday morning to see if we could snag an overnight stay. We saw nothing large enough for us to fit in, but as we were about to do another loop, a camper flagged us down and said if we gave him 10 minutes he would be gone. We did another loop and waited to see his RV move and we moved up. We scored a nice site, just long enough for our rig. And it was not even 10:30.

After we got set up, I unloaded my bike and rode the 7.5-mile loop road. It was quite hilly with the worst climb of almost a half mile up to Inferno Cone. The legs could handle it, but not the lungs. We were at Elev. 6,000. After a couple short stops to rest the lungs, I summited. The rest of the loop was a piece of cake as most of the downhill allowed me to get up enough speed to easily summit the next hill.



After dark it was very quiet, with no generators. When I went out to check the sky, I saw a series of white lights in a straight line moving from west to east, with no audible sound. They moved very rapidly and stayed in single file. I estimate there were 15-20 lights. Strangest thing I have ever seen. The night sky was amazing. The Milky Way was visible along with a zillion stars.

On Monday, we left early for Snake River RV Park in Idaho Falls as we had chores. Dog bath at Petco, groceries at Walmart and a stop at Home Depot to replace some rubber washers that support the grates over the stove burners.

Back at the campsite, we did a good interior cleaning of the trailer and Tahoe! Man were they dirty. Rosemary did all the laundry, and I scrubbed the Tahoe's rear seat cover, and filled the fresh water tank as we intended to find a USFS or BLM campsite for Tuesday night.

It was a very short drive today along US 26 thru Swan Valley and we saw a campground on the BLM/USFS App. It was called Palisade Creek. We took a chance and drove up a valley for 2 miles and were successful locating Site # 1 next to the South Fork of the Snake River.

In the afternoon we did a 3-mile hike along the Upper Palisade Creek trail, then went back to camp to read, snooze and prepare for Grand Teton NP tomorrow.

It was a nice scenic 90-mile drive up and over Teton Pass on Wednesday, September 28. Coming down from Teton Pass, I was able to reflect on the great bike ride in 2017 with snowbanks on the side of the bike trail. The little store in Wilson has been remodeled and enlarged. We stopped there for a few final road snacks and bought another hat ("Basecamp, Wilson, WY"). That is now the name of the store!



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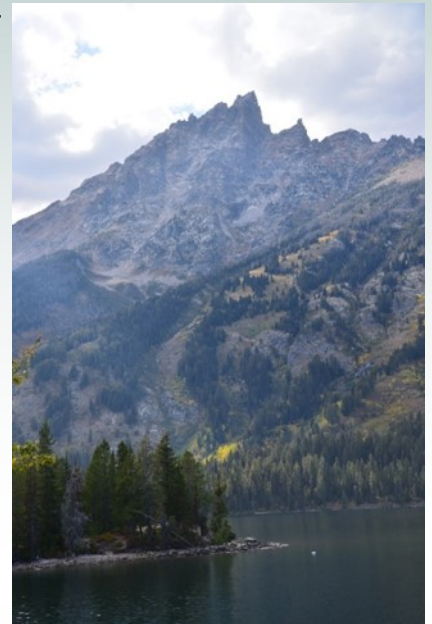
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We arrived at Colter Bay Campground near the north end of Grand Teton NP around noon, got set up and took off to revisit the park since our last one day visit in 2017.



We visited Snake River Oxbow Bend, Colter Bay Visitor Center, (No water in Colter Bay), and Willow Flats Overlook, where a park volunteer had a great bear aware display set up. Signal Mountain Overlook, Jenny Lake, Pot-hole & Mt Moran Overlooks, and the Moose Junction Visitor Center were also destinations. From there we went back up HWY 191 and stopped at most of the

overlooks: Glacier View, Teton Point, Schwabacher Landing, Snake River Overlook (this is where Ansel Adams took a famous photo. The final stop was at Oxbow Bend for some sunset pictures.



On Thursday, rain was in the forecast, so we headed toward Jackson. Our first stop was Oxbow Bend on the Snake River while the sun was still shining, so we stopped hoping for a good picture. Our next stop was at Mormon Row to get some pictures of the supposedly most photographed barn in the US. From there we went into Jackson to buy a few things.



Oxbow Bend on the Snake River



After walking around Jackson, the rain arrived so we packed it in and headed back to Colter Bay.

(Continued on Page 34 ...)

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Friday September 30th was our last day at Grand Teton NP, so it was a day to visit some of the less popular locations. They included: Cunningham Historic Cabin, Deadmans Bar river access, Menors Ferry, Lupine Meadows Road, Jenny Lake Boat Access area and String Lake. Upon returning to Colter Bay, we started preparing for a travel day to Cody.

No snow at our elevation Saturday morning in Colter Bay, but the mountain peaks appeared to get some accumulation overnight. It was a nice drive up through Yellowstone NP, but we didn't see any wildlife until we passed Fishing Bridge Junction. There we saw a lone bison and a little farther toward the east entrance, we had some deer cross in front of us. The lack of wildlife sightings in Teton and Yellowstone was quite amazing. It was a nice sunny drive over the Absaroka Range and down to Cody. Once we got settled in at the Ponderosa RV Park, we went to the Buffalo Bill Museum of the West.

This is a really cool place to visit. There is something for everyone. From learning about the life and times of Buffalo Bill (Rosemary's distant relative) to western art, a research library, Plains Indian Museum, Natural History Museum and a massive Firearms museum. If you want to visit all 5 museums, it will likely take more than 2 days.

We walked around to the rear of the museum and there was a giant statue of Buffalo Bill displayed atop a stone hill. We then visited downtown Cody and walked the length of Sheridan Street.



On Monday, October 3rd, we headed to Devils Tower. It was a scenic drive through the canyons and mountains on US 14, east of Greybull, and through the Bighorn National Forest. So glad we went this way instead of thru Ten Sleep, WY. Our campsite was on the west side of the campground, and we could look out the window and see Devils Tower. A flock of about 10 very large wild turkeys roamed the campground daily.

On Tuesday morning we headed to Devils Tower National Monument, where dogs are not permitted on trails, even though they are paved! First Rosemary circumnavigated the Tower and took plenty of pictures, then I did. There was a group of Mountaineer Rescuers doing a practice climb up the Tower. It was amazing to watch them walk thru the boulder field at the base of the monolith like they were walking on a sidewalk. As I returned from my circle of the Tower, I could see the lead climber, about 25% of the way up the south face of the Tower.

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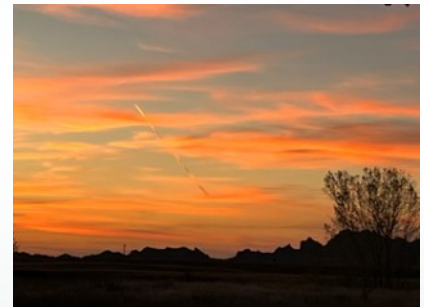
Look for the climber in the picture



Our final national park was the Badlands in South Dakota. We arrived on Wednesday, October 5th for a 2- night stay and were treated to a very scenic drive from the east entrance to Cedar Pass Campground which is located below several rock formations. After getting set up we went to check out some of the overlooks we passed on the way into the park. We also drove about a mile out on the Old NE Road that went nowhere. On the way back we scarred up 3 female mule deer in a wash and snapped a few pictures. The sunset was amazing once again. Although none of the sunsets we have witnessed compared to what we experienced in Munising, MI in August.



Thursday, October 6th was our only full day in the park, and the weather didn't cooperate. It was cold and very windy. We headed west on the main road thru the park and stopped at several overlooks to check out the amazing scenery. We did see several bighorn Sheep, but their horns were less than 12" and had not started to curl. Farther on we spotted a small Bison herd, but they were quite a distance from the road.



After leaving the Badlands at the Pinnacles entrance, we detoured out a Forest Service Road to the wall where several RVs were parked boondocking on the edge of the cliff. Due to the weather conditions, the view was not much to brag about. Probably very scenic on a sunny day.

Friday, October 7th, we started our last push to get to Harrisonburg, VA on the October 11th to pick up our granddaughter as she is spending JMU's fall break with us in Virginia Beach. Total Trip Miles as we depart the Badlands campground – 10,490.

On the way home we stopped at a Harvest Host in Albert Lea MN and Grant Park IL. Our last two overnights were in Milan, Oh and Sommerset, PA before getting to Harrisonburg. When we crossed the Missouri River, we pulled into a rest area and saw an immense aluminum sculpture of an Indian princess, call Diversity. The backdrop for the sculpture is the Missouri River valley.

This was an amazing 3-month trip where we saw many sites in 26 states and Canada. We also met many friendly people everywhere we stopped. Now its time to be thinking about our next adventure.



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Farmville, VA	Feb 4 - 5
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Tampa area, FL	Feb 4 - 5
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Richmond, VA	Feb 25-26
Jacksonville area, FL	Mar 4 - 5
Washington, DC area	Mar 4 - 5
Wilmington / Carolina Beach, NC	Mar 18-19
Blacksburg, VA	Mar 25-26
Charleston area, SC	Mar 25-26
Triad + Triangle areas, NC	Mar 25-26
Sitka, ALASKA	Apr 2 - 4
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Charlottesville, VA	Apr 15-16
Orlando area, FL	Apr 15-16
Richmond, VA	Apr 29-30
Women-only Retreat in VA	Apr 29-30
Philadelphia area, PA	May 20-21
Tallahassee area, FL	May 20-21
Triangle area, NC	May 20-21
Forest Retreat near B'burg, VA	May 27-29
Washington, DC area	Jun 3 - 4
Charlottesville area, VA	Jun 10-11
Norfolk, VA	Jun 10-11
Chattanooga, TN	Jun 24-25
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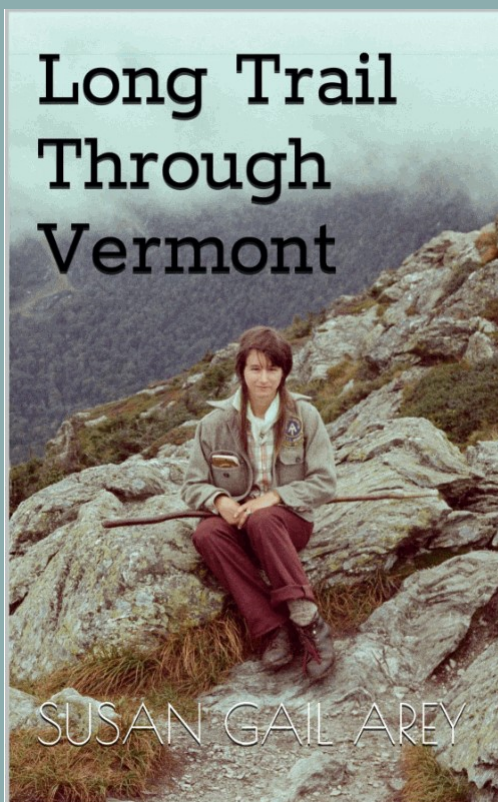
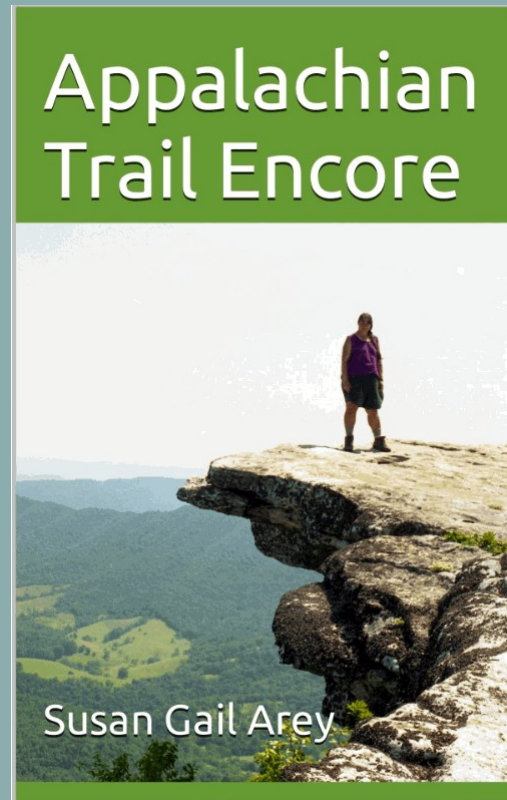
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The Appalachian Trail Hiker's Pledge

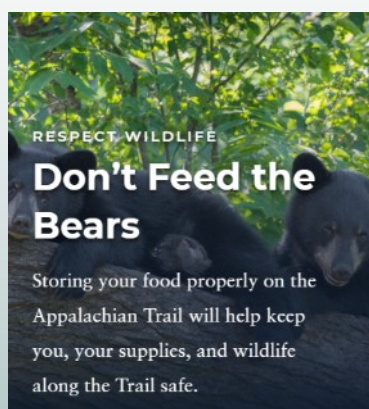
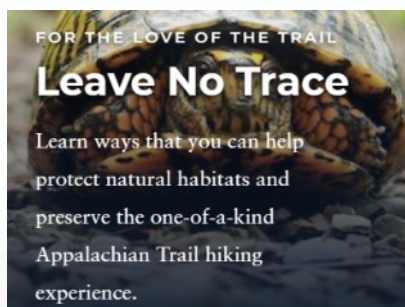
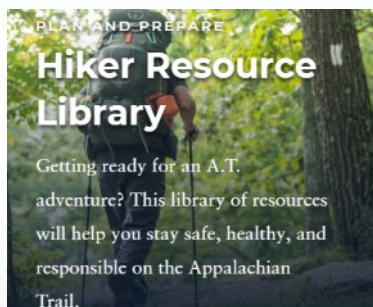
Take the Appalachian Trail hiker's pledge and help ensure the A.T. experience continues to benefit us all for generations to come.

As an A.T. hiker, I will lead by example and:

- ♦ Leave the A.T. better than I found it – every hiker makes a difference.
- ♦ Carefully use existing campsites and not build new ones.
- ♦ Bury my poop in a 6-to-8-inch-deep hole far away from camp and water sources, and help keep privies clean when I use them.
- ♦ Pack out all my trash and food waste, and help pack out the trash I find.
- ♦ Protect wildlife by never letting animals get my food — bear canisters are the surest, most flexible food storage method.
- ♦ Be respectful of all other A.T. hikers and visitors.

Tips for Maintaining Your Pledge to the Trail

Doing what's right for the A.T. and those around you on the Trail is simple once you're equipped with the knowledge and skills you need. Check out the sources below to help you begin your journey on the right foot.



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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 1, 2023 , 7:00pm-9:00pm

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

Contact: Lee Lohman president@tidewateratc.com

Description: TATC Board Meeting. Guests are always welcome!

Winter Maintenance Weekend #1

When: February 3 - 5, 2023

Where: Meet at Sherando Lake Recreation Area, 96 Sherando Lake Road, Lyndhurst, VA 22952

Description: After the recent ice storms up in the mountains, we are planning to hold a pair of Winter Trail Maintenance events on February 4th and the 11th. The club has coordinated with the Sherando park management, and we will be able to use the heated Admin building on both Friday and Saturday nights, but its capacity is limited. Those with more adventurous souls (and the appropriate winter camping equipment) are encouraged to plan on tenting-out in the admin building yard. Note - Please check back here prior to heading off to the mountains on Friday, if the weather forecast does not support us getting work done on Saturday, we'll update this event. To sign up or for more information,

Contact:

Brittany Collins - TATC Trail Supervisor - trailsupervisor@tidewateratc.com

John Sima - TATC Asst Trail Supervisor - assistantts@tidewateratc.com

TATC Tree Planting

When: Saturday, February 4, 2023 8:30am – 11:30am

Where: Pleasure House Point, 3957 Marlin Bay Drive, Virginia Beach, VA

Description: *** Time Changed to 8:30 to 12:00 ***

SAVE THE DATE – NEXT TATC TREE PLANTING

TATC's next tree planting is scheduled for February 4th, 2023, at Pleasure House Point on Marlin Bay Drive in Virginia Beach. We will be planting 25 trees for the City of Virginia Beach. This effort will require us to get the trees from the street drop-off area to their planting location using wheel borrows. In addition, we will have to dig the planting holes in the sandy soil as there is no way to get an auger machine to the planting sites. Lance Deaver and Dave Plum will be picking up the trees at the nursery that morning and delivering them to the site. Jim Newman will coordinate the onsite sign-up and oversee the hole preparation that will begin prior to the arrival of the trees. Plan to bring your personal shovels and garden rakes to complete the planting. If you have a wheelbarrow, please bring that if you can. The city staff may also provide shovels and wheelbarrows. We will meet up at Pleasure House Point (3957 Marlin Bay Drive, Virginia Beach) at 9:00 AM to get organized. The city staff will mark where each species of tree is to be planted.

Contact Dave Plum at: localtrails@tidewateratc.com to sign up to let him know if you can bring a wheelbarrow. Based on what we have been able to accomplish on previous planting efforts, we should be able to complete this planting by noon or shortly thereafter. Please dress appropriately for the weather and bring work gloves. Water and snacks will be provided.

(Continued on next page ...)

Activities Schedule

PLEASE NOTE: Most hikes are limited in the number of participants. The hike leader will take reservations on a first-come, first-served basis. You can include your name on the sign up sheets available at each meeting or call the hike leader. If you sign up for an activity and then decide not to participate, please contact the leader in advance.

Hike First Landing State Park

When: Tuesday, February 7, 2023

Where: Conservation Ct, Virginia Beach, VA 23451

Description: We will meet at 9:15 at the far Western side of the Picnic Area parking lot of First Landing State Park (Near the Restrooms). The Picnic Area is located on the LAND Side of Shore Drive. We will hike from the Picnic Area to the Long Creek Trail for the beautiful views of Long Creek and the high dunes overlooking Broad Bay. The total distance will be ~5 miles. This is a dog friendly hike. After the hike we will assemble for lunch at CP Shuckers (3232 Shore Drive). Directions: From Norfolk take Shore Dr (Rt 60) East. Turn right at the stoplight into the Park. Have your \$7.00 cash ready for the self service pay envelope, continue to Picnic Area Parking Lot on the Right just after the toll booth. Restrooms are available. Meet: 9:15 for Registration; Depart 9:30

Bring: Water, Snacks, Comfortable walking shoes, \$7.00 cash for parking (Unless you have a pass) and \$ for lunch. Questions contact: malabad2@gmail.com

To sign up click: <https://docs.google.com/document/d/1-FpgonBITRr1i6KV5L0RVHbBQPnty7mGW0mBQEHlem8/edit?usp=sharing>

TATC General Membership Meeting

When: Wednesday, February 8, 2023 7:00pm – 9:00pm

Where: The meeting location has been moved to the Episcopal Church of the Advent.
9629 Norfolk Ave Norfolk, Virginia 23503

Contact: Lee Lohman at president@tidewateratc.com for more details.

Description: TATC General Membership meeting.

Program: TBD

First Landing State Park Trail Maintenance Work Day

When: Friday, February 10, 2023, 9:00am - 12:00pm

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

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

Description: First Landing State Park Trail Maintenance Work Day February 10th from 9:00 to 12:00. The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed.

Winter Maintenance Weekend #2

When: February 10 - 12, 2023

Where: Meet at Sherando Lake Recreation Area, 96 Sherando Lake Road, Lyndhurst, VA 22952

Description: After the recent ice storms up in the mountains, we are planning to hold a pair of Winter Trail Maintenance events on February 4th and the 11th. The club has coordinated with the Sherando park management, and we will be able to use the heated Admin building on both Friday and Saturday nights, but its capacity is limited. Those with more adventurous souls (and the appropriate winter camping equipment) are encouraged to plan on tenting-out in the admin building yard. Note - Please check back here prior to heading off to the mountains on Friday, if the weather forecast does not support us getting work done on Saturday, we'll update this event. To sign up or for more information,

Contact: Brittany Collins - TATC Trail Supervisor - trailsupervisor@tidewateratc.com

John Sima - TATC Asst Trail Supervisor - assitantts@tidewateratc.com.

(Continued on next page ...)

Activities Schedule

PLEASE NOTE: Most hikes are limited in the number of participants. The hike leader will take reservations on a first-come, first-served basis. You can include your name on the sign up sheets available at each meeting or call the hike leader. If you sign up for an activity and then decide not to participate, please contact the leader in advance.

The Chocolate Hike 2023

When: Sunday, February 12, 2023, 9:30am - 2:00pm

Where: The Mariners' Museum and Park, 100 Museum Dr, Newport News, VA 23606

Contact: Phyllis Neumann phyllisneumann@hughes.net

Description: The Chocolate hike has returned! Join your fellow hikers and chocolate lovers for this Pre-Valentine's Day hikette on the Noland Trail. This revered annual event challenges participants to explore their wildest chocolate fantasies by creating culinary masterpieces for fellow TATCers to sample. We're changing things up a bit for 2023. This year, EVERYONE will be a judge. Yes, you get to vote for your favorite treats. Entries with the most votes win. Prizes will be awarded.

Here's how it works: Meet at the Mariners Museum (100 Museum Drive, Newport News, VA, <http://www.marinersmuseum.org>) at 9:30 AM. We meet in the parking lot by the museum entrance across from the start of the Noland Trail. Bring a chocolate confection (that you have created) for your fellow hikers to sample. After a brief "safety" talk, we'll hike the Noland trail (~ 5 miles) taking multiple breaks along the way to continue sampling the entries. At the conclusion of the hike, votes will be tallied and prizes will be awarded for the tastiest and most unique creations. And then we'll eat lunch afterwards!

I'M ASKING FOR ANYONE WITH A TRUCK, HATCHBACK OR FOLDING TABLE TO HELP PROVIDE SPACE FOR ENTRIES!

Valentines Day Hike

When: Tuesday, February 14, 2023

Where: 1209 Botetourt Gardens, Norfolk, VA 23517

Description: Valentines Day gives Tuesday people a chance to test their flexibility as we go on an Urban Adventure in Norfolk. Can we do breakfast instead of lunch?

Meet at Ed and Judy Welp's house (1209 Botetourt Gardens, Norfolk) at 9:15.

There is limited on street parking on both sides of the street and in the 1100 block.

We will leave for a walk to Eggs Up Diner for breakfast. This is about 1/2 mile walk. Bring money for your breakfast. Eggs Up also has lunch items on their all day menu.

From there we will walk to the Chrysler Museum for their Noon Glass Blowing Demonstration. We need to arrive at the Chrysler by 11:30 to insure everyone gets a seat. The distance of the walk will depend on what time we get out of breakfast. If we go directly this will be about a mile walk. The demonstration is free. After the demonstration we will wander thru historic Ghent back to the Welp's. We will try to make this a 2 mile hike. At the Welp's we will enjoy a Valentine's Day Brownie Buffet and Ice Cream Bar. Due to seating at both breakfast, the Chrysler and our home, we are limiting this hike to 30 people. It is not dog friendly, Please dress appropriately for the weather, bring money for breakfast and good spirits. To sign up please click on the link: <https://docs.google.com/document/d/1oYiAlaSs8YtEES50CH5OKtXFfcecqHEVNoQJY9Vnprc/edit?usp=sharing>

(Continued on next page ...)

Activities Schedule

PLEASE NOTE: Most hikes are limited in the number of participants. The hike leader will take reservations on a first-come, first-served basis. You can include your name on the sign up sheets available at each meeting or call the hike leader. If you sign up for an activity and then decide not to participate, please contact the leader in advance.

TATC Pub Night (aka Happy Hiker Hour) at the Public House

When: Thursday, February 16, 2023 7:00pm - 8:30pm

Where: The Public House, 1112 Colley Ave, Norfolk, VA 23517

Contact: Lee Lohman (lohmantatc@gmail.com)

Website: <https://www.publichouseeats.com/>

Description: The TATC Pub Night (AKA Happy Hiker Hour) will be on February 16 from 7:00 to 8:30. We'll be at The Public House at 1112 Colley Avenue, Norfolk, VA 23517. They have a good selection of beverages and serve food (indoors) just like an English pub. The burgers are good and the Shepherd's Pie is very close to the English version. They have dedicated parking for about 20 cars. Street parking is available. Here's the link to their website and menu: <https://www.publichouseeats.com/>

TATC Board Meeting

When: Wednesday, March 1, 2023 , 7:00pm-9:00pm

Where: The Episcopal Church of the Advent. 9629 Norfolk Ave, Norfolk, VA 23503

Contact: Lee Lohman president@tidewateratc.com

Description: TATC Board Meeting. Guests are always welcome!

TATC General Membership Meeting

When: Wednesday, March 8, 2023 7:00pm – 9:00pm

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

Contact: Lee Lohman at president@tidewateratc.com for more details.

Description: TATC General Membership meeting. Guests are always welcome!

Program: TBD

First Landing State Park Trail Maintenance Work Day

When: Saturday, March 11, 2023, 9:00am - 12:00pm

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

Contact: Margaret Pisone at localtrails@tidewateratc.com to sign up.

Description: First Landing State Park Trail Maintenance Work Day. The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed.

TATC Pub Night - Coastal Fermentory

When: Tuesday, March 14, 2023 6:00pm – 7:00pm

Where: Coastal Fermentory, 206 23rd St STE B, Newport News, VA 23607

Contact: Andy Grayson (apkandm1@gmail.com)

Website: <https://costalfermento.wpengine.com/>

Description: Join TATC Members on March 14th, 2023, at 6:00 pm; TATC will hold a pub night get-together at the Coastal Fermentory in Newport News (near the Monitor Merrimac Bridge) No sign-up is necessary; just show up. There is a pizza place (Benny Cantiere's) a few doors down from the brewery. Parking is plentiful. Come enjoy a pint and get to know the TATC folks a little better!

(Continued on next page ...)

Activities Schedule

PLEASE NOTE: Most hikes are limited in the number of participants. The hike leader will take reservations on a first-come, first-served basis. You can include your name on the sign up sheets available at each meeting or call the hike leader. If you sign up for an activity and then decide not to participate, please contact the leader in advance.

Beginning Backpacking Trip

When: March 25 – 26, 2023

Where: Stony Man Trailhead, Appalachian National Scenic Trail, Luray, VA 22835

Contact: Carl Albuquerque at csalbie@gmail.com (<mailto:csalbie@gmail.com>). The size of the groups is limited, so you must contact Carl to participate!

Description: Beginner's Backpacking Trip Date: March 25th and 26th Time: Aiming at a just before noon start Where: Shenandoah National Park, Skyland area. Day 1: Start at Skyland around noon (either parking for the lodge or parking for the trail up to Stonyman/Little Stonyman). We'll hike 6.3 miles on the AT that day up and over Little Stonyman and Pinnacles Mountain, spending the night at Byrd's Nest 3 shelter. Day 2: We'll hike a total of 3 miles on the AT from Byrd's Nest 3 to the Panorama Parking lot at the Thornton's Gap entrance to the park (Rt. 211). Along the way on this short day, we'll take in the views from Mary's Rock before we descend to the parking lot. After the hike, we'll drive to Sperryville and find some food. Who: Open to 8 hikers. There'll be a couple of other folks with me to answer questions/pass out free knowledge. This could easily be your very first backpacking trip. The miles are short and the views are wonderful. What to bring: The park charges an entrance fee. I will provide a list of suggested equipment and items for those who have never done this before. The Shelter has a bear box, which makes it convenient to store your food and toothpaste. It will be chilly, so extra layers will be suggested. <https://www.nps.gov/shen/planyourvisit/backcountry-camping.htm>. I will file the backcountry permit (free) for the whole group. For questions or to sign-up

Cabin Work Trip

When: Friday - Sunday, April 28 - 30, 2023

Where: TATC Cabin

Contact: Call trip leader Bob Adkisson 757 627 5514 with questions or to get your name on the list. Or email me at cabin@tidewateratc.com

Description: This should be of special interest to new members: by attending this cabin maintenance/orientation weekend (even if you just spend Sat. night there), you will get shown how to care for and operate the TATC cabin, and thereby qualify yourself to rent it on your own anytime in the future. The cabin sleeps 12 but folks are welcome to tent out if they want. It is a half mile walk from the parking area/trailhead on the Blue Ridge Parkway (at mile post 18.5) to the cabin. Bring normal camping gear and clothing-- sleeping bags, sleeping pads, food for your lunches and breakfasts, work gloves, hiking boots if you have them, etc. Probably a community meal for Sat. night dinner-- with everyone chipping in one way or the other if they want to share in that. The trip will probably be limited to about 15 people. There should be time to take a short hike and to enjoy springtime in the mountains.

Information for Hike & Activities Schedule, TATC website schedule listings and Meetup postings are collected & edited by the Hikemaster. Contact Andy Grayson at hikemaster@tidewateratc.com for publication.

TATC Officers & Board

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



TATC at the Virginia Beach Winter Wildlife Festival



TATC at the Virginia Beach Winter Wildlife Festival



TATC Time Capsule Photos - 2022

Preparing Contents of Time Capsule at Jim and Chris Sexton's Home



TATC Time Capsule Photos - 2022

Jim Newman, Bob Adkisson, Jim Sexton, and Mal Higgins stuff the Time Capsule



TATC Time Capsule Photos - 2022

Time Capsule stuffed with Contents before sealing Lid



TATC Time Capsule Photos - 2022

Hole in Dirt below Cabin Floor to receive Time Capsule



TATC Time Capsule Photos - 2022

Blue PVC Protective Pipe and Time Capsule ready to place in Ground



TATC Time Capsule Photos - 2022

Bob Adkisson, Mal Higgins, and Martin Vines preparing to install the Time Capsule
(photo by Larry LeMasters)



TATC Time Capsule Photos - 2022

Mal Higgins lowering Time Capsule below Floor



TATC Time Capsule Photos - 2022

Time Capsule in Place

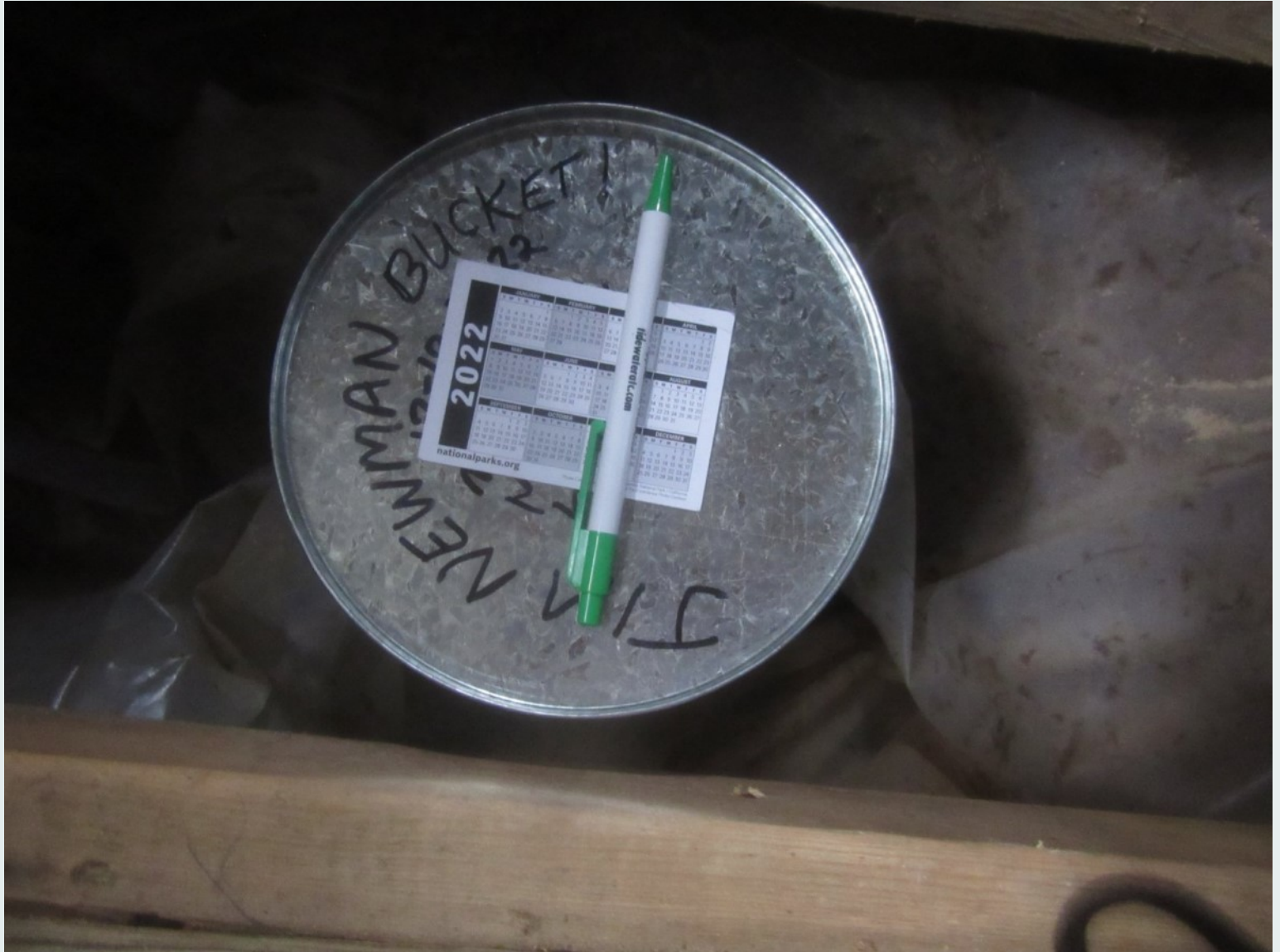


TATC Time Capsule Photos - 2022

Jim Newman's Bucket over the Top of the Time Capsule



TATC Time Capsule Photos - 2022
Final View of Time Capsule before Covering



TATC Time Capsule Photos - 2022

Replacing Floor Cover over Time Capsule:
Bob Adkisson, Mal Higgins, and Martin Vines



TATC Time Capsule Photos - 2022
Bob Adkisson, Mal Higgins, and Martin Vines secure Capsule
Identification Plate to Floor (photo by Larry LeMasters)



TATC Time Capsule Photos - 2022

**Final Screw in Floor, Bob Adkisson, Mal Higgins, and Martin Vines
secure Capsule Identification Plate to Floor (photo by Larry LeMasters)**



TATC Time Capsule Photos - 2022

Martin Vines instructs Mal on the Power Driver!

(photo by Larry LeMasters)



TATC Time Capsule Photos - 2022

Identification Plate on Floor Cutout over Time Capsule



TATC Time Capsule Photos - 2022

Bob Adkisson suggests we dig Time Capsule up with Crow Bar!



TATC Time Capsule Photos - 2022

TATC Cabin on December 10, 2022 - Day of Time Capsule Installation



**Flashback - Mark Connolly at 2011 "Freezeree" Trip
to Marcy Dam in the Adirondacks**



**Flashback - Mark Connolly at 2011 "Freezeree" Trip
to Marcy Dam in the Adirondacks on Avalanche Lake**



Canaan Valley, W.V. and Blackwater Falls State Park
Walking down the Wooden Stairway to the Main Falls in Blackwater Falls State Park



Canaan Valley, W.V. and Blackwater Falls State Park
Sophia Smith on a horseback ride last August



Canaan Valley, W.V. and Blackwater Falls State Park
A Maple Leaf has gotten a Head Start on Autumn



Canaan Valley, W.V. and Blackwater Falls State Park

Sophia just below small, noisy Waterfall near Lodge at Blackwater Falls State Park



Evelyn at the Highest Point in Indiana

1,257 ft Hoosier Hill-- One of the Top 5 *Least* Impressive State Highpoints in the U.S.



Niagara Falls (the American Side of the Falls)
Bob, Evelyn, and Sophia on the Maid of the Mist Boat



**On the Cave of the Wind Tour, at the Foot of the American Falls
Water from 8 States and one Province mist the Air and get Everyone Wet**



**Sophia & Bob Canoe Camp on Middle Saranac Lake in the Adirondacks
of Upstate N.Y. -- Sophia at our Shore Side Campsite as the Sun Sets.**



Canoe Camp on Middle Saranac Lake in the Adirondacks

Sophia tries a bit of Solo Paddling the next Day



**Albany, New York , the Egg Shaped Spaceship and the State Capital Building
on a Cloudy Summer Day**



**Albany, New York , the Egg Shaped Spaceship and the State Capital Building
(turns out the aliens inside did not stop to meet any leaders, but to use the little red
porta potty-- then they were off to Andromeda, and beyond)**



Green Run Tree Planting – January 14, 2023

Malcolm Higgins

TATC had a turnout of 16 folks on Saturday, January 14, 2023, and from what Lynnhaven River Now's (LRN) organizer is saying, we planted about 100 trees with the help of other volunteers from LRN. No one paid attention to which group planted which trees. So, we claim the 100. TATC worked in two Green Run subdivision venues: a large field and wetlands area off Lynnhaven Parkway near a WaWa, and along the muddy and goose-poop canal edge of Twin Canal Villages.

Well done, Dave (Plum) for organizing TATC to participate in this event. We mustered at 8:45 am and were done by around Noon.



Green Run Tree Planting – January 14, 2023
Malcolm Higgins



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Green Run Tree Planting – January 14, 2023
Malcolm Higgins



TATC's Tuesday Group's Hike in Ivor. January 17, 2023



TATC's Tuesday Group's Hike in Ivor. January 17, 2023



TATC's Tuesday Group's Hike in Ivor. January 17, 2023

