

Tidewater Appalachian Trail Club

Appalachian Hiker



Banner Photo by Mark Ferguson

PREZ SEZ

We had 40 participants in our two First Day Hikes, (one on the peninsula and one at First Landing State Park). What a wonderful way to welcome the New Year, thanks to Jim Newman and Bill Bunch, respectively, for leading those hikes on New Year's Day.

Our Membership Committee has recommended that we provide our members with more local activities. For instance, Jim Sexton is reviving the TATERS (Tidewater Appalachian Trail Eatery Reviewers), where we select a local restaurant each month for dinner. We will continue our popular Happy Hiker Hours with at least one per month. Additionally, we will hold at least one hiking, biking, or kayaking event on the weekend each month. (I have initiated a Hasty Hiker event on the second Saturday of each month at First Landing State Park for those who have expressed interest in a hike with a quicker pace, no breaks, or sightseeing.) Our Tuesday Group will continue with their popular Tuesday events, but we received feedback from members who are seeking weekend events as well.

Please note that John Sima, our Trail Supervisor, has published all our major Appalachian Trail and other Blue Ridge Mountain trail maintenance events on our calendar. Please plan to attend these events if possible. In addition, Paul Heymann, our Local Trail Chair, has done the same for our local trail maintenance events at First Landing State Park.

Our Education Chair, Don Williams, and the Education Committee (Lee Lohman, Andy Grayson, Jim Sexton, and Kaci Midgette) have written five more educational documents since the last newsletter. Please check out the new articles on our website. The links are provided under the "TATC Education Corner" article in this newsletter.

At the January General Membership Meeting, our Nominating Committee Chair, Lee Lohman, presented the candidates for the elected Board positions. Please refer to Lee's article within for the results.

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Feb 2025 - Mar 2025
52nd Edition, 1st Issue

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Visit our website at www.tidewateratc.com

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I would like to express my sincere gratitude to those who have volunteered, consented to serve, and assumed various roles within the club. Serving on the Board entails a significant responsibility that demands considerable time, discipline, and mutual respect to propel our club forward in a positive manner. I appreciate each member's efforts in contributing to the club's success over the past year and anticipate their continued support in the future.

As a New Year's request, I urge members to consider volunteering when opportunities arise or the call goes out to assist with event leadership. Given the numerous activities planned, we require the collective efforts of all members to ensure the smooth operation of the TATC.

Happy Trails,
Lelia Vann, President
Tidewater Appalachian Trail Club



Minute for Maintenance February 2025

By John Sima

This is our slow time of year for trail maintenance. With the cold, only the diehard hikers are out on the trail. I haven't heard of any problems with our section of the trail from my remote contacts. However, if I hear of a Winter ice storm, I expect trees to be coming down and will schedule a short notice winter backpacking event to investigate our trail.

In November, we had Sawyer training/certification opportunities. Thirteen of our members qualified for A level crosscut bucking. I love the enthusiasm of our newer members trying to get qualified! We also had 4 members recertify as B Crosscut bucking. Well done!

We are in need of more B qualified Sawyers. We only have 12 B qualified Sawyers. That is not enough! Posted below is another Sawyer Certification opportunity with signup links. I hope more of our members sign up.

For our recently A qualified Sawyers, I and the instructors expect you to attend maintenance events over the next year to gain more experience & hone your skills before attempting to upcert to B level. Our backpacking walk-throughs and Lopperfests provide opportunities. We don't just cut weeds and inspect the trail during those events. If we see a blowdown, we take care of it.

Upcoming Sawyer Certifications

One-Day Recerts:

Feb 21 - Chainsaw - Natural Bridge- Locher Tract:

https://volunteer.appalachiantrail.org/s/atc-project-details?c_reclId=a0qUI000002v0DS

March 7 - Crosscut - Natural Bridge- Locher Tract:

https://volunteer.appalachiantrail.org/s/atc-project-details?c_reclId=a0qUI000002uvfB

June 26 - Chainsaw - Craig County- Sinking Creek Valley:

https://volunteer.appalachiantrail.org/s/atc-project-details?c_reclId=a0qUI000002v0q9

Two-Day Certifications:

Feb 22-23 - Chainsaw - Buena Vista Work Center:

https://volunteer.appalachiantrail.org/s/atc-project-details?c_reclId=a0qUI000002v1np

March 8-9 - Crosscut - Buena Vista Work Center:

https://volunteer.appalachiantrail.org/s/atc-project-details?c_reclId=a0qUI000002v00Z

June 27-28 - Chainsaw - Blacksburg/Sinking Creek Valley:

https://volunteer.appalachiantrail.org/s/atc-project-details?c_reclId=a0qUI000002v1vt

Two-Day Cert/Recert or 4-Day C cert:

March 31st-April 4th - Crosscut A/B/C course - Sugar Grove, VA:

[Rescheduled: Crosscut A/B/C course in Sugar Grove, Virginia - Wilderness Skills Institute](#)

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Maintenance Schedule

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

Let me know if you're interested in signing up for any of these events.

Email trailsupervisor@tidewateratc.com.

Happy Trails,

John Sima (CrazyLegs)

Trail Supervisor



Mike Martin, John Barnes and Amanda Hartwig



TATC Education Corner

By **Don Williams**

Please see the new educational articles posted on the club website under the Documents tab and the Educational Documents drop-down menu. Direct links to these documents are also provided below:

Trail Maintenance - Brushing

<https://www.tidewateratc.com/resources/Education/TATC%20Trail%20Maintenance%20-%20Brushing.pdf>

Trail Maintenance - Managing Water on the Trail

<https://www.tidewateratc.com/resources/Education/TATC%20Trail%20Maintenance%20-%20Managing%20Water%20on%20the%20Trail.pdf>

Common Trail Maintenance Tasks using Hand Tools – Short Course

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

A.T. Volunteer Injury Packet

<https://www.tidewateratc.com/resources/Maintenance/A.T.%20Volunteer%20Injury%20Packet.pdf>

Sleep Systems for Backpackers

<https://www.tidewateratc.com/resources/Education/Sleep%20Systems%20for%20Backpackers.pdf>

Do you like to write? Do you have knowledge of backpacking topics that you could share with the club? If so, please consider joining the writing team. If you would like to join or have any questions before joining, please let me know. Email Don Williams at education@tidewateratc.com, or see me at the next club meeting. Thanks!

Tidewater Appalachian Trail Club - Educational Documents

Watch the ACTIVITIES SCHEDULE the bi-monthly newsletter, 'Tidewater Appalachian Trail Club APPALACHIAN HIKER,' and on the web site, for Backpacking Seminars and other educational activities.

<https://www.tidewateratc.com>



Off to a good start in 2025!

By Bill Bunch

It was a great first day of the year for the TATC at First Landing State Park on New Year's Day. 37 folks joined us for the TATC First Day Hike. Along with TATC club members, there were many first-time participants. It was a great day to make new friends and to introduce people to our club. Lelia Vann, Kathy O'Hara, Greg Reck and I led the hikers through about 7 miles of trails in the 64th Street area of the park. There were a lot of smiles at the end of the hike.



If you missed this hike, the club is trying to put more local hikes like this on the calendar. Please check our schedule for upcoming events and local hikes. We should have another First Day Hike in 2026, I hope you will be able to join us.



Ivy Pull at First Landing State Park

By Paul Heymann

Photo by Bill Bunch

The TATC continues its partnership with First Landing State Park (FLSP). FLSP is the most visited of Virginia's 43 State Parks!

On Saturday January 21st, eight TATC members joined other park volunteers, to pull invasive English Ivy near the 64th Street parking lot. Ivy was carefully cut away from several tall trees, and pulled up at ground level. An estimated 5 cubic yards were gathered, which Park Rangers hauled away for proper disposal. Thanks to Bill Bunch for leading this event!



Back row: Lee Lohman, Paul Heymann, Keith Forbes, Park Volunteer, Nicky Jelinek, Park Volunteer, Dave Jelinek, Tanya Wisoker FLSP, Tom Mitchell. Front row: Brenda Butler



TATC Election Results

By Lee Lohman

The 33 TATC members attending the January 8th General Membership Meeting overwhelmingly elected the Nominating Committee's slate of candidates.

TATC's officers for fiscal year 2025 are:

President: Lelia Vann

Vice President: James Sexton

Treasurer: Andrew Grayson

Secretary: Peg Seriani

Trails Supervisor: John Sima

Assistant Trails Supervisor: Kaci Midgette

Counselor: Christopher Butler

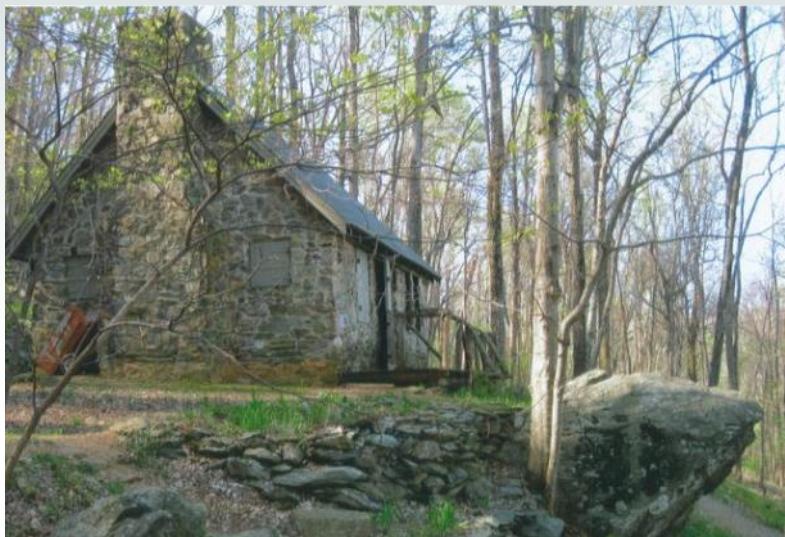
Sandy Canepa and Jim Newman will occupy the two remaining Counselor positions. Counselors are elected for three years, and both are still within their terms of office.



TATC's Douglas Putman Memorial Cabin

Built, owned, and maintained by the Tidewater Appalachian Trail Club, the **Douglas Putman Memorial cabin** is a large stone structure located just off the crest of the Blue Ridge Mountains, in Nelson County, Va. It is approximately 18 ½ miles south of Waynesboro, Va. and Interstate 64, about 4 miles from the club's section of the Appalachian Trail, and not far from both Crabtree Falls and the Wintergreen ski resort. The cabin, at about 2,300 foot elevation, is situated on 15 acres of club owned land pretty much surrounded by National Forest property.

The cabin has bunk space for 12 people, on simple raised wooden platforms (there are 4 single bunks in the loft; there are 4 double wide bunks that sleep 2 people each—3 downstairs and 1 in the loft). There is a large fireplace at one end of the cabin, a wood burning cook stove along the back wall, a large wooden table with benches, and various cabinets and storage cans. The cabin comes fully equipped with pots and pans, cups and glasses, plates and cutlery—everything you need. There are 3 lanterns for light. There is a 2 burner cook stove that, like the lanterns, runs on propane. With no electricity, phone, running water, or central heat, the cabin is a simple, primitive structure. With a sturdy roof, foot thick stone walls, a wood floor, and a quality wood burning cook stove, the cabin is a secure and luxurious haven.



To rent the cabin you must be a member of the club, and participate in a cabin maintenance / orientation weekend. The standard rental fee is \$7 per person per night. There is, however, a \$10 a night minimum fee for both Friday and Saturday nights.

To rent the cabin, to ask questions or check on availability, send an email to tatccabin@gmail.com. Someone will get back to you ASAP.

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

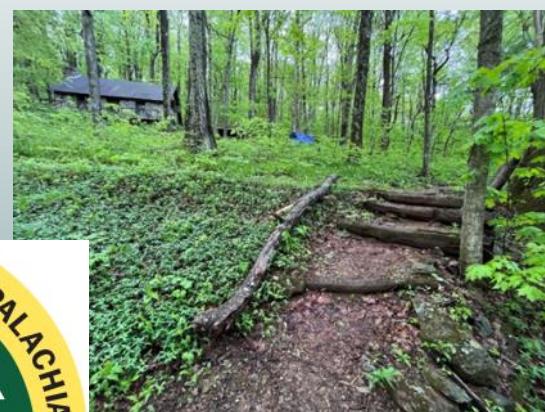
Cabin Availability Schedule: <https://www.tidewateratc.com/Cabin-Schedule>

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

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

For more information contact:

Gregory Hodges, Cabin Chair, tatccabin@gmail.com



Update on the TATC On-Line Timekeeping System

by Greg Reck, Timekeeper

In March 2024, TATC established a new on-line system for collecting the volunteer time and travel that members contribute to the goals of the club. The new system was designed and implemented by Lee Lohman to satisfy several needs:

- (1) the annual reporting requirements of the federal agencies who manage the Blue Ridge trails that we maintain: the Appalachian Trail Conservancy, the US Forest Service and the National Park Service. These agencies collect data from all 30+ trail maintainer clubs along the AT to help support their annual federal budget requests.
- (2) the ATC/APPA hours of service Awards Program
- (3) the TATC Awards Program for leadership and service hours recognizing member contributions.

The wide range of TATC activities leads to 9 similar, but unique time reporting forms. Each form is specifically designed to acquire volunteer data in categories requested by our sponsoring federal agencies. And these forms also provide data for the annual TATC awards presentation each October. In many cases, one person can be designated to submit a single form that includes data for everyone contributing to a specific event or work crew.

The TATC Awards Committee has asked that I provide (a) a brief description of each of the forms as well as (b) the total number of volunteer hours (work + travel + admin) submitted since the start of the form-based time-keeping system last March. The only exception is the Federal Lands form where the data cover the past fiscal year FY24 (10/1/23 to 9/30/24), using some data collected by TATC prior to the new system. Following is a description of each of the 9 forms and the TATC volunteer hours for the periods listed above:

Federal Lands Trail Maintenance & Related Admin: 3,707 total hours in FY 2024

Collects all AT and Blue Ridge volunteer activities, including related travel, admin and tool maintenance efforts.

TATC Internal Management: 2,928 total hours since March 2024

Internal Management of the club (not related to specific events, activities, or fed or ATC liaison or support).

Outreach & Communications: 355 total hours since March 2024

TATC volunteer hours for outreach and communication efforts.

Recreational Events & Activities: 556 hours in 2024

Reports on "leadership" of hiking, biking, kayaking or other recreational activities, including the Tuesday Group activities (volunteer credit is not given for attending these events). TG leaders have reported over 556 hours in 2024.

Local & Non-Federal Lands Maintenance & Admin: 1,130 total hours

Collects volunteer time for maintenance work at any state, municipal or other non-Fed local entity. (Back Bay Wildlife Refuge is an exception).

ATC non-Trail activities: 133 total hours

Volunteer time of the TATC representatives to the ATC (e.g., VARO & Southern Partnership meetings, videocons, etc.).

TATC Cabin Maintenance & Admin: 168 total hours

Volunteer maintenance for the TATC cabin.

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Corridor Monitoring: 280 total hours

Hours related to monitoring the ATC boundary.

Social Events & Activities: 84 total hours

Volunteer time to organize and lead social events or activities e.g., picnics, holiday parties, etc.

(volunteer credit is not given for attending these events).

Each form asks for the name of the event, starting and finishing dates, name of the event leader (and crew members if applicable), the volunteer hours that each person spent working or travelling to the event, and any administrative time associated with the event. Several forms include multiple choice questions related to where the work occurred. **All forms can be accessed on the TATC Website under “TIMEKEEPING” on the intro page banner.** When any form is submitted, it's automatically processed into a spreadsheet associated with that specific form. And simply put—my job is to tally and summarize the data for club members, and prepare reports for the federal agencies and the TATC Awards Committee.

Since the on-line system went ‘live’ last March, over 337 forms have been submitted for individuals or work crews, and I believe that most of the “kink’s” have been straightened. Lee Lohman designed and developed the system and turned it over to me last summer. I monitor the event schedule on the TATC calendar and look for delinquent event reports. I have 2 major data deadlines, one for the Feds in the fall, and a second for the awards programs in the spring. I passed my first hurdle with delivery of the ATC and Forest Service volunteer reports last year.

Send me an email or text if you have a question and we'll work it out.

Greg Reck, Email: timekeeper@tidewateratc.com.



Membership Matters February 2025

By Kama Mitchell

WELCOME NEW MEMBERS, Rob and Bri Schmidt!

Bri and Rob enjoy many day hikes, some car camping; additionally, they have a budding interest in long-distance hiking, backpacking, and scuba.

They are passionate nature lovers who share interests in pollinators, birds, native ecology and biking.

In the interest of exploring their hobbies, new and old, they look forward to connecting with other group members in order to learn more about TATC and Virginia in general!

Again, welcome!

Upcoming Programs

By Lee Lohman, Programs Chair

February 12: Guest Speaker - Kalen Gilliam/FLSP Maintenance Ranger re: Volunteer Maintenance Groups that can do work in park w/o Ranger supervision

March 12: Budget Presentation - Andy Grayson/TATC Treasurer

April 9: Guest Speaker - Sherri McQueen on Kayaking

May 14: Guest Speaker - Lance Deaver/resident EMT: Severe Wound Management

June 11: Guest Speaker - Don Williams/TATC Education Chair: Food on the Trail (description of foods and cooking methods useful on the trail --not car camping)

July 9: vacant

August 13: Guest Speaker - Dr. Richard Wittecar: Formation and Legacy of the Chesapeake Bay Impact Crater

September 10: Guest Speaker - Ned Kuhns: Part II of Hadrian Wall

October 8: TATC Awards Ceremony - Jim Newman/Awards Coordinator

November 12: Silent Auction

December: Holiday Party - tbd



Let's Go Day Hiking on the AT - 2025

When: Friday, May 16 - Sunday, May 19, 2025

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

Description: Let's go day hiking on the AT on Saturday and Sunday while relaxing at the Deer Head Inn afterwards. Arrive on Friday, May 16th, and have a fine dinner at the Inn with live jazz music. Wake up early Saturday morning for a continental breakfast at the Inn at 8 am followed by a 7-mile day hike on the AT northbound back to the Inn. Refresh in your room at the Inn. Take a walk to the Village Farmer and Bakery located at 13 Broad Street, less than a mile away, for lunch. Get ready for a different jazz band that evening along with another fine meal at the Inn. Wake up again on Sunday morning for a continental breakfast again at the Inn and a 9-mile day hike on the AT southbound back to the Inn. On Sunday after our hike another group of jazz players will entertain us in the early evening. Some may want to leave on Sunday after the morning hike, but others will stay Sunday night and leave Monday morning. There is a fee for the jazz music each night. This fee goes directly to the band members. **Please make your reservations now.** There are only 10 rooms available to rent at the Inn. There are two other hotels nearby, but the AT does not go directly by them. The inn has great food, entertainment, and lodging. Make your reservations on-line <https://deerheadinn.com>.

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

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

To sign up for this event or if you have questions, contact Lelia Vann: leliavann@gmail.com.



Deer Head Inn in Delaware Water Gap, PA known for live jazz music



TATC received a Thank You post card from through-hiker Mark "Detour" Gardner



THANK YOU
for being a part
of my journey!



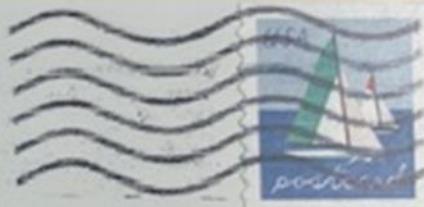
Mark "Detour" Gardner
4/14/24 - 9/18/24
2197.4 miles
Georgia to Maine



From
Mark
1
North Smithfield, RI 02896

PROVIDENCE RI 028

21 NOV 2024 PM 5: L



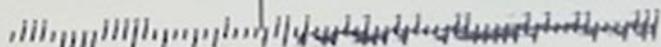
Thank you to the trail
maintainers and volunteers who
dedicate their time and effort
to take care of the AT.

I really appreciate it!

Be well,
Detour

To:
Tidewater Appalachian Trail Club
PO Box 8246
Norfolk, VA 23503

23503-024646
 @mark.gardner1





“ Your financial support is vital to your A. T. Museum’s success.”



We need to raise a lot for our 2022-2026 CAMPAIGN GOAL”
-Red Wolf

SUPPORT YOUR APPALACHIAN TRAIL MUSEUM

~ GET YOUR APPALACHIAN TRAIL MUSEUM MEMBERSHIP ~
\$20

**~ GIFT A HIKER WITH A MEMBERSHIP & A PLAQUE
LISTING !**

**~ GET YOUR LISTING ON THE JUNE 2027 PERMANENT
PLAQUE**

Click on: [FORM 2022 TO 2026 FOR DONATIONS](#)

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

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All donors of \$50 or more will be listed on a special plaque, the "Building The Museum (2022 - 2026)" plaque. The TOTAL of a donor's contributions over the entire period (2022 - 2026) will determine the donor's listing level on this new plaque. Every donation over \$20 receives a one-year membership in the A. T. Museum Society, an I.R.S. receipt, an oval, European-style car window decal, an acknowledgement note detailing the donor's present plaque listing level, and a membership card. All donors of \$500 or more will receive a "NO EXPIRATION" A. T. Museum membership.



The following are this campaign's listing levels:

Platinum Benefactor	...\$100,000
Gold Benefactor\$50,000
Silver Benefactor\$25,000
Founder\$10,000
Pioneer\$5,000
A2 Society\$1,000
Maintainer\$500
Trail Angel\$250
Caretaker\$100
Hiker\$50

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(PLEASE PRINT CLEARLY)

Name _____

Street Address _____

City _____ State _____ Zip Code _____

Email _____

Donation Amount: Platinum Benefactor (\$100,000) Gold Benefactor (\$50,000)
 Silver Benefactor (\$25,000) Founder (\$10,000) Pioneer (\$5000) A2 Society (\$1000)
 Maintainer (\$500) Trail Angel (\$250) Caretaker (\$100) Hiker (\$50) (\$30) \$ _____ Other

All donations of \$20 or more receive a one year A.T. Museum membership.

TOTAL \$ _____

ALL Contributions from Jan. 2022 through Dec. 2026 will be added together to determine the individual listing level on a new **“BUILDING THE MUSEUM (2022-2026)”** plaque.

No personal information is ever sold or shared.

Please write “MEMBERSHIP” on the “memo” line of your check.

MAIL TO: Appalachian Trail Museum Society
J. Sexton - Treasurer
1120 Pine Grove Road
Gardners, PA 17324-9078

Please remember the A.T. Museum in your will.



Appalachian Trail Museum

Membership email: atmuseumfriends@gmail.com

The official registration and financial information of Appalachian Trail Museum, Inc. may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

2025 GET OUTSIDE CHALLENGE

JANUARY 12TH
THROUGH
MARCH 9TH

MARK YOUR
CALENDARS!



WALKABOUT OUTFITTER

<https://WalkaboutOutfitter.com>

Get Outside Challenge 1/12/2025-3/9/2025

Walkabout is challenging you to get outside!

January 12th through March 9th

Get outside for AT LEAST 20 MINUTES a day for your chance to WIN PRIZES and a chance to be entered for our GRAND PRIZE! Get outside at least 60 times between January 12th and March 9th to complete your Get Outside tracker and then be sure to turn it in by March 16th (if you finish early, you can turn it in early) to our Walkabout locations in Merchant's Square to be entered for the GRAND PRIZE (a \$250.00 shopping spree to Walkabout)! We will be giving away over \$5,000.00 in prizes! Stay tuned for more details!



Winter Hiking Essentials and Reminders

- Navigation: map, compass, altimeter, GPS device, personal locator beacon (PLB) or satellite messenger
- Headlamp with extra batteries (keep batteries warm, cold weather can deplete them)
- Sun and wind protection (sunglasses, goggles, sunscreen for nose and chin)
- First aid including foot care (bandaids, ace wrap, antiseptic, moleskin, etc.)
- Knife and repair kit supplies (duct tape, paracord, safety pin, multi-tool)
- Fire matches, lighter, flint/steel fire starter and/or stove
- Shelter (tent, tarp, emergency bivy)
- Food – especially salty foods. Eat a good meal before your trip. Bring extra food beyond the minimum expectation.
- Water – plain and some with electrolyte replacement. Bring extra water and filtration and water treatment supplies.
- Waterproof/Warm Clothing – parka, hat, gloves for the snow and rain, plus an extra set of dry clothing – in case you get wet. Wear clothing in layers with lightweight or midweight fleece gloves, wear synthetic or wool socks, neck gaiter, and winter hat. Avoid tight clothing.
- Appropriate Footwear – waterproof boots, gaiters to keep snow and mud out of your boots
- Over-the-shoe traction devices – it will only take a short and unexpected stretch of ice to make you glad you have extra traction.
- Hiking Poles – to help with footing on icy trails
- Whistle and/or Signal Mirror – for emergency use

Before the hike:

- **Be prepared.** Bring the right gear: layers of clothing, warm outer layers, sunglasses and sunscreen, and lots of water and snacks. Traction devices are always recommended when walking on ice and snow.
- **Know where you are going.** Don't rely on cell phones. Many areas have no service. Carry a map and compass (or GPS) and know how to use them.
- **Check the weather forecast.** Weather can change quickly, especially if you are visiting higher elevation.
- **Know trail conditions** in your park before your start.
- **Discuss your plans** with family, friends, and park staff at visitor centers. Make sure someone knows where you are and when to expect your return.
- **Know your route.** Snow-covered landscapes look very different than in summer. Snow can be deep once you are off trail.

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Reminders:

- **Keep off ice.** Streams and lakes can have thin ice and be very dangerous.
- **Be avalanche aware.** Check with your park for the latest safety information and avalanche forecast.
- **Always be willing to turn around.** Weather and trail conditions can change quickly as snow falls and melts.
- **Watch for wildlife.** Always keep your distance.
- **Keep electronics warm.** Stowing your headlamp, GPS, cellphone and other electronics in a pocket close to your body can help.
- **Remember to eat and drink:** When it's cold outside, you might be less inclined to stop for food and water. Make it simple by keeping snacks and water within reach so you can eat and sip regularly throughout the day.
- **Keep food from freezing and don't let your drink tube freeze.**
- **Pack warm drinks:** Fill up a vacuum-insulated bottle with coffee, hot tea or hot chocolate.

Frostbite

Frostbite is the freezing of tissue. It's most common on fingers, toes and ears. There are three levels of frostbite: frostnip, superficial frostbite and deep frostbite. All three can look the same while frozen, so it can be difficult to tell how extreme frostbite is until after the skin has thawed.

Signs of frostbite:

- Skin is cold, waxy and pale
- You may feel tingling, numbness or pain in the affected area
- Your skin can feel soft if partially frozen or hard if frozen
- After thawing, blisters often form with superficial and deep frostbite

Treatment of frostbite:

Frostnip, the mildest form of frostbite, can be treated by covering up the exposed skin and taking the time to warm the affected area. Placing cold fingers in your armpits or toes on a partner's warm belly are both effective techniques. Do not rub the cold skin or place it under hot running water because the tissue is very susceptible to damage.

If the treatment for frostnip results in blistering, then it's likely you have superficial frostbite or deep frostbite. It's best to get to a doctor for treatment as soon as possible. As with frostnip, avoid hot water that can burn and don't rub the injured area as that can damage the tissue. After thawing you need to be very careful to not let the area refreeze.



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Hypothermia

Hypothermia is the result of the body's temperature dropping below normal. Some people assume hypothermia only happens in winter, but a cold rain or the frigid temperature of a rushing river can be enough to cause it. Hypothermia can be life threatening and must be taken seriously.

Signs of mild hypothermia:

- Shivering
- Minor clumsiness (eg. trouble operating zippers)
- Slow thinking, confusion, change in mood

Signs of moderate hypothermia:

- Intense shivering
- Obvious change in coordination (e.g. stumbling, falling)
- Obvious change in mental status (e.g. irritability, forgetfulness)

Severe hypothermia:

- Shivering may stop due to energy depletion
- Further deterioration of mental status (e.g. disorientation, irrational behavior)
- Pulse may be undetectable

Treating hypothermia:

The first step in treating hypothermia is to change the hiker's environment. That means if you can get the person indoors, do so. If you're outside and far from shelter, do what you can to get away from whatever is causing the cold stress, such as getting out of the wind and off of snow. If the hiker is wearing wet clothing, swap it out for dry clothes and make sure the hiker is well-insulated. Give the person water and food so they have enough energy to shiver, which is your body's natural way of producing more heat.

With the right treatment, hikers with mild hypothermia can possibly recover and continue on the trip. Hikers with moderate and severe hypothermia should be treated and evacuated as soon as possible.

Preventing Frostbite and Hypothermia

To prevent frostbite and hypothermia you need to actively take care of yourself and your hiking partners. Many of the tips listed above about clothing, gear, food and hydration apply, but here are some additional things to think about:

Stay warm: It's so much easier to stay warm than to get warm. By dressing appropriately, you can maintain a comfortable temperature, which is much simpler than trying to warm up after getting too cold.

Don't try to tough it out: If you feel your fingers or toes getting cold, stop and take the time to check on them and warm them up. Placing cold fingers in your armpits or cold toes on a partner's warm belly are good ways to warm up. Using hand warmer and toe warmer packets is also effective.

Keep an eye on your friends: A good hiking partner keeps an eye on their buddies. Regularly ask your friends how they're doing and if you see pale spots on your friend's face or they're starting to get clumsy on the trail, make them stop and cover up exposed skin or add a warm insulating layer.

Source: <<https://www.rei.com/learn/expert-advice/cold-weather-hiking.html>>





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](#).

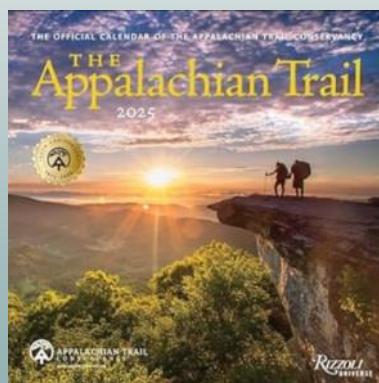


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ATC Trail Store

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.



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



IN-PERSON dtWFA

(2 days 8am-7pm each day)

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

**Learn how to
SAVE LIVES & LIMBS**

Choose 1 of 3
formats:

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

Blended Learning dtWFA Skills Day

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

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

ALL ONLINE dtWFA Skills Day

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

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

ADVANCED WFA Bridge

(2 days 8am each day)

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

WILDERNESS FIRST RESPONDER (9 days)

Aug 11-19: Experience Learning, WV

CPR/AED/Choking for Adult, Child, Infant

(6pm-9:45pm)

Jan 10: Charlottesville VA

May 11: Triangle NC area

Aug 29: Mountain-top retreat near Blacksburg VA

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

No prerequisites. Spaces limited!
Register now at:

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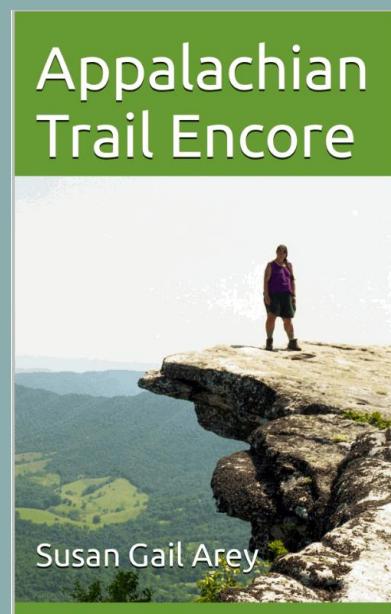
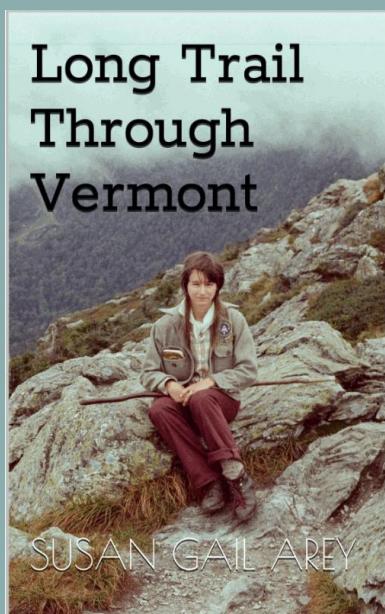
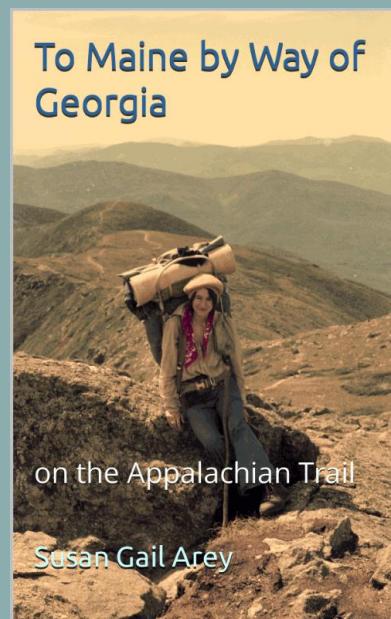
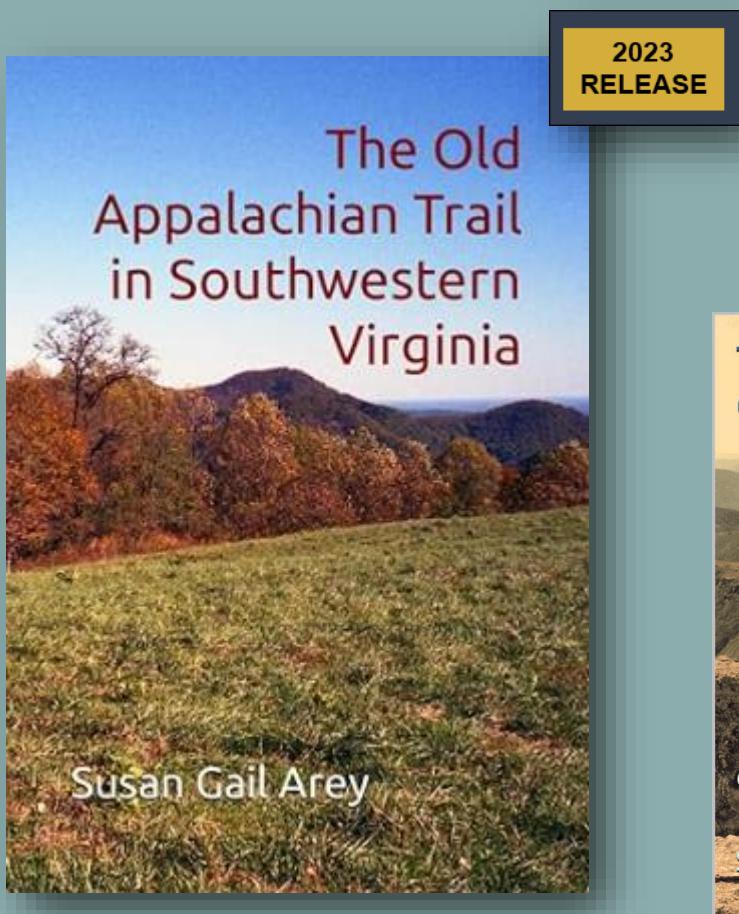


Are you prepared to give vital first aid care
when professional help is far away or busy?

www.solowfa.com

Books on Hiking by Susan Gail Arey

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



Activities Schedule

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

First Landing Hike with Bill Bunch

When: Saturday, February 1, 2025, 8:45am-12:30pm

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

Starting from the First Landing State Park Trail Center area parking lot. Access the park from Shore Drive and From Shore Drive traffic light, head south on Rt 343 (Cypress Swamp Dr.) and proceed to the Trail Center at the end of the park access road.

Sign Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54445119-first>

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.

Meet: We will meet Trail Center parking lot at the end of the park access road by 8:45 AM to sign in and register for the hike. We will start the hike at 9:00 AM and should finish the hike by 12:30 PM. Restroom facilities are in the Trail Center. We will be hiking for approximately 5 miles on the Cape Henry, the Kingfisher and the Long Creek trails into the White Hill Lake area and then return by the long Creek Trail. You can expect primarily flat trails with some roots in the trail. You will be walking through coastal forests with water views on the Long Creek Trail and in the White Hill Lake area.

We will probably hike rain or shine, cold or warm but we will notify everyone by 8 pm on Jan. 31st by email if there is a cancellation for especially foul weather. Please bring/wear appropriate clothing for the weather, hiking boots, water, snacks and/or lunch. This hike is leashed dog (and poop scooped) friendly!

Contact: Bill Bunch at bbunch@att.net to sign up.

Merchants Millpond Hike-Ellis

When: Tuesday, February 4

Where: Merchants Millpond State Park, 9100, 176 Mill Pond Rd, Gatesville, NC 27938, USA

Description: Merchants Millpond State Park is a very special park. It is located in Eastern North Carolina near Sunbury. This is a dog friendly hike. We will hike ~7 mile mostly flat Lassiter Trail from the Visitors Center. More information about the Park is available at the website: <https://www.ncparks.gov/merchants-millpond-state-park>

Directions: Please use the (map) function above for turn-by-turn directions to the Park. From U.S. 158 go ~ one mile South on Millpond Rd. Visitors Center parking lot will be on your left.

Meet: At the Visitors Center Parking lot. Registration 9:15; hike begins at 9:30. Restrooms are available at the Visitors Center.

Bring: Lunch, water, snacks, comfortable hiking shoes, appropriate clothing for the weather. We will eat lunch at the canoe campsite picnic table, but bring a plastic bag to sit on just in case.

Questions/additional information call: 757-285-1252

To sign-up email Ellis at: malabad2@gmail.com

For more information on the TATC Tuesday Group, click the link: [TATC Tuesday Group](#)

Activities Schedule

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

TATC Board Meeting

When: Wednesday, February 5, 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 if you have any questions!

Chippokes Plantation State Park Hike

When: Saturday, February 8, 2025, 10:00 am-2:00 pm

Where: 695 Chippokes Park Rd, Surry, VA 23883

Click here to sign up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54239377-chippokes>

Description: We'll meet at the Chippokes Plantation State Park Visitor Center for 10:00 am registration and a 10:15 am departure for a hike around this historic state park. Dress for the weather. Bring water and snacks. This is a dog-friendly hike (Dogs must be on leash in state Park). After the hike, we will drive to Annas Pizza & Italian Restaurant, Address: 128 Colonial Trail E. Hwy 10, Surry, Virginia 23883. Annasis about 3 miles from the park. If you don't have a VA State Park pass, there is an entrance fee. Plan to hike ~4-5 miles.

For more info on Chippokes: <https://www.dcr.virginia.gov/state-parks/chippokes-plantation>

Event Leader: Bruce Julian - julianbm@verizon.net

Hasty Hiking with Lelia, Greg, and Bridgett

When: Saturday, February 8, 2025 (Rain date: Sunday, February 9, 2025), 11:30 am

Where: 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 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

Use the following link to sign up for the hike:

<https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54494198-hasty>

Activities Schedule

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

The Chocolate Hike

When: Sunday, February 9, 2025, 9:30am – 2:00pm

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

Join your fellow hikers and chocolate lovers for this Pre-Valentine's Day hike on the Noland Trail. This revered annual event challenges participants to explore their wildest chocolate fantasies by creating culinary masterpieces for fellow TATCers to sample.

Prizes will be awarded for the most unique, clever and tastiest chocolate creations!

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

I'M ASKING FOR ANYONE WITH A TRUCK, HATCHBACK OR FOLDING TABLE TO HELP PROVIDE SPACE FOR ENTRIES! POC is Phyllis Neumann phyllisneumann1204@gmail.com

Finger Lake Hike

When: Tuesday, February 11, 2025

Where: Lone Star Lakes Park, 401 Kings Hwy, Suffolk, VA 23432

Description: Lone Star Lakes is a City of Suffolk Park and offers 1,063 acres, 11 lakes and nature trails plus picnic areas. We will be hiking the Finger Lake Trail which is a 4.3 mile out and back hike (rated easy). The hike meanders through a lovely tall pine forest and around the finger lakes. This is a great trail for lovely flora, birding and solitude. We may occasionally share the trail with equestrians but it's not generally busy on week days. The park is dog friendly but dogs must be on a leash.

Directions and Meet: Click on the address above for directions and follow the map to the Lone Star Park entrance off of Kings Highway. Continue through the entrance gate to the stop sign (Lone Star trail road). Take a right and drive thru the underpass on the park access road and follow signs to Craine Lake (aprx 1/2 mile from entrance). There's a large gravel parking lot on the left and a porta-potty. We'll start our hike here at 9:30 am. Please bring a lunch, water, snacks and comfortable appropriate hiking clothes for the weather conditions. We will eat lunch at the park but there are limited picnic tables available, so please bring blankets or chairs to sit.

Click the link below for additional information

<https://protect.checkpoint.com/v2/r01/> <https://www.suffolkva.us/DocumentCenter/View/2209/Lone-Star-Lakes-Park-Map-2017?>

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Sign up: contact Kim Henson via email kthenson13@gmail.com or call with questions 253-468-2258

Click to see who has already signed up:

https://docs.google.com/document/d/1UIFOZvuVn-R1IHTRtgRH4Czni5e8pqqC_a9QCVVAN4c/edit?usp=sharing

Organizer: malabad3@gmail.com

Visit our TATC Calendar

(Continued on Next Page ...)

Activities Schedule

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

TATC General Membership Meeting

When: Wednesday, February 12, 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 if you have any questions!

Happy Hiker Hour

When: Thursday, February 13, 2025, 6:00 PM to 8:00 PM

Where: Smartmouth Brewing Co, 1309 Raleigh Ave, Norfolk, VA 23507

<https://smartmouthbrewing.com/>

No reservations required, just show up. Wear your TATC t-shirt or cap. Event Leader: Lelia Vann

First Landing State Park Trail Maintenance

When: Saturday, February 15, 2025, 9am – 11am

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

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

At least 4 volunteers are needed. Tools will be provided, or bring your own lopper, pruner and/or small silky saw. Please wear work gloves, wrap-around safety glasses, sturdy hiking shoes and a brimmed hat. Long pants are recommended (insects, poison ivy, etc.).

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 to sign up

Merchants Millpond State Park Hike

When: Saturday, February 15, 2025, 10am – 1pm

Where: Merchants Millpond State Park, 176 Mill Pond Rd, Gatesville, NC 27938

Link to sign-up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54450701-merchants>

Website: Merchants Millpond State Park: Home | NC State Parks

Event Leader: Bill Bunch

Tidewater Appalachian Trail Eatery Reviewers (TATERS)

When: Thursday, February 20, 2025, 6pm – 8pm

Where: The Deadrise Restaurant, 100 McNair Dr, Hampton, VA 23651

Sign Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54450633-thedadrise>

Website: thedadrisefishhouse.com

Event Leader: Kama Mitchell - alaskakama@gmail.com

Visit our TATC Calendar

(Continued on Next Page ...)

Activities Schedule

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

TATC Board Meeting

When: Wednesday, March 5, 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 if you have any questions!

Hasty Hiking with Lelia, Greg, and Bridgett

When: Saturday, March 8, 2025 (Rain date: Sunday, March 9, 2025)

Where: 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 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

TATC General Membership Meeting

When: Wednesday, March 12, 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 if you have any questions!

Happy Hiker Hour

When: Thursday, March 13, 2025 – 6pm to 8pm

Where: Cure Coffee House, 503 Botetourt Street, Norfolk, VA 23510

Sign Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54450838-cure>

Website: <https://www.curecoffeehouse.com/norfolk>

Event Leader: Kama Mitchell

Assistant Leader: Lelia Vann

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.

First Landing State Park Trail Maintenance

When: Saturday, March 15, 2025, 9am – 11am

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

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

At least 4 volunteers are needed. Tools will be provided, or bring your own lopper, pruner and/or small silky saw. Please wear work gloves, wrap-around safety glasses, sturdy hiking shoes and a brimmed hat. Long pants are recommended (insects, poison ivy, etc.). 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 to sign up

Tidewater Appalachian Trail Eatery Reviewers (TATERS)

When: Thursday, March, 20, 2025, 4:30-6:00 pm

Where: Captain Chuck-A-Muck's, 21088 Marina Rd SUITE 100, Carrollton, VA 23314

<https://maps.app.goo.gl/tFzGSLVyCfvRpyu4A>

Description: This is a great little restaurant located on Jones Creek near Smithfield, VA. From their FB page, "We specialize in fresh local seafood including rockfish, oysters, scallops, etc., not to mention, homemade crabcakes, she crab soup, and key lime pie."

Their menu is available on their website here: <https://www.captainchuck-a-mucks.com/>

Use the following link to sign up for the dinner: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54316014-captain>

POC Information: Don Williams, 757-357-4510, education@tidewateratc.com

[Visit our TATC Calendar](#)

(Continued on Next Page ...)

Activities Schedule

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Sherando Work Weekend

When: March 28 – 30, 2025

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

GIVING BACK TO SHERANDO. Sign Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54455833-sherando>

Jonathan Zimmermann, the Administrator of the Sherando Lake Area District, and a great friend of TATC's, is asking for a little help. He wants to get Sherando ready for spring and asked if TATC members would be willing to do some spring cleaning of the campground and day use area, plus a few minor repairs. He characterized the work as being the type where many hands make for a light workload.

Jonathan has assisted TATC many times by letting us use of William's Branch Picnic Area, the CCC Kitchen, and the Admin Building and giving us access to water and indoor toilets in the off-season as well as the all-important showers. He has made our work easier and more comfortable. Perhaps, we can do the same for him.

Jonathan's priorities include...

- * General grounds maintenance
- * Winter Storm clean up.
- * Campsite Preparations
- * Island cleanup
- * Installation of a few new signs
- * Painting

TATC members can camp anywhere, use the CC Kitchen, or stay in the Staff House. Participants can camp in Sherando both Friday and Saturday nights. Saturday is the workday.

If you are willing to help, contact John Sima at johncsima@yahoo.com

Windsor Castle Park Hike & Lunch at Wharf Hill Brewing Company

When: March 29, 2025, 10:30 am -1:30 pm

Where: Windsor Castle Trail, <https://maps.app.goo.gl/WxXETExJtyR2r2k98>

We will meet at the parking lot near the Bark Park (dog park). There is construction ongoing at the bridge leading into downtown Smithfield so traffic only goes one way (enter via Church Street and exit via Route 10 Bypass).

Google Maps will give you directions taking this lane closure into account.

Description: This is an easy 3-mile hike with nice scenery of tidal marshes, creeks, meadows and woods. We will have lunch at Wharf Hill after the hike.

Use the following link to sign up for the hike; you will also need to sign up separately if you want to eat lunch afterward at Wharf Hill.

<https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-54314550-windsor>

POC Information: Don Williams, 757-357-4510, education@tidewateratc.com

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

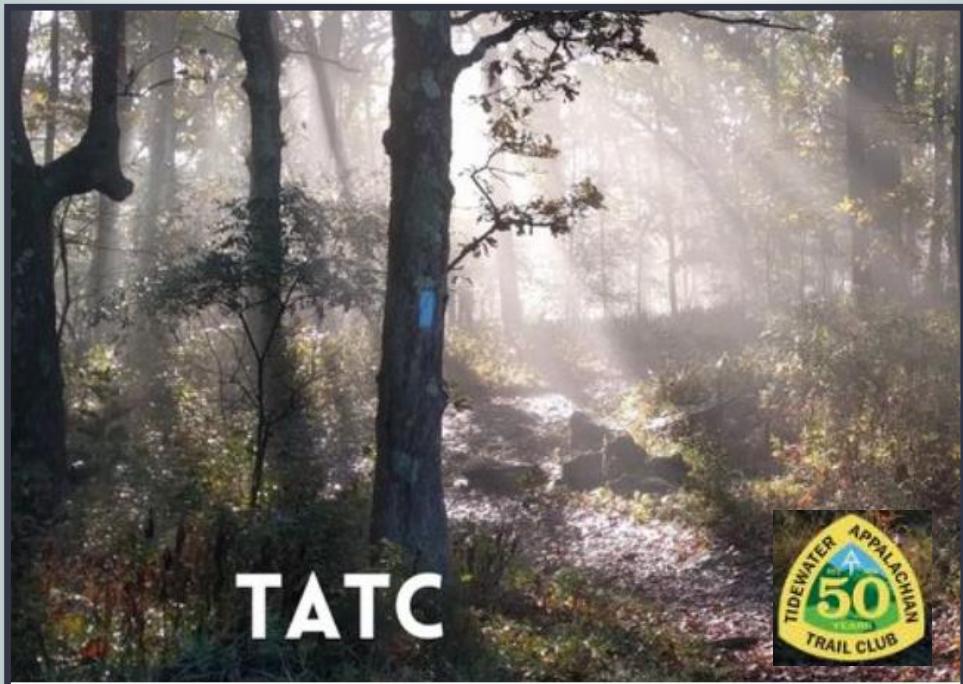
TATC Officers & Board

Position	Name	Email Address
President	Lelia Vann	president@tidewateratc.com
Vice President	Jim Sexton	vicepres@tidewateratc.com
Treasurer	Andy Grayson	treasurer@tidewateratc.com
Secretary	Peg Seriani	secretary@tidewateratc.com
Trail Supervisor	John Sima	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Kaci Midgette	assistantts@tidewateratc.com
Counselor	Jim Newman	counselor@tidewateratc.com
Counselor	Christopher Butler	counselor@tidewateratc.com
Counselor	Sandra Canepa	counselor@tidewateratc.com
ATC RPC Representative	Ned Kuhns	rpcrep@tidewateratc.com
Alt ATC RPC Representative	Jim Sexton	rpcrep@tidewateratc.com
Cabin Committee	Gregory Hodges	cabin@tidewateratc.com
Education	Donald Williams	education@tidewateratc.com
Facebook	Bill Bunch	facebook@tidewateratc.com
Hikemaster	Jim Sexton	hikemaster@tidewateratc.com
Land Management	Andy Grayson	landmgt@tidewateratc.com
Local Trails	Paul Heymann	localtrails@tidewateratc.com
Membership	Kama Mitchell	membership@tidewateratc.com
Membership	Sharon Salyer	membership@tidewateratc.com
Merchandise	Mike Martin	merchandise@tidewateratc.com
Newsletter	Peg Seriani	newsletter@tidewateratc.com
Outreach	Kaci Midgette	outreach@tidewateratc.com
Outreach	Lon Carpenter	outreach@tidewateratc.com
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Timekeeper	Greg Reck	timekeeper@tidewateratc.com
Tool Boss	Rich Seriani	toolboss@tidewateratc.com
Webmaster	Jim Sexton	webmaster@tidewateratc.com



Visit our TATC Facebook group page.

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



Tidewater Appalachian Trail Club Group Page



Also please send TATC events to hikemaster@tidewateratc.com for inclusion in the club schedule and the next newsletter.

Please consider sponsoring a club event this Winter and Spring.

