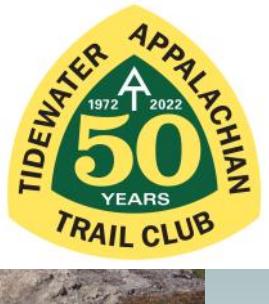


# Tidewater Appalachian Trail Club

## Appalachian Hiker



Banner Photo by Mark Ferguson

### PREZ SEZ

As spring has arrived, TATC has many activities for you to participate in. Thanks to our VP/Hikemaster, Jim Sexton, our spring calendar is full of events. Jim has been pushing your Board members to lead events (not only trail maintenance and hiking/biking/kayaking events but all types of events such as eating out, watching movies, happy hiker hours, backpacking, amphibious clean ups, etc.) Additionally, our ad-hoc Membership (Growth) Committee Chair, Bill Bunch, has been calling for us to offer more events on the weekends so members who work can participate. Bill has led by example in offering most of our weekend hikes himself so a special thanks goes to him.

Our Monthly Hasty Hike series has been popular with 19 participates attending the March event which was led by Michelle Cobb (see her article within). Please let me know if you are interested in leading one for us. They occur on the 2nd Saturday of each month with the following Sunday designated as the rain date. These hikes are aimed for those who are looking for a "workout hike" so there are no stops/breaks - just hiking at a 20-minute-per-mile pace or better.

Thanks to Bruce Julian for his weekend Chippokes Plantation State Park hike; Randy Smith for his Adventure Camping at Merchants Millpond Weekend with hiking, biking, and paddling; and Don Williams for his weekend Windsor Castle Park Hike and lunch at Wharf Hill Brewing Company. (Don plans to lead another Backpacking 101 series this year with one in the spring and one in the fall.)

Our local members are staying busy helping with our local maintenance activities. Paul Heymann, our Local Trail Supervisor, has scheduled our First Landing State Park maintenance series for the 3rd Thursday of each month (except for the winter months which were scheduled for Saturday so "working" members could volunteer). Paul has also encouraged, advocated, and/or supported other active members (John Oakes, Bruce Julian, Phyllis Neumann, etc.) willing to lead other maintenance events in our surrounding areas. *(Continued on Next Page ...)*

Apr 2025 - May 2025  
52<sup>nd</sup> Edition, 2<sup>nd</sup> Issue

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

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Our Happy Hike Hour (HHH) series have been well received. In March we went back to Bold Mariner led by Kama Michell. Their home-smoked barbecue is amazing not to mention their brews. Thirteen people attended with 6 of those being "newbies" that heard about us online or by friends of TATC. Don Williams will plan a 3-mile fun run before one of our HHH for those that feel the need to earn a drink.

Unfortunately, our Tidewater Appalachian Trail Eatery Reviewers (TATER) series for January and February were canceled due to weather (ice and/or snow). However, the March TATER was held at Captain Chuck-A-Muck's in Carrollton and was led by Don Williams. This was my first time there and local seafood is their specialty along with key lime pie. The TATER events are scheduled each month. Our April TATER event will be held on April 17 at Blue Pete's in Virginia Beach, led by Jim Sexton. Join us. Also, please let us know if you have a favorite restaurant that you'd like us to try.

Of course, I would be remiss without mentioning our Tuesday Group (TG). The TG's calendar stays full and so do their events. If you plan to attend, please remember to sign up early or you may find yourself on the waiting list to join them. Thanks to Ellis and Phyllis for their leadership and continued dedication to this important club activity. And special thanks to the event leaders! These events could not happen every week without leaders willing to spend the time to scout out, plan, and lead the actual event.

Thanks to everyone (36 people) who came out on March 29 to get Sherando ready for opening in April. John Sima, our Trail Supervisor, has developed a strong working relationship with, Jonathan Zimmerman, the Recreation Specialist of Sherando Lake Recreation Area and we gladly volunteer at this event because Sherando is our base camp for our AT (and other Blue Ridge Mountain area trails) maintenance events throughout the year. As I mentioned in our last Newsletter, John has scheduled all our major AT and other Blue Ridge Mountain trails maintenance events for the year. Please see our calendar and plan accordingly. These events are why we are a club - to maintain our 10.2-mile section (from Tye River to Reid's Gap) of the Appalachian Trail. Note that on Sunday, April 27, after our Spring Maintenance, you have a choice to sign up for a hike or trail maintenance training.

I also want to thank the many members that took the recent Sawyer certification training. We need your help to keep us moving forward.

#### **November 10, 2024**

Carl Albuquerque/Crosscut A  
Luis Betancourt/Crosscut A  
Bruce Davidson/Crosscut A  
Paul Heymann/Crosscut A  
Mike Martin/Crosscut A  
Tom Meree/Crosscut A  
Tom Miano/Crosscut A  
Kaci Midgette/Crosscut A  
Rich Seriani/Crosscut A  
Bob Veverka/Crosscut A

#### **November 16, 2024**

Lisa Hall/Crosscut A  
Timmy Hall/Crosscut B, Bucking Recert  
Patrick Hayes/Crosscut B, Bucking Recert  
John Oakes/ Crosscut B, Bucking Recert  
Jim Sexton/ Crosscut B, Bucking Recert

#### **March 7, 2025**

Andy Grayson/Crosscut B, Bucking Recert  
Randy Smith/Crosscut B, Bucking Recert  
Norman Reed/Crosscut A  
Amanda Hartwig/Crosscut A  
Chris Smith/Crosscut A  
Cory Galdo/Crosscut A

#### **March 7-9, 2025**

Peter Burch/Chainsaw recert, Crosscut B Recert

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We only have 8 certified Crosscut B Sawyers at this point and John is concerned. Hopefully all the recent Crosscut A individuals can become Crosscut B certified following one of our AT maintenance event weekends. Please see John Sima's article about AT Maintenance Event and Sawyer Training.

Our activity with the Appalachian Trail Conservancy (ATC) has continued strong with Ned Kuhns and Jim Sexton (alternate), our representatives to ATC's Virginia Regional Partnership Committee (RPC). The Central Virginia AT Partnership meeting was held on February 8th. The ATC's Southern Partnership Meeting and Virginia Regional Partnership Committee Meeting was held over the March 21st weekend at the Blowing Rock Conference Center in NC. Both Ned and Jim were able to attend and represent TATC. Please thank them for their continued dedication in representing us to ATC.

Thanks to Lee Lohman, our past TATC President and Program Chair, for his efforts in working an agreement with the Producer of a new movie that will be showing at The Naro in Ghent on April 28th. Please see Lee's article for details. I hope to see you there.

Thanks to Paul Heymann, our new Program Chair, for managing our monthly General Membership Meetings (GMM). He was tested and passed at our March GMM when he learned that our guest speaker was injured and couldn't show up 24 hours before the meeting. Please read Paul Heymann's article about our March GMM.

Last, but certainly not least, I wanted to mention that there are still 2 rooms available at the Deer Head Inn for our 2nd Annual "For Hikers and Jazz Lovers" event at Delaware Water Gap, PA, scheduled for the weekend of May 16 -18. If you have questions after reading about the event, please contact me directly.

Happy Trails, Lelia

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## Get Moving on a Hasty Hiker Hike!

*By Michelle Cobb*

The first in a series of monthly, spirited hikes was kicked off January 12th by Lelia Vann, Greg Reck and their best friend Bridgett. Held at First Landing State Park, these brisk hikes are a great way to get a workout on beautiful trails, see some familiar faces and meet new friends. The target pace is a 20-minute mile or less and the distance is around 5 1/2 miles, depending on the hike leader's chosen route. They are scheduled on the second Saturday morning of each month, with start times adjusted earlier as summer's heat sets in.

April's Hasty Hike is April 12 at First Landing State Park, 2500 Shore Drive, 10:15 check-in. The hike is capped at 20 and sign-up is through Sign Up Genius: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-55096473-hasty>.

Take the Trails entrance off Shore Drive (Cypress Swamp Dr), parking is on right directly after the fee booth. Parking without a state park pass is \$10, or free with an REI receipt. POC for April: [McobbTATC@gmail.com](mailto:McobbTATC@gmail.com)

TATC welcomes fleet-footed members to step up and lead a Hasty Hike! Contact Lelia for the details.



## Minute for Maintenance April 2025

By John Sima

After a quiet Winter season for Trail Maintenance, we're about to kick-off our 2025 maintenance season. Exciting times ahead! "The mountains are calling, and I must go".

The past couple months, Sawyer Certifications were our main focus. We had 17 people qualify for A level Crosscut Bucking and 2 people recertify as B level crosscut bucking. I am thrilled we have so much enthusiasm in our members to get qualified. We are lacking in numbers of qualified Sawyers in our Club.

My heroes for the month of March are Tom Meree and Bob Veverka. They went out and scouted our Three Ridges loop, removed many blowdowns and provided photo reconnaissance of large blowdowns they couldn't get to. They also went in to St Mary's Wilderness scouting an older overgrown trail we could possibly open up again. Well done guys!!!

If you would like to go out on your own and scout our trail or do light Maintenance, Lelia and I must be informed of your trip ahead of time. A simple email will do with your intentions. Why is this important? If someone gets hurt and wants to claim insurance from the Federal Government, TATC Leadership must know about the trip ahead of time.

Sherando Lake Recreation Area is having the CCC Kitchen's roof replaced. This is important to us because this is where we camp during many of our events. I urge anyone to sign up with Historicore, the link is on our calendar starting April 13th and continuing for 4 weeks. I'm sure there are support jobs to do on ground so you wouldn't necessarily have to climb up on the roof. These are week long events and will continue for 4 weeks so there are 4 separate sign-ups.

Let me know if you're interested in signing up for any of these events. Follow the links in our calendar to sign up using Signupgenius or Email [trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com).

### Maintenance Schedule:

- March 28-30: Sherando Cleanup Day
- April 11-13: Spring Backpacking AT Walk-Thru
- April 25-27: Spring AT Maintenance (Williams Branch)
- June 20-22: Swingblade & Lopperfest #1 (CCC Kitchen)
- July 18-20: Swingblade & Lopperfest #2 (CCC Kitchen)
- August 22-24: Swingblade & Lopperfest #3 (CCC Kitchen)
- October 10-12: Fall Backpacking AT Walk-Thru
- October 24-26: Fall AT Maintenance (Williams Branch)

Happy Trails,  
John Sima (CrazyLegs)  
Trail Supervisor



## FREEZEREE 2025 LIVE FREE OR DIE

*By Mal Higgins*

The 2025 Freezeree backpacking experience was in New Hampshire this year, February 2-9, 2025. New Hampshire—the “Live Free or Die” state—drew nine of us back for the second year in a row, seeking snow, cold, icy winds, and lots of snowshoeing. The nine were all veterans of past annual Freezerees to New Hampshire and New York. Bruce Davidson, Jim Newman, Bob Adkisson, John Sima, Tom Miano, John Barnes, Matthew Improta and I drove from Tidewater, and Mark Connolly drove from Maine.

The “mandatory” stop for breakfast at an IHOP near Salisbury, MD was our first break. Another highlight (somewhat of a standing joke) is the Tappanze Bridge (officially the Mario Cuomo Bridge) in New York. We encountered our first real snow along the roads in northern Massachusetts, crossing into NH. After a 650-mile drive north, the eight of us from Tidewater arrived in the town of Bristol, NH. We met up with Mark, and we enjoyed a late meal at “The Homestead” restaurant. We then followed NH Route 3A ten miles to begin our first overnight at the commodious Cardigan Lodge. <https://www.outdoors.org/destinations/new-hampshire/cardigan-lodge/>



**Cardigan Lodge – Photo by John Barnes**

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Cardigan Lodge is operated by the Appalachian Mountain Club. It provided a much-needed stop with creature comforts of electricity, showers, kitchen privileges, and bunk rooms. We were the only guests there. A friendly duty caretaker, Matthew, oriented us and mentioned that the previous few days had seen 60 members of the Boston chapter of the AMC staying there.

The following morning the reality set in. We were there to backpack and snowshoe up the trails of the sprawling AMC 1200-acre reservation to spend the next three nights at High Cabin. We all set out snowshoeing the 2.2-mile trail route along the Manning Trail, Holt Trail, Holt-Clark Cutoff, Clark Trail, and finally the Hurricane Gap Trail to arrive at High Cabin. <https://www.outdoors.org/destinations/new-hampshire/high-cabin/> The temperature was in the high teens. The trails had some gentle and not-so-gentle elevation gains, and we all made it at our respective paces. That means Bruce, Jim and I were last to arrive!



**High Cabin – Photo by John Barnes**

High Cabin is an 85-year-old AMC wooden cabin situated just below the tree line on a saddle below Mt. Cardigan. It has 12 bunks, no electricity, no running water, a wood stove, a table, a kitchen with a propane stove, and a privy just outside and connected off a porch with a spectacular view. In many ways it felt like the TATC cabin.

As we settled in for our first afternoon and evening, we discovered that the problematic spring we had been warned about was non-existent in the deep freeze of 2-3 feet of snow on the ground. John Sima and Matt Improta dug and dug and came up dry. So, John Barnes, a/k/a "Snow Bunny", launched a one-man snow scooping brigade and we proceeded to melt pan after pan of snow.

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Snow was our only source of water for the next three days. After melting it on the propane stove, we filtered it through a high-volume pump filter brought by Matthew. We lit off the wood stove and it did a great job of radiating heat throughout the cabin, reaching temperatures of 50F or more sometimes. The wood was supplied by AMC and stored under the cabin porch.



**Inside High Cabin. John Sima, Bruce Davidson, Tom Miano – Photo by Mark Connolly**

The mini-crises of any backpacking adventure began to unfold that first evening. Mark announced that he could not find his car keys. He suspected that they had fallen out of an unzipped pocket while he was thrashing around in the snow after a fall on the hike in. Luckily, they turned up two days later wedged between the mattress and the wooden bunk frame! Crisis averted! Bruce was missing a battery-operated device that controlled an electrical stimulator to his back and had left it back at Cardigan Lodge. For the next four days he got 24/7 back stimulation whether he wanted it or not! I was dealing with an eye infection and was constantly dosing my eyes with several types of eye drops and doing my best not to itch them with filthy hands.

Morning of our first full day and we all set out to summit Mt. Cardigan. It's a relatively modest peak, a 3149-foot treeless granite summit known as "Old Baldy." But, oh boy! The Clark Trail route took us up through the beautifully snow-covered trees to a Fire Warden cabin. Things were going fine. As soon as we passed that cabin, we were in the open on the granite with only icy thin snow and rock cairns to mark the trail. The winds were howling in our face at what we estimated 40-50 mph. Freezing is too gentle a word. Even "All Cotton" Bob put on gloves. Somehow, we all stumbled up to the broad summit and took brief shelter on the leeward side of a fire tower. A few quick photos and we were back on the trail, stumbling along the cairns down to get out of the wind as fast as possible.

On the way down in the forest we encountered a group of high school day hikers with their adult leaders, from "MATCH", a Boston charter, free public high school. Bruce, Jim and I spent a bit of time visiting on the trail and learned about its –pre-K through 12 curriculum and mission to help students who would be the first in their families to go on to a college degree and were English Language Learners.

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They seemed relieved when Jim and I told them to not attempt to go to the Mt. Cardigan summit.

The next day, we all set out for a more benign trail adventure. With Matthew and the two Johns leading and breaking trail, we had a pleasant and cold (but not windy) snowshoe hike to South Peak (2862 feet). For some odd reason, it seemed that every time the trail branched in two directions, the branches were both blazed orange. We circled around in some deep snow, and then split into two groups with several of us heading back to High Cabin, and the others adding another trail before returning. Snow was so deep on the trails that we never used micro spikes. That night we recorded a “zero” temperature on the thermometer we hung on the porch, but the wood stove kept the cabin comfortable until the fire burned out.

We had a pretty sunrise. The last day was the end of our stay at High Cabin, and after cleaning and sweeping it, disposing of the stove ashes (buried out in the snow,) and restocking the firewood for the next users, we backpacked out. At Cardigan Lodge Bruce retrieved his device, but then Mark's car had a dead battery. We got it jumped with the loan of a battery jump device from Sky, the new duty caretaker, and we drove back into Bristol, stopping at a Dunkin for some food. The staff there were two young women from, of all places, Argentina, who spoke great English and were part of a three-month work/learning experience to the U.S.

Along the way, we found a convenience store for later consumption of the celebratory beer. We drove to Pinkham Notch and checked in at the well-known, historic Joe Dodge Lodge with comfortable bunkrooms, heat, running water, and electricity! <https://www.outdoors.org/destinations/new-hampshire/joe-dodge-lodge/>

We had a great evening meal, served buffet style, and by the next morning, after another delicious buffet style breakfast, we drove to Crawford Notch to attempt to summit Mt. Pierce (4312 feet).

This was the third time for some of us to snowshoe up the historic Crawford Path, first developed in the early 1800s. Since we all hiked at different paces our group soon spread out. It's a steady, relentless uphill ascent. Jim and I were the slowest, but we kept up a steady pace, hoping it would be sufficient. After over two hours we had only ascended a bit more than half of the trail to the summit and were encountering descending hikers who warned the conditions on top were worsening.

At the Mizpah Cutoff, Jim and I concluded we weren't going to make the summit. Ahead of us and out of communication were Tom, the two Johns, and Matthew. Descending hikers told us they saw our people near the summit. Jim and I fed a Gray Jay who was hanging around the Mizpah Cutoff with some special nuts and morsels Jim had packed. The jay was quite bold and would swoop in, land on our hands, grab a piece, and fly off to a nearby branch to eat it or stash it.

We met a few Canadians on the trail, and had a good, shared laugh when we asked them if they would like to become the U.S.'s 51<sup>st</sup> state. “Over my dead body” was one response.

Back down off the Crawford Path, Jim and I went into the Highland Center, operated by the AMC, and awaited the others. They came trickling back, all of whom had made the summit, over the next hour or so. Everyone reported visibility was near zero, and the snow was floundering deep if you missed the trail, even with snowshoes on. Matthew had even had the stamina to hike on with three strangers part way to the next peak, Mt. Eisenhower, before bumping up to a hard turn-around time to be back off the mountain by 5:00 p.m.

We made it back for our last supper at Joe Dodge Lodge. The supper staff told us the regular chef had been unable to be there, but they had prepared a very tasty meal in his absence. They were two college students from Sao Paulo, Brazil, on the same type of work/learning program as the Argentinians we met in Bristol. We opted to skip the offered documentary movie in favor of turning in early.

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The following morning, we loaded our two cars, said goodbye to Mark, who was off to Maine, and drove back all the way home to Tidewater. It was a great week of snow and cold weather.



**John Sima, Bob Adkisson on trail – Photo by Mal Higgins**

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**Mark Connolly, Jim Newman on trail – Photo by Mal Higgins**

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**John Barnes on trail – Photo by Mal Higgins**

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**Tom Miano on trail – Photo by Mal Higgins**

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**Bruce Davidson on trail – Photo by Mal Higgins**

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**Mal Higgins on trail – Photo by Mal Higgins**

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**Jim Newman feeding Gray Jay on Mt. Pierce – Photo by Mal Higgins**

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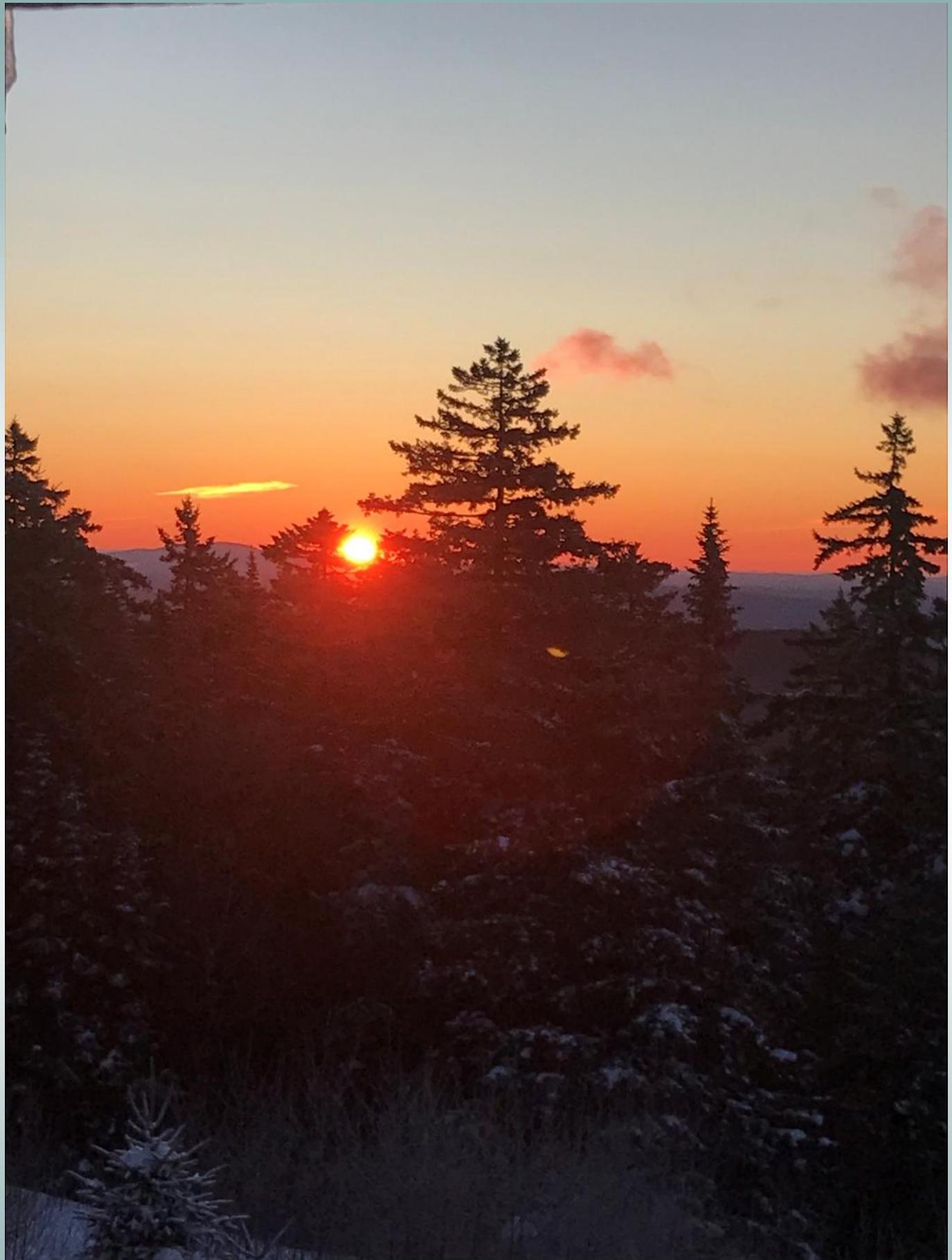
**Mal Higgins feeding Gray Jay on Mt. Pierce – Photo by Mal Higgins**

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**Bruce Davidson loses footing descending Clark Trail from Mt. Cardigan – Photo by Mal Higgins**

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**Sunrise at High Cabin – Photo by Mal Higgins**

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**Matthew Improta, John Barnes, Tom Miano on South Peak Trail – Photo by Mal Higgins**

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**Snowy trail along Crawford Path to Mt. Pierce – Photo by Mal Higgins**

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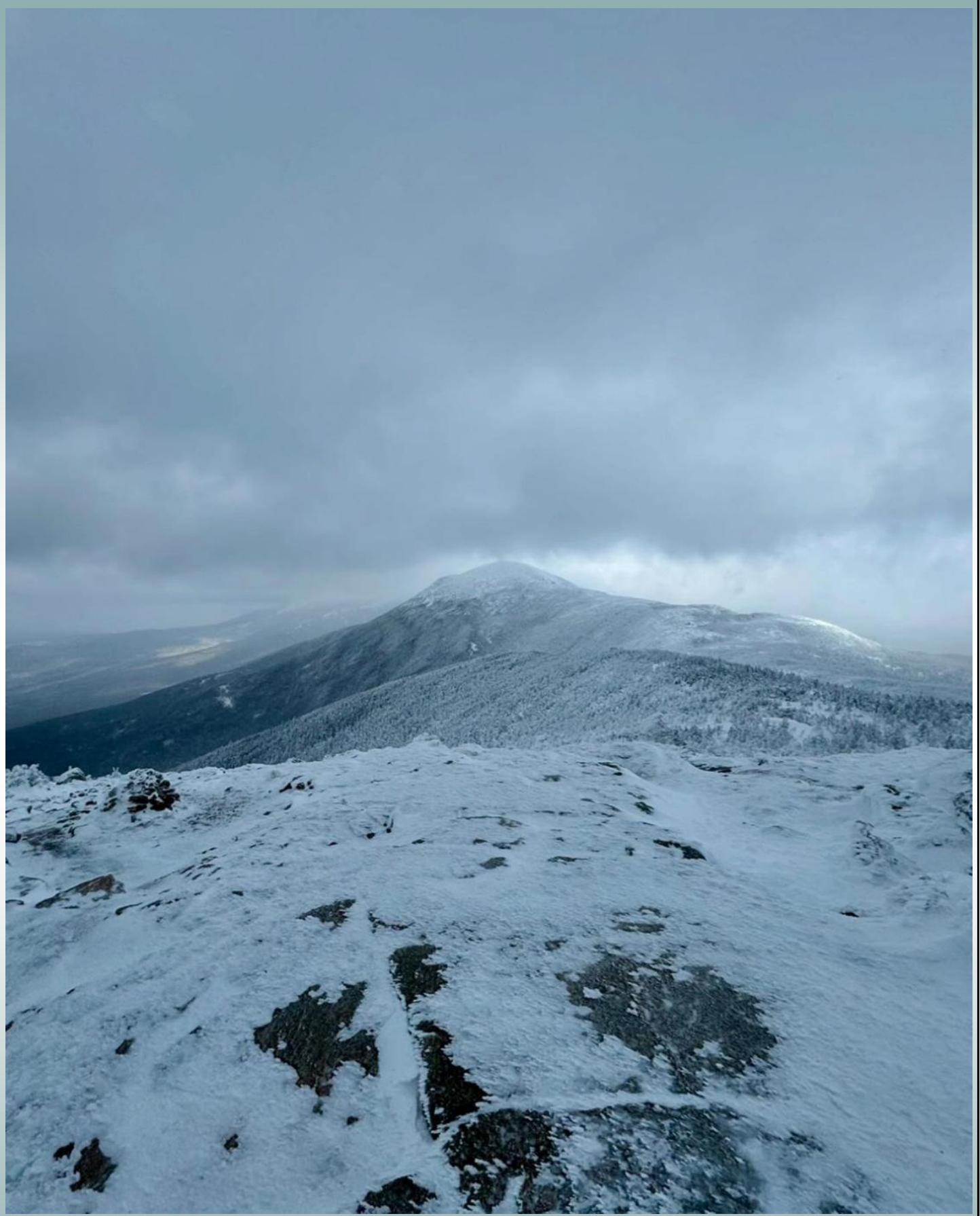
**Front porch of High Cabin showing proximity of privy door to cabin door! – Photo by Mark Connolly**

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**Inside High Cabin. (clockwise) Bruce Davidson, John Barnes, Mal Higgins, Matthew Improta, John Sima –**  
**Photo by Mark Connolly**

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**Summit of Mt. Pierce with summit of Mt. Eisenhower in background – Photo by Matthew Improta**

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**Matthew Improta on summit of Mt. Pierce with Mt. Eisenhower in background. Note the Freezeree beard! –**  
**Photo by Matthew Improta**

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Intersection atop Mt. Pierce of Crawford Path with the Appalachian Trail – Photo by Matthew Improta

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**All Freezerees on summit of Mt. Cardigan – Photo by Matthew Improta**

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**Sign marking summit of Mt. Cardigan – Photo by Matthew Improta**

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**Cairns marking trail to summit of Mt. Cardigan – Photo by Matthew Improta**

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**Snowshoes lined up on High Cabin porch – Photo by Matthew Improta**

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**John Sima chopping ice looking for non-existent spring – Photo by Matthew Improta**

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All Freezerees on summit of South Peak – Photo by Matthew Improta

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Mt. Cardigan summit – Photo by John Barnes



Beautiful sunrise and our coldest recorded temperature. No wind, so it wasn't terribly uncomfortable  
– Photo by John Barnes

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**Mal left his mark – Photo by John Barnes**



**Near the summit of Mt. Pierce with Mt. Eisenhower in the background – Photo by John Barnes**

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**Tom on the way to Mt. Pierce summit – Photo by John Barnes**

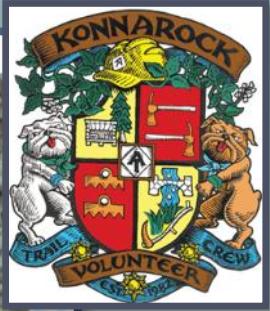
## CHOCOLATE HIKE 2025

*Phyllis Neumann*

The Chocolate Hike celebrated another successful event this past February. The first Chocolate Hike was in 2002 so this marks 24 years (maybe taking one or two off for Covid?) of TATC sharing the joys of chocolate! We rendezvoused at the Mariners Museum early that morning. The weather cooperated with lots of sun and mild temperatures. We had a little over two dozen hikers and lots of delicious entries. The chocolate creations this year were inventive, unique, fun and most of all, really yummy! We started sampling right away! There were Chocolate Ganache Cupcakes from Jane, "Know Your Bears" from Dawn, Raspberry Nutella Marble Cake from Ronnie, Chocolate Cake Pops from Amanda, Chocolate Almond Bark from Stephanie and Steve, Corgi Cups from James and Lindsay, Chocolate Coated Cheezits from Joe, German Chocolate Cake Cookies from Bob and Judy, "No Bakes" from Lance and Blackberry Raspberry Truffles from Sara. After an initial feeding frenzy, we headed to the start of the Noland Trail for our hike. We took several breaks along the way to sample more treats. This year, all participants were invited to get involved in the judging and it was pretty challenging to pick the winners!

Arriving back at the parking lot, we counted votes and awarded the winners. Top marks went to Sara, Dawn, Joe, Jane, Ronnie and James. Our grand prize winner was Amanda for her Chocolate Cake Pops! They were amazing! We continued the day with lunch at Plaza Azteca. Another successful Chocolate Hike!





## Appalachian Trail Crew Volunteers Needed!

Make friends, learn new skills, and give back as a crew volunteer. No experience needed! Email [volunteer@appalachiantrail.org](mailto:volunteer@appalachiantrail.org) or visit [appalachiantrail.org/trail-crews](http://appalachiantrail.org/trail-crews).



Appalachian Trail  
Conservancy

Looking for a fun way to give back while you spend time on the Appalachian Trail, learn new skills in a supportive environment, and meet great people? Apply to join a Konnarock Trail Crew session this spring or summer! You'll spend 3 to 8 days helping with critical Trail projects, and meals and camping are provided. Weekend trail crew sessions are available. Fun guaranteed and no experience needed! Learn more [here](#).  
(Link - <https://appalachiantrail.org/get-involved/volunteer/trail-crews/konnarock-trail-crew/>)

# TATC Cabin Report

By Gregory Hodges

TATC Cabin Renters & Maintainers,

The winter slump is almost over, daylight saving time is about to begin, and cabin rental is beginning to tick up with 6 of the next 7 weekends reserved. With the cabin rental going through the annual winter slowdown, I have taken a hiatus for the last few months. Thus, there have not been any emails from the TATC Cabin Committee over the last few months.

## CABIN MAINTENANCE & ORIENTATION WEEKENDS

The next cabin maintenance and orientation trip is scheduled for Friday, April 11th, thru Sunday the 13th. I will be on a 3-week vacation during early April. Tom Miano, [tvmiano@gmail.com](mailto:tvmiano@gmail.com), will be hosting and coordinating this trip. Tentatively, the following cabin maintenance and orientation trip will be Friday, May 30th, thru Sunday. I am using the word "tentative" because the schedule may shift due to my work schedule. The Fall cabin maintenance and orientation trips will be September 19-21 and October 31 thru November 2 (the weekend that Daylight Savings Time ends).

## NEW WOOD STOVE FEEDBACK

In September 2024, the cabin maintenance and orientation team replaced the wood stove and oven. The new wood stove has received overwhelmingly positive feedback. It has helped reduce firewood consumption because it provides both heat and ambience because it has a glass window in the door. This eliminates the need to use the large fireplace, which drafts warm air out of the cabin.

## BUDGET PRIORITIES

The budget priorities for this year include extending the stove chimney to above the roofline and replacing the plastic tool boxes with metal tool boxes.

**Here are some important cabin links (see the TATC website for more information):**

Cabin Availability Schedule: <https://www.tidewateratc.com/Cabin-Schedule>

Cabin General Information: <https://www.tidewateratc.com/General-Information>

Cabin Rules: <https://www.tidewateratc.com/Cabin-Rules>

If you have other ideas for cabin improvement, please let me know.

Thank you.

V/r,

Gregory Hodges

Cabin Chair



## Membership Matters April 2025

By **Sharon Salyer**

Before I introduce our new members for this month (and the first in the new year), I would like to give a shout out to our dedicated counselors, Sandy Canepa, Bill Bunch, and Jim Newman. These folks are the first line of introduction for new members to all that is TATC.

After I send out the new member welcome letter, I immediately email the counselors so that they can contact their new member. This usually happens a couple of times a month, and they are always on the ball with a quick contact to personally welcome them and introduce them to what the club has to offer and guide them according to their interests.

Without the counselors' personal contact with these new members, many might never become as involved with the club as they might be. Thanks for all you do!

We have 3 new members who answered my request for a short bio of their hiking experience and other details about their interests. I'll let them introduce themselves.

### **Corty Galdo became a member on 18 Jan 2025**

Hello! My name is Cory, I am 32 years old and a Marine Veteran. I was born and raised in Virginia Beach which I still call home today. I have gone camping and hiking all throughout my life, but more recently I have found a new love in long distance thru hiking. My first thru hike was on the Appalachian Trail in 2021, and I loved the experience so much that I ended up thru hiking the Colorado Trail, Pacific Crest Trail, and Oregon Coast Trail afterwards. The trail has been very good to me, so I wish to give back and help maintain the trail that made me fall in love with thru hiking. As of now, I am currently a student at Old Dominion University pursuing a degree in history, but I still try my best to get out to the mountains and enjoy a few nights under the stars.

### **Kaleen Lawsure became a member on 21 Jan 2025**

**Greetings everyone!** Thank you so much for the warm welcome from those I have already met. I look forward to meeting other members and fellow trail enthusiasts.

**I am new to the club, so a little about me.** I am originally from Maine but also call Virginia home. I have a lifelong love of coastal and mountain excursions, which ME and VA are well suited for, and have given me many soul nourishing experiences camping, hiking, swimming, boating, fishing, and simply communing with nature. My practical experience has been limited to long weekends or 1-2 weeklong camping trips with day hikes, but I am getting back into the great outdoors after far too long away and looking to finally delve into backpacking. I can recall many times sitting and staring into a campfire after a long day of hiking and thinking "one day I'm going to hike the AT and join the ATC and give back to the trail." So, here I am taking my first steps toward service, learning, and expanding my community and horizons.

**How it's going so far.** In my short time as a member, I have had the opportunity to meet many great people, attend local hikes, and participate in a trail maintenance event. On my first hike, led by Bill Bunch, I met a Meetup attendee who when asked how he got into hiking said he had seen someone hike McAfee Knob in a movie and decided that would be a cool thing to do, and so he went and hiked Virginia's Triple Crown. I thought, "what a cool way to get into hiking!" Also, I had no idea Virginia even had a Triple Crown. I needed no more proof that I had been off the trail for far too long. I soon discovered that this hike consists of McAfee Knob, Tinker Cliffs, and Dragon's Tooth nestled amongst the Catawba and Roanoke Valleys along the AT. It sounded like a perfect way to get back on the mountain to me. Despite my natural apprehension of tackling these unfamiliar hikes solo,

*(Continued on Next Page ...)*

severe storms and record snow leading up to the trip, as well as gear deficiencies, it was with the encouragement, advice, and support of TATC members, and RATC's Therese and Homer that I set out with excitement on what I would describe as a perfect three days of hiking. What a great way to get back out on the trail!

**Thanks again to everyone**, and I look forward to many more fun adventures!

Happy Trails, Kaleen

#### **Katie Cole became a member on 8 Jan 2025**

A little about me: A New England native, I've been hiking and camping since I was a preschooler. I've been in Virginia for the last 20 years and hiked and camped all over Virginia, North Carolina and West Virginia. I've started backpacking over the last year and I'm hoping to start section hiking through the Virginia section of the AT. I'm looking forward to serving with the club and learning a lot from the collective experience of its members.

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## **Upcoming Programs**

***By Paul Heymann, Program Chair***

April 9, 2025 - Sherri McQueen, Kayaking

May 14, 2025 - Lance Deaver, Wound Management

June 11, 2025 - Don Williams, Food on the Trail

July 9, 2025 - Suzanne Moss, The Nature Bus

August 13, 2025 - Rich Wittecar, Formation & Legacy of Chesapeake Bay Impact Crater

September 10, 2025 - Ned Kuhns, Hadrian's Wall - Part Two

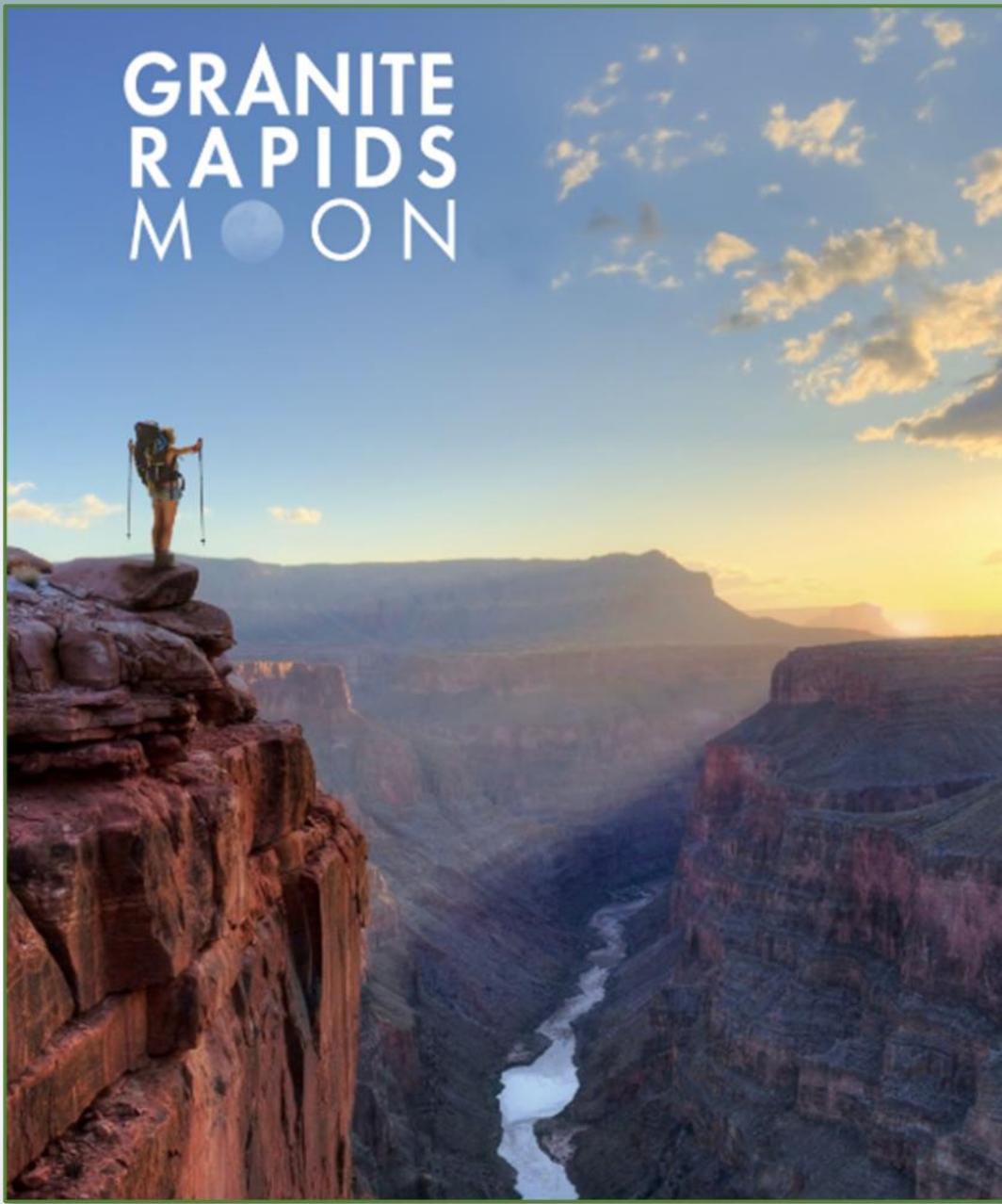
October 8, 2025 - Jim Newman, Awards Ceremony

November 12, 2025 - TATC Silent Auction

December 2025 - TATC Holiday Party



## SPECIAL EVENT



**Grand Rapids Moon: A Movie about Hiking, Camping, and Life**

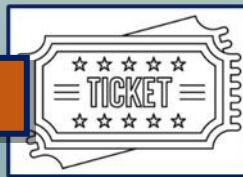
**Monday, April 28th, 2025**

Doors open at 7:00 p.m.; the movie will start at 7:30 p.m.

Location: The Naro Cinema, 1507 Colley Avenue, Norfolk, VA 23517

For more information: <https://narocinema.com/movies/granite-rapids-moon/>

**Buy Tickets**



## Newsletter Announcement of Grand Rapids Moon Movie Screening

*By Lee Lohman, Past President*

### Grand Rapids Moon: A Movie about Hiking, Camping, and Life

Monday, April 28th, 2025

Doors open at 7:00 p.m.; the movie will start at 7:30 p.m.

Location: The Naro Cinema, 1507 Colley Avenue, Norfolk, VA 23517

TATC members will have a remarkable opportunity on April 28th. John Charles Meyer will screen his new movie, Grand Rapids Moon, at the Naro Cinema, 1507 Colley Avenue, Norfolk. The film's theme is the impact hiking and camping can have on a person's life and relationships, and TATC members are specially invited.

It's the first narrative feature film to shoot most of its footage inside the Grand Canyon. It was made with permission and oversight from the National Park Service, using only the equipment that cast and crew could carry on their backs through 82 miles of hiking. In other words, we made a film while leaving no trace. It is a family-friendly film with no nudity, sex, guns, violence, drugs, tobacco, or strong profanity.

Grand Rapids Moon is targeted to those who love to hike and camp. Learning of our club, John chose TATC to partner with him to present the film in our area. We'll receive a small share of the revenue from tickets TATC members purchase.

After the screening, we will brief non-TATC members in the audience about the club and our activities. It's a great recruitment opportunity. Following the briefing, John, the producer and central character of the film, will respond to audience questions about how the film was made.

Afterwards, John agreed to join us at a local pub or brewery to continue the conversation. (The venue will be announced.)

You can see the trailer and visit the NARO website to purchase tickets by clicking [here \(Website Link\)](#), or go directly to the ticketing page by clicking [here \(Ticketing Link\)](#). Tickets are \$13 each. The theater is small, and the screening will be open to the public, so please purchase your online tickets as soon as possible.

**PLEASE NOTE:** After your online purchase, NARO will email you a receipt. It may erroneously indicate that the screening will start at 11:30 p.m. NARO acknowledges this error. The movie will start at 7:30 p.m.

We previously asked the membership to show interest in the film and the follow-on activities. We received 46 responses for a total of 89 tickets, so many TATC members will probably attend.

This promises to be a fun night, so please mark your calendars for Monday, April 28th.

Doors open at 7:00 p.m., and the film starts 30 minutes later.

If you have any questions, please email [pastprez@tidewateratc.com](mailto:pastprez@tidewateratc.com).





# TICK AWARENESS WEEK

**APRIL 4-17**



**LEARN HOW TO PROTECT  
YOURSELF AGAINST TICKS!**

## **Tick Awareness Week**

**4/4-4/17**

We'll share tips on the dangers of ticks, protection against them, and prevention of tick-borne diseases! Stop into any Walkabout location to learn all this and more for this upcoming outdoor season.

<https://www.walkaboutoutfitter.com/blogs/outdoor-tips-tricks/tick-awareness-week-1>



**WALKABOUT OUTFITTER**

# **WINTER SALE!**

# **50% OFF**

**IN-STORE & ONLINE! PRICES AS MARKED.  
SHOP EARLY FOR THE BEST SELECTION.**

**Winter Clearance Sale**

**4/4-4/30**

Shop deals up to 50% off!

Prices are as marked. Shop early for the best selection!

<https://www.walkaboutoutfitter.com/collections/winter-clearance-sale>



# NATIONAL SAFE SUN WEEK

MAY 19-25, 2025

LEARN HOW TO SAFELY BE OUTSIDE THIS SUMMER!

**We'll share important info this week!**

*What is National Safe Sun Week?*

*Why sun safety matters*

*How to protect yourself in the sun*



## National Safe Sun Week

**5/19-5/25**

Protect Your Skin, Protect Your Health! Walkabout will help educate on what this week is all about, the importance of sun safety, and how to protect yourself while in the sun!



→ *thank you* ←

## MEMORIAL DAY WEEKEND

FRIDAY, MAY 23RD - MONDAY, MAY 26TH



**20% OFF**  
FOR MILITARY SERVICEPEOPLE

In stock items only. Not applicable on prior purchases. With valid military ID or DD form 214.

### **Memorial Day Weekend**

**20% off for Active & Retired Military**

**5/23-5/26**

In memory of our fallen soldiers, we would like to honor all active and retired military by offering 20% off their entire purchase on Friday, May 23rd through Monday, May 26th.

Please present military ID or DD form 214 to receive discount. Offer is valid on in stock items. Not applicable on prior purchases. Valid on 5/23/25 - 5/26/25 in-store only.

# Southern Appalachian Wilderness Skills Institute WSI 2025

The 2025 Southern Appalachian Wilderness Skills Institute will be May 19-23 and May 27-30. It will start at 1pm ET on Monday (or Tuesday for week 2) and conclude at 12PM ET on Friday. It is free for participants to attend. All participants are expected to sign up for an entire week but do not need to attend both weeks.

# SAVE THE DATE

## 2025 WILDERNESS SKILLS INSTITUTE

Hosted at the Cradle of Forestry, North Carolina

**WEEK ONE: MAY 19-23**

### Course Offerings:

- Crosscut A/B, First Aid and CPR
- Trail maintenance - Structures/Advanced
- Wilderness Management Fundamentals
- Griphoist & Rigging

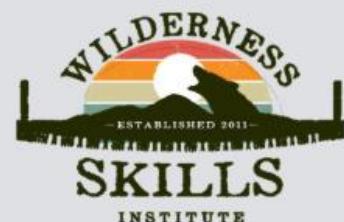
**WEEK TWO: MAY 27-30**

### Course Offerings:

- Virtual WSI Wildcard!
- Introduction to Stewardship
- Southern Appalachian Ecosystems
- Wilderness and Emergency Management



**APPLY ONLINE:**  
FEBRUARY 14 - MARCH 28, 2025



<https://wildernessskillsinstitute.org>





**HISTORICORPS®**  
WORKFORCE FOR SAVING PLACES



## **Historicorps renovation of CCC Kitchen at Sherando Lake Recreation Area**

HistoriCorps Sherando Lake

Project dates: April 20-25<sup>th</sup>

April 27-May 2<sup>nd</sup>

May 4-9<sup>th</sup>

Learn more information or sign up at:

<https://historicorps.org/sherando-lake-recreation-area-va-2024/>



## TATC Merchandise Catalog

You can order TATC shirts, polos and hats online from the [TATC website](#)  
or buy them at the monthly [General Membership Meetings](#).

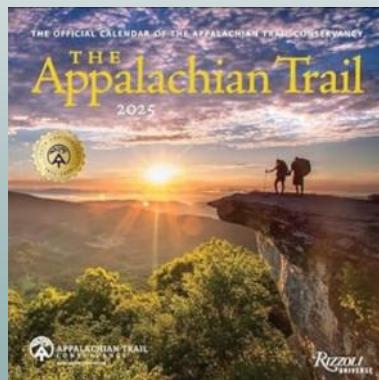


[ORDER YOURS](#)

## ATC Trail Store

### Appalachian Trail Conservancy Calendar 2025

The official Appalachian Trail Conservancy 12" x 12" wall calendar for 2025 features professional photography by users of the Trail! Order yours today from the Official A.T. Store.



[ORDER YOURS](#)



**Disaster + Travel +**  
**Wilderness First Aid**  
**& WFR Recert for current SOLO grads**  
**2025 SCHEDULE**



**IN-PERSON dtWFA**

(2 days 8am-7pm each day)

**Jan 11-12:** Charlottesville VA area  
**Jan 25-26:** Harrisonburg/Staunton VA area  
**Jan 25-26:** Richmond VA  
**Feb 1-2:** Baltimore MD area  
**Feb 8-9:** Fincastle, VA  
**Feb 22-23:** Charlottesville VA  
**Mar 8-9:** Lexington VA area  
**Mar 8-9:** St. George UTAH  
**Mar 22-23:** Wilmington DE area  
**Mar 29-30:** Charlottesville VA area  
**Mar 29-30:** Experience Learning, WV  
**Apr 5-6:** Washington DC area (Camping available)  
**Apr 12-13:** Philadelphia PA area  
**Apr 12-13:** Richmond VA  
**Apr 12-13:** Triad / Triangle NC areas  
**Apr 19-20:** Blacksburg VA  
**Apr 26-27:** Baltimore MD area  
**May 3-4:** Charlottesville VA  
**May 17-18:** Washington DC area (Camping available)  
**May 17-18:** Wilmington DE area  
**May 31-Jun 1:** RIVERSIDE RETREAT (Camping available)  
near Winchester VA / Leesburg VA Charles Town WV  
**Jun 7-8:** Richmond VA  
**Aug 30-Sep 1:** MOUNTAIN-TOP RETREAT near  
Blacksburg, VA

**Learn how to  
SAVE LIVES & LIMBS**

Choose 1 of 3  
formats:

- All-In-Person
- Blended
- At-home All-Online

**Blended Learning dtWFA Skills Day**

(1 day 8:30am-6pm, after one month  
self-paced online learning)

**Feb 8:** Blacksburg/Roanoke VA area  
**Mar 15:** Charlottesville VA  
**Mar 15:** Richmond VA  
**Apr 19:** Washington DC area  
**May 10:** Triangle NC area  
**Jun 14:** Washington DC area

**ALL ONLINE dtWFA Skills Day**

(1 day 8:30am-6pm, after one month self-paced  
online learning)

**Jan 25:** in your home with live instructor online  
**Mar 1:** in your home with live instructor online  
**May 3:** in your home with live instructor online  
**May 31:** in your home with live instructor online  
**Jun 14:** in your home with live instructor online

**ADVANCED WFA Bridge**

(2 days 8am each day)

**Jun 28-29, 2025:** Williamsport WV area (Camping available)

**WILDERNESS FIRST RESPONDER (9 days)**

**Aug 11-19:** Experience Learning, WV

**CPR/AED/Choking for Adult, Child, Infant**

(6pm-9:45pm)

**Jan 10:** Charlottesville VA

**May 11:** Triangle NC area

**Aug 29:** Mountain-top retreat near Blacksburg VA

**Topics Include:** Patient Assessment System, Medical Emergencies, Environmental Issues, Skin Injuries, Musculoskeletal & Spinal Injuries, Evacuation & Care-giving for Hours to Days.

No prerequisites. Spaces limited!

Register now at:

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

In-Person course fee starts at \$295

Online classes \$99-\$279

Gift cards available

(434) 326-4697

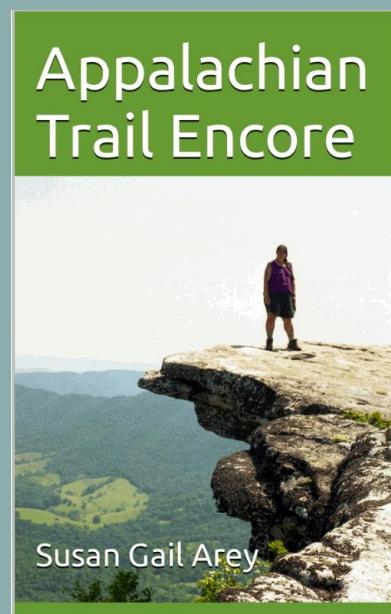
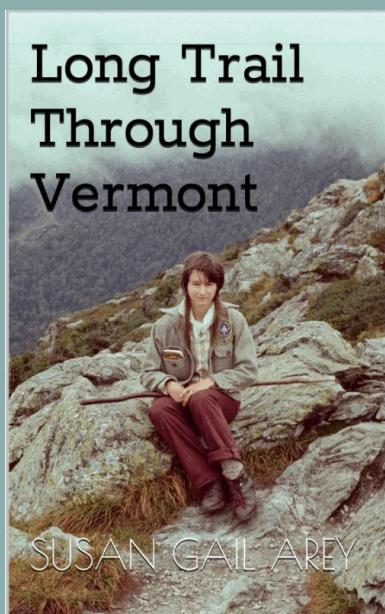
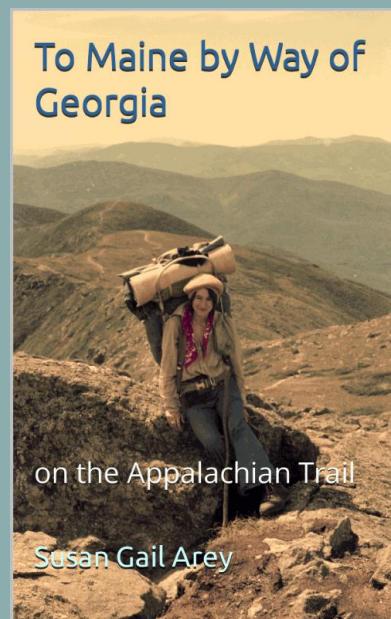
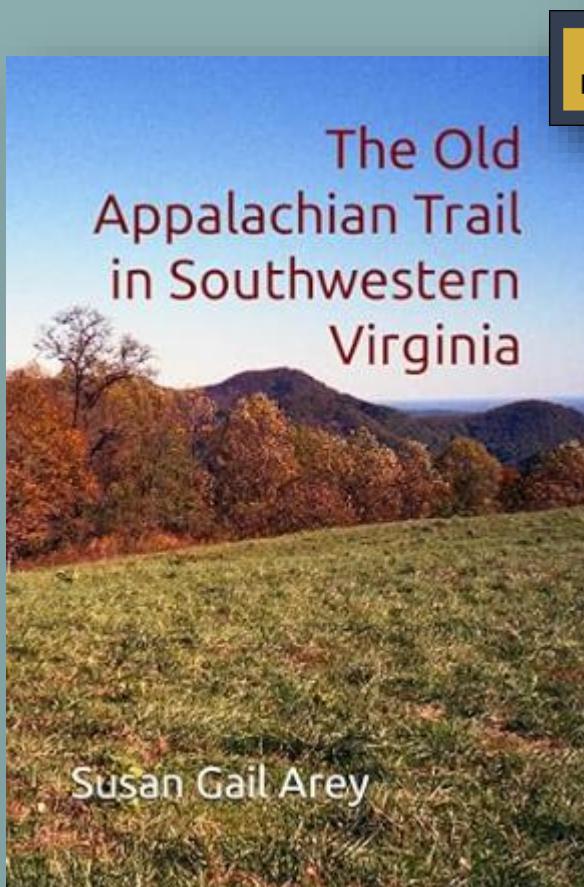
Are you prepared to give vital first aid care  
when professional help is far away or busy?

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



## Books on Hiking by Susan Gail Arey

Available on [Amazon.com](https://www.amazon.com) as Print or E-books



# 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, April 2, 2025, 7:00 – 9:00pm

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

Description: Our board meetings are held at the Episcopal Church of the Advent. Please use on-street parking.

Contact Lelia Vann at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions!

## **Backpacking101 Prep Hike**

When: Saturday, April 5, 2025 9:00am – 12:00pm

Where: Lake Drummond via Washington Ditch Road, Suffolk, VA 23434 (Park in gravel lot at end of road near trail gate)

Description: This is a chance to prepare for the May 23-25, 2025 Backpacking 101 hike to False Cape State Park. The Washington Ditch Trail is a 9 mile out-and-back trail (4.5 miles each way). Much of the hike is along a dirt road with a ditch that leads to Lake Drummond in the heart of the Dismal Swamp. This will nicely simulate some of the hiking in False Cape State Park. We will walk the trail wearing back packs. Bring bug repellent.

There are two options for loading your pack:

1. Load your pack with random stuff to make it weigh 20-25 lbs. total (including the backpack itself).
2. Load your pack with your actual gear, plus food and water.

After the hike, if you want help with your gear, I will stay with those who request help. Other people may leave.

Help may include things such as:

1. Practice setting up your tent
2. Questions about gear, clothing, or other things to pack
3. Food for the April trip
4. Fitness questions
5. Other related questions

Sign up for this event by using the following link: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54208549-backpacking>

Google Maplink: <https://maps.app.goo.gl/gXVdN7FK1J9FUhuu7>

POC Information: Don Williams, 757-357-4510, [education@tidewateratc.com](mailto:education@tidewateratc.com)

## **Dismal Swamp Bike Ride**

When: Saturday, April 5, 2025 - 9:30 am - 12:30 pm

Where: 1246 Dismal Swamp Canal Trail, Chesapeake, VA 23322

Contact: Jim Sexton, [webmaster@tidewateratc.com](mailto:webmaster@tidewateratc.com)

Website: <https://www.visitchesapeake.com/listing/dismal-swamp-canal-trail/161/>

Description: Head out on this 16.5-mile out-and-back trail along the Dismal Swamp Canal in Chesapeake, Virginia. The trail is a former section of Virginia State Rt. 17, now a multi-use trail opens to bicycling, walking, running, horseback riding, and boating. The north trailhead is located at the intersection of Dominion Blvd and Old Rt 17

[Visit our TATC Calendar](#)

*(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.

in Chesapeake, VA, and runs south 8.5 miles. Bring appropriate clothing, water, and snacks.

The trail surface is paved with smooth asphalt and is typically at least eight feet wide. There is often a painted center dividing line which reduces the width. There is a large parking lot at the start of the trail and two restroom buildings. The group will leave the parking lot promptly at 9:30 am, so don't be late. No need to sign-up; just show up. Food: After the bike ride, you can choose to eat lunch with the group at Studly Brewing, 1296 S. Battlefield Blvd. Suite 108, Chesapeake, VA 23322 – <https://www.studlybrewing.com/>

## **New Quarter Park Spring Maintenance**

When: Sunday April 6, 2025, 9am

Where: New Quarter Park, 1000 Lakeshead Drive, Williamsburg, VA 23185

Description: TATC constructed several miles of walking trails at New Quarter Park in York County. The trails were completed in the early 2000's and we continue to maintain them. This is a beautiful park with heavily wooded trails and many spectacular water views.

Plan to meet at the inner parking lot at 9am. Bring your own tools (loppers, handsaws, rakes) for 2-3 hours of light maintenance. Wear gloves, sturdy shoes and clothes for the season. Plan to eat lunch afterwards at a local eatery.

Bring water, snacks, money for lunch. Contact Phyllis to sign up: [phyllisneumann1204@gmail.com](mailto:phyllisneumann1204@gmail.com)

## **TATC General Membership Meeting**

When: Wednesday, April 9, 2025, 7:00 – 9:00pm

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

Description: Our meetings are held at the Episcopal Church of the Advent. Please use on-street parking. Contact Lelia Vann at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions!

## **Backpacking and Spring Walk-thru**

When: April 11 – 13, 2025

Where: TATC AT Trail Section (Reid's Gap to Tye River)

Description: This is our opportunity to document issues on our section of the AT (and maybe some in St. Mary's Wilderness) that we will be addressing in the upcoming Spring Maintenance weekend. The TATC section of the AT runs from Reid's Gap to the Tye River and includes the Mau-Har connector trail. The spring walk-through will be done as a backpacking weekend with a maximum of 10 participants. It will run from April 11th - April 13th. To participate you must contact John Sima at the email noted below.

Contact: John Sima - TATC Trail Supervisor - [trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)

## **TATC Douglas Putman Memorial Cabin Maintenance & Orientation Weekend**

When: Friday, April 11th, thru Sunday, April 13th, 2025.

Where: TATC Cabin

Description: This is the 1st of 4 annual trips to do maintenance work and to provide orientation to members so that they can be qualified to rent the cabin. If you have questions or want to participate, please contact trip leader, Tom Miano at [tvmiano@hotmail.com](mailto:tvmiano@hotmail.com).

[\*\*Visit our TATC Calendar\*\*](#)

*(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.

## **Backpacking 101 Prep Hike**

When: Saturday, April 12, 2025 2:00 pm-5:00 pm

Grandview Nature Preserve, State Park Dr, Hampton, VA 23664 (North end of road. Park along east side of road along tree line)

Sign up for this event by using the following link: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54208549-backpacking>

Google Map link: <https://maps.app.goo.gl/vmmDAmCJxcGcZAVj9>

This is an AllTrails app link to the hike: <https://www.alltrails.com/trail/us/virginia/back-river-lighthouse-ruins-trail>

This is a chance to prepare for the May 23-25, 2025 Backpacking 101 hike to False Cape State Park. The Grandview Nature Preserve trail is a 6 mile out-and-back trail (3 miles each way). Much of the hike is along the beach with the ocean to our east and the marsh/nature preserve to our west. This will nicely simulate some of the hiking in False Cape State Park. We will walk the beach/trail wearing backpacks. Bring bug repellent.

There are two options for loading your pack:

1. Load your pack with random stuff to make it weigh 20-25 lbs. total (including the backpack itself).
2. Load your pack with your actual gear, plus food and water.

After the hike, if you want help with your gear, I will stay with those who request help. Other people may leave.

Help may include things such as:

1. Practice setting up your tent
2. Questions about gear, clothing, or other things to pack
3. Food for the April trip
4. Fitness questions
5. Other related questions

POC Information: Don Williams, 757-357-4510, [education@tidewateratc.com](mailto:education@tidewateratc.com)

## **Hasty Hiking with Michelle**

When: Saturday, April 12, 2025 (Rain date: Sunday, April 13, 2025)

Where: First Landing State Park

Online Sign-up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-55096473-hasty>

There is a \$10.00 fee per car to enter the park unless you have a park pass. You can also use a REI receipt to enter the park or park outside the park and walk in. Carpooling is recommended.

Description: Hike several trails at FLSP totaling roughly 5.75 miles without taking breaks. This is designed to be a workout hike averaging 20 minutes a mile or less. Meet no later than 10:15 to sign waiver sheet. Hike starts at 10:30 am.

Meeting Place: First Landing State Park, 2500 Shore Drive in Virginia Beach. Turn towards the Trail Center.

Once you pass the Contact Station (pay station), take the first right into the parking lot.

Before the Hike: We will meet in the parking lot. Everyone needs to sign a waiver to join. The hike will start from the parking lot at 10:30 am. (There are restrooms at the end of the parking lot so arrive early as needed.)

[\*\*Visit our TATC Calendar\*\*](#)

*(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 Hike:** This hike is designed to be a “work out hike”; so, we will be averaging 20 minutes a mile or less with no rest or sight-seeing breaks. Be ready to move and keep moving! The total hike should be about 5.75 miles and relatively flat. POC: Michelle Cobb, [mcobbtatc@gmail.com](mailto:mcobbtatc@gmail.com)

## **First Landing State Park Trail Maintenance**

When: Thursday, April 17, 2025 - 9:00am-11:00am

Where: First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451 - Live Oak and Cypress Swamp Trails.

Online Sign Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-55207685-first>

Meeting location: parking lot by picnic area. From Shore Drive traffic light, head south on Rt 343 (Cypress Swamp Dr.) At the guard shack, advise the ranger you are with TATC. Then turn right onto Conservation Ct into the parking lot.

At least 4 volunteers are needed. Tools will be provided, or bring your own lopper, pruner and/or small silky saw. If you have one, please wear a hat, shirt, or jacket with the TATC logo when participating in FLSP work days to identify you as a member of the club. Contact: Paul Heymann [localtrails@tidewateratc.com](mailto:localtrails@tidewateratc.com) to sign up.

## **Military Aviation Museum and Blue Pete's Restaurant**

When: Saturday, April 19, 2025 9:00am - 2:00pm EST

Where:

-Military Aviation Museum

Tickets: \$15

1341 Princess Anne Rd, Virginia Beach, VA 23457

<https://www.militaryaviationmuseum.org/>

-Blue Pete's Restaurant

400 N Muddy Creek Rd, Virginia Beach, VA 23456

<https://www.bluepetes.com/>

POC: Jim Sexton, [hikemaster@tidewateratc.com](mailto:hikemaster@tidewateratc.com)

## **Spring Maintenance and Family Campout Weekend**

When: Friday, April 25th – Sunday, April 27th

Where: Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952

It's finally time for TATC's Spring Maintenance and Family Campout Weekend!

Online Sign Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-55175757-spring>

Camping: Williams Branch Picnic area of Sherando Lake; Friday, April 25th – Sunday, April 27th

Maintenance: Saturday, April 26th - the club will be providing dinner on Saturday!

This is a weekend for us to do what the club was set up to do! We'll maintain our assigned section of the Appalachian Trail, the Mau-Har Trail, the White Rocks Falls trail, plus more! Come out to our basecamp at Sherando Lake Recreation Area on Friday as early as noon; set up your tent at the Williams Branch Picnic Area, keeping in mind that the gate is usually locked at 10PM and opens on Saturday morning at 6AM.

[\*\*Visit our TATC Calendar\*\*](#)

*(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.

If the gate is staffed, let them know you are with TATC to help with AT maintenance and you will not be charged an entry fee. Crew signup sheets will be available Friday; Saturday organizational meeting at 7:45AM. Optional hikes typically available on Sunday.

To sign up or for more information on maintenance, contact:

John Sima - TATC Trail Supervisor - [trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)

Kaci Midgette - TATC Asst Trail Supervisor - [assistantts@tidewateratc.com](mailto:assistantts@tidewateratc.com)

## **Blue Ridge Tunnel Hike (Sunday after Spring Maintenance) –**

When: Sunday, April 27, 2025 - 10:00am-1:00pm

Online Sign Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-55097498-blue>

## **Common Trail Maintenance Tasks using Hand Tools - Short Course**

When: Sunday, April 27, 2025 9:30 am-1:00 pm

Where: Reid's Gap, Virginia 22967

Online Sign Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-55098001-common>

Limit 14 People

Curriculum: <https://tidewateratc.com/resources/Education/Common%20Trail%20Maintenance%20Tasks%20using%20Hand%20Tools%20-%20Short%20Course.pdf>

## **TATC Board Meeting**

When: Wednesday, May 7, 2025, 7:00 – 9:00pm

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

Description: Our board meetings are held at the Episcopal Church of the Advent. Please use on-street parking.

Contact Lelia Vann at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions!

## **Hasty Hiking with Lelia, Greg, and Bridgett**

When: Saturday, May 10, 2025 (Rain date: Sunday, May 11, 2025)

Where: First Landing State Park

There is a \$7.00 fee per car to enter the park unless you have a park pass. You can also use a REI receipt to enter the park or park outside the park and walk in. Carpooling is recommended.

Activity: Hike several trails at FLSP totaling 5.5 miles without taking breaks. This is designed to be a workout hike averaging 20 minutes a mile or less. Meet no later than 11:15 to sign waiver sheet. Hike starts at 11:30 am.

Meeting Place: First Landing State Park, 2500 Shore Drive in Virginia Beach. Turn towards the Trail Center.

Once you pass the Contact Station (pay station), take the first right into the parking lot.

Before the Hike: We will meet in the parking lot. Everyone needs to sign a waiver to join. The hike will start from the parking lot at 11:30 am. (There are restrooms at the end of the parking lot so arrive early to take care of your business before we start hiking at 11:30).

The Hike: This hike is designed to be a “work out hike”; so, we will be averaging 20 minutes a mile or less with no rest or sight-seeing breaks. Be ready to move and keep moving! The total hike should be about 5.5 miles and relatively flat. POC: Lelia Vann: [leliavann@gmail.com](mailto:leliavann@gmail.com)

**Visit our TATC Calendar**

*(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 General Membership Meeting**

When: Wednesday, May 14, 2025, 7:00 – 9:00pm

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

Description: Our meetings are held at the Episcopal Church of the Advent. Please use on-street parking. Contact Lelia Vann at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions!

## **For Hikers and Jazz Lovers**

When: Friday, May 16th - Monday May 19th, 2025

Where: Deer Head Inn, 5 Main Street, Delaware Water Gap, PA. 18327

Description: Let's go day hiking on the AT on Saturday and Sunday while relaxing at the Deer Head Inn afterwards. Arrive on Friday, May 25th, and have a fine dinner at the Inn with live jazz music. Wake up early Saturday morning for a continental breakfast at the Inn at 8 am followed by a 7-mile day hike on the AT northbound back to the Inn. Refresh in your room at the Inn. Take a walk to the Village Farmer and Bakery located at 13 Broad Street, less than a mile away, for lunch. Get ready for a different jazz band that evening along with another fine meal at the Inn. Wake up again on Sunday morning for a continental breakfast again at the Inn and a 9-mile day hike on the AT southbound back to the Inn. On Sunday after our hike another group of jazz players will entertain us in the early evening. Some may want to leave on Sunday after the morning hike, but others will stay Sunday night and leave Monday morning. There is a fee for the jazz music each night. This fee goes directly to the band members. **Please make your reservations now.** There are only 10 rooms available to rent at the Inn. (**There are two other hotels nearby, but the AT does not go directly by them.**)

Deer Head Inn in Delaware Water Gap, PA (known for live jazz music). The inn has great food, entertainment, and lodging. Make your reservations on-line now before all the rooms are taken. <https://deerheadinn.com/>

Day 1 Distance: 7.2 miles Level of difficulty is Intermediate Elevation highest/lowest points: 1506' high and 341' low Cumulative elevation gain/loss: 421' gain and 1469' loss.

Day 2 Distance: 9.3 miles Level of difficulty is Intermediate/Moderate (with a rocky/boulder section along Sunfish pond) Elevation highest/lowest points: 1565' high and 290' low Cumulative elevation gain/loss: 456' gain and 1275' loss.

AT: Wilmington Trail Club (PA) Hiking Trail, Stroudsburg, Pennsylvania ([hikingproject.com](http://hikingproject.com))

Contact Lelia Vann if you have questions: [leliavann@gmail.com](mailto:leliavann@gmail.com) or (757) 247-9048.

## **First Landing State Park Trail Maintenance,**

When: Thursday, May 22, 2025, 9:00 AM to 11:00 AM

Where: First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451 - Live Oak and Cypress Swamp Trails.

Meeting location: parking lot by picnic area. From Shore Drive traffic light, head south on Rt 343 (Cypress Swamp Dr.) At the guard shack, advise the ranger you are with TATC. Then turn right onto Conservation Ct into the parking lot. At least 4 volunteers are needed. Tools will be provided, or bring your own lopper, pruner and/or small silky saw. If you have one, please wear a hat, shirt, or jacket with the TATC logo when participating in FLSP work days to identify you as a member of the club.

Contact: Paul Heymann [localtrails@tidewateratc.com](mailto:localtrails@tidewateratc.com) to sign up.

**Visit our TATC Calendar**

*(Continued on Next Page ...)*

# Activities Schedule

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## **Backpacking 101: False Cape State Park**

When: May 23 – 25, 2025

Where: False Cape State Park, Virginia Beach, VA

Sign up for this event by using the following link: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54208549-backpacking>

Parking at Little Island City Park (3820 S Sandpiper Rd, Virginia Beach, VA 23456). Overnight parking is NOT allowed at Back Bay National Wildlife Refuge. I will have copies of the reservations for all vehicle dashboards.

POC Information: Don Williams, 757-357-4510, [education@tidewateratc.com](mailto:education@tidewateratc.com)

Signup for this trip is required ahead of attendance. Space is limited!

Description: False Cape State Park is a great little wilderness nestled in the far southeast corner of Virginia. The Atlantic Ocean borders the east and Back Bay borders the west side of the park. We will hike in Friday evening, leaving Little Island City Park at 4:15 pm sharp (don't be late). Sunset will be at 7:47 pm and civil twilight at 8:15pm. I want everyone's tent setup before civil twilight ends. Astronomical twilight (full darkness) will be at 9:22 pm. We can go sit at the beach and seethe night sky. We can share stories about the night, local history, and I'll have a few astronomy facts to share. During the daytime Saturday and Sunday, we can hike along the beach and Back Bay. We will hike approximately 6 miles to our campsites at the area called False Cape Oceanside, sites 21-23, via Sand Ridge Trail to False Cape Landing Trail/Maple Leaf Trail. We will be backpacking. Bring all your necessary gear, but keep your pack as light as you can! This was an issue for some people on the last Backpacking 101 trip. The trails will be fairly flat, but walking in sand (sometimes) can be tiring. There is a restroom near our campsites, but no water. Bring means to carry plenty of water! Drinking water is available at the visitor center and Barbour Hill campground, each a few miles away.

This weekend will be the new moon. That is why this date was chosen. I'm sorry it overlapped spring maintenance weekend. I urge everyone attending this trip to join the club on another AT maintenance trip. I have paid the reservation fees already (\$20/site x 2 nights = \$40). Each person attending this trip will reimburse me \$10 for their tent space (4 per site).

This trip has limited space for attendance, so signup soon. I have reserved 3 primitive tent sites in the park. Each site will accommodate 4 people and their tents. So, the trip is limited to 12 people total, including me.

The trip is intended for people with limited backpacking or hiking experience. The hike leader has over 1400 miles of hiking experience in the last three years, was a high school teacher before retiring, and is the education chairperson for TATC. I'm willing to help you in whatever way is necessary before and during the trip to make the hike successful. There will be opportunities to get gear reviews and hike preparations also before this trip. See other events scheduled under "Backpacking 101: Prep ... 2025".

Pets and firearms will not be allowed on this trip. The park allows alcohol at the campsites only. If you bring alcohol, drink in moderation. There is ample parking available at the park, but I suggest carpooling. We will arrange carpooling once people are signed up for the trip. Here is a link to the state park trail map: <https://www.dcr.virginia.gov/state-parks/document/data/trail-guide-falsecape.pdf>

**Visit our TATC Calendar**

*(Continued on Next Page ...)*

# Activities Schedule

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## **Trail Magic at the Tye River**

When: Saturday, May 24, 2025

Where - Tye River Bridge Area

Description: The club is looking at providing "Trail Magic" to hikers (targeting thru-hikers and section hikers) on National Trails Day by surprising them with food, drinks, and supplies. Even if you cannot travel up to the mountains that weekend to volunteer, you can help by donating cash, food, or beverages. Items will be pre-staged at the Sexton's house before the event.

Signup for this event is required ahead of attendance. POC: Jim Sexton, [hikemaster@tidewateratc.com](mailto:hikemaster@tidewateratc.com)

**[Visit our TATC Calendar](#)**

# TATC Officers & Board



Position	Name	Email Address
President	Lelia Vann	<a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a>
Vice President	Jim Sexton	<a href="mailto:vicepres@tidewateratc.com">vicepres@tidewateratc.com</a>
Treasurer	Andy Grayson	<a href="mailto:treasurer@tidewateratc.com">treasurer@tidewateratc.com</a>
Secretary	Peg Seriani	<a href="mailto:secretary@tidewateratc.com">secretary@tidewateratc.com</a>
Trail Supervisor	John Sima	<a href="mailto:trailsupervisor@tidewateratc.com">trailsupervisor@tidewateratc.com</a>
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Education	Donald Williams	<a href="mailto:education@tidewateratc.com">education@tidewateratc.com</a>
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Webmaster	Jim Sexton	<a href="mailto:webmaster@tidewateratc.com">webmaster@tidewateratc.com</a>

Visit our TATC Facebook group page.

We invite you to create a post and upload photos of any club related activity.



## Tidewater Appalachian Trail Club Group Page



Also please send TATC events to [hikemaster@tidewateratc.com](mailto:hikemaster@tidewateratc.com) for inclusion in the club schedule and the next newsletter.

Please consider sponsoring a club event this Spring and Summer.



## PHOTOS -- February on the Trail

*by Pete Burch*



**Fire road with snow drifts**

## PHOTOS -- February on the Trail

*by Pete Burch*



**Fire road with snow drifts**

## PHOTOS -- February on the Trail

by Pete Burch



**Maupin shelter**



## PHOTOS -- Sherando Maintenance Weekend

by Pete Burch



## PHOTOS -- Sherando Maintenance Weekend

*by Pete Burch*



## PHOTOS -- Sherando Maintenance Weekend

by Pete Burch



## AT Trivia Quiz

By Paul Heymann, Program Chair

*Don't open until  
instructed.*

*Expect the Unexpected!*



"Expect the Unexpected" is always a good idea when hiking. On March 12th, our planned speaker was unavailable, due to a back injury. TATC members arrived to find tables and chairs in regular "church" configuration - i.e., chairs not set up into rows. So, people took seats at tables, for the business portion.

Soon it was time for the program! Each table had a yellow envelope to open up. Inside: a 12-question AT Trivia Quiz. Each table formed a team, with 15 minutes to answer the questions. The top 2 teams had 11 answers correct - and amazingly - both teams got the two-part tie breaker question right! Each winning team member received a ticket to the April 28th screening of Granite Rapids Moon at the NARO. The runner up team won TATC patches. Club members enjoyed getting to know each other better, as well as learning some AT facts and history.

Thanks to Lee Lohman for providing some of the questions, and to Jim Newman (MC, "Master Clamberer") for announcing each answer's factual citation. Congratulations to Team "Peak Baggers" (Lon Carpenter, Darlene Clark, Michael Horrell, Bob Veverka, Don Williams & Jim Sexton), and to Team "Pulaski" (Susan Gail Avery & John Sima). Honorable mention to Team BB Sleepy, and to Teams Den, Bacon, Heavy Hitters, Mighty Oakes, Newbies & Rash.

For club members who'd like to try the quiz at home, please email the Program Chair at [programs@tidewateratc.com](mailto:programs@tidewateratc.com) for a copy of the quiz & answers.

(Continued on Next Page ...)



Team "Peak Baggers" noodling away.



Team Pulaski also got the two-part tie breaker question right.

