

# Tidewater Appalachian Trail Club

## Appalachian Hiker

Banner Photo by Mark Ferguson



### PREZ SEZ

Despite the heat and humidity, we had our first two very successful Swingblade and Lopperfest events. Please see John Sima's article within for the details and photographs but I want to recognize a few people that are extremely quiet and do so much behind the scenes: 1) Rich Seriani, our ToolBoss, for keeping our tools sharpened, oiled, and operating like new, 2) Peter Burch for preparing our campsite (CCC Kitchen) for our arrival by cleaning the privy, cutting fire wood, mowing/weeding and preparing the access routes to various points on the AT by clearing down trees, mowing/weeding, etc., and 3) Bruce Davidson, our Safety Chair, who ensures all our InReach devices are charged, tested, and checked out.

Our third and final Swingblade and Lopperfest event of this season will be held on the weekend of August 23rd. Please contact John Sima ([trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)) or Kaci Midgett ([assistantts@tidewateratc.com](mailto:assistantts@tidewateratc.com)) to find out more.

There are two more Cabin Maintenance/Orientation Weekend events scheduled this year:

- September 26-28: Cabin Maintenance/Orientation Weekend
- November 7-9: Cabin Maintenance/Orientation Weekend. Firewood cutting weekend

For anyone interested in renting our "rustic cabin in the wilderness", please contact Greg Hodges ([cabin@tidewateratc.com](mailto:cabin@tidewateratc.com)) for additional information. In my opinion, this is one of the best that I have ever stayed in, and the privy is the best I've ever used.

Our Local Trail maintenance continues to hum along thanks to the dedication of our members. Thank you all! Also check out Lee Lohman's article regarding volunteering at Back Bay.

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August 2025 - September 2025  
52<sup>nd</sup> Edition, 4<sup>th</sup> Issue

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

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Please check out the TATC Education Corner within. There is an article about on-line video training on trail maintenance by Jim Sexton and an article about Don Williams' recent section hike.

I would be remiss without mentioning all the work that Jim Sexton, our VP and Hike Master, has done to fully activate our TATC calendar with a variety of events for us to choose from such as Happy Hiker Hours, dinners, hikes, bikes, etc. We continue to have a dozen or so members attending the Happy Hiker Hour at various breweries in our surrounding area. Please join us for any of these events and remember to thank Jim for his persistence in offering such a variety of choices. If you have any ideas for an event, please reach out to Jim (hikemaster@tidewateratc.com).

As I write this article while in AL helping with my dad, I am missing the "Day in the Park" event and tours of the Brock Center that Catherine Fowler, our Social Chair, organized. Catherine has been another dedicated Board member that comes with positive energy, great ideas, and organization skills. I truly hope you all had fun at this special event and I would like to thank Cristin Pullman/LRNow for the group tours of the Brock Center.

Last but certainly not least, please join me in saying "thank you and goodbye" to one of our Board members, Mike Martin. Mike volunteered to be our Merchandise Chair in 2024 and he was dedicated to our club and the outdoors in many ways. He volunteered at most of the AT and Local Trail maintenance events, helped with the recent HistoriCorp restoration of the CCC Kitchen Pavilion structure and roof, and led/attended most of the Hasty Hiking events. Mike is moving to NY to help care for his mother. Mike, you are welcome to visit us anytime you can.



**Mike Martin hiking at Harper's Creek and selling TATC merchandise at a General Membership Meeting**

As always, stay safe while having fun on the trails and in the woods, -Lelia  
Lelia Vann President - Tidewater Appalachian Trail Club





## Minute for Maintenance August 2025

*By John Sima*

Highlights for this Newsletter include Swingblade & Lopperfests 1 & 2. We had great turnouts for both events, about 25 people showed up for each event. I hope this increasing participation trend continues!!!

We had some Superstars for Lopperfest 1. Kaleen Lawsure, John Custer, Keith Forbes, Rich Seriani, Peter Burch and myself stayed back Sunday to help the Sherando Facility with a maintenance task that needed to be done. For Lopperfest 2, Tom Meree, Bob Veverka, & Jeff Rowe filled in a huge root ball divot near the Three Ridges Summit. Can you imagine carrying rock work tools all the way to the summit?

Participants of these events earned the patch below designed by our very own & talented Michelle Cobb. If you like one of these patches, you must attend a Swingblade & Lopperfest. Only one more event remains for the year.

Section Leaders Needed!!!! If you would like to lay claim to your very own section of our AT or the Mau-Har trail, contact me. I have 5 or 6 openings.

For Lopperfest 3, we will have a Sawyer Evaluator present. Any one "A" Sawyer certified is encouraged to attend and work with him to gain valuable experience.



**Lopperfest 2 participants**

### **Maintenance Schedule:**

Swingblade & Lopperfest 3, Aug 22nd-24th

Fall Backpacking Walkthru, Oct 10th-12th

Fall Maintenance, Oct 24th-26th

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) and [assistantts@tidewateratc.com](mailto:assistantts@tidewateratc.com).

Happy Trails

John (CrazyLegs) & Kaci, Trail Supervisor and Assistant TS



**TATC Education Corner**  
**2025 AT Section Hike: Endurance and Joy**  
***By Don Williams***

This isn't my typical educational article. It's the thoughts of a solo hiker doing 400 miles of the Appalachian Trail. It shows the range of thoughts from the beginning to the end of the hike. The article is sort of a daily journal.

This was my 4th section hike of the AT. My previous three hikes were 520, 550 and 340 miles. This hike started at the Hudson River crossing at Bear Mountain in NY and was intended to end at Kinsman Notch in NH. There were times when I wasn't sure I would make it to the end.

I'm what is called a LASH-er (long ass section hiker). I learned on this trip, from a veteran thru hiker doing trail magic, that there is another term for my style of section hiking: MYTH. This stands for multiyear thru hiker. This is appropriate since my trail name is Zeus. So I'm a mythical character doing a MYTH. I also like discussing myths, and those myths we call religions, with other hikers if they are agreeable. For example, I joke with people on the trail that since I'm Zeus, I control thunder and lightning. I promise that nobody will die from lightning while I'm hiking. I also promise that my promises are as good as the promises of any other deity.

**June 14**

I kiss my wife goodbye at the trailhead at the north side of the Bear Mountain bridge. She is gracious and loving enough to let me go hike for 4-6 weeks at a time. Our friends and her friends wonder why I do this. I think about this too every year I do another long section. I enjoy immersing myself in nature and the trail culture for extended periods. Also, I'm completing a failed thru hike attempt from 1980 when my best friend broke his foot 2 weeks into our hike. I like the physical and mental challenge to prove if I'm strong enough.

Within the first few miles, I trip on rocks and roots. I find that I do this a bit every year. I talk out loud to myself like a coach, "Pick up your feet, Don!" I learned this from research with runners and a book "Do Hard Things." As the days go on, I won't need this coaching as much, except when I have days when I'm very fatigued.

I hiked alone the first day in light isolated rain showers. The blister on my right inner heel already feels irritated. I developed this blister 3 weeks ago on the Backpacker 101 trip from sand getting into my shoes. I thought it had healed, but it's already irritated. It's frustrating.

After 14 miles and 5760 ft total elevation change (sum of ascend and descend), I reached Dennytown Rd. I set up my tent, cook dinner and go to bed tired, but happy. I have stomach issues as I try to fall asleep. Is it the food, the water, nerves, etc?

**June 15**

I tend the blister before starting the hike. I know if I take care of it early, I'll be ok.

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This will be a short day, only 10.6 miles and 3780 ft elevation change. I tell myself, "Be efficient when you walk! No unnecessary ups or downs. Glide smoothly." I'm not the strongest guy. I'm 137 lbs. With my 4 day food supply and 1.4 liters of water yesterday, my pack weighed 30 lbs. Each day I know it decreases by 2-2.5 lbs. If water is plentiful along my hike, I only carry one 700 mL bottle of water. Still, my pack is a greater percentage of my body weight than it would be for most people. I have to be efficient. I don't have stored energy reserves (fat). I have to make myself eat a snack every hour to hour and a half. My hiker hunger hasn't developed yet, but I'm burning the calories. This is on my mind a lot these first few days.

I reached the RPS Shelter. It's really like a cinder block shed on the outskirts of a small neighborhood. A caretaker is there cleaning the floor, emptying trash cans, and chatting with the guests. The bunks are full and a few people tent near the shelter. It's fun talking to people and meeting some thru hikers. I'll end up sheltering or tenting with these thru hikers for several days. I like being around people in the evenings and mornings. It's fun and safer IMO.

One of the thru hikers I met is a woman who's trail name is Chicken Louise. It's from a character in a children's book who sneaks off and does wonderous adventures. This woman is the embodiment of this character. Besides the thru hike, she told us about her other adventures in recent years.

### **June 16**

It's an almost 17-mile, 6000 ft day. There were beautiful streams and a lake with a beaver lodge today. I tent to-night near Telephone Pioneer Shelter with two thru hikers that I met last night plus one new one. The forecast says only a slight chance of a small amount of rain. Well, that wasn't the outcome. It rained hard and gusty winds blew for quite a while. The area we tented on was bare dirt. The rain and wind were hard enough that it splashed up under the fly of my tent. It was warm (~60 F) so I was lying on my quilt early in the night. I quickly decided to put away my quilt to protect it from getting wet and dirty. I just slept on my sleeping pad in my long pants, long sleeve shirt and rain jacket. It was fine.

### **June 17**

In the morning, we all got up and had to pack up in the light rain. We had to clean the dirt and debris off of our tents. I hate packing up a wet tent in the rain. Oh well. I go with the motto "embrace the suck." I chose this hike, so suck it up and keep hiking!

The 12.8-mile hike to Ten Mile River Shelter is nothing exceptional. There was a washed-out bridge over Deuel Hollow Brook. It was more than a brook IMO. Someone had arranged a rope to hold onto as you walked over a crudely improvised boardwalk.

The shelter was nice looking. We had to carry our water needs for dinner, breakfast and the hike out a few miles to the shelter because the water from the Ten Mile and Housatonic rivers is contaminated with heavy metals according to Farout.

### **June 18**

Yep! Raining hard in the morning! My clothes are all wet. The tent is still wet. I've never had a chance to dry it out because it has rained so much or I was hiking all day. And my blister is still slightly bothering me. It's better, but still worries me since my feet are wet most days.

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I take the blue blaze trail to see the Bulls Bridge over the Housatonic River. The river is beautiful. The bridge is quite a piece of history and I enjoy the structural design of the exposed wood beams and fasteners visible under the cover of the bridge.



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I decided to take an unplanned zero in Kent, CT. I had planned to resupply at the IGA in town. It didn't have a great assortment of high calorie density food that I prefer for backpacking, so I know I'll be carrying more for this next three days before resupply in Great Barrington. Now that I'm taking a zero here, I'm also doing laundry and getting a motel slightly outside of town (hotel rates in town are very expensive). I devour food at every meal now in town. It is so good. Bacon cheeseburger and a beer are my standard town food choices. In the motel, I prop up the tent to air it out for the duration of my stay.

John Kelley is due to run by Kent tomorrow. I would have liked to see him but I was too far from the trail to walk there and see him. I watch the Youtube videos about his run up to this point. I think there is something hikers can learn from his FKT attempt. He keeps his pulse at nearly the same level throughout his time running. This means his level of effort is constant rather than constant speed. I try to do this when hiking. Now I'll try to self-monitor even more.

### **June 20**

I made it 16.6 miles and 7200 ft gain/loss today to Sharon Mountain Campsite. There were several interesting things today:

1. I felt like I could walk better on the steep uphill and downhills. I certainly don't have my trail legs yet, but I felt stronger today. Maybe it was taking a zero, or the blister getting better, or being able to eat more while walking.
2. I saw two black bears about 25-30 yards from me. They ran as soon as we saw each other. The nearest one just ran down the slope and thought he was hiding in the thick brush. Then he stood up and looked in my direction. We saw each other again, and then he ran off down the hill. I got one picture of him but it wasn't great. This is the first bear I've seen in four LASH's on the AT.
3. I was surprised to see the "privy" at the campsite was an "open box privy." It was just a wooden box with a toilet seat attached without any walls. It was still a moldering privy but only at the height of your feet to your knees. It was barely far enough from the tent sites to give you privacy.

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## June 21

17.7 miles and 6150 ft elevation gain/loss today. I made it to Riga Shelter. I have tried to check myself for ticks every day. A cellphone is very useful in this effort for a solo hiker. While I was eating dinner at the picnic table with 3 other hikers, I was wearing my Zero sandals, as I often do at camp. I found 2 ticks embedded in my right foot as I got up to go to bed. I am pretty sure they weren't there when I took my shoes and socks off. The table area must have been their ambush point.

I met Bougie Doc and her son today. She was a doctor at the Hampton VA. Her son is shuttling along with her by vehicle and day hiking with her sometimes.



## June 22/23

I stopped at mile 1528, Rt 7 road crossing. This was one of the hardest days I've ever had on the AT. I was more exhausted than when I ran the full marathon in 2022. The combination of the distance (17.5 miles), the total elevation change (7300 ft), the heat and humidity, the crazy steep descending, oh and two minor falls plus many other near misses... I was exhausted when I got picked up by the shuttle driver at 6:30. I started hiking at 8:30. So this was 10 hours going up and down steep rocks. It's a good thing I had tomorrow planned as another zero. I need it!

Coming down the north side of Bear Mountain CT (every state seems to have a Bear Mtn), I had a near catastrophic fall. There was a series of 10-12 ft ledges to descend. On one of them, my foot slipped. If I hadn't been able to grab the rocks and hold on, I would have fallen a significant way. As it was, I twisted my lower back, but could go on... This back pain would end up staying with me for most of the rest of the hike. I'd have muscle spasms if I moved certain ways mostly at camp, not while hiking fortunately. I don't have a history of back pain.

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Planned zero in Great Barrington. Even though I took an unplanned zero a few days ago, I kept this zero because I would be going too far, too many days, to my next zero if I didn't keep this one. So, more town food: pizza, Thai food, bacon cheeseburgers, etc. I feel like I'm not eating enough. I'm a week into my hike and I eat my intended breakfast, lunch and dinner. However, I'm not able to eat all my intended daily trail snacks. I haven't had access to a scale yet to weigh myself, but I won't be surprised if I'm losing weight. This is bad for a skinny guy like me.



My daily hiking distance (not including the zero day in Kent) has averaged 14.5 miles per day. My target is 15, so I'm doing well.

Doing laundry, resupply at Price Chopper (again not the best high calorie density selection), and a shower. Oh, how great a shower feels. I also mail some unnecessary cold weather clothing (beanie, wool blend buff, gloves,

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wool blend lightweight hoodie) that I had in case the temperatures were cooler at night. Instead, the forecast is showing a heat wave for the next several days. I'll still be able to be warm enough if the nights get cold. My quilt is rated (by manufacturer, quilts don't have standard testing protocols like sleeping bags) for 30 F. I also have lightweight long pants, a long sleeve running shirt and a rain jacket with a hood. I feel like mailing this clothing home is still safe and it'll be less weight on my back all day.

### **June 24**

The themes for today were mosquitoes and heat advisory. In the morning the mosquitoes were terrible in the low elevations, marshy areas. By noon, either the heat or the location of hiking knocked the mosquitoes down to an almost tolerable level. Even with bug spray, I had to wear my bug headnet because they were still buzzing around my face so much.

I'm glad that I cut today's mileage to only 13.5 miles because of the heat advisory. The digital thermometer I carry showed it got up to 90°F. With the shorter hike, I only did around 5500 ft of elevation change today. It should have been an easy day. The heat and humidity still made it tough. I got to the North Mt. Wilcox Shelter just after 3:00. Nobody else is here at 5:30 so I'm sleeping in my tent to avoid mosquitoes and a sign says there have been bear sightings around here.

### **June 25**

The terrain today was mild, but the last 4.5 miles had a lot of rock/boulder garden walking.

There was a cute self-serve soda, snack, ice cream bar in a shed near a road crossing. So, I bought two Gatorades there. There was also a water cache at another road crossing.

I'm at the Upper Goose Pond cabin. I got here around 4:30. The cabin is 1/2 mile off the trail WTF. So, 14.2 miles of AT, but I really walked 14.7. They serve pancakes and coffee around 6:30-7:00 for breakfast tomorrow, so it's still great. The bunks were upstairs and it was hot until later at night even with all the windows open.

There are several other people here at the cabin. No Rush and Chopsticks were also at the cabin. They met along the thru hike attempt last year and were hiking together again this year. Chopsticks had taken a terrible fall last year, and needed knee surgery. He couldn't hike again. So, No Rush put his thru hike on idle, until this year so they could hike together again. That's the kind of friend we all would want!

### **June 26**

Trees, rocks, roots... The trail spoke to me and said, "Hey! There's a 400 ft pile of rocks. Let's go over it!... There's another. Let's do that one too!"

### **June 27**

I'm at the Father Tom campsite in Cheshire, MA. Fr. Tom enjoyed meeting the hikers so much that he ended up completing the whole Appalachian Trail over the course of twelve years. It's got a city water spigot, outlets to charge your phone and the grounds are all well mowed comfortable grass.

A lady came by to greet us from the committee that manages this camp site and brought us homemade cookies.

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It was an easy walk today of about 11.5 miles. I stopped in Dalton to resupply. A shuttle driver took me to Walmart in the neighboring Pittsfield town. The driver was so kind he didn't even charge hikers for the shuttle. He just takes time off work and meets them during his work day. That's very kind of him.

There are three other hikers here at the campsite tonight when I go to bed. It might rain lightly in the morning and then heavier late in the day tomorrow. I'll try to do the 11.5 miles I have planned for tomorrow before the heavy rain starts...

### **June 28**

In the morning, I see that three more hikers showed up after dark. New forecast in the morning: now the rain holds off until evening. So, my new plan is to try to make it to Wilbur Clearing shelter before the rain comes. I made it there just before the rain.

I met John John and Sidd as I hiked today. John John is dedicating his hike to his 26-year-old son who is in remission right now from a rare form of lymphoma. His son is a PhD chemistry student due to graduate in December. Sidd is short for Siddhartha reference to the novel by Hermann Hesse, the German author, about the fictional parallel story to the historic Buddha. Sidd is a retired Las Vegas contractor.



Today included the climb up Mt. Greylock to see the War Memorial tower. MA dedicated this tower at the state's highest point to those men and women who died in World War 1.

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I'm enduring pain from patella tendonitis that came on with fierce pain today on one of the big downhills. I had felt it slightly over the previous 3 days but it became almost intolerable for 10-15 minutes today. I'm not sure I can continue if it stays like this.

### **June 29**

My knee pain late yesterday was level 6 (distressing) or 7 (unmanageable) on the scale of 10. It hurt like that only on downhill hiking. It would take my breath away or make me wince with pain. So, I wasn't sure I'd make it today. My trip might have ended. Then a series of good things happened in the morning:

1. I put a piece of Leuko tape across my leg as a make-shift patella tendon strap.
2. I developed a way of stepping down large steps on the trail that was like squatting with both legs at the top of the step, then moving the bad leg down the step. Then I tried moving the good leg and the bad knee tolerated it. So, slowly down the trail I went for 3 miles, descending into North Adams.
3. On one of my steps, the kneecap of my bad leg popped. I thought at first, I'd torn something, but as I kept walking, I found the pain had gone away!!! My kneecap must have gotten out of track and now it was back in alignment.

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The pain stayed away all day. I kept stepping down large steps carefully all day. I hiked the 12.3 miles to Seth Warner Shelter. The lower mileage was still good for my knee. I'm sure I had caused some inflammation. So, I took Meloxicam. My doctor told me that many people take ibuprofen and when the pain is gone, they stop taking it, but the inflammation is still there. So, he advised me to take Meloxicam for at least 3 days anytime I felt the medicine was necessary.

I took a 1-hour break to resupply in North Adams and also had a deli sandwich, yogurt, banana and protein milk. My hunger was now in high gear.

### **June 30/July 1**

Trees, rocks, roots and Meloxicam. I carry this NSAID from a prescription for knee pain from my fall 2023 hike of 550 miles. I only take the medicine a few times per year. With the pain that I had a few days ago, I'm chasing the inflammation away for a while.



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## **July 2**

The hike up Stratton Mountain to the fire tower was long and steep. Fortunately, there was a nice guy doing trail magic at the parking lot at the south end of the ascent. He made every hiker a large blueberry pancake. It was delicious! However, he also turned out to be using his captive audience to evangelize us and “treat” us to hear him blowing into an African kudu antler to play some note as described in the Old Testament. Then he prayed for us. This guy was a retired state trooper. It puzzles me how anyone could believe that there is an omnipotent, omniscient, omni benevolent creator of the universe who would care if his followers blow into the antler of an animal from a small country anywhere on Earth. It’s both sad and laughable.

The fire tower at the top of Stratton Mountain provides a great view of the entire region. I enjoy looking back at where I came from and ahead to where I’m going. The mountains seem so far away. A nice elderly couple is thru

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hiking and their grown daughter has met them for a while before she heads back to college. She offers me Skittles and I gladly accept these tasty morsels of stored calories.



I made it to Stratton Pond Shelter today. It should have been a 15.0-mile day, but I ended up taking the wrong trail after the fire tower and added an extra 1.4 miles to my day. Plus, the shelter was at least a half mile from the AT intersection. So, the total distance today was almost 17 miles. My left knee still felt fine! It's a large shelter and we enjoy sitting around talking in the evening. Stratton Pond was beautiful and I relished my time sitting by the pond. I talk with Meant2B, a thru hiker that just got out of the Navy, and several day hikers.

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I ended the Meloxicam and feel ok today. I hope this holds up for the coming days.



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### July 3/4

I made it to the Green Mountain House Hiker Hostel. Zero again. Better resupply options at a hiking store in Manchester, but most of my needs were met by a box I packed at home that my wife mailed to me.

Restart early tomorrow morning. The plan is to do three 14+ mile days, then resupply in Rutland and keep hiking that day. That will be a tough day, but I think I'm in the mode now and can get it done. A free shuttle runs between Killington and Rutland that I can use to get in and out of town easily. It stops at the trailhead for hikers.

The hostel has a back deck with old hiking shoes thrown away on the railing. Some of the shoes/boots look like they are barely fit to use. The owner says thru hikers get their last pair of shoes sent here and they throw away their old ones here. He keeps them as an honor to their effort.



I also had to repair my air mattress while I'm here. It had a slow leak my last night on the trail. I was able to find the leaks (2 tiny holes) and patch them. Chores instead of rest. The patches would hold the rest of the trip.

Town food had been good for the day and a half here: burgers and beer for both dinners! The hostel provides pancakes, cereal, fruit and eggs for breakfasts.

Tomorrow starts off with a three-mile, 1400 ft ascend. To "add insult to injury" (hopefully just the saying, not really hoping for another injury), the shelter I was intending to stay at is closed because the trail crew is "resetting the foundation" and no tenting is allowed in the area either. So, I'll have to push another 1.7 miles to Big Branch Shelter. So, it will be a 16.5-mile day! Welcome back!!!

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## July 5

The first part of the day was interesting. The hike up Bromley Mountain takes me up to the top of the ski resort. The last half mile of the trail is actually on a ski trail. The view is spectacular from the peak. There is a steady stream of runners coming up one ski slope and descending another ski slope.

I complete the hike to Big Branch Shelter. The loneliness of hiking by myself was getting to me today. Maybe it was leaving the hostel and having company that made this day so gloomy. It was a pretty hike with nice streams, but I mostly wished I had company.



When I got to the shelter, nobody was there for the first hour. Then two nice young guys came. They were hiking the VT Long Trail rather than the AT, but the two trails overlap for the first ~100 miles.

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The younger guy was going into his senior year in high school. He was using the hike as his senior project. He was studying long distance hiking and would do further research on mental health issues for long distance hikers. When asked, he said he wasn't intending to work in a career in mental health. The other guy was one year older and going away to college after the hike. He would be studying forestry.

As we went to sleep, I developed stomach pains. They got worse. I had to go relieve myself several times. I wasn't sure what the cause was, but the diarrhea was frequent and the stomach pains were strong. After a couple hours, it stopped and I was able to get some sleep.

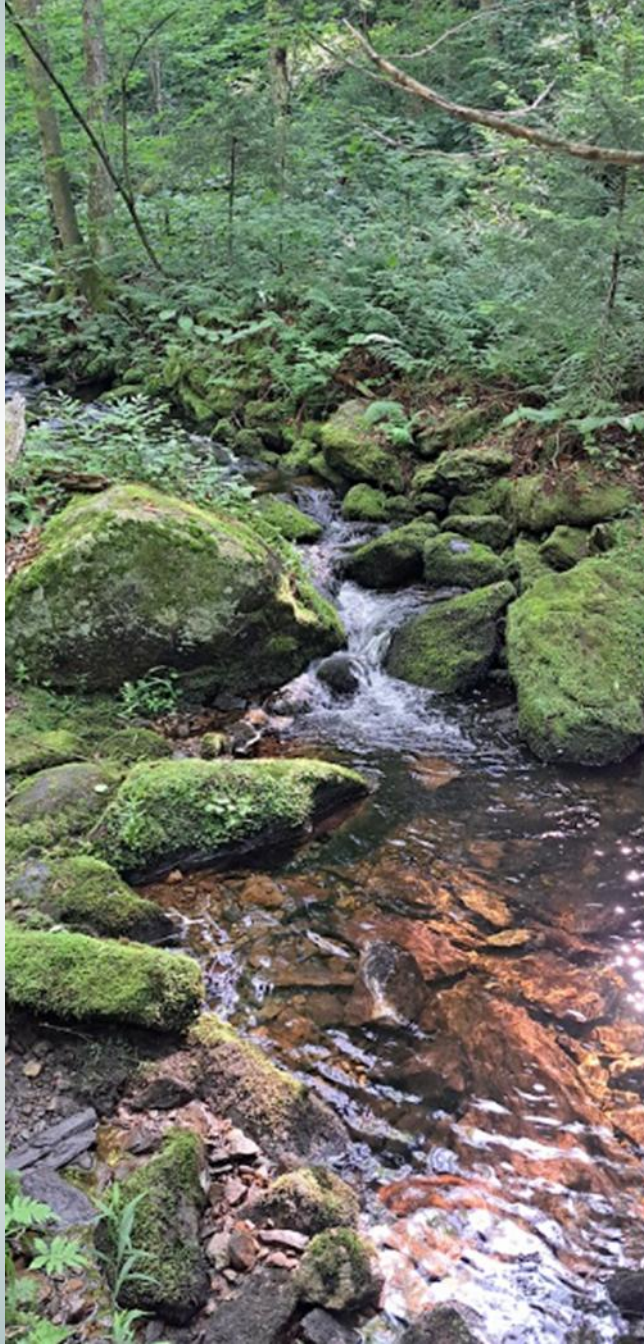
#### **July 6/7/8**

In the morning, I didn't have an appetite. I made myself eat some breakfast. As I hike the stomach pain was still there. I decide I should get off the trail whenever I can. I don't have cell service most of the day. When I finally do, I call my wife and explain the situation to her. She agrees that I should go to town asap. I try a few shuttles drivers

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that Bob Veverka (TATC member) helps me look up, but none of them are available to help me. I end up hiking 10.5 miles to VT 140. This road is big enough and travelled enough that I'm able to hitchhike into Rutland. A nice man drives me directly to a hotel on the south end of town. I check into the Days Inn. Later that evening, I can eat an omelet at Denny's. I end up spending 2 more days there as a precaution since my stomach felt so bad. I go to an urgent care place and they do blood tests for 4 tick diseases. 3 of the 4 come back negative the next day. The Lyme's test comes back negative days later. So, it was likely something in the water, my food, or a stomach flu that I caught from another hiker. I'm more cautious with my water than most hikers. I filter it with the Sawyer filter and then treat it with chlorine dioxide drops. We'll never know, but at least I got better.



### **July 9**

I'm finally back on trail! What's in store for me today? And the trail says, "Hey! You'll enjoy climbing Mt. Killington!" Yeah, it's only 11.4 miles with 4140 ft ascend and 1100 ft descend. The trail as it runs up the side of Mt. Killington

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must be hard to maintain. It's roughly returning to the side slope of the mountain. It's rough on the legs and ankles because you're walking on a mess of exposed roots and rocks for quite a way.

I was expecting Cooper Lodge at the top of the mountain to be in bad shape from reading the comments in Farout. One other hiker was there when I arrived. He was on the best of the four bunks. The two top ones were unusable if rain was expected (which it was) because of holes in the roof. Heavy plastic was laid over the top bunks. The other bottom bunk was so tilted that I chose to sleep on the picnic table on my air mattress inside the shelter. A young thru hiker came later and he used the tilted bunk with his foam mattress.



Some of the words in the texts to my wife about the day can't be printed here. She laughed and said I've never described the trail so colorfully.

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## July 10

This was supposed to be a 16.3-mile day with 8000 ft of elevation change. But when I got to VT Rt 4, the sky looked ominous and the rain was beginning. I checked the weather forecast and it said 1.3" of rain and severe thunderstorm warnings for the afternoon. I decided to catch the shuttle toward the town of Killington. The bus driver didn't seem happy to pick me up. I only went a couple miles. I got off at a deli to wait out the rain. Well, if I was here, I might as well eat something. I had bacon mac and cheese, and a bowl of wedding soup. As I sat there, I charged my phone and kept checking the weather. The forecast changed significantly. Now the rain total was only 0.4" and it would be in the evening. So, I hiked a road near the deli to get back to the trail. I was able to get to Stoney Brook Shelter before the rain came.



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### **July 11**

Hiking to Winturi Shelter, only 10 miles today. It was a relatively easy hike. However, not long after leaving Stony Brook Shelter, there was a ledge so steep that the trail club had placed a ladder (anchored to the rock face) so that hikers could safely descend it. There is no section of this trail that's easy.

I met another thru hiker named Butters. His real name is Noah Anderson. He just finished his master's degree in soil science. Before beginning his career in soil science, he will dedicate two years in Peace Corps. He brought his traveling guitar and played his own songs for us. He'll record some songs in a studio in Chicago before leaving for Senegal.

A simple sit down fall today resulted in breaking the very tip of one of my trekking poles. Fortunately, I can press the rubber tip over the broken end, extend the upper section 5 cm, and still use the pole.

### **July 12**

The hike to Thistle Hill Shelter was 12.3 miles today, ascend 3379 ft, descend 3629 ft, 7,008 total. 570 ft/mile. The footing was good, mostly dirt instead of rock, but steep mountain peaks. A nice feature of these peaks was that they were covered with fields of wild flowers. They were very pretty, but the trail maintenance was lacking. I was walking through waist high weeds and flowers. It worried me that this is tick country and I'm likely to get some here.



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I took a 0.1-mile side trip at a road crossing this morning to a farm store. They had personal size pies. I had a delicious blueberry peach pie. It was almost as good as my lovely wife makes.

I have spent most nights since Fr. Toms campsite with John John and Sidd. I don't know if I'll see them again once we enter Hanover. I thank them for their company and wish them success in their thru hikes.

### **July 13/14**

The hike from Thistle Hill Shelter to Hanover is unremarkable, but I am excited to get to Hanover, NH. It means I have another zero to look forward to and only four days of hiking remaining. It has been a good hike, but the challenges have made it difficult to find the joy of hiking and nature amidst having to endure blisters, rain, stomach problems, and loneliness. But as I sit in the home of a kind trail angel, I look through the photos on my camera. I smile at the memories of streams, rocks, decaying wood (yeah, I take photos of weird looking wood decaying along the trail), flowers, frogs, Eastern newts, mountain tops and valleys. I have a few recordings of birds taken with the Merlin Bird app. Sometimes it's easy to forget how lucky I am to get the chance to hike for five weeks and cover 400 miles. This is what I like doing. I'm excited to make these last days joyful.



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My trail angel is a retired doctor who allows hikers to stay in her basement. I get to do laundry, take a shower, walk 10 minutes to Main Street for many restaurants, and she does this for free.

I eat large meals including bacon cheeseburgers, but also fancy burritos, pesto omelet at Lou's, and locally made ice cream. I do resupply at LL Bean and Eastern Mountain Sports.

### **July 15**

I left Hanover this morning and made it to Trapper John Shelter. An old guy doing trail magic told me this shelter is named after the character on the old TV show MASH. That doctor portrayed on the show went to Dartmouth Medical School. Since the Dartmouth Outing Club built this shelter, they named it after him. I enjoyed talking with the old guy also. He gave away cold sodas while he sat at a road crossing of the trail. He simply enjoys day hiking and says he likes to help the thru hikers. This kindness always impresses me.

The climb up and down Moose Mountain was steep both ways. The south mountain would have had a good view, but the humidity was so high it made the view hazy. Later in the day when I passed over Holt Ledges, the view of the valley was awesome.

My legs felt good all day. I think at this point I can say for sure that the strength training I did before this hike served me well. My legs were stronger when stepping up rock and log steps throughout the day. I may have still been fatigued at the end of the day, but I can tell I am stronger than past years. I am pleased that I can still make these improvements at 66 years old.

It was hot and humid, in the mid 80's. I'm drenched in sweat as usual. That may be why I'm so fatigued at the end of most days.

### **July 16**

I made it to Hexacube Shelter. The climb up Smart Mountain was a killer. The last 0.8 miles were at 1131 ft/mi. The views along the way were fantastic. The Hexacube Shelter was very interesting. It's a hex shape, as the name implies. I can tell it required some good carpentry skills to build. It was larger than many others that claim to be large enough for 8 people, but I'd say 6 would be the most to fit comfortably. This shelter could probably hold 8 easily.

An older couple in their 70's was trying to complete a thru hike attempt that the wife started 50 years ago. She missed a few sections back then. Her trail name is Anniversary and he is Historian. They were an inspiration.

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### July 17

On my last full day of hiking, I made it to Glenclyff Hikers Welcome Hostel. It was satisfying to get back to my target daily mileage. It was 14.6 miles, with 7700 ft elevation change. It took me from 8:00 until 5:00 to complete that hike. The first big climb on the day was going over Cube Mountain. It was a rocky monster of a climb to do first thing in the day. The rocks appear to sweat from the high humidity and their cold surface. The large sloping rock slabs are always a bit scary to ascend or descend. If you slip, it will be a hard fall and roll down the rocks. There was only one other moderate sized mountain, Mount Mist, but the other rolling hills made for a demanding day. I had some transient leg pains on and off throughout the day but nothing significant.



The hostel provides a bunk, laundry, shower and a refrigerator full of sodas and frozen meal items to buy. I ate hot pockets, burritos, and similar items until I was stuffed.

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### **July 18**

We had to be ready at 7:00 am for the shuttle to Kinsman Notch tomorrow morning. I was going to slack pack south back to the hostel, then they would shuttle me back to Hanover. I had to get this done this way because I was catching a Greyhound bus back to Richmond VA Saturday morning at 4:50 am.

The “we” above turned out to be just me. The other three people in the van were headed north from Kinsman Notch. So, alone again, I started the climb up from Kinsman Notch at 7:45. I knew from Farout this would be steep. I had looked up an article I saw long ago that said this included the 2nd steepest half mile of the AT (930 ft in a half mile). My Farout showed that I would climb 1765 ft in 1.1 miles for a slope of 1597 ft/mi. (for comparison, the steepest mile I can find between Harper’s Creek Shelter and Chimney Rock is 738 ft/mi according to Farout). Due to last night’s rain, everything was wet, making the rocks slippery. The climbs are so steep they installed log

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steps drilled into the sloped rock areas for hiker safety. There are also rebar handlebars and steps in some places. However, it may have been one of the most beautiful miles I've ever hiked. The trail runs alongside a waterfall for much of the climb. I did have a couple other hikers cross paths with me as I climbed. We laughed at the steepness but spoke in awe of the beauty. The sight and sounds of that piece of trail will be with me for a while.

As I got closer to the summit of Mt. Moosilauke, I did slip once during a seemingly mild rock step. I can't really say what happened, but next thing I know, I'm falling and rotating. Luckily for me, I land on the spruce limbs tightly lining the trail. As I hit the limbs, I hear a cracking sound and the first thing that runs through my mind, "is that my neck breaking?" Fortunately, no. I get up unharmed and continue hiking as if nothing happened. I think back about how many times over the past 5 weeks have I slipped but caught myself. What would happen if more of those slips resulted in falls. Yes, hiking has its dangers, but it's all part of the deal.

When I emerge from the tree line, the sky is foggy and windy. I make my way from cairn to cairn. I can barely see ¼ mile ahead of me. I get to the Mt. Moosilauke summit sign and can barely stand up the wind is blowing so hard. Another younger hiker is there too. It's 45°F and I'm wearing a thin running t-shirt and a thin running long sleeve shirt. I quickly put on my rain jacket to block the wind, but my hands are still cold. We trade taking photos for each other and head down from the summit. In 10-15 minutes, I'm back below the tree line. 15 minutes later, the sky clears and I can see the valley through the trees from my location. It would have been great if it was like this 30 minutes ago, but as it was, it makes for a great story and photos.

I make my way down the south slope of Moosilauke and back to the hostel. I get shuttled to Hanover and spend the night in a church rectory.

### **July 19**

I catch the bus and make my way back to Richmond. As I ride the bus, I think about my reasons. Why do I do these hikes? It was hard. This was the hardest hike of the four I've done.

Sometimes people choose to do hard things. Sometimes we put ourselves in hard situations out of poor decisions we make. Sometimes hard things come along beyond our control. The quality of life isn't determined by the hard situations. It's determined by what we do in response. I chose this thing to do, and I'm happy that I did it. I feel a sense of accomplishment. I feel strong. I have good memories of nature and the people that I met, both the other hikers and the kind trail angels. Hopefully, I'll be able to do the last 390 miles next year to complete the AT.

I will have to train harder for next year because it will be harder than this section. According to Farout, the remainder of the White Mountains in NH will have an average slope of ~650 ft/mi. Most climbs have ascending and descending slopes greater than 1000 ft/mi. The tough thing about being a LASHer, or MYTH, is that we have to work at getting our trail legs each year. We have to be willing to endure the soreness and fatigue until we regain them. I like to have a reasonably high miles per day average. I end up averaging about 13.5 miles per hiking day with all the difficulties. That's not as high as I would like, but I can accept it.

My wife and I are happily reunited after my 16.5-hour bus ride.



## Online Trail Maintenance Training

*By Jim Sexton*

Working on the Appalachian Trail (A.T.) and in Wilderness Areas involves inherent risk, but those risks can be minimized through planning, communication, training, and equipment. Each trail volunteer is responsible for their safety and for others they may lead. The online training opportunities listed below can be used to help educate trail leader and volunteers in preparation for successful trail maintenance trips.

### **ATC's Safety and Training**

<https://appalachiantrail.org/get-involved/volunteer/safety/>

### **ATC Essential Trail Maintenance Videos**

<https://appalachiantrail.org/maintenance-training-modules/>

#### Student Modules

[Understanding Safety](#)

[Trail Alignment & Issues with Water](#)

[Brushing](#)

[Marking the Trail](#)

[Keeping Hikers on the Centerline](#)

[Trail Condition & Assessment](#)

[Fire Ring Management](#)

A.T. Condition Assessment Report Form (sample)

[The Ten Essentials for a Day-Hike](#)

#### Instructor Modules

Instructor Guide – Understanding Safety

Instructor Guide – Trail Alignment & Issues with Water

Instructor Guide – Brushing

Instructor Guide – Marking the Trail

Instructor Guide – Keeping Hikers on the Centerline

Instructor Guide – Trail Condition and Assessment

### **Trail Safe! Training**

Sign-Up: [https://volunteer.appalachiantrail.org/s/atc-project-details?c\\_reclId=a0qUI0000026BF1](https://volunteer.appalachiantrail.org/s/atc-project-details?c_reclId=a0qUI0000026BF1)

Trail Safe! is a unique safety program designed specifically for National Park Service trail volunteers. It's based on NPS Operational Leadership Training, where the human factor of safety is explored. 8 videos, with about a 3-hour run time.

The Arthur Carhart National Wilderness Training Center offers a variety of free self-paced online courses in partnership with the Eppley Institute for Parks and Public Lands at Indiana University. Twelve self-paced online wilderness courses are currently available online at no cost to wilderness management agency employees.

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The Fundamentals of Wilderness Stewardship Certificate Program comprises four online courses that explore the history, philosophy, and application of wilderness law, regulation and policy in the United States.

### **USFS Trail Maintenance and Construction Notebook**

Link: [https://www.fs.usda.gov/sites/default/files/fs\\_media/fs\\_document/trail-maintenance-notebook.pdf](https://www.fs.usda.gov/sites/default/files/fs_media/fs_document/trail-maintenance-notebook.pdf)

### **North County Trail Handbook**

Link: [https://northcountrytrail.org/files/trail-management/NCT%20Handbook\\_Planning-Design-Construction-Maintenance\\_2019.pdf](https://northcountrytrail.org/files/trail-management/NCT%20Handbook_Planning-Design-Construction-Maintenance_2019.pdf)

### **Wilderness Training Courses:**

The Arthur Carhart National Wilderness Training Center, in partnership with the Eppley Institute, has long provided 36 e-learning courses for agency and public use. These courses will soon be updated and transitioned to a new platform hosted by the Wilderness Institute at the University of Montana.

Website: <https://wilderness.net/practitioners/training/online-training-courses-and-certificate-programs/default.php>

What to Expect:

- *Starting July 1, 2025:* Courses will be available through the Eppley Institute for a **fee** during the transition. *After the transition:* Courses are expected to be offered **again at no cost** on the new platform.

We appreciate your patience during this shift.

Questions? Contact [info@wilderness.net](mailto:info@wilderness.net).

### **Wilderness Webinars**

The Arthur Carhart National Wilderness Training Center is hosting a 4-part webinar series free and open to all wilderness managers, practitioners, and partners. The series can be attended in-full or participants can select only the sessions they are interested in. We strongly recommend taking both webinar sessions 2 and 3 if you want a fuller understanding of the MRA and MRAF. Each webinar will have opportunities to interact with experts and peers. Following the webinar, participants will be invited to a virtual space to allow for more interaction/discussion, community, and follow-up support.

Webinar Schedule: <https://wilderness.net/practitioners/highlights/page-wilderness-wednesdays-webinar-series.php>

### **Trails Skills Institute - Trail Construction Skills**

Link: <https://www.trailskills.org/skills/trail-construction>

### **Trails Skills Institute - Trail Maintenance Skills:**

<https://www.trailskills.org/skills/trail-maintenance>

This list is certainly not inclusive. If you have a particular interest, Google it, and you will probably find training on your topic.



**There's a New Cow in Town**  
***By Jim Sexton***



Escape the ordinary and enjoy the extraordinary. at Belties, a new venue in Nellysford, Virginia. This is a new farmhouse cafe, with views of the Blue Ridge Mountains, and the peaceful presence of Belted Galloway cows grazing nearby that you can visit. Every visit is a chance to slow down, savor unforgettable flavors, and enjoy the simple pleasures of country hospitality.

Located in downtown Nellysford, Virginia, Belties offers a truly unique breakfast, brunch, and lunch experience to local residents and visitors. With a blend of authentic country charm, delicious food and drinks, and a welcoming vibe. They hope to make every visit feel like home—inviting you to stay awhile and come back often. Creating a truly memorable experience for guests.

Belties is open daily from 7am – 2pm  
2884 Rockfish Valley Highway  
Nellysford, VA 22958  
[scott@belties.com](mailto:scott@belties.com)  
(434) 218-0352  
<https://www.belties.com/>





## Tool Time

*By Rich Seriani*

Did you know that the club has over 350 individual pieces of “stuff” in the toolshed that we use to accomplish the club's primary mission of maintaining our section of the AT and surrounding trails? That includes all the tools, safety equipment, signs, tables, etc. I didn't know what half of this was when I became Tool Boss last year, but with the help of many fellow TATC members (and some Google searches) I've learned a lot about what these tools are, what they're used for, how to sharpen them, and what oils will keep them from rusting in between uses. Now that I finally feel like I (almost) know what I'm doing, I'm ready to take some of you up on your offers to help with some long-overdue maintenance.



Between the fire rakes, hoes, shovels, and swing blades we have about 60 wooden tool handles that could benefit from a little TLC this winter when they would otherwise be sitting in the toolshed. Notice that the swing blades are missing from that picture.

I'm looking for about six volunteers to take home some tools and clean, lightly sand, and apply a couple coats of polyurethane to the handles. The club will provide the polyurethane, sanding paper/sponges, and rubber gloves if you need them. Work would be accomplished between Fall and Spring Maintenance (November through March) so that we don't interfere with any trail work. Please contact me at [toolboss@tidewateratc.com](mailto:toolboss@tidewateratc.com) if you're interested. Include "Tool Maintenance" in the subject line.

Thank you,  
Rich



## **TATC Trail Magic on the Tye**

**May 24, 2025**

***by Jim Newman***

Trail Magic refers to the practice of surprise through offering hikers items they dearly need, often in the nick of time. This includes food, cold drinks, snacks, small useful items such as soap, needle & thread--the usual fare.

But “usual” is not good enough for Jim Sexton, who each time, organizes what we teasingly call the “Mother of All Trail Magics” Jim sees that we offer addition items:

- grilled cheeseburgers, hot dogs & onions
- sliced tomato slices & lettuce
- potatoes salad
- baked beans
- variety of beverages
- an array of condiments
- and sometimes, watermelon

In addition:

- phone charging station
- depository for pack trash
- fifteen soft chairs
- lighters
- bandanas, etc

Ten to twelve trail magic volunteers were base at Chris and Jim’s mountain house. They provided lodging, Friday dinner and Saturday breakfast. After Saturday work day, we all went to dinner at the Barrel House.

Club volunteers this year included Sandy Butler, Sandra Canepa, Libby Carmines, Terry Manns, Phyllis Neumann, Jim Newman, Chris Sexton, Jim Sexton, Brian Morton, Kristen Morton.

Consider joining us next year. You can count on the wonderful hospitality of the Sextons, along with the joyfulness and appreciation of the through hikers.





## Nelson County Fruit and Berries

*By Jim Sexton*



From May until December, taste and tour the places that grow the freshest fruits and berries in Nelson County. Select from a wide variety of apples, Asian pears, blackberries, blueberries, cherries, nectarines, peaches, plums, strawberries, sweet cider, fruit jams, jellies, and more! From pre-picked (fruit) or pick-your-own (fruit or berries), find your favorites while enjoying spectacular views of the Blue Ridge Mountains. Check out the following farms and orchards for operating hours, events, and festivals.

### **Blue Ridge Fruit Company**

Loring peaches, nectarines, and Paula Red Apples are at the Blue Ridge Fruit Company. *Open weekends August through November. Saturday 10AM to 4PM and Sunday 1PM to 6PM.*

As peaches, nectarines, blackberries, apples and pumpkins ripen throughout the season, product offerings will change right along with the harvest schedule. If you can't make the trip to either Blue Ridge Fruit Co. or Dickie Bros, the family farm, there will also be some products available for purchase via their online store opening soon. 8063 Rockfish Valley Highway, Afton, VA 22920, 540-456-6778

### **Dickie Brothers Orchard**

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

One of Virginia's Century Farms. Apple varieties include: Gala, Paula Red, McIntosh, Red and Golden Delicious, Empire, Winesap, Stayman, Rome, Granny Smith and Fuji. Other products include cider, sweet potatoes, plums, apple butter and pumpkins.

Pick-your-own includes: Raspberries in June, Blackberries in mid-July, Honeycrisp Apples in late August, and PYO Apples (various varieties) 7 days a week (weather permitting) from 2nd week in September through the 2nd week of November. Picking containers and bags provided.

Thursday - Saturday 10am - 5pm

Sunday 12pm - 4pm

2685 Dickie Road, Roseland, VA 22967, 434-277-5516

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### **Drumheller's Orchard**

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

Drumheller's Orchard is a 5th generation family owned and operated farm located in Lovington, VA. Known for a wide variety of great tasting apples! <https://www.drumhellersorchard.com/apples>

Also a large variety of peaches; yellow peaches, white peaches, pluots, and plums. <https://www.drumhellersorchard.com/peaches>

Monday - Closed

Tuesday – Saturday - 9:00am — 5:00pm

Sunday - 12:00pm – 5:00pm

1130 Drumheller Orchard Lane, Lovington, VA 22949, 434-263-5036

### **Fitzgerald's Farm**

Website: <http://www.fitzgeraldfarms.com/>

Pick-Your-Own Pumpkins during the fall season and sweet corn during the summer. Also offering quality whole-sale pumpkins, corn, soybeans and sod.

From Route 29, take Route 56 West and look for the farm stand immediately on your left.

4850 Tye Brook Highway, Arrington, VA 22922, 434-277-8047

### **Fitzgerald's Orchard**

*Bushel sales only – call ahead.*

Open Monday through Friday 9AM to 12Noon and 1PM to 4PM.

Currently offering Gala, Golden Delicious, Red Delicious, Granny Smith, Fuji, and York apples. All apples are kept in cold storage to preserve flavor and crispness.

728 Harper's Creek Lane, Tyro, VA 22976, 434-277-5798

### **Saunders Brothers Farm Market**

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

Saunders Brothers Farm Market is a family-owned business. They grow peaches, apples, Asian pears, vegetables, flowering shrubs, annuals and perennials. They also sell beef and pork, baked goods, salsa, cider, or jam and in season hand-made wreaths. Try their mouth-watering peach ice cream from Homestead Creamery and visit their onsite farm antique museum!

Open May to December, Monday through Saturday, from 9-6 until Daylight Savings and 9-5 afterwards.

2717 Tye Brook Highway, Piney River, VA 22964, 434-277-5455

### **Seamans' Orchard**

Website: <https://seamansorchard.com/>

Nestled at the foot of the Blue Ridge Mountains, Seamans' Orchard is a fourth-generation farm. The farm grows the finest apples, blueberries, cherries, and strawberries mother nature will allow.

Pick-your-own or pre-picked strawberries upon request beginning May. Pick-your-own cherries and blueberries in June. Pick-your-own apples in the Fall on select weekends. Call for hours and availability. No pets please, service dogs only.

415 Dark Hollow Road, Roseland, VA 22967, 434-277-8130

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### **Silver Creek Orchards**

Website <https://silvercreekorchards.com/>

Silver Creek Orchards is a seventh-generation family-owned farm that offers over 20 varieties of apples, as well as wine grapes and beef cattle.

Pick Your Own

Dates: September 13th & October 11th, & 25, 2025

Times: Saturday 9am-4pm

Varieties available for picking:

September 13th - Jonathan, Jongold, Early Fuji, Mystery, Mutsu, Blue Ridge Crisp, & Empire

October 11th - Fuji, Granny Smith, Pippin, Arkansas Black, Black Twig & Ever Crisp

October 25th - Pink Lady, Wild Twist, Lady Apple, & Black Twig

3679 Pharsalia Road, Tyro, VA 22976, 434-277-5865

### **Silver Creek & Seamans' Orchards.**

Website: <https://silvercreekseamansorchards.com/>

Apple Butter Makin' Festival

First & Third Saturdays every October

Saturday, October 4, 2025 - 10am-4:30pm

Saturday, October 18, 2025 - 10am-4:30pm

Fresh, delicious apples available for selection, cider, PYO pumpkins, corn maze, crafters, live music, food vendors, clowns, and apple butter

5529 Crabtree Falls Hwy, Tyro, VA 22976, 434-277-5824



## TATC Cabin Report

By Gregory Hodges

TATC Cabin Maintainers and Club Members,

### 2025 Upcoming Cabin Maintenance Weekends

Friday 9/26 thru Sunday 9/28

Friday 11/07 thru Sunday 11/09 - Firewood cutting weekend

### Available Weekends

April thru June are historically the busiest times for cabin rental. The cabin can be rented up to 8 weeks in advance. There are 6 of the next 8 weeks available.

### 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>

Please contact me to sign up for cabin reservations. Thank you.

Breathe and smile... and take a hike,

Gregory Hodges, Cabin Chair, [tatccabin@gmail.com](mailto:tatccabin@gmail.com)





## Upcoming Programs

*By Paul Heymann, Program Chair*

- August 13, 2025 - Rich Wittecar, Formation & Legacy of Chesapeake Bay Impact Crater
  - September 10, 2025 - TBD
  - October 8, 2025 - Jim Newman, Awards Ceremony & Dave Pruett, Author of "Hiking the AT in the Virginias"
  - November 12, 2025 - TATC Silent Auction
  - December 6, 2025 - TATC Holiday Party, at The Cove, 6 pm
- 

## Helping Out at Back Bay

*By Lee Lohman, Past President*

Occasionally, the Board of TATC is asked to help other non-profits and government agencies with the kind of trail maintenance work we specialize in. The Board carefully weighs assisting these worthwhile efforts vs. over-extending TATC and our club members' capacity for prolonged support.

Recently, the U.S. Fish and Wildlife Service asked if TATC could help with their ongoing trail and facilities maintenance at Back Bay National Wildlife Refuge. In addition to routine grass cutting and facilities cleanup, the USFWS team faces a constant problem with Phragmites, an invasive species of reed that can grow up to 20 feet tall.

After considering the request, the Board decided that the club should not support Back Bay in the same way it does First Landing State Park or False Cape State Park. However, the Board recognized the valuable contribution the wildlife refuge makes to Hampton Roads. The 9,062.45-acre refuge hosts a wide variety of indigenous wildlife and plants as well as being an important stopping point along the Atlantic Flyway for migratory birds such as snow geese. AND, it's a great place to go for a hike or bike ride.

The Board agreed to publicize the USFWS'S need for volunteers and to encourage members to join that effort. Note that Back Bay does not require members to make an ongoing commitment. Erica Ryder, the Visitor Services Specialist, solicits volunteers monthly. Volunteers work when they wish. The work normally takes place on Thursday or Friday to prepare for weekend visitors. Back Bay staff provide all the needed equipment, tools, and training.

If you are interested in volunteering at the wildlife refuge, please contact Erica at Erica\_Ryder@fws.gov for more information or to join the team at Back Bay National Wildlife Refuge! You can also reach her by phone at (757) 301-7329 ext.3106.

The refuge is located at 4005 Sandpiper Road, Virginia Beach, VA 23456. Here is the map link: <https://maps.app.goo.gl/UV9LViSJPCWe5iwy7>.



# VOLUNTEERS NEEDED

## Join the Grounds Maintenance Team at Back Bay National Wildlife Refuge!

Members of this important team help keep the refuge grounds safe and beautiful for visitors. The work consists of using a riding lawn mower to cut grass around the Visitor Center and D-Pool fishing area and/or edging and trimming with a weed whacker. All volunteers receive an orientation and training for this project. This work is primarily done on Thursdays or Fridays, to prepare the site for heavy week-end visitation. Volunteers sign up for times that work for them. Please contact Erica Ryder at [Erica\\_Ryder@fws.gov](mailto:Erica_Ryder@fws.gov) for more information and to join the team at Back Bay National Wildlife Refuge!





# VOLUNTEERS NEEDED



## **HistoriCorps is headed back to the jewel of the Blue Ridge Mountains to continue restoration work at the Sherando Lake Recreation Area!**

SESSION DATES: September 7-12, September 14-19, September 21-26, and September 28 – October 3

### **Scope of Work**

HistoriCorps is committed to educating and training volunteers in preservation skills, with an overarching mission of inspiring a preservation ethic in all those involved. Learning and working alongside expert HistoriCorps field staff and other volunteers while applying the traditional skills necessary to restore the Sherando Lake Beach House, you will assist to:

- Evaluate and repair interior components to strengthen interior structures
- Remove, restore, and reinstall wooden windows to accentuate building facade
- Install temporary shoring to enhance stability of truss bottom chord
- Stabilize bottom header log to reinforce pavilion entry
- Support and stabilize chimney ridge beam
- If time allows: repair deteriorated men's changing area janitor closets to rid the space of rotting plywood and mold, treat affected areas with protective measures to prevent carpenter bee infestation, and other preservation tasks as determined with GWJNF staff

**Sherando Lake Beach House, VA 2025 - HistoriCorps**

**[CLICK HERE TO REGISTER!](#)**



Get your tickets @ [TheNatureBus.com](https://TheNatureBus.com) > Calendar



Kayak Kayaking The Nature Bus Best Tours  
Virginia Beach

## Cypress Swamp Kayak Trip & Brewery

Beginner friendly kayak paddle. Kayaking a new part of the creek this year. Experience new waters! Navigate the serene waters of the Powhatan Creek cypress swamp, immersing yourself in the beauty of flourishing plants and diverse bird species, concluding your adventure with a refreshing stop at a nearby brewery – Billsburg Brewery.

This is a public tour. It is also available as a private customizable group tour for up to 16 people. Email [info@TheNatureBus.com](mailto:info@TheNatureBus.com) to arrange a tour for your group.

**TOUR DATE: Saturday, September 6, 2025**



Get your tickets @ [TheNatureBus.com](https://TheNatureBus.com) > Calendar



The Nature Bus Eco Tours Nature Tours  
Virginia Beach BEST Things to do Boating  
Fishing Trawling Naturalist Guided

## Floating Eco Adventure + Lunch

Guided by naturalist James Abbott, this one-of-a-kind boat tour includes hands-on wildlife exploration with a trawl net—and a relaxing brewery lunch on the waterfront.

**TOUR DATE: Saturday, September 20, 2025**





Get your tickets @ [TheNatureBus.com](http://TheNatureBus.com) > Calendar



© James Abbott

Best Tours Virginia Beach The Nature Bus  
 Bird Watching Birding Ecotour Eco Tour  
 Nature Trip Eastern Shore CBBT  
 Chesapeake Bay Bridge Tunnel Cape  
 Charles Lunch

## Eastern Shore Bird Migration and Lunch

Bird Migration Spectacle on Virginia's Eastern Shore: A Coastal Adventure with  
 Award-Winning Naturalist James Abbott

**TOUR DATE: Saturday, October 18, 2025**



Get your tickets @ [TheNatureBus.com](https://www.thenaturebus.com) > Calendar



First Day Hike January 1 2026 The Nature  
Bus First Landing State Park Virginia Beach  
All Ages Welcome

## New Year 'First Day Hike' with Naturalist James Abbott

Begin the New Year by setting the intention to get outside more and meet more nature-loving friends!

**TOUR DATE:** Thursday, January 1st, 2026

**TIME:** 1:30 pm – 4:30 pm (3 hour tour)



Get your tickets @ [TheNatureBus.com](http://TheNatureBus.com) > Calendar



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## 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**.

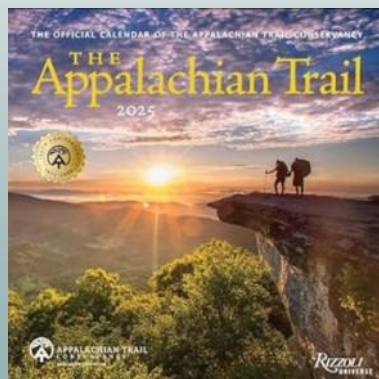


**ORDER YOURS**

## 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

**ARE YOU PREPARED** to give vital first aid care when professional help is far or busy?

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WILDERNESS FIRST RESPONDER (9 days)

Aug 11-19: Experience Learning, WV

WILDERNESS FIRST AID (2 or 3 days)

Aug 30-Sept 1 ...Blacksburg, VA area

Sept 27-28 .... Charlottesville, VA

Oct 18-19...Washington, DC area

Nov 15-16... Charlottesville, VA

**No prerequisites. Spaces limited!**

Register now at:

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

**In-Person** course fee starts at \$295

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Hours to Days.*



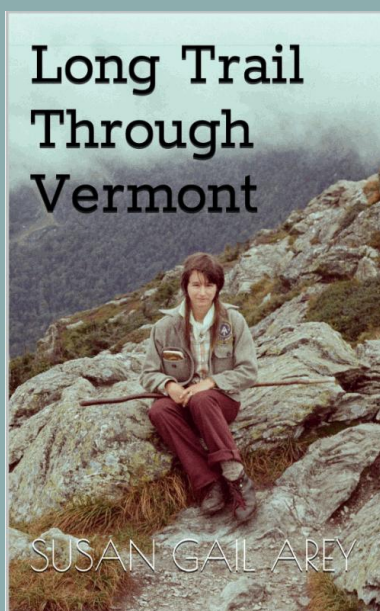
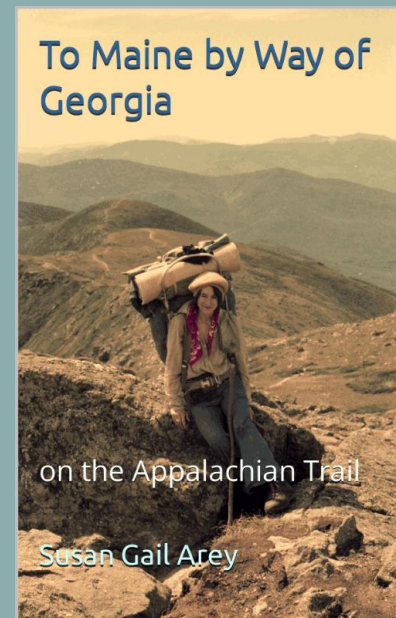
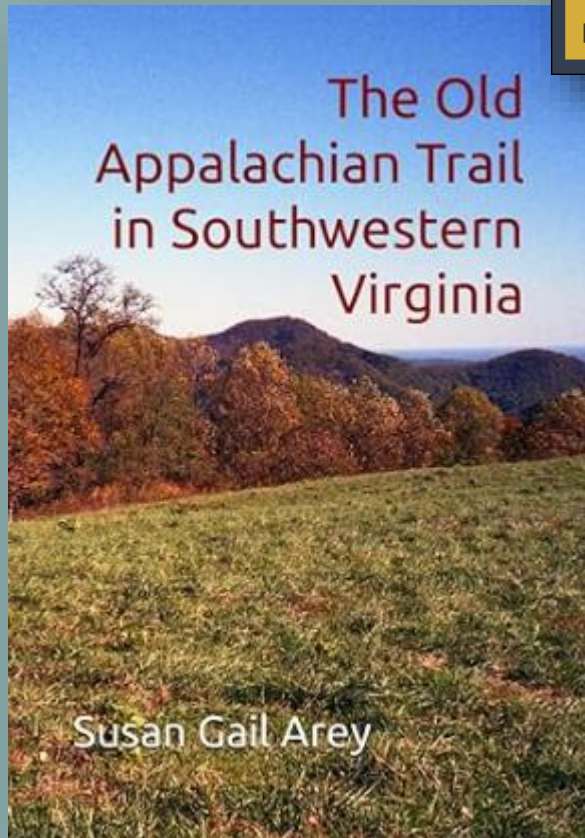
**[www.solowfa.com](http://www.solowfa.com)**



## Books on Hiking by Susan Gail Arey

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

2023  
RELEASE





# 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.

## **Hampton River Paddle - August 5, 2025 - Tuesday Group**

DATE: Tuesday, August 5, 2025 TIME: 9:00am with launching time as soon afterward as possible but NLT 09:30am.

PLACE: Sunset Creek Public Boat Ramp, 21 Marina Road, Hampton, Virginia 23669.

DESCRIPTION: The Hampton River (aka Hampton Creek) is located entirely within the city of Hampton, and yet it still has something to offer paddlers of different interests. Not only does it have a very interesting history (think Pirate Blackbeard's severed head for one), but also includes great views of downtown Hampton, Hampton University, Hampton's Air and Space Center, Hampton Yacht Club, fish/crab unloading docks, and lovely water-front private homes.

For more adventurous paddlers, even less adventurous in good weather, we can easily paddle out into the open waters of Hampton Roads where, depending on whether we go straight or turn, each view is different.

A straight, rather short paddle will give us a front row seat from our kayaks of the HRBT's on-going Interstate highway upgrade. Just being in a "vehicle" that will permit us to leave this construction site anytime we wish is a huge plus right now 😊!

If we turn right, we will visit a Southampton neighborhood boat marina, and if we turn left, the shoreline will take us to Fort Monroe's Mill Creek. We will not paddle out into the open waters of Hampton Roads unless it is a group decision. Staying in the 3.2-mile-long Hampton River, without any open-water side trips, our round-trip paddle will be approximately 6 ½ miles.

Fortunately, a round-trip paddle, that remains in protected waters, can be easily shortened to any length should anyone need to break away. All participants must wear a personal flotation device (PFD) when paddling, and don't forget to also bring any other paddling gear you'll need along with water, sunscreen, and lunch, or money for lunch in one of the restaurants located nearby. Two restaurants, The Surf Rider and Vancosta's, are very close to our put-in. Please let me know which you prefer when you sign up so reservations can be made before August 5.

Again, the group's choice will determine where we have lunch. The Surf Rider restaurant is right next door to our put-in ramp, and Vancosta's is just a couple of blocks away on Kecoughtan Road. Vancosta's is one of Hampton area's few remaining, yet still very popular, local Greek neighborhood restaurants. Breakfast Option: McDonald's at 8:30, only six minutes from the put in, 1101 W Queen St, Hampton, VA 23669

TO SIGN UP: Contact Sandra Canepa, [icanewsac@gmail.com](mailto:icanewsac@gmail.com);

Phone 757/478-7374 (Cell)

To see the roster: <https://docs.google.com/document/d/1jUihb9a8K6reDw-bOVZKgtGFmrlkqtzjwUTsba1tTYA/edit?usp=sharing>

**[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 Board Meeting**

When: Wednesday, August 6, 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 - Saturday, August 9, 2025**

Date/Time: When: Saturday, August 9, 2025 - Meet no later than 6:45 AM to sign waiver. Hike starts at 7:00 AM.

(Rain date: Sunday, August 10, 2025)

Location: First Landing State Park, 2500 Shore Drive in Virginia Beach

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 walk in from outside the park. 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.

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 7:00 AM. (There are restrooms at the end of the parking lot, so arrive early to take care of your business before we start hiking.

The Hike: This hike is designed to be a "workout hike"; so, we will be averaging 20 minutes a mile or less with no rest or sightseeing 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)

## **Stumpy Lake Paddle - Saturday, August 9th - Meet at 7:45 AM**

Date/Time: Saturday, August 9, 2025. -Meet at kayak launch at 7:45 AM

Online Sign-Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-57547795-stumpy>

Location: Stumpy Lake Natural Area, 4797 Indian River Rd, Virginia Beach, VA 23456

Activity: Club paddle on August 9th. Meet at the sign-in at 7:45, launch kayaks, and start paddling at 8:00 AM.

Parking is available at and near the kayak launch. We will paddle approximately 6 miles to the other end of the lake and return to the kayak launch. We should plan to paddle for 3 to 4 hours and expect to return around 12:00 PM. While scouting this trip and paddling near the numerous cypress trees, we saw cormorants, herons, and a bald eagle. Motorized boats are not allowed on the lake. Bring your kayak, paddle, personal flotation device, sunscreen, snacks, bug spray, and plenty of water. PFDs must be worn while paddling.

Lunch and cold drinks will be available at the Stumpy Lake Golf Bar and Grill nearby after the trip if you would like to stay for lunch. Here is the menu: <https://www.stumpylakegolf.com/bar-grill/>

**[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.

## **DRAFT: Kayak Seminar: Basic Strokes & Safety Training - Sherri, Charlie, Tim, & John**

Tuesday, August 12, 2025

Where: 64th Street Boat Ramp of First Landing State Park

Description: Meet at 9:00 am at the 64th Street Boat Ramp of First Landing State Park for a 9:30 am start.

This is a participatory class. We will be going into the water, and you will get wet. Sherri will lead basic kayak strokes, and Charlie will lead safety and rescue. Sherri and Tim are ACA-certified kayak instructors; Charlie and John have been ACA-certified kayak instructors. This seminar is limited to 20 participants.

PREREQUISITES: Please watch or rewatch the following videos from the website below prior to the class, even if you watched them last year: Forward Stroke, Reverse Stroke, Forward Sweep, Reverse Sweep, Low Brace. Optional videos: Stern Rudder, Edging

<https://www.riverwindkayak.com/strokes-videos-new/>

9:00 am Meet at the 64th Street Boat Ramp of First Landing State Park to unload kayaks and sign in. 9:30 am Sherri On land orientation, kayak & paddle nomenclature, basic strokes.

10:00 am Sherri On water basic strokes: Forward Stroke, Reverse Stroke, Forward Sweep, Reverse Sweep, Stop, Low Brace. (As time allows: Stern Rudder, Edging.)

11:00 am Charlie On land orientation, safety issues & hazards, weather conditions, hypothermia & hyperthermia.

11:30 Charlie On water basic rescues: Wet Exit, Scramble/Cowboy/Cowgirl, Paddle Float Self-rescue, Heel Hook Rescue. After a picnic lunch, instructors will be available for "free time," during which you may practice what you have learned.

BRING: A Personal Flotation Device (PFD) must be worn when on the water. Kayak & Paddle Lunch/ Snacks Water Hat Sunscreen Bug spray. Contact Sherri to sign up: [Dr.SharonMcQueen@Gmail.Com](mailto:Dr.SharonMcQueen@Gmail.Com) Click here to see who is already signed up:

Sign ups not open yet <https://sites.google.com/site/tatctuesdaygroup/>

## **TATC General Membership Meeting**

When: Wednesday, August 13, 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!

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

Thursday, August 14, 2025

First Landing State Park Trail Maintenance - Live Oak and Cypress Swamp Trails. Time: 9:00 AM to 11:00 AM.

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.

Online Sign-Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-57382335-first>

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

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.

## **OBX Paddle - August 19, 2025 - Tuesday Group**

Details to follow. <https://sites.google.com/site/tatctuesdaygroup/>

## **Elation Brewing - Happy Hiker Hour - August 20, 2025**

Wednesday, August 20, 2025 – 6:30 PM to 8:00 PM

Join fellow TATC Members for Happy Hiker Hour

Online Sign-Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-57372239-elation>

5104 Colley Avenue, Norfolk, VA 23508

Website: <https://elation.beer/>

Menu: <https://elation.beer/menu/#elated-kitchen>

## **Swingblade & Lopperfest #3 - August 22-24, 2025**

August 22 – 24, 2025

Location: Sherando [JE1] Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952

Online Sign-Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-56814643-swingblade>

Description: This is our last Swingblade and Lopperfest of the year. The fun starts by setting up and camping out in the Sherando Lake Recreation Area at the CCC Kitchen. On Saturday we will get out and cut backcountry plant growth from trails using swing blades, loppers, and shears. Additionally, we will be removing any smaller blowdowns we encounter. Free Park entrance; Free camping; One day of work, what could be better? Friday & Sunday are travel days. Ten to fifteen people needed.

To sign up or for more information, 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)

## **Kayak Class - August 26, 2025 - Tuesday Group**

DETAILS TO FOLLOW. <https://sites.google.com/site/tatctuesdaygroup/>

## **TATC Board Meeting**

When: Wednesday, September 3, 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!

**[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.

## **Volunteers needed for HistoriCorps - Sherando Lake House Beach House Project**

We're headed back to the jewel of the Blue Ridge Mountains to continue restoration work at the Sherando Lake Recreation Area! ONLINE INFORMATION: <https://historicorps.org/sherando-lake-beach-house-va-2025/>

### **SESSION DATES:**

September 7-12

September 14-19

September 21-26

September 28 – October 3

Please plan to arrive at the campsite no earlier than 5pm and no later than 7pm on the first day of your session.

LOCATION: Located roughly an hour North of Lynchburg, VA.

SIGN UP! - We're thrilled this project has inspired you to volunteer!

Visit our Job Calendar to see how many spaces are available!

\*All registrations submitted to projects at capacity will be automatically added to our waitlist.

CANCELLATIONS effect our ability to complete projects. Please register only if you are certain about your ability to participate. You will know your registration was successful when you receive a confirmation email.

Contact [volunteer@historicorps.org](mailto:volunteer@historicorps.org) for assistance.

HistoriCorps does not charge for its volunteering projects. HistoriCorps relies on donations to continue engaging volunteers to save significant historical sites across America for generations to come. Your donation of any amount will make an incredible difference! Increase your impact – make a generous gift today.

PROJECT PARTNER: George Washington & Jefferson National Forest

CAPACITY PER SESSION: 6 Volunteers (No Kitchen Helper)

CAMPING- Tents, car campers, truck campers, campervans, trailers, and RV's > 35'(though RV hookups are not available) can be accommodated at this site. Dogs are allowed but must be leashed and kept under control at all times. WEATHER- Anticipate highs in the 70s and lows in the 40s. Weather conditions may be rainy, cloudy, or sunny. Volunteers are responsible for checking weather conditions before their session begins, and packing appropriately. ABOUT VOLUNTEERING - HistoriCorps projects are free for volunteers! HistoriCorps will provide all meals, tools, training, equipment, and a campsite. Volunteers are responsible for their own transportation to the campsite, sleeping equipment, work gloves, clothes and boots, and other personal gear.

Scope of Work on the Sherando Lake Beach House:

Evaluate and repair interior components to strengthen interior structures

Remove, restore, and reinstall wooden windows to accentuate building facade

Install temporary shoring to enhance stability of truss bottom chord

Stabilize bottom header log to reinforce pavilion entry

Support and stabilize chimney ridge beam

Replace decayed structural logs and stabilize ridge beam supports in the pavilion and changing areas

Restore and reinstall twenty hopper-style windows

Repair dormer framing and replace sky lights with cedar roofing.

If time allows: repair deteriorated men's changing area janitor closets to rid the space of rotting plywood and mold, treat affected areas with protective measures to prevent carpenter bee infestation, and other preservation tasks as determined with GWJNF staff

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

*(Continued on Next Page ...)*

# Activities Schedule

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## **TATC General Membership Meeting**

When: Wednesday, September 10, 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!

## **Hasty Hiking - Saturday, September 13, 2025**

Where: First Landing State Park

When: Saturday, September 13, 2025 (Rain date: Sunday, September 14, 2025)

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)

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

Thursday, September 18, 2025

First Landing State Park Trail Maintenance - Live Oak and Cypress Swamp Trails. Time: 9:00 AM to 11:00 AM.

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.

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*(Continued on Next Page ...)*



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**Lafayette River Paddle - Tuesday, September 23, 2025, 8:00 – 9:00am**

**Cabin Maintenance Weekend - Friday 9/26 thru Sunday 09/28**

- Weed whacking
- Chimney cap re-installation
- Dedication of the new wood stove with plaque
- Community spaghetti meal
- Hiking the White Rock Falls trail

Please contact me to sign up for this weekend. My mobile number is (757) 439-1552.

Available Weekends

April through June are historically the busiest times for cabin rentals. The cabin can be rented up to 8 weeks in advance, and 6 of the next 8 weeks are available.

To rent the cabin you must 1. be a member of the club, and 2. participate in a cabin maintenance / orientation weekend, like this one. Cabin maintenance / orientation trips are meant to acquaint new members with the cabin, its history and its rules, how to open and close it up, how to operate the wood-burning cook stove, etc

Cabin Schedule: [Tidewater Appalachian Trail Club - Cabin Schedule \(tidewateratc.com\)](http://tidewateratc.com)

Cabin Rules: [Tidewater Appalachian Trail Club - Cabin Rules \(tidewateratc.com\)](http://tidewateratc.com)

Gregory Hodges, Cabin Chair, [tatccabin@gmail.com](mailto:tatccabin@gmail.com)

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# 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>
Assistant Trail Supervisor	Kaci Midgett	<a href="mailto:assistantts@tidewateratc.com">assistantts@tidewateratc.com</a>
Counselor	Jim Newman	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>
Counselor	Christopher Butler	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>
Counselor	Sandra Canepa	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>
ATC RPC Representative	Ned Kuhns	<a href="mailto:rpcrep@tidewateratc.com">rpcrep@tidewateratc.com</a>
Alt ATC RPC Representative	Jim Sexton	<a href="mailto:rpcrep@tidewateratc.com">rpcrep@tidewateratc.com</a>
Awards Coordinator	Jim Newman	<a href="mailto:awards@tidewateratc.com">awards@tidewateratc.com</a>
Cabin Committee	Gregory Hodges	<a href="mailto:cabin@tidewateratc.com">cabin@tidewateratc.com</a>
Education	Donald Williams	<a href="mailto:education@tidewateratc.com">education@tidewateratc.com</a>
Facebook	Bill Bunch	<a href="mailto:facebook@tidewateratc.com">facebook@tidewateratc.com</a>
Hikemaster	Jim Sexton	<a href="mailto:hikemaster@tidewateratc.com">hikemaster@tidewateratc.com</a>
Land Management	Andy Grayson	<a href="mailto:landmgt@tidewateratc.com">landmgt@tidewateratc.com</a>
Local Trails	Paul Heymann	<a href="mailto:localtrails@tidewateratc.com">localtrails@tidewateratc.com</a>
Membership	Kama Mitchell	<a href="mailto:membership@tidewateratc.com">membership@tidewateratc.com</a>
Membership	Sharon Salyer	<a href="mailto:membership@tidewateratc.com">membership@tidewateratc.com</a>
Merchandise	Mike Martin	<a href="mailto:merchandise@tidewateratc.com">merchandise@tidewateratc.com</a>
Newsletter	Peg Seriani	<a href="mailto:newsletter@tidewateratc.com">newsletter@tidewateratc.com</a>
Outreach	Kaci Midgett	<a href="mailto:outreach@tidewateratc.com">outreach@tidewateratc.com</a>
Outreach	Lon Carpenter	<a href="mailto:outreach@tidewateratc.com">outreach@tidewateratc.com</a>
Past President	Lee Lohman	<a href="mailto:pastprez@tidewateratc.com">pastprez@tidewateratc.com</a>
Programs	Paul Heymann	<a href="mailto:programs@tidewateratc.com">programs@tidewateratc.com</a>
Safety	Bruce Davidson	<a href="mailto:safety@tidewateratc.com">safety@tidewateratc.com</a>
Social	Catherine Fowler	<a href="mailto:social@tidewateratc.com">social@tidewateratc.com</a>
Timekeeper	Greg Reck	<a href="mailto:timekeeper@tidewateratc.com">timekeeper@tidewateratc.com</a>
Tool Boss	Rich Seriani	<a href="mailto:toolboss@tidewateratc.com">toolboss@tidewateratc.com</a>
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.**



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 Summer and Fall.





## PHOTOS -- Lopperfest 2

*by Bob Veverka*



**Newcomer Jeff Rowe and Tom Mere**



## PHOTOS -- Lopperfest 2

*by Bob Veverka*



**Tom Mere and Bob Veverka**



## PHOTOS -- Lopperfest 2

*by Bob Veverka*



**Large blowdown created a deep hole in the trail.  
Polly, Tom, Jeff, and Bob filled in the hole with multiple**



## PHOTOS -- Lopperfest 2

*by Tom Meree*



**Polly standing in the hole before filling it with rocks.**



## PHOTOS -- Lopperfest 2

*by Peg Seriani*





## PHOTOS -- Lopperfest 2

*by Peg Seriani*





## PHOTOS -- Lopperfest 2

*by Peg Seriani*



**Tried to repair Rob's hiking boot with a tie wrap while on Hanging Rock.  
Unfortunately, it didn't hold for very long.**



## PHOTOS

*by Sharon McQueen*

**Kayak Trip and Dinner led by Steve Lantz and Catherine Fowler on  
Saturday, June 21**

**The group met at Blue Pete's Restaurant at 1400 N. Muddy Creek Road and paddled  
Muddy Creek and Asheville Bridge Creek to Lotus garden Park and back for dinner.**



**Richard embarks from Blue Pete's**



## PHOTOS

*by Sharon McQueen*

### **Kayak Trip and Dinner led by Steve Lantz and Catherine Fowler on Saturday, June 21**



**The entire group at Lotus Garden Park (Sandbridge Rd)**



## PHOTOS

*by Sharon McQueen*

**Kayak Trip and Dinner led by Steve Lantz and Catherine Fowler on  
Saturday, June 21**



**Kim on Muddy Creek**



## PHOTOS

*by Sharon McQueen*

**Kayak Trip and Dinner led by Steve Lantz and Catherine Fowler on  
Saturday, June 21**



**Rob on Muddy Creek (first TATC event!)**

## PHOTOS

*by Sharon McQueen*

### **Kayak Trip and Dinner led by Steve Lantz and Catherine Fowler on Saturday, June 21**



**Rob H, Catherine F, & Kim H on Ashville Bridge Creek**



## PHOTOS -- North Bend Camping Trip

*by Catherine Fowler*



**Waiting for Kerr Dam to open**

## PHOTOS -- North Bend Camping Trip

*by Catherine Fowler*



**Launching to Bugs Island**

