

# Tidewater Appalachian Trail Club

## Appalachian Hiker



Banner Photo by Mark Ferguson

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

October 2020 - November 2020  
47th Edition, 5<sup>th</sup> Issue

### PREZ SEZ

Dear Friends and Members,

It's time again to prepare for club elections. Yes, already!

It is now time for our membership (YOU) to help carry us into the future.

Are you a new member? Why not get involved, get to know other members better, and have a say in how the club operates?

Are you a long-time member, maybe never had a leadership position before? How about giving it a go?

Are you a long-time member, had a leadership position in the past?

Are you ready to give it another round?

The positions coming open for the next fiscal year are:

- ◆ President
- ◆ Vice President
- ◆ Treasurer
- ◆ Trail Supervisor
- ◆ Assistant Trail Supervisor
- ◆ Counselor

We also have openings for Committee positions: Tool Boss and Land Management.

If you're interested, LET US KNOW! Send an email to [president@tidewateratc.com](mailto:president@tidewateratc.com) to express your interest.

We need you to keep our club functioning and running. Please help!

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



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



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## Minute For Maintenance

It's time for an update on our trail maintenance "Adaptive Recovery" from the effects of the on-going COVID-19 pandemic. Both our June and July Swing Blade/Lopper Fests were cancelled by ATC mandate, allowing weeds on Three Ridges southside to grow chest high. By August, after return-to-work protocols were put in place along with a new Pandemic Job Hazard Analysis, thirty-four TATC volunteers qualified to return to trail work by reading pages of safety documents plus viewing a video and then certified that they had done so. The first TATCers to venture onto the trail for maintenance were solo efforts by Paul Dickens, Randy Smith & son Evan mid-month. This was followed by a full-fledged summer maintenance trip the weekend of August 28-30 involving eleven members along with trail runner Jim Baum. We finished clearing the remainder of the AT except for a few reasonable step-overs.

Now comes the official Fall Maintenance of October 16-18. Unlike past gatherings, this will be different. Note the following:

- The number of participants is limited to 30, first come, first served. Thus far, 18 people have signed on.
- Camping will be Sherando's group site at the end of the road, uphill from the CCC Kitchen—a new and beautiful location for us. New bath house for our exclusive use too!
- There will be no club-provided Saturday dinner. We must provide our own food, all meals; however, there will be a trail "snack sack" provided to all before leaving for work Saturday morning.

Work crew assignments for Fall Maintenance will involve redoing camping pads at Maupin Shelter along with the installation of four new fire rings. Also, a saw crew to clear a new blow-down on the AT near Flat Rock. Additionally, some blazing work and another saw crew to remove a fallen tree on the White Rocks Falls Trail at the waterfall.

I urge you to qualify to return to trail work in these pandemic times and to participate at Fall Maintenance. The requirements are at the link below. Only qualified members may compete for the remaining twelve positions. I hope to see you there!

[https://tidewateratc.com/resources/Maintenance/Requirements for Returning to Work on the A.T. as a Member of TATC.pdf](https://tidewateratc.com/resources/Maintenance/Requirements%20for%20Returning%20to%20Work%20on%20the%20A.T.%20as%20a%20Member%20of%20TATC.pdf)

*Jim Newman*  
Trail Supervisor  
[trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)



Photo by Bob Mooney

# TATC Cabin Orientation and Work Trip

November 13-15, 2020

*By Bob Adkisson*

Cabin Work Trip (new, rescheduled) - Bob Adkisson (627 5514 - Norfolk) will lead a work trip to the TATC Cabin in Nelson County on the weekend of November 13<sup>th</sup> - 15<sup>th</sup>. The main job will be chainsawing and stacking/transporting firewood for the coming winter months. I hope to have both club chainsaws; I will operate one and I hope we have at least one person who is both experienced and willing to use the other. It wouldn't hurt to have a 3<sup>rd</sup> saw available, if anyone who signs up would like to bring their personal saw.

If the weather cooperates, all of the work will be done on Saturday, and folks are welcome to head home or to a Waynesboro motel if they like that night.

Otherwise, I will try and limit the group size down to 8 or 9 people. No dogs or children on this particular trip please (and, as on ALL cabin work trips, no firearms are allowed). There will be no community meal Saturday night, and I will ask that some people be prepared to camp out instead of staying in the cabin. We will try and keep social distancing and wear masks when in the cabin together.

Newcomers to the club are welcome on this trip, and attending will qualify you to rent the cabin on your own in the future (at some point while we are there I will do a run thru of the cabin rules and talk about how to open/close up the cabin, how to operate and take care of it.

You need to bring a backpack (for the half mile walk to the cabin from where we park, on the Blue Ridge Parkway), boots, work gloves, appropriate warm clothing, sleeping bag and pad, and whatever food you will need for the period of time you will be there. Some type of ear protection would be good to have as well.

Call or email me to sign up. Any number over the limit of 9 people can be place on a wait list, in case there are drop-outs. If you leave a message on our machine be sure to clearly state your name and phone number and we will get back to you ASAP. Email address is [cabin@tidewateratc.com](mailto:cabin@tidewateratc.com)

## Renew Your TATC Membership

**Please, please, go to our Website at [www.tidewateratc.com](http://www.tidewateratc.com) and renew your Membership if it is due!** And if you do not want to renew online then click [here](#) for a hardcopy membership form which you can then mail to the address provided.

Now, more than ever, we need your support; since most in-person meetings and events have been cancelled, and it will probably be some time before we're back to somewhat normal operations.

**If you would like to subscribe to our blast email listing for future emails, then click on the following link:** <http://tidewateratc.us6.list-manage.com/subscribe/post?u=55b4b56215f58352eca502f98&id=0eb6788ff3>

## Educational Notes

*By Lee Lohman*

The Education Committee briefed TATC members on August 17th about parasite threats. The briefing was entitled Eagerly Awaiting Your Return to the Trail: Chiggers, Ticks, and Mosquitoes. The briefing addressed how and why these creatures attack us, how to defend yourself, and how to assess possible illnesses you might get from them.

The briefing was re-recorded and link from this presentation and related materials are now available on the Education Tab of our website. The re-recording includes two slides added after the original presentation.

The link and passcode to the re-recorded parasite presentation, Eagerly Awaiting Your Return to the Trail: Ticks, Chiggers, and Mosquitoes is: [https://zoom.us/rec/share/L1itvqCFUx15PRbL56wBYVhAS1IzeOs87lQ8ipftWxOZ8QiJC\\_mhEEsphG2srMvh.CMcnhH15FE52Guan](https://zoom.us/rec/share/L1itvqCFUx15PRbL56wBYVhAS1IzeOs87lQ8ipftWxOZ8QiJC_mhEEsphG2srMvh.CMcnhH15FE52Guan)  
Enter the passcode: **EdTatc8/17**

The link to Jim Newman's recommended tent light and bug zapper is: <https://www.bing.com/videos/search?q=Enkeeo+tent+light+/+bug+zapper&docid=608051606925151463&mid=5040F28DEA11E944FEF75040F28DEA11E944FEF7&view=detail&FORM=VIRE>

The links to John Delano's Tick Twister tool is: <https://www.otom.com/> or <https://www.tick-twister.com/> It is also available on Amazon.

The link to the Virginia Department of Health's one page tick identification and symptom flyer is: [https://www.vdh.virginia.gov/content/uploads/sites/12/2016/10/Tick\\_borne\\_Disease\\_Flyer.pdf](https://www.vdh.virginia.gov/content/uploads/sites/12/2016/10/Tick_borne_Disease_Flyer.pdf)

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## Appalachian Trail - Walk the Distance App

Take a hike on the Appalachian Trail, no matter where you are!

Through the end of September, you can **unlock the A.T. on the Walk the Distance app when you donate \$5 or more to the Appalachian Trail Conservancy!** Your donation helps us on our mission to protect, manage, and advocate for the Trail.

**Walk the Distance** uses your daily steps tracked through your iPhone and converts them to miles hiked on the Trail. You can track where you would currently be on a northbound A.T. hike, and you can see other users completing the same route. Checkpoints along the virtual footpath highlight trivia on iconic views, shelters, ATC projects, and more, providing fun facts and Trail history on your virtual journey!

Visit [appalachiantrail.org/walkseptember](http://appalachiantrail.org/walkseptember) to donate and get your code today!

**DONATE TODAY**



# Glacier National Park in COVID Times

*By Mal Higgins*

Glacier National Park in the northwest corner of Montana is one of America's most spectacular parks for the sheer mountain beauty of it. As its website brags, Glacier's pristine forests, alpine meadows, rugged mountains, and spectacular lakes makes it a destination I had long wanted to visit. <https://www.nps.gov/glac/index.htm> I began planning a visit in February and targeted September as the time to go. Then came COVID 19! Glacier National Park closed the park to visitors on March 24, 2020, due to the COVID-19 pandemic. But, I remained hopeful and the park began increasing recreational access and services on a limited basis on June 8. So, with no further closures looming, Svetlana and I flew to Kalispell, MT September 5 and began six days of hiking day hikes in the park.

The first thing to note that made this 2020 adventure odd, is that the eastern border of Glacier abuts the Blackfeet Indian Reservation. The Blackfeet have been experiencing a large outbreak of COVID and closed all non essential travel and all facilities that operate on the reservation that provide tourist services along its highways: restaurants, lodging, gas stations, etc. This in turn caused Glacier to close off all of its eastern entrances to the park from the Blackfeet reservation side, and to close about one half of Glacier to all travel and hiking. The map located at <https://www.nps.gov/applications/glac/roadstatus/roadstatus.cfm> shows road closures. And of course, Canada was barring all U.S. citizens from crossing the border to visit Waterton Lakes National Park.

With all activity confined to the western part of Glacier, we still had way more places to visit and enjoy than time. The Going to the Sun Road ("GTSR") is the iconic west-east mountain road that traverses the park and is the single, only way to get around in the park. . All free shuttles usually running in the park were off for the season. So, it was a constant line of cars going up from Lake McDonald to the high places and coming back down.

We headquartered inside Glacier on the shore of Lake McDonald at a motel in Apgar Village, which also has a great camp store, Cedar Tree, and a restaurant, Eddie's, dating from 1941. We rented bear spray for the week and every day grabbed our daypacks and headed up the GTSR. We hoped to be able to park at Logan Pass Visitor Center and hike the Highline Trail out and back, but the early riser tourists filled the parking lot as early as 7:00 a.m. so we never were able to stop there, as Rangers shooed the cars away.

We enjoyed various overlooks of the huge valleys and canyons, as well as high peaks in the 9,000-10,000 foot elevation range. A bit of snow still lingered on the highest peaks. One of our major destination areas on the GTSR was called Rising Sun, which was near a couple trailheads. Its camp store closed for the year while we were in the park. With the eastern half of the park closed off internally, we could not hike in the Many Glacier or St. Mary's area. The GTSR was barricaded at mile 42 of its 50 mile length on the eastern side.

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Over the six days we did a variety of trails: the John's Lake Loop, the McDonald Falls Trail with gushing, narrow cuts and a side eddy to dip our feet; the Lincoln Lake trailhead to Snyder Ridge (an old dry, dusty horse trail); Rocky Point Trail along Lake McDonald; Snyder Lakes Trail, a branch off another trail leading to Sperry Chalet (forest fire burned in 2017, rebuilt for guests in 2019); Otokomi Trail along beautiful Rose Creek with multiple waterfalls, including one we scrambled down to. This was Svetlana's favorite trail. Our last big hike was up the Piegan Pass Trail with its branch trail to Siyeh Pass. Here we tramped through small stretches of mostly melted snow, perhaps 10-20 feet at a stretch. We also passed through numerous alpine meadows, with small firs or pines, evidence of waning wildflowers and several small lakes. The Siyeh Pass Trail afforded a view of a small, not very impressive Jackson Glacier across a vast canyon, and views of St. Mary's Lake from near the trail head.

We never saw a bear at all—just as well! Our bear spray provided a bit of potential protection, but I am mighty glad it wasn't ever needed. We did see two chipmunks, a pika. And one deer. At the Otokomi Trail waterfall, a strange small bird played at the edge of the swiftly moving Rose Creek, hopping and bopping its head and forging upstream, apparently looking for bugs. This was not an animal sighting trip!

Throughout these days we sometimes ate out at Eddie's (inside, social distancing, etc.) and sometimes just food we packed in a cooler for lunches and breakfasts. Montana has tons of breweries and so we sampled various IPAs and stouts, and even a California lager with the misleading label, "Patagonia".

Our final day we stayed in Kalispell and did some sightseeing. We visited Hungry Horse Dam, a giant hydroelectric, concrete dam somewhat on the scale of Hoover Dam. Cars can drive on it and we walked across it and back. The docent said it was one of numerous dams part of the Grand Coulee Dam electrical grid. We then headed south out of Columbia Falls and Kalispell on a beautiful scenic drive on Route 35 along Swan Lake.

It happened to be the anniversary of 9-11, and at various small towns' fire stations, firefighters stood along the route in motionless attention, holding a vigil in full firefighter dress and holding American flags. I stopped in Big Fork and spoke to the firefighter there, who said that in Montana they do it every year. He was on his third, two hour shift that day. It was a sobering reminder of the terrible deaths of that day in our history and made me feel very patriotic.

Both the flight to and the flight home from Kalispell via Chicago's O'Hare was annoying because of the hypocrisy of the recorded United Airlines repeated announcements that "At United your health and safety are our most important priority". Yeah sure, as United packed us in, three persons per row, row after row with no separation. Airplane completely full. Of course we had to wear masks both in flight and in the airports, but that inconvenience was worth it to visit Glacier.

## What Makes an A.T. View Great?



Picture, in your mind, an Appalachian Trail (A.T.) view that inspires you.

Now have a fellow A.T. hiker do the same.

Did the view they selected look anything like yours? Most likely not.

Since the A.T. traverses so many regions, the views along its 2,193 miles vary significantly, sometimes even within a few miles. From craggy mountains in North Georgia, to rolling farmlands in Pennsylvania, to the rugged Saddleback Range in Maine, the Trail provides visitors with a diversity of views to admire, each tied to the environments surrounding the footpath. And while each view may differ in scope and composition, all of them are important to preserving the irreplaceable A.T. experience, and all of them inspire us for a wide variety of reasons.

“The values of views are tied to place, showcasing unique landscapes, cultures and histories,” said Marian Or-lousky, Appalachian Trail Conservancy (ATC) Director of Science and Stewardship. “What outstanding views have in common is that they provide unique experiences, they build a connection between visitor and the landscape, and they inspire.”



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Yet as inspiring as A.T. views are, it is easy for us to take them for granted. Most of these views have survived for centuries, after all, so many of us don't stop to consider what it will take to protect them well into the future. Steady population growth in the Eastern United States and intensifying land use near the Trail — including increasingly larger scale infrastructure development — are two factors (of many) that could permanently impact the quality of A.T. views.

To better address these looming threats, the ATC and the National Park Service (NPS) are taking a vital first step to ensure that we identify and accurately describe the scenic beauty along the A.T. by taking inventory of the current state of the Trail's irreplaceable views.

Known as the “Enjoy the View” initiative, the ATC and NPS will be collecting data and taking in-depth photographs of over 1,400 viewpoints along the entire A.T. The initiative began in 2019 with an assessment of 70 scenic views at four very different sites along the Trail: Nantahala National Forest in North Carolina, the Virginia “Triple Crown,” South Mountain in Pennsylvania and the Saddleback Range in Maine.



Participants carefully photographed select views from each area, identified the type of view seen (for example, “natural,” “agricultural” or “suburban”), documented the elements of the landscape (mountains, lakes, roads, etc.) and, importantly, assessed the level of impact each view has already sustained and the potential for additional impacts in the future.

The data collected from this program will be invaluable in helping the ATC and its partners determine the funding and effort needed to protect and conserve many of the Trail's most iconic views. Having photographs of both pristine views and significantly impacted landscapes will provide some of the clearest examples possible of what could happen to these views if we are not proactive in advocating for their conservation — and will help educate the public and policymakers about how important (and fragile) A.T. scenic resources truly are.

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“Each view along the Trail is unique, like a piece of art,” said Laura Belleville, ATC Vice President of Conservation and Trail Programs. “There are shapes and colors, lines and texture that draw our eye and fill our experience with an often-indescribable feeling of awe, wonder, appreciation and gratitude. Our team's challenge is to unite art and science so that we can adequately describe what needs to be protected above all else. Thanks to landscape architects at the National Park Service and the hard work of our pilot teams, we now have the Trail tested tools to do that.”



All the data collected through “Enjoy the View” is also designed to be defensible in court. If a developer negatively impacts an A.T. view, the data gathered through “Enjoy the View” equips the ATC to objectively show the true impacts. Without this data, we might not have the information needed to seek damages or help modify developments that could negatively impact the A.T. experience.

So, what remains to be completed in “Enjoy the View”? In truth, quite a bit. 1,326 A.T. views are still waiting to be assessed, which would cost at least \$795,000 to complete. These costs include project leadership, new seasonal positions, recruiting and training volunteers, database and mapping support, and time for analyses and documentation.

Undoubtedly, all of this work is worth it. Picture, once again, in your mind an A.T. view. That view will only remain protected for your next visit, and for millions more, through the work of the ATC and through programs like “Enjoy the View.” After all, the inspiration and beauty we experience when confronted by the A.T.’s scenic beauty comes at a cost but is, ultimately, invaluable.

Sincerely,  
*The Appalachian Trail Conservancy Team*

Help us protect the irreplaceable A.T. views so that they can inspire generations to come.



**DONATE TODAY**



# First Landing State Park (FLSP) Maintenance

August 6<sup>th</sup>, 2020

*By Lee Lohman*



It was one of those days. The Weather Service had predicted 85 degree temperatures, some clouds, some sun, some dry spells, some rain, and humidity throughout the day. Consequently, our packs included sunblock, rain gear, water, bug spray, lunch, masks, and of course, tools. The day promised to be fickle and messy--and we were delighted to be out in it. The "we" were Ellis and Marti Malabad, Robert Mooney, and Lee Lohman, and we were on the first formal trail maintenance event since COVID-19 shut down TATC trail maintenance operations.

Ellis had been contacting the management of First Landing State Park for months asking if we could return to the trail. The answer was always no. Then [fill-in], called Ellis saying that FLST urgently needed our help. They had gained a huge increase in the number of visitors. Folks eager to escape confinement saw the trails as a safe place to get away from the house. FLSP's problem was staff reductions that reduced their capacity to survey and maintain the trails.

That morning, we were keen to get started, but the usual pre-work briefing was longer than usual as we went over the COVID-19 checklist of do's and don'ts. A major do was wearing masks throughout the day. Working so close to each other, we had no choice. In that heat and humidity, it was going to be a real treat.

Tools in hand, we started off. Our task was reconnaissance and trail cleanup. Ellis and Lee formed one team while Marti and Bob were the other. The teams started around the [fill-in] trail from opposite sides. At first, there were only a few branches and weeds to clear. That was until the trail runners started stopping Ellis and Lee to complain about what was ahead.

One woman trail runner looked at their tools and told them she was glad they were there as the trail ahead was a mess. She was right. It looked like someone tried to build Fort Apache out of blown down trees. Several had fallen in a crisscrossed pattern. All were festooned with leaf covered branches. It was like a jungle.

FLSP doesn't let volunteers use chainsaws so we had to attack the jungle with a handsaw and lop-pers. After 30 minutes of giving the trees haircuts, Ellis and Lee made the trail passable for hikers though the hikers would benefit from prior experience as mountain goats.

The two teams subsequently met up. After some light maintenance work, we all stopped for lunch--at appropriate distances, of course. The weather was hot and humid, but the lunch location was delightful overlooking an outlet to the bay. Little did we know that while we were eating lunch others were lunching on us. More on that later.

After lunch and some more maintenance, we started back towards the cars. To polish off the day, it started to rain. Hot, humid (obviously), and wearing masks (now wet), it was a special part of the day's hike. Everyone was happy to see the cars, and the car's air conditioners. After saying goodbye, they all took off glad to have helped FLSP, and glad that the day's work was over. But, it wasn't. The day's experience would continue as Ellis and Marti later found that FLSP chiggers had found a new home--and it was them.



# MEDIC SOLO

## DISASTER + WILDERNESS MEDICAL SCHOOL



Hello Friends in Disaster and Wilderness Medicine,

Autumn has arrived. May its many colors bring much needed peaceful beauty into each of our lives. Thank you everyone, for all that you do to strengthen our communities, making disaster and wilderness areas safer for all.  
News:

- **Calendar of in-person courses below** ~ autumn, winter, and spring. [Safety First](#).
- **Specialty Topics video series coming!** To be released on our [Facebook](#) page. Details further below.

### 3 learning options for Disaster + Travel + Wilderness First Aid:

#### (1) Online only

- **Free sample viewing sessions!** Pick one (½ hour viewing, then live Q&A): This Sunday 9/27: 1pm Pacific / 4pm Eastern North America / 10pm in Central Europe Tues. 10/27: 5pm Pacific, 8pm Eastern North America / 1am Central Europe Sat. 12/5, 7am Pacific / 10am Eastern North America / 2pm Central Europe Sign-up: simply [Contact Deanna](#) and indicate which session you'll attend.
- **Actually engaging, interesting, thought-provoking and fun throughout!**
- [Full transparency: see all feedback surveys](#) that have come in.
- Great starter for first-timers, great review for alumni.
- Self-paced (take a month or more!) at your leisure, with abilities to pause, rewind and re-play – can't do these in an in-person class!
- Skills practice sessions in your own home interwoven between video presentations, to maximize your learning of how to save life and limb in an emergency.
- Certificate of Completion available at the end. (For WFA certification, see other options below.)
- Fee: about half that of the options below.

[Register Here](#)   [More Info – Online-only](#)

#### (2) Blended Learning (Online + In-Person)

A perfect blend of learning essential dtWFA skills **online NOW\*\*** at your own pace (see above), paired with through our online presentations and self-guided skills practice and get a **3-year credit to take a future in-person class** for further development of skills and WFA certification (see below). Ideal for people who are not yet feeling ready to attend an in-person class. The fee is the same is the In-Person-only offering below – so the learn-online-now is a FREE bonus.

[Register Here](#)   [More Info – Blended Learning](#)

#### (3) In-Person Only

**Safety First:** [click here](#) to see our extensive procedures (exceeding CDC/WHO guidelines, exceeding government regulations) for zero virus transmission, including anti-COVID extensive pre-screening; body temperature scans; masks, distancing and more required for all the entire time, inside and outside. Click the link above for details on these and many more safety protocols, and full-transparency feedback surveys including students' comments on our safety procedures and comfort with them during class. Attend with a non-distancing learning partner, or alone with a home-made manikin (sample photo above) as your patient, while staying distanced from everyone else. **Manikin option works surprisingly well**, actually resulting in solid skills development – [see and read how here](#).

Earn SOLO WFA Certification ([endorsements & approvals](#)) or recertify your SOLO WFR.

Our same pre-coronavirus \$215 fee – our costs went up, we're running some classes at a loss in order to make this education accessible, and we're not raising the fee. This reflects a **savings of \$60 per person** as compared to another national wilderness medical school's course, which is shorter, less-in-depth, and less-hands-on.

[Register Here](#)   [More Info – In-person classes](#)

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

May the mildness and colors of fall, energize and strengthen us all,  
**Team MEDIC SOLO**

# First Landing State Park

Category: Hiking, Blue Ways, Bicycling, Jogging

Description: First Landing State Park is located in Virginia Beach, Virginia. Activities and facilities in the park include hiking, bicycling, jogging trails, a camping area, picnic areas, a coin laundry, rental cabins, a camp store, a visitor center, a trail center, and boat launch sites. The park is where English colonists first landed in 1607. Its cypress swamps were a source of fresh water for merchant mariners, pirates and military ships during the War of 1812. Legend has it that Blackbeard hid in the Narrows area of the park, and interior waterways were used by Union and Confederate patrols during the Civil War. Built in part by an all African-American Civilian Conservation Corps in 1933-1940, the park is a National Natural Landmark and is listed in the National Register of Historic Places. As Virginia's most-visited state park, it's an oasis within urban Virginia Beach. The 2,888 acre park has 20 miles of trails and 1.5 miles of sandy Chesapeake Bay beach frontage.

Trails in the park include:

Bald Cypress - 1.8 miles - includes boardwalks and overlooks through bald cypress swamps.  
Cape Henry - 6.1 miles - favorite of hikers and bikers. Goes through forest and swamps and has peaceful views along Lake Susan Constant, as well as views of expansive salt marshes.  
Fox Run - 0.3 miles - mostly flat connecting trail with some sandy areas.  
High Dune - 0.3 miles - this trail goes over and through an ancient dune ridge.  
Kingfisher - 0.6 miles - mostly level with sandy spots, connects Long Creek and Cape Henry trails.  
Live Oak - 0.4 miles - connects beach parking lot and campgrounds with the trail center.  
Long Creek - 4 miles - this sandy trail hugs the edge of Broad Bay and Long Creek.  
Osmanthus - 2.5 miles - goes through cypress swamps and over small gradual hills.  
Osprey - 1.3 miles - offshoot of the Long Creek Trail, meanders next to Broad Bay and veers inland.  
White Hill Lake - 1.4 miles - connects Long Creek and Cape Henry trails. Good area for bird watching.

These trails provide access to lagoons with trees draped with Spanish moss, maritime forests, meadows, marshes, swamps, beaches, and high sand dunes.

Website: <https://www.dcr.virginia.gov/state-parks/first-landing>

Trail Guide: <https://www.dcr.virginia.gov/state-parks/document/data/trail-guide-firstlanding.pdf>

Facilities Guide: <https://www.dcr.virginia.gov/state-parks/document/data/facility-guide-firstlandingnorth.pdf>

Location: From I-64, take Northampton Blvd.-U.S. 13 North (Exit 282). Go through eight lights, then turn right at the Shore Drive/U.S. 60 exit (last exit before the Chesapeake Bay Bridge Tunnel). Take a right on Shore Drive and go four and a half miles to the park entrance. To reach the Chesapeake Bay Center, park office, camping or cabins, turn left off U.S. Rt. 60 at the stoplight and check in at the contact station or park office. For the Trail Center, picnic area and trails, turn right instead.

Operating Hours: Day-use areas open 8 a.m.-dusk. Overnight camping and rental cabin areas are accessible 24 hours a day by permit.

Passenger Vehicle Parking and Admission Fees:

Standard: \$7,  
Weekends Apr-Oct\*: \$10 (*\*Memorial Day, July 4th. & Labor Day holidays are charged weekend rates*)

Contact Information: Phone: (757) 412-2300  
Email: [firstlanding@dcr.virginia.gov](mailto:firstlanding@dcr.virginia.gov)

Address: First Landing State Park  
2500 Shore Drive  
Virginia Beach, VA 23451-1415

Map Location: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, A-6 (First Landing State Park) or Latitude, 36.918020. Longitude, -76.051547.

Friends Group: <https://friendsoffirstlandingstatepark.com/> or contact [friendsoffirstlandingstatepark@gmail.com](mailto:friendsoffirstlandingstatepark@gmail.com)

# Activities Schedule

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

## Hike for Kids Fundraiser

When: Thursday, October 1 - 31, 2020

Where: Virtual

Description: Sponsored by the Blue Sky Fund. This event is for the entire month of October. Visit <https://secure.qgiv.com/event/hikeforkids2020/> for more information.

## TATC Board Meeting

When: Wednesday, October 7, 2020 7pm-9pm

Where: Online via Zoom App

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

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

## TATC General Membership Meeting

When: Wednesday, October 14, 2020 7pm-9pm

Where: Online via Zoom App

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

Program: Bobby Nance Tree Arborist.

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

## Fall Trail Maintenance

When: October 16 -18, 2020

Where: Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952, USA ([map](#))

Contact: Jim Newman at [jimnewmann55@cox.net](mailto:jimnewmann55@cox.net) or 757-867-6688

Description: After the recent summer maintenance of September 4-6 and the previous independent work of Paul Dickens, Randy Smith & son Evan, our trail is clear for passage. Further maintenance needs, as of now, are reduced to the point that additional work can be handled by up to 30 people. This number is what I feel TATC can prudently sustain in these Covid-19 times. How to be included Participants must first complete two homework requirements involving the reading of Covid-19 Job Hazard Analysis material and viewing an ATC video; then certify such by contacting me ([jimnewman55@cox.net](mailto:jimnewman55@cox.net)) as well as sending the required notice of video viewing to ATC. These requirements and directions are found at the link below. If your name does not appear on both lists, you are ineligible (ATC rules) to participate. <https://tidewateratc.com/resources/Maintenance/RequirementsforReturningtoWorkontheA.T.asaMemberofTATC.pdf> The roster of participants will be filled on a first-come-first-served basis.

Camping arrangements TATC has reserved the group camping area that is uphill from the CCC kitchen. There are 28 widely spaced camping sites on grass with a picnic table at each place. The new bath house has 4 restrooms with showers, and TATC will have exclusive use of the group site. The group camping area is open, bright and spacious unlike the dismal Williams Branch area. Participants might want to bring some type of tarp shelter. We are a friendly, happy, social-loving group! It will be a joy to be together again; however, there must be strict attention given at all times to keeping true to CDC, ATC, and state pandemic guidelines. Masking, social distancing, hand washing, and avoidance of carpooling (other than family units) will be required.

Work crews

1. Maupin shelter outlying camping area: Two crews of 4 each to rehab camping pads. This involves fixing log borders and installation of fire rings
2. Drainage work: Four crews of 3 each dispersed over sections of AT
3. Harpers Creek Shelter clean-up excluding privy & shelter itself. Crew of 2.
4. Blazing: Two crews of 3.
5. Reserve: 2

(Continued on next page ...)



# Activities Schedule

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

## **TATC Board Meeting**

When: Wednesday, November 4, 2020 7pm-9pm

Where: Online via Zoom App

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

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

## **Cabin Work Trip**

When: November 13 - 15, 2020

Where: TATC Cabin

Contact: Bob Adkisson at 757-627-5514 or [cabin@tidewateratc.com](mailto:cabin@tidewateratc.com)

Description: Bob Adkisson will lead a work trip to the TATC Cabin in Nelson County on the weekend of November 13th-15th. The main job will be chainsawing and stacking/transporting firewood for the coming winter months. I hope to have both club chainsaws; I will operate one and I hope we have at least one person who is both experienced and willing to use the other. It wouldn't hurt to have a 3rd saw available, if anyone who signs up would like to bring their personal saw.

If the weather cooperates, all of the work will be done on Saturday, and folks are welcome to head home or to a Waynesboro motel if they like that night.

Otherwise, I will try and limit the group size down to 8 or 9 people. No dogs or children on this particular trip please (and, as on ALL cabin work trips, no firearms are allowed). There will be no community meal Saturday night, and I will ask that some people be prepared to camp out instead of staying in the cabin. We will try and keep social distancing and wear masks when in the cabin together.

Newcomers to the club are welcome on this trip, and attending will qualify you to rent the cabin on your own in the future (at some point while we are there I will do a run thru of the cabin rules and talk about how to open/close up the cabin, how to operate and take care of it).

You need to bring a backpack (for the half mile walk to the cabin from where we park, on the Blue Ridge Parkway), boots, work gloves, appropriate warm clothing, sleeping bag and pad, and whatever food you will need for the period of time you will be there. Some type of ear protection would be good to have as well.

Call or email me to sign up. Any number over the limit of 9 people can be place on a wait list, in case there are drop-outs. If you leave a message on our machine be sure to clearly state your name and phone number and we will get back to you ASAP. Email address is: [cabin@tidewateratc.com](mailto:cabin@tidewateratc.com)

## **TATC General Membership Meeting**

When: Wednesday, November 18, 2020 7pm-9pm

Where: Online via Zoom App

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

Program: TBD

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

[\*\*TATC Facebook Site\*\*](#)



# TATC Officers & Board

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



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



McDonald Creek



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



View from Going to Sun Road

# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Lake McDonald



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Alpine Meadow



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Snyder Lake



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Chipmunk



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Trail to Snyder Lake

# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Otokomi Waterfall on Rose Creek



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Jackson Glacier



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Siyeh Pass

# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Svetlana, Siyeh Pass



# GLACIER NATIONAL PARK IN COVID TIMES

By Mal Higgins



Big Fork MT Firefighter on 9-11



# **First Landing State Park (FLSP) Maintenance**

**August 6, 2020**

**By Bob Mooney**





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**August 6, 2020**

**By Bob Mooney**





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**August 6, 2020**

**By Bob Mooney**





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**August 6, 2020**

**By Bob Mooney**

