

# Tidewater Appalachian Trail Club

## Appalachian Hiker



Banner Photo by Mark Ferguson

### PREZ SEZ

Our last Swingblade and Lopperfest event of the year was held on August 9-11, 2024. We enjoyed being back at the CCC Kitchen as our base camp area. We had 14 volunteers, no injuries, decent weather, and a breakfast on Sunday under the pavilion using fresh local eggs. Thanks to everyone who came out to help. Please see John Sima's article with photos. Our Wilderness Ranger, Michael Lowry, and our Ridge Runner, Evan Brown, joined us again. Bruce Davidson, our Safety Chair, provided InReach devices and a "check in" session with our group leads. Rich Seriani, our Tool Boss, transported our tools to/from the event, cleaned/sharpened/oiled our tools, and stored them for us until our next maintenance event. Speaking of our next AT maintenance event, our AT Fall Backpacking Walk-Thru and Fall Maintenance events are October 11-13 and October 25-27, respectively. The purpose of the Backpacking Walk-Thru is to survey the status of our trails so we can better understand the work assignments for our Fall Maintenance trip. The Fall Maintenance trip is one of our largest events of the year and we provide dinner for all our volunteers on Saturday night (October 26). Sharon Salyer and Catherine Fowler/TATC Social Co-Chairs (along with their spouses - Cecil and Dan, respectively) have agreed to prepare our dinner. The menu includes BBQ Chicken, Vegetarian Chicken Patties, Pasta Salad, Baked Beans, Baked Potatoes, and Rolls. We are asking for volunteers to bring desserts. If you are willing to prepare a dessert and/or interested in helping with dinner, please let Sharon know ([social@tidewateratc.com](mailto:social@tidewateratc.com)). If you are concerned about the level of trail maintenance work, please let me know and we will work with you for your assignment. See the article referenced below entitled TATC Spring/Fall Maintenance 101 by Andy Grayson if you have never attended one of our maintenance events. We all want to be safe and have FUN while maintaining our portion of the trail. Thanks to Tom Meree, Paul Link, Bob Veverka, Libby Carmines, Pete Burch, Scott Chamberlain, and Jeff Stelle for their service on our trails in the mountains outside of our Lopperfest events.

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

Oct 2024 - Nov 2024  
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If you are interested in becoming a **certified sawyer**, there is an opportunity the weekend of **November 9th** at Sherando Lake. If you are interested in becoming re-certified, there is an opportunity on **November 16, 2024**. There will be an email blast advertising an online sign-up for these sawyer certification events. Please email John Sima (trailsupervisor@tidewateratc.com) if you have questions.

As we welcome the cooler temperatures and beautiful colors of fall, we can also enjoy our outdoor activities more. I already mentioned our upcoming trail maintenance and sawyer certification, but our club schedule is filled with other events, i.e. beginner backpacking, local trail maintenance, outreach, cabin maintenance, hiking/biking/kayaking, and pub events. Thanks to each event leader for taking their time to pull together and lead these activities.

Greg Hodges, our Cabin Chair, continues to watch over and care for our cabin. He led another maintenance trip on September 13-15 with a full house and several camping. Please see Greg's article inside where he will highlight the installation of a new stove which was purchased by a generous donation from Gary Fourney. (Thank you, Greg, for your leadership throughout the year and your dedicated service towards maintaining and improving our treasured cabin!) The next and final opportunity for a cabin maintenance trip this year is November 1-3. The cabin maintenance consists of a variety of tasks including cutting and stacking wood for use in the cabin during the winter months. If you like rustic cabins, our cabin is for you. And the privy is the best one that I've ever used in the forest!!!

TATC plans to staff a table at the Newport News Fall-O-Ween Festival again. This year it's on October 5-6. Kaci Midgett is organizing our participation so please contact her directly (vicepres@tidewateratc.com) if you are interested in helping.

Our **Awards Ceremony** will be held at our **October 9th** General Membership Meeting. After welcoming our new attendees and highlighting our upcoming events, Jim Newman will lead our Awards Ceremony which will recognize our members for their volunteer service hours both on the AT and on our local trails. See Jim's article below for additional details.

Our **Silent Auction** is back by popular demand and will be held on **November 13th** at our General Membership Meeting site. This is a great way to get rid of your hiking, biking, kayaking, camping, etc items that are still in good condition, but you just aren't using them anymore for whatever reason. Start thinking now about the items that you would like to auction. Baked goods like cookies, cakes, etc are also welcomed. All proceeds go directly to our TATC. Please contact Lee Lohmann (programs@tidewateratc.com), our Program Chair, if you have questions about what is appropriate to donate, or general questions about the auction.

Mark your calendar for our **Holiday Party** scheduled for **December 14th**. Our Social Co-Chairs, Sharon Salyer and Catherine Fowler, have arranged for us to celebrate this holiday season at The Cove in Virginia Beach. Details will be forthcoming but I understand we will have a live band!!!

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Our Education Chair, Don Williams, and the Education Committee (Lee Lohman, Andy Grayson, Jim Sexton, and Kaci Midgette) have written and updated more educational documents since the last newsletter. Please check out the new/updated articles on Backpacking Checklist, Checklist and Check Weight, TATC Activity Leaders Needed, and TATC Spring/Fall Trail Maintenance 101. These are posted on our website under Documents and/or the links are provided below.

**Backpacking Article with Checklist and Check Weight**

<https://www.tidewateratc.com/resources/Education/Backpacking%20Checklist%20and%20Check%20Weight%2009272024.pdf>

**TATC Backpacking Checklist**

<https://www.tidewateratc.com/resources/Education/TATC%20Backpacking%20Checklist%20-%2009272024.pdf>

**Backpacking Checklist - Excel Format**

<https://www.tidewateratc.com/resources/Education/Backpacking%20Checklist%20-%20Excel%20Format%20-%2009272024.xlsx>

**Spring-Fall Maintenance 101**

<https://www.tidewateratc.com/resources/Education/Spring-Fall%20Maintenance%20101%20-%2009272024.pdf>

**TATC Activity Leadership Instructions**

<https://www.tidewateratc.com/resources/Education/TATC%20Activity%20Leadership%20Instructions%20-%2009272024.pdf>

In our last newsletter, I highlighted several Board members for their dedication and contributions. I would like to highlight several more in this issue.

I want to thank and recognize our Education Chair, Don Williams, not only for leading his committee's efforts to update our club documents but he has developed and is offering a Beginner's Backpacking program which includes a couple of local preparatory hikes before going on an overnight backpacking trip in the mountains. Please see Don's article below. Currently, Don is a section lead for the Mau-Har south junction to the waterfall.

Lastly, I want to thank and highlight Jim Newman for his leadership in taking on the Awards Coordinator role. Our revived Awards Ceremony will be held at our October 9th General Membership Meeting. Jim has tirelessly served our club for years and he is doing the same for this awards ceremony. Currently, Jim is certified as a sawyer, and he is a section lead for the AT between Reid's Gap and Maupin-Field Shelter.

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There are many more to acknowledge so I will continue this in our next newsletter.

In closing, TATC elections will be held in January. This year we need candidates for Vice President and Counselor as Kaci Midgette moves to run for Assistant Trail Supervisor and Bill Bunch reaches the end of his term, respectively. In addition, there are several appointed board positions coming vacant, namely, Program Chair, Cabin Chair, and Outreach Chair. Please let me know if you are interested in either of these elected positions or an appointed chair position.

Stay safe while having fun on the trails and I hope to see you at our Fall Maintenance Event.

Happy hiking,

Lelia Vann President - Tidewater Appalachian Trail Club





## Minute for Maintenance October 2024

*By John Sima*

Swingblade & Lopperfest 3 was held August 9th – 11th. We had another great turnout with 21 people showing up. Evan Brown, our ATC Ridgerunner led a group up Three Ridges. Michael Lowery, our local SAWS Wilderness Ranger and I tackled blowdowns along the Mau Har trail. Andre Pahomi, an ATC Volunteer provided help with the high elevation areas of Three Ridges. The highlight of the trip was Sunday's breakfast. Lelia cooked up some of the best breakfast sandwiches I've ever tasted.

Tom Meree led a group with Jeff Steele & Scott Chamberlin 2 weeks later to continue swingblading up and over Three Ridges and inspecting our loop via the Mau-Har trail. Good work Guys!

During Cabin Maintenance weekend Tom Meree again lead a group with Bob Veverka & Paul Link down the Mau-Har trail, refreshing the blue blazes and finishing off the day tackling a huge blowdown on the AT near the Mar-Har intersection.

On August 23rd – 25th Andy Grayson, Thomas Heehan, Andre Pahomi and myself attended an ATC Trail Skills Workshop held by the SAWS crew. This was a great learning opportunity. We learned about Rock Work, building stairs is not an easy task. I learned a new appreciation for the rock stairs I hike over while backpacking the AT.

Our club is short of qualified Sawyers. We currently have only 12 qualified. If you would like to qualify, please contact me.



**Dripping rocks along the Mau-Har**

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**Michael Lowry SAWS Wilderness Ranger clearing a small blowdown on the fire road**

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**Mau-Har (Campbell Creek) 50ft waterfall**

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**Upcoming events:**

October 11th-13th Fall Backpacking Walkthru

October 25th-27th Fall Maintenance

November 9th & 10th Sawyer Crosscut 2-day Certification, Sherando

November 16th Sawyer Crosscut Recertification, Sherando

Happy Trails,

John Sima, Trail Supervisor



**Michael Lowry SAWS clearing another blowdown on the Mau-har**





# HIKING DOLLY SODS, FLATROCK PLAINS AND ROARING PLAINS WILDERNESSES

*By Mal Higgins*

On September 6-9, 2024, five TATC members headed to West Virginia for car camping and day hiking in three destinations well known to some of the old timers of TATC. We were Bruce Davidson, Jim Newman, Andy Grayson, Matthew Improta and me. We camped for three nights at the USFS campground Seneca Shadows, which is organized much like Sherando Lake Recreation Area, with individual campsites by reservation or walk in. Seneca Shadows is about a mile from the Seneca Rocks Discovery Center, where we stopped first on a Friday to visit and shop. While there we met "Mountain Crusher", an Appalachian Trail through hiker of 2023, who well remembered our Three Ridges (and Devils Backbone Brewery).

On our first full day, Saturday, before we even left camp, two friendly Rangers drove around and offered free coffee from a thermos in their truck. Who knew? We then drove to the parking lot inside Dolly Sods Wilderness that is closest to the iconic Bear Rocks. The trail is well marked and the Rocks were not yet crowded with visitors, although the views were limited by fog in the valleys. After that we headed to day hike a circuit hike beginning on the Bear Rocks Trail, then to Dobbin Grade Trail, then to Beaver Dam Trail, and back to the car. The area along Dobbin Grade Trail is low lying along Red Creek, with some beautiful views of an actual beaver dam and wetlands.



**Jim Newman, Andy Grayson, Matt Improta, Bear Rocks, Dolly Sods**

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Following that, we hopped back in the cars and drove to the circuit hike trailhead of the Northland Loop Trail. This was surprisingly interesting with many acres of a bog with wild cranberries growing, which of course we sampled. A number of well-illustrated signs tell the story of a timbering operation from 1905-1915 that clear cut the giant trees in much of Dolly Sods, leaving it exposed to soil erosion. The U.S. Army trained mortar and artillery crews in Dolly Sods during WW II, and signs warn of not handling any unexploded ordinance that might still be there (although the Army has attempted to locate and remove the abandoned ordinance).



### **Wartime on the Sods, interpretive sign**

We then checked out trailheads for Sunday's planned hike in Roaring Plains/Flatrock Plains, before returning to the crossroads of WV 33 and WV 28—the famous location of Yokums Store and Harpers Store. We stocked up on snacks at Yokums, including some homemade banana bread on sale, some chips, and other adult beverages. Jim Newman even tried a hot dog from the Yokums Restaurant, which despite it being named “Voted the #2 Hot Dog in West Virginia”, was pronounced not so good!

Saturday night, the same friendly coffee Ranger recruited us to attend a presentation in the Seneca Shadows amphitheater on rock climbing Seneca Rocks. It was well done by a seasonal ranger who is designated the “Climbing Ranger” for Monongahela National Forest. He discussed the evolving ethics and gear of the climbing community and the fun and risks of rock climbing.

Sunday was our hardest day of hiking. We drove to the trail head for the South Prong Trail off of Forest Road 19. It's a loop trail of about 7 miles through some fairly steep inclines, followed by abandoned railroad grade trails,

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and stream crossing the South Fork of Red Creek. The access from the east parking lot is way overgrown with summer weeds, and we had to push our way through. It finally opened into forests and some extensive rhododendron growth. I knew from previous years that in June-July the rhododendrons are in full bloom and beautiful, but not in September. We rock hopped Red Creek, climbed steeply to intercept Forest Road 70, and then climbed steeply again. We leveled off for perhaps the last 2 miles.



### **Overgrown South Prong Trail, Flatrock Plains**

While cruising along on the level stretch of a ridge line in what is called the Red Creek Plains (which borders the Flatrock and Roaring Plains West Wilderness) we encountered a massif of rock upthrust right next to the trail. It begged to be climbed, so the youngest of us, Matthew, scaled right up its face. We others walked 50 yards and found a safer back side to scale up. On top we discovered a geocache ammo box with trinkets and paper entries of geocachers going back to 2006. The final half mile back out to FR 19 had more bogs, boardwalks, and wild cranberries. We had prepositioned a car at the west trailhead takeout and recovered our first car, and returned to Seneca Shadows for night three of camping.

Our camping meals covered a gamut of style. Matthew had the best meals for sure—night one, sautéed shrimp; night two, a giant steak; night three, Chinese stir fry. All cooked by Matthew over the campfire, which he built while we sat in our camp chairs. Me? Not so much—ramen noodles, more ramen noodles and a can of Brunswick

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stew. The others had sad variations on this, although Andy did produce some good-looking fried egg breakfasts, in contrast to others instant oatmeal. Jim featured mushroom tea.



**Matt Impronta with his steak for supper**



**Andy with his one egg frying pan**

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Monday, before driving home, we needed one last hike. So, we hiked up the Seneca Rocks Trail in about 1 ½ hours to the viewing platform and enjoyed some magnificent views. Several of us ignored a large “Do not proceed” sign and then scrambled out on to the narrow ledges of Seneca Rocks to take in the same view but from a scarier location, plus we could look East as well as West.

On the drive home we stopped in Franklin, WV to enjoy a late lunch at the Korner Shop Café. It was obviously a locals’ favorite, with a good crowd even mid-afternoon. A cheerful waitress and owner gave us the back story, and mentioned that the restaurant economically survived the Covid shutdown by using a small window punched out of the store on an alley side to provide take-out food to customers. We then finished the drive back to Tidewater with very dusty cars and happy memories.



**Bruce Davidson, Bear Rocks, Dolly Sods**

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**Bear Rocks, Dolly Sods**



**Red Creek, Dolly Sods**

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**Boggy area, Red Creek, beaver dam in distance, Bruce Davidson**



**Alder Run bog (with cranberries) off Northland Loop trail**

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**South Prong Trail, Flatrock Plains**



**Jim Newman, Andy Grayson, South Fork of Red Creek**

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**Andy Grayson, Jim Newman, Bruce Davidson, Matt Improta,  
South Prong Trail, Flatrock Plains**



**Matt Improta after rock scramble up giant rocks, South Prong Trail**

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**Boardwalk, South Prong Trail, Flatrock Plains**



**West trailhead, South Prong Trail, Forest Road 19**

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**Iconic Germany Valley, WV Route 33**



**Alder Run bog (with cranberries) on Northland  
Loop Trail**

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**Seneca Rocks seen from Discovery Center**

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**Seneca Rocks Discovery Center**



**Southerly view from Seneca Rocks platform  
summit--Yokums store in distance**

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**Overgrown South Prong Trail with browning ferns**

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**Jim Newman & Bruce Davidson on narrow ledge, Seneca Rocks**

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**Matt Improta flying on Seneca Rocks, Mal Higgins**



**Looking north, Jim Newman perched on Seneca Rocks north summit**





## False Cape 18th Annual Triathlon, September 24, 2024

*By Bruce Julian*

*Photos by Bill Billings*

This past Tuesday the Tuesday Group Biked, Paddled, and Hiked all in the same day, and as far as I know this is the only time that TATC, or The Tuesday Group does anything like this. This was our 18th year doing the Triathlon at False Cape State Park. The Park has been so good about us using their kayaks each year, we appreciate them so much. In the 18 years since we started doing the Triathlon we have had three Park Managers, and each one always gave us the O K for using the Kayaks, Paddles, and the PFD'S, which without them the Triathlon could not be possible. The Managers are Kyle Barbour, Cammon Swain, and our new Manager Austin Monette. Some of us that do this each year, volunteer there in the park year-round, and we do enjoy the volunteering as much as the Triathlon, just being there in False Cape is a great time. (We are always looking for new volunteers, so if you like the outdoors and like helping Virginia State Parks come on down).



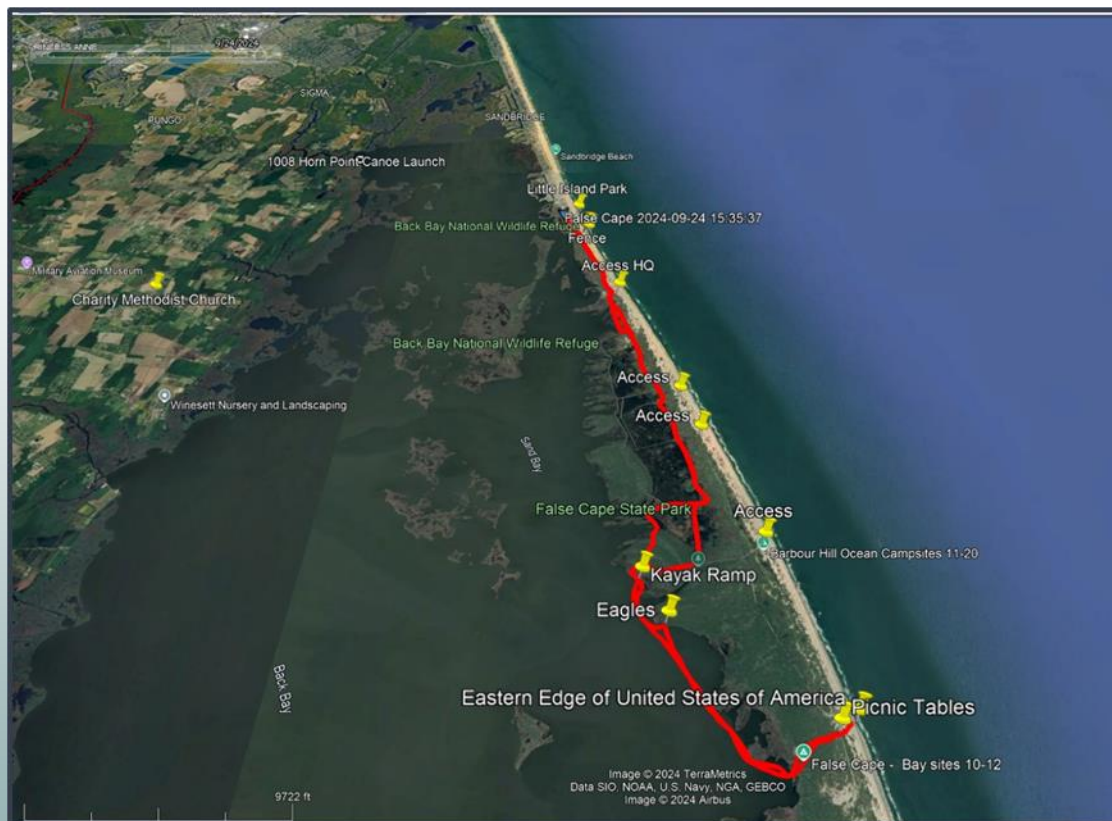
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In order to do the Triathlon, you need your own Bike, shoes which you can bike, Paddle, and hike in, with a good pair of water shoes you can do the entire trip. Some people do bring their own Hiking shoes and a pair of water shoes. You have plenty of room in the Park's Kayaks to store your gear. (A dry bag is always good to have).

We always meet at Little Island City Park at 9:00 A.M. and try to be on our way by 9:30 A.M., this gives us a 20-mile round trip and we always shoot for 3:30 p.m. to return to the parking lot. We have had as many as 19 participants to do the Triathlon and as few as 6 participants on some years, as we do this event rain or shine. The only thing that may stop us is a thunderstorm, which we have never had, rain may slow us down, but we keep moving. On one year we had strong winds from the south/west with 4-foot waves on Back Bay, so I changed the kayaking to Archery, and another year we couldn't paddle the 2 miles because of strong north winds so I divided up the group, two to a team and had a race where one person paddles out from the dock to where I was standing beside my kayak in about 3 feet of water. (This was the only way I could stay in one position because the wind was so strong.) Then the first paddler had to circle me and paddle back and switch to the other team member and then that person had to paddle out and around me and the first to do this and reach the dock would win. It was hilarious to see each team when they had to switch to the other person. We have some of it on video, and it gave all of us a big laugh.

When you take a group through Back Bay National Wildlife Refuge with 10 or more Bikers or Hikers you need to get a pass a few days before you do the trip. I had already had ours to show the person at the gate, but didn't need to show it, she knew who we were, and we passed on through. On the 18th Triathlon, this year we had 14 Tuesday Groupers, and I think all had a great time, on this trip we had 5 new people for the first time, and they did have a wonderful first trip. It's always good to have new people because I can tell them all my story about False Cape State Park. It is right at 6 miles that we bike through BBNW Refuge, the first 2 miles are on paved roads, but the last 4 miles are on gravel roads. We do sometimes see animals and birds like Osprey, Geese, and different kinds of ducks as we bike through, and one time we saw a Coyote and a Bobcat, you really need to keep your eyes looking because they are so fast.



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Reaching False Cape State Park, we passed their east entrance and headed to the west entrance and on down to Barbour Hill Boat Dock. This is where we leave our bikes and start the second leg of our Triathlon in the park's Kayaks. I passed out the PFD's and paddles and each person took down their kayak from the boat house out to the water edge. We already had our safety talk, so they started sliding their boats into the bay water. No one leaves until everyone is in the water and ready to paddle. As we paddled, I showed the group where the Bald Eagles Nest is located and looked for the eagles up in the Pine Trees, this time Kevin saw 2 Eagles first before anyone else could spot them. We paddled over to one of the Duck Blinds so everyone could see how they are built and how large they are. Some of the new people had never seen Duck Blinds and were surprised how big they are. Down the bay we stopped and let everyone catch up and have a water break. Here I pointed out a few landmarks, like Knott's Island, Cedar Island, Little Cedar Island, and Rage Island and told a few stories about things that had happened on some of these islands in the last 100 years.



It was right at 2 miles when we paddled up to False Cape Landing Boat Dock, where we started our third leg of our triathlon. After everyone got their boats on shore and had changed into their hiking shoes. We began our hike out to the ocean. I took everyone on the Maple Leaf Trail which I helped build back in 1998, it is right at 1 mile long. I had set up a little game for everyone, the Sunday before. I had tied an orange ribbon around a tree on this trail, and the one that found it would win a prize. They all started looking high and low and to the right and left and about 150 yards into the hike Melanie P. hollered out "I see it" and ran over to the tree. The prize a new Flashlight with batteries, she was the winner. As we got to the campsites, we dropped off our packs onto the picnic tables, not wanting to carry them out to the ocean. Out at the Atlantic Ocean the sea was very rough because the winds

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were blowing about 15 to 20 M P H from the east pushing the tides almost up to the Domes, only about 25 feet was dry land and the tide was still coming in. With this wind from the east is why we had a calm Back Bay to paddle on, because the Barrier Split with all the tall Pine Trees and Live Oaks Trees blocked those winds and this gave us a beautiful bay to Paddle on. We hiked back to the campsite where our packs and lunch were waiting. After about 40 minutes we finished our meal, and some used the Pit Toilets before our return trip.

Now we had done 10 miles Biking, Paddling, and Hiking, and it was time to head back and do the same thing in reverse. We hiked on False Cape Landing Road back to the boat dock, where some changed back into their water shoes, and after sliding our boats into the water we all paddled the 2 miles up to Barbour Hill Boat Dock. We did see one more Bald Eagle flying overhead about halfway to the takeout, and there was one Cottonmouth Water Moccasin at the boat dock, he didn't bother us and we surely didn't bother him. As we reached the takeout everyone put their Kayak back into the Boat House, and I put away the paddles, and PFD's, locked the building and we all headed towards the VC where we always get an Ice Cream before the ride out. This time that didn't happen, the VC was closed with no one around, so we continued on. Reaching the parking lot around 3:30 P M as planned, we loaded our wet bikes onto our vehicles and said our goodbyes, and all headed home. The 18th Triathlon turned out great with only a little rain on the last 5 miles of the trip. Hope everyone had as much fun as I did. See you next year for the 19th Triathlon, I am shooting for 20, I hope I can make it.



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## Sunrise Walk on the Beach

*By Amanda Hartwig*

Sometimes I enjoy hiking the beach in Sandbridge from the Back Bay National Wildlife Refuge down to False Cape. I've tried it at different times throughout the year and I always see different wildlife. Departing from the Visitor Center at the Wildlife Refuge, it's about four miles of walking until you reach the sign for False Cape State Park. After another half mile or so, there is a turn-in off the beach toward Barbour Hill. The sound of waves crashing quickly disappears into the dunes and low craggy trees cover rustic campsites for tent camping only. Another half-mile in is the False Cape Visitor Center where there is a large buoy marking it as the southernmost Virginia State Park and an enormous bone that I believe is megalodon vertebrae, though that could be my ignorance because I couldn't find any confirmation online. I found that by pulling my hood up, the horseflies went easy on me, which is why I avoid the inland trail that many people choose to bike during its open months from March to October. Past the visitor center and more camping sites, there is bay access and a kayak/canoe launch point. At this point, my Garmin says that I have gone seven miles. I turned around, planning to head back, but I stopped through the Visitor Center to request a trash bag because I've never seen as much plastic trash on the beach as I had this weekend, likely because of the King Tide. I was surprised by how many plastic bottles, cellophane balloons and associated plastic balloon string littered the beach. However, the first half of the trip was beautiful and peaceful. False Cape also offers a guided tram tour for a small fee on a variable schedule depending on the season: <https://www.dcr.virginia.gov/state-parks/false-cape-tram>.



**The beach access trail at the Back Bay National Wildlife Refuge**

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**Morning waves shortly after sunrise**



**A female gull**

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**While I've often seen the remains of horseshoe crabs, I've never seen the remains of a sea turtle shell!**

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**I haven't been able to look up the species of butterfly or moth but I was so happy it stayed still long enough to have its photo taken!**



**I should know this one, too, but I don't - maybe someone can help me out.**

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Sun casting through tree enroute to kayak landing.

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**Little blue crab perfectly preserved on the beach despite many hungry seabirds sighted.**





## TATC Cabin Report

By Gregory Hodges

Dear Cabin Maintainers and Renters,

The new wood stove is a huge success! Gary Fourney, the nephew of Dougals L. Putman (namesake of the cabin), donated \$1,200 to replace the old stove and oven combination. The new stove was installed and tested. The old stove has been completely removed from the cabin property.



So, what difference has this made?

Old stove had multiple complicated steps that took 30-45 minutes to get a good fire going. The new stove is easy to use and takes about 5 minutes to get a good fire going. Also, the user does NOT have to light the small fire in the outdoor chimney box to get an updraft going before rushing inside to try to start the fire in the firebox.

The old stove was massive in size and weighs 600 lbs. The new stove is more efficient and does not have the oven portion (that never worked and was hard to operate). It weighs 250 lbs. There are no levers to operate to move the heat into the oven nor the smoke into the chimney.

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3 different groups of people started the new stove and they all were successful in getting it started. And, no one smoked out the cabin! The design of the new stove has the stove pipe coming from its top; thus, the heat naturally rises into the stove pipe creating the updraft into the chimney.

The new stove has a window on the door (see photos below). This means we do not have to burn twice as much wood by using the stove to heat and the fireplace for ambience. We get that with the new stove. Plus, by only using the stove for both heat and ambience, we don't create the issue where the fireplace draws the smoke from the stove into the cabin. Also, the fireplace is not efficient for heating because the heat goes up the chimney and not out into the cabin space.

What is the down side? There is one and that is we have lost the horizontal surface to use when the old stove was not in use, but that is a minor compromise for a huge bonus!

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# *Thank You!*

Susan and Gary Fourney for your \$1200 donation so that TATC could purchase a new wood stove for the cabin.



**Thank you to all the volunteers that installed the new stove!!**

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## MAINTENANCE TRIPS

There is one remaining maintenance trips planned for 2024. Please contact Gregory Hodges at [cab-in@tidewateratc.com](mailto:cab-in@tidewateratc.com) or call/text at (757) 439-1552.

**Friday 11/01 thru Sunday 11/03** - This is the annual firewood cutting trip. The cabin committee is looking for a trip leader for this one. **We need volunteers for this!**

**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>

Thank you to all the members of the Tidewater Appalachian Trail Club for supporting the cabin.

Breathe and smile,

Gregory Hodges, Cabin Chair, 757-439-1552





## Reflecting on Our Celebration at the TATC Cabin Dedication



***“Remembering the day that we dedicated the cabin and receiving this award for being in the top 10 of work hours on our beautiful cabin.” -- Karl Price, today***



**Cabin Dedication 1982 (Karl sitting in the front row with other attendees)**

*(Continued on Next Page ...)*



## Many Individual Steps...



Karl working on the TATC cabin back in 1982

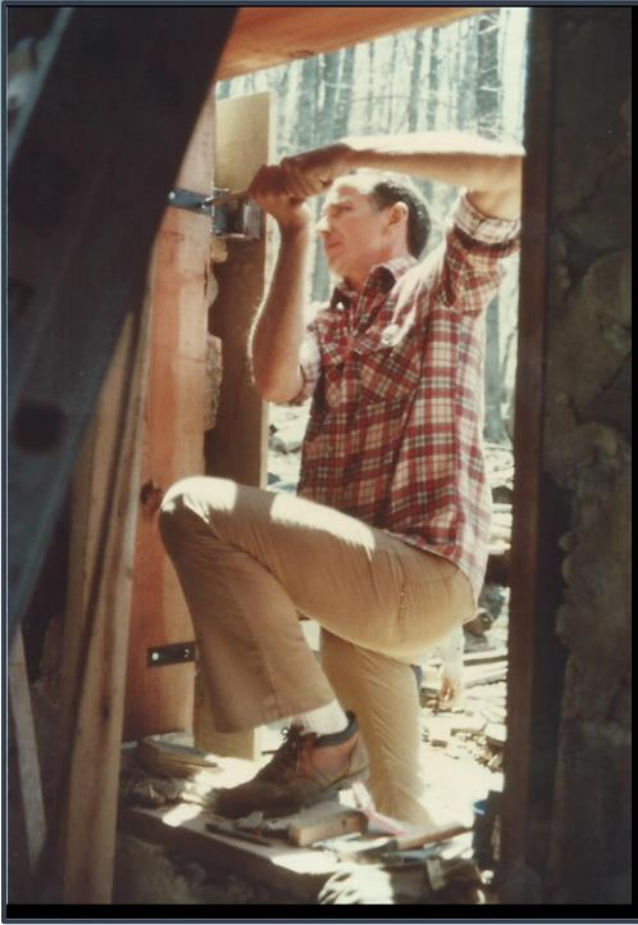


Karl trimming the end of a rafter

*(Continued on Next Page ...)*



**...to Building Life Long Memories with Friends.**



**Karl fastening a shutter into place and chiseling the end of the roof rafter**



**Ray Levesque and Karl Price adding to the interior scaffolding**

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The "Cabin Dedication" article in the June-July 1982 newsletter

## CABIN DEDICATION

The dawning of a new day and a living memorial to Douglas Lee Putman.

The day began with the air being permeated with the smell of roast pork cooking. As TATC members hustled about to make the Douglas Lee Putman Memorial Cabin Dedication a lasting, living memory, they succeeded. The day shared with us good weather. . . sunshine. . . a few droplets of rain, the sweet aroma of spring, full moon—the many blessings of nature. Above all, we were surrounded by friends—friends of Douglas' in the name of family and others.

The Dedication was well attended, approximately 87 in number. The ceremony was conducted by Reese Lukei, our President, who gave the invocation and welcoming remarks. Jacque Jenkins gave a brief history of the cabin and introduced Phyllis Putman Sullivan, our benefactor. Harold Crate explained the time capsule after which there was a laying of the cornerstone. The capsule, containing pictures, a description of Doug's life and a poem, as well as a roster of TATC members, was embedded for the sake of history.

The ribbon cutting by Phyllis and Otey Shelton opened the door to Doug's friends interested in the out of doors, and in particular hiking.

After the ceremonies, all gathered for the "feed." The barbequed pork, cole slaw, bean-hole beans and apple turnovers were devoured. Hummmmm good! In summary, it was a beautiful occasion.

## Jerry Cobleigh Completes Appalachian Trail

At 9:35 a.m. on Wednesday, May 5th, 1982, Jerry Cobleigh completed a journey that he began in 1967 in Maine—hiking the entire Appalachian Trail. His original goal was to hike the 2,000 mile trail in 10 years, but it took him 16 years of weekends, holidays and vacations. The final part of the 55-mile section from Spivey Gay on the Tennessee/North Carolina line to Hot Springs, N.C. was hiked with Reese Lukei and Fess Green.

As was true of most of his hikes, something unusual happened on Jerry's last hike. He discovered and ate "Ramps" (phew!) and was offered and drank pure "Tennessee Moonshine" (whooppee!).

Congratulations, Jerry.

## Appalachian Trail Hostel

A hostel for hikers is being developed at the Mountain View Campground on Rt. 814. Facilities that will be offered include tent camping space, inside sleeping quarters during poor weather, showers, swimming pool, rides to Waynesboro, VA for basic supplies. If you know of anyone interested in using the hostel, they should contact:

Terri Beck  
P.O. Box 201  
Waynesboro, VA 22980  
(703) 943-9051





## TATC Volunteer Recognition and Awards Ceremony

*By Jim Newman*

*"Hey, I just heard the news,  
It's time for Volunteer Recognition & Awards!"*



Yes indeed!

Bring yourself and family to the **October 9th** TATC meeting.

The awardees number 437, but attendance will  
be manageable.

There will be space for you!

Please continue for details...

*(Continued on Next Page ...)*



## Background

In February, then president Lee Lohman directed the formation of a committee to study, update, and expand our club's recognition and rewards program, a welcomed move to end a decade of neglect in this important area. Jim Sexton, committee chairman, excelled at working through diverse ideas all the way to consensus. Lelia Vann and Greg Reck did more than their fair share to support and see us through also. Thanks to all. Other committee members included Bill Bunch, Paul Heymann, Lee Lohman, Kaci Midgette, Jim Newman, and Lelia Vann.

## Award Categories

### Appalachian Trail Conservancy (AT, M-H only) Items provided free by ATC)

Sticker @ 3 hours	55 members qualifying
Pin @ 30	72 members
Patch @ 100	53 members
Cap @ 500	24 members
Vest @ 1,000	11 members

### Tidewater Appalachian Trail Club (AT, other mountain trails, & Sherando clean-up)

Patch @ 25 hours	24 members qualifying
Pin @ 30	30 members
T-Shirt @ 100	47 members
Cap @ 250	57 members
Golden Pulaski @1,000	3 members

### TATC Local Trails

Cap @ 25 hours	17 members qualifying
T-Shirt @ 50	11 members
Water bottle @ 100	15 members

Grand Totals volunteer hours 1992 thru 2024 Spring Maintenance: **53,550 TATC Volunteer hours**

## Coming Next Year

Awards for Cabin Maintenance and Club Leadership will be added next year, now that data collection in these areas have commenced.

## Special Recognition

Michelle Cobb has been invaluable to the Awards Committee. She met with us three times, designed new TATC patches, arranged engraving, and ordering water bottles in addition to other important matters. She will be receiving a special reward at the meeting. Two of Michelle's originally-designed patches are on the next page.

Submitted by Jim Newman

Counselor

Awards Committee Member and Coordinator

*(Continued on Next Page ...)*



Patches Designed by Michelle Cobb



For those receiving T-shirt awards, the “Local Trails” patch will go on green shirts, and the “A.T. Crew” patch will go on blue shirts.





## **ATC West Neck Creek Clean-Up**

*By John Oakes*

Eight members of the TATC Amphibious Trail Crew supported Lynnhaven River Now for a West Neck Creek Clean-Up scheduled as part of a Scarborough Square neighborhood clean-up co-sponsored by LRNow, the YMCA, and the Virginia Beach Police Department on Sunday afternoon, September 8, 2024. The creek clean-up focused on the portion of West Neck Creek flowing NW from Dam Neck Road to Lynnhaven Parkway. The ATC 8 were almost half of the 19-person workforce for the waterside portion of the neighborhood clean-up.



**John Oakes, Jane Oakes, Margaret Julian, Kaci Midgette, John Murray, Marty Vines,  
Bruce Julian, Lon Carpenter**

*(Continued on Next Page ...)*





### **Preparing to Put-In**

With temperatures in the 70s and partly cloudy skies to moderate the heat of the day, it was a good day to be on the water and there was plenty to do. The main channel of the creek was clear for paddling with no blowdowns and only a few snags to clear from the channel. However, it was clear that not everyone who uses of lives near the creek observes "Leave No Trace" principles. There was a LOT of trash in the water and along the creek banks. The trash weigh-in at the end of the 3-hour clean-up tallied 1,390 pounds of trash removed from the creek and its banks. The land-side neighborhood clean-up yielded 8,740 pounds of trash making this, by far, the most productive land & water-side neighborhood clean-up ever organized by Lynnhaven River Now.

*(Continued on Next Page ...)*





Unloading after Clean-Up



Some of the trash removed from the Creek





## Mau-Har and White Rock Creek Trail Work

*By Tom Meree*

Paul Link and I refreshed all the blazes on the Mau-Har and got a big stump off the AT about ½ mile north of Mau-Har junction and before Harpers Creek. On the following day, Paul Link, Bob Veverka and I worked on the White Rock Creek trail clearing about 7 large trees. We left one easier one for later maintenance.



For Mau-Har blazes, refreshed old ones including those that were very faint and added a few so people don't need to guess. Extra emphasis on creek crossings, not taking the wrong turn going south in waterfall ravine and at the campsite. Paint used was two half pints of Benjamin Moore Randolph Blue (CW-613). We saw three different shades of blue from past blazing, much of which looked over 10 years old. Used almost all the paint. Half pint sample size containers with 1-1/2 brush were perfect.

On White Rock Creek Trail, the tree is less than a mile from the parking lot. See the dots on the map. I think two cuts maybe 8" diameter.



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The Mau-Har had a lot of trees down. Like I said we cleared about 7 large ones. I was very surprised since I thought I had been on the trail a month ago and there wasn't nearly the damage on the AT / Mau-Har or even Slacks trail as we saw on the White Rock Creek trail. Guess it shows the local storms can really do damage.

This was the toughest one, took 59 minutes, had to use stone wedges since the wedge I carry is so small. We were glad when it was done. Using pry bars to get separation on the first cut and rocks supports to make the second cuts with no binding were essential.



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There is a lot of damage being done by people walking below where the trail used to be on a soft slope. This shows a recently downed tree and the down side damage. We used the cut tree parts to force people back up on the trail. Not sure what the long-term solution is; eventually the erosion down lower will force people back up onto the trail where they have a rougher surface.



*(Continued on Next Page ...)*





Finally, some other trees we dispositioned.

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A lot of fun, but by the end, I had had enough fun for the day. Paul (aka Focus) and Bob did a lot of work. Being a supervisor is very tiring. -- Tom





## Taking Aim at Membership

*By Bill Bunch*

At the August Board meeting, Jim Sexton presented the results of the latest membership files cleanup. Jim purges our membership rolls regularly to remove individuals who fail to renew their memberships.

The Board was surprised by the news that the TATC rolls had dropped from 480 members in August 2023 to only 327 members a year later. Jim then noted the actual number of members might be closer to 300 since he still had additional members to remove from the rolls.

Later in this same meeting the Board decided an ad hoc committee should look at the membership situation to determine a better way forward in the all-important areas of recruitment and retention. Lelia Vann, Greg Reck, Jim Sexton, Kaci Midgett and I volunteered to form this committee.

The group convened with a simple premise: Doing the same things and expecting different results is not realistic. Following that initial meeting, we are outlining some of the ideas discussed, hoping others will weigh in on this vital conversation:

- Encourage prospective members to establish contact with the club by offering Jim Sexton's QR contact cards and offer to add prospective members to the club email list.

- Concentrate on "empty nesters" and offer more maintenance and recreational activities that they can attend. Jim Sexton has compiled an extensive list of hikes and activities. Activity leaders are going to be needed if we are going to be successful expanding our methods of outreach and the number of scheduled activities. It is hoped an increase of activities, with multiple scheduling options, will encourage a healthier renewal rate.

- Be more inclusive. Discourage hike leaders from limiting the number of participants in their hikes unless they feel it necessary. Invite prospective members and guests to our social and recreational events.

- Improve our use of social media, encourage activity leaders to post about their activities on Facebook.

- Use Meetup strategically.

You can help by adding your ideas to the mix. I know there are many things that might help that we have not thought of yet and our committee would be glad to have them. Feel free to contact any of the committee members with suggestions. You could also help by bringing a friend to a meeting or activity.

Our declining membership numbers are not a problem that any one committee can solve on its own, but collectively we can make an impact. The future success of the TATC is undeniably linked to attracting people who love the outdoors and who want to contribute to nature's well-being,





## TATC Activity Leaders Needed

*By Jim Sexton*

TATC needs activity leaders to step up and lead local and multi-day activities during the week and on week-ends. This article is tailored to encourage TATC members to sponsor club events.

We are looking for activity leaders to sponsor and lead the following types of events:

- Biking
- Local Hikes
- Backpacking/Camping
- Paddling
- Other Events

Please consider leading a club event. You can select an event from the linked list below or propose your own. Leading an event, especially a local event, is not as difficult as most people think; however, it requires time, dedication and determination.

Click this link: [Possible TATC Events](#)

Basic Steps:

- Scout out and select an event
- Provide scheduling information for the event to the [hikemaster@tidewateratc.com](mailto:hikemaster@tidewateratc.com)
- Sign up participants for the event and fill in the [Activity Sign-Up Form](#)
- Hold the event
- Report volunteer hours for leading the event, using the [Volunteer Leadership Form for Recreational Events and Activities](#)

**Below is more detailed information on how to set up and run a successful event. Remember, if you need help in organizing your event, our experienced club members are always ready to provide guidance and support.**

### High-Level Activity Leader Skill Set

- Appropriate knowledge, skill, and ability to properly plan and lead the activity.
- Effective and creative communication skills to ensure all participants are prepared for the activity.
- Ability to solve unexpected problems and emergencies.
- Good time management skills.
- Technical competence for the planned activity.
- Ability to recognize strengths and weaknesses of participants and use or compensate for them accordingly

The Basics:

### Pre-activity Planning and Organization

Choose and scout the activity.

Determine how best to access the starting point. The starting point is the place where the activity actually begins, such as a trailhead or canoe/kayak landing.

*(Continued on Next Page ...)*



Note the location and capacity of the nearest parking — have a plan if it appears there will not be enough parking available. Study the route and location (by personal inspection, if possible)

- Hazards and obstructions.
- Does group size need to be limited?
- Rules and regulations that apply to the location and activity you will lead (e.g. forms and fees, fire restrictions, off-trail travel, etc.)
- Availability of drinking water.
- Availability of toilet facilities.
- Significant landmarks and route markers.
- The amount of time required to accomplish the activity and travel time to and from the starting and ending points.
- Know emergency access points along the route and the phone numbers and locations of the nearest emergency services.
- Know the jurisdiction in which your activity will take place. Points of interest. Select a lunch spot, if appropriate.
- Overall difficulty in terms of physical condition and skill level required.
- Identify a place to eat at the conclusion of the activity or on the way to and from an overnight activity.

### **How to get the word out**

- Provide a description of the activity to the Hikemaster and Newsletter Editor
- The Hikemaster will list all activities on the club calendar and in the “Events” on our web page and will add it to our MeetUp group if desired
- Description and location of the activity
- Skills required, potential hazards, and level of difficulty
- Names and telephone numbers of the leader and assistant leader
- Equipment required. Include water recommendation, suggested daypack contents, and clothing, as well as any special items the individual must bring (e. g., canoe, climbing shoes, skis)
- Meeting/carpooling place and time. If you plan to pre-screen participants, provide this information to participants only after pre-screening is complete. Otherwise, unanticipated persons may arrive at the meeting place wishing to join the activity.
- Expected activity expenses, including entrance fees, lodging, permit costs, meals, tolls, and transportation (including driver reimbursement recommendation).
- Explain TATC's policy on participation by minors. If minors are to be permitted on the activity, explain the guidelines to the parents or sponsor, and send them a copy of the TATC Education Handout "[TATC Guidelines for Activity Participation by Minors](#)" which is also linked at the end of this article.
- Inclement weather plan.
- Once you have signed up to lead an event. Send the TATC Hike Master and TATC Webmaster ([hikemaster@tidewateratc.com](mailto:hikemaster@tidewateratc.com) & [webmaster@tidewateratc.com](mailto:webmaster@tidewateratc.com)) an email with the following information:

Event Title

Date of the event

Time(s) of the event

The maximum number of participants that you want for the event

Location to meet at the start of the event

*(Continued on Next Page ...)*



- Point of Contact (POC) Information, email and/or phone #
- Description of the event (including distance, difficulty, and equipment)
- Website if applicable
- Where you will be eating out after the event (If applicable)
- Any other information, like parking or entry fees
- Besides being listed on the TATC Website Schedule, in the Newsletter, and announced at the Membership Meetings, how else do you want your event publicized:

Meetup – Yes or No

Facebook – Yes or No. If 'Yes' then copy [facebook@tidewateratc.com](mailto:facebook@tidewateratc.com)

### **Example of an Event Listing:**

Event: Fort Monroe Walk/Hike

Date: September 28th, 2024

Time: 10:00 am to around 12:30 pm (for the walk/hike)

Location: We'll meet in the parking lot Northeast of Oozlefinch Brewing (81 Patch Rd, Hampton, VA 23651), near the corner of Patch and Pullman roads at 10 am, with a planned start at 10:15.

Description: This will be an approximately 4-mile, mostly flat walk through the fort, along the bulkhead from the Chamberlin up to the Paradise Beach Club, and then back to our starting point. We'll be making brief stops at many of the historical locations of the Fort Monroe tour and a planned stop about 1/4 of the way along our walk at Firehouse Coffee for caffeine/soda/ice cream, etc., for those who might want a refreshment. Late-September weather can be unpredictable, so dress accordingly and consider sunscreen. This is a family and dog-friendly event.

POC: [joesmith777@gmail.com](mailto:joesmith777@gmail.com)

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

Facebook - yes, MeetUp - yes

The Hikemaster will use this information to make sure your event is listed in the club schedules and on TATC's Meetup site if applicable

The Facebook Coordinator will use this information if you want your event posted on TATC's Facebook page.

### **Determine if special skills or equipment are needed**

- For bike rides check you may want to discuss the type of bike (i.e. road vs hybrid vs mountain bikes) the person is planning on bringing and their comfort with the type of ride you are leading. Do they have a helmet (and are you requiring all riders to wear them).
- For canoe/kayak trips, what type of craft do they have and is it appropriate for your trip? Do they have the appropriate safety equipment? Can they swim?

*(Continued on Next Page ...)*



## **Running the event**

### **At the Meeting Place** (which might not be the activity location)

- Check who has shown up against who signed up
- Get folks to sign-in and provide emergency contacts
- Do a visual check on people's preparedness
- Discuss safety and expected weather
- Give a high-level overview of the day's events/timeline
- Match drivers with those needing rides
- Make sure drivers know where they are going
- Get cell phone numbers of drivers or POC in each vehicle

### **At the Starting Point**

- Re-check and account for all participants
- If not done before, have them introduce themselves
- Discuss how often the group will stop and re-assemble
- Discuss Leave No Trace as it would apply to the activity
- Establish a "sweep"
- If in cell range, exchange phone numbers with the sweep
- If not in cell range, consider having made in-advance arrangements to use one of TATC's Garmin Mini's (emergency satellite GPS messaging device)

### **While Underway**

- Set and maintain a realistic pace for all participants.
- Adjust as needed based on group's needs
- Stop and take a break after 10 or 15 minutes
- Let folks adjust clothing
- Ask if everyone is doing ok and ask for pacing feedback.
- Talk about points of interest.
- Solicit others to share their knowledge and skills
- Ensure breaks are realistic and evenly dispersed.
- Avoid ending the break when the last person catches up.

### **Activity Conclusion**

- Account for all participants
- Briefly thank participants
- Consider reminding non-members to consider joining the club!
- If part of the plan was to eat after the event, make sure everyone knows the location and make sure everyone feels welcome to attend
- Make sure everyone has a ride home
- Report volunteer hours for leading the event, using the Volunteer Leadership Form for Recreational Events and Activities

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**TATC also has several online documents to support activity leadership:**

Activity Sign Up Form

<https://tidewateratc.com/resources/Education/activity%20sign%20up.pdf>

Activity Sign Up Information

[https://tidewateratc.com/resources/Education/activity\\_sign\\_up\\_info.pdf](https://tidewateratc.com/resources/Education/activity_sign_up_info.pdf)

Leading Local Trail Activities

<https://tidewateratc.com/resources/Education/Leading%20LOCAL%20TATC%20Activities.pdf>

Activity Leaders' Guide

[https://tidewateratc.com/resources/Education/Acty\\_ldr\\_guide\\_2014\\_01\\_28.pdf](https://tidewateratc.com/resources/Education/Acty_ldr_guide_2014_01_28.pdf)

Activity Leader Pocket Guide

[https://tidewateratc.com/resources/Education/activity\\_leader\\_pocket\\_guide.pdf](https://tidewateratc.com/resources/Education/activity_leader_pocket_guide.pdf)

Guidelines for Participation by Minors

<https://tidewateratc.com/resources/Education/Guidelines%20for%20Participation%20by%20Minors.pdf>

Leave No Trace Booklet

[https://tatc.wildapricot.org/resources/Education/LNT\\_booklet\\_wsr\\_flip\\_2013\\_01\\_21.pdf](https://tatc.wildapricot.org/resources/Education/LNT_booklet_wsr_flip_2013_01_21.pdf)





# TATC Spring/Fall Maintenance

101

*by Andy Grayson*

This document is intended to provide volunteers that are new to TATC's Spring and Fall maintenance weekends some basic information about what to expect.

These two events represent the core purpose of our group; maintaining our portion of the AT.

- Our section of the AT runs from Reid's Gap (near Wintergreen) to the Tye River (near Crabtree Falls). See map provided at this [link](#).
- In close proximity to this area, we also maintain the following non-AT trails; the Mar-Har trail, trails in the St. Mary's Wilderness, and the White Rock Falls trail (near the cabin).

Supporting the AT "proper" is our priority during these maintenance events. Work done on the other trails is based on the number of people that participate and the findings of a pre- maintenance walk-through.

- Walk-throughs are typically a smaller group of club members that hike our trail a week or two before the scheduled maintenance event to support the Trail Supervisor's assessment of the work to be done. These trips are open to all TATC participants!

The "work day" is typically on a Saturday, and all participants are invited to travel up on Friday afternoon/evening and stay at Sherando State Park on Friday evening (and again on Saturday!). The gate closes at 10 pm, so plan accordingly. Folks are welcome to drive up on Saturday morning, but we typically start heading off to our work assignments by about 8 am, and drive times from Tidewater run 3 to 4 hours.

We almost always car camp as a group at the Williams Branch Picnic Area in Sherando. This area has water and flush toilets, but no electricity. There are showers available nearby that are available for our use.

- Your stay at Sherando is free! Mention you are part of the TATC Maintenance event at the gate and you will be allowed in free of charge.
- Here is a link to [directions to Sherando](#).
- Here is a link to [Map of Sherando](#)

Typically, the club provides dinner on Saturday evening after the workday is done, but you will need to bring any other food and beverages you will want. Of particular note, you should bring a lunch suitable for carrying in your day pack on Saturday.

You will need to bring your own camping equipment (tent, sleeping bag, etc.)

The Trail Supervisor will typically have signup sheets for the planned workday tasks put out on the tables in the shelter on Friday evening and Saturday morning. The jobs listed vary from event to event based on what was found during the walk-through. Typical jobs are -

- Trimming back overgrown vegetation to keep the treadway open.
- Fixing and cleaning water bars
- Removing downed trees that block the trail.
- Cleaning up around the shelter areas
- Working on water drainage issues including "side hilling"

*(Continued on Next Page ...)*



The club will make sure a knowledgeable crew leader is assigned to each crew that can explain/train what we are doing to anyone new to the activity being performed. The club also has all the tools needed to support this work, but you should bring a pair of work gloves.

We typically carpool from Sherando to the various trail access sites, so you may well be able to grab a ride with someone else in your crew, but just in case you may want to download or print the [linked page](#).

Frequently, but not always, an optional hike will be scheduled for Sunday morning. These are typically done by early afternoon, so folks can get back to the Tidewater area at a reasonable hour and are a good opportunity to enjoy the mountains a little longer since you have already made the trip up!

### Trail Maintenance Training

As noted above, **no training is required to come out and support any of our maintenance events**. We will have tools and knowledgeable crew leaders there to train, explain and be watching to make sure everyone is staying safe. If, however, you would like a preview of the types of work you may encounter, please take a look at the Appalachian Trail Conservancy (ATC) produced training videos linked below.

The color coding (**green/yellow/red**) provides an indication of the likely value of the linked info to new trail maintainers with green being the most valuable -

**A.T. Volunteer Intro and Safety:** The first video in a series on volunteering on the Appalachian Trail. This introduction is suitable for volunteers joining essential maintenance work trips, as well as natural resource stewardship opportunities, or corridor monitoring and maintenance. Whether volunteering through an Appalachian Trail Club or through the Appalachian Trail Conservancy the foundation of all volunteer effort is safety.



[Video](#)

[PDF](#)

**How Volunteers Manage Water on the Appalachian Trail:** Appalachian Trail volunteers play an active role in managing water on the footpath since moving water and standing water can damage the tread surface and surrounding areas. This video presents concepts of trail alignment, presents how to mitigate berms that trap water on the trail, and best practices for clearing water bars and other drains.



[Video](#)

[PDF](#)

**Maintaining the Centerline of the Appalachian Trail:** as part of routine maintenance. This video addresses short-cutting of switchbacks, user-created paths, resetting the backslope of sidehill trail, and other tactics to support the longevity of the footpath. Appalachian Trail volunteers actively work to encourage hikers to stay on the center of the footpath



[Video](#)

[PDF](#)

(Continued on Next Page ...)



**Blazing the Appalachian Trail:** This video delves into the vital role of trail blazing on the Appalachian Trail, where the iconic 2-inch by 6-inch white paint stripes serve as guiding markers for hikers. It highlights the importance of maintaining these blazes to prevent confusion and ensure that hikers stay on the established path. By reinforcing these visual cues, they help protect the trail's integrity and encourage outdoor enthusiasts to appreciate and follow the designated route, promoting both safety and stewardship in the great outdoors.



[Video](#)

[PDF](#)

**Planning for Appalachian Trail Maintenance:** Section maintainers of the Appalachian Trail assess the condition of the footpath before beginning work and are asked to report recurring issues or items that require a bigger team, or specific skills, to plan for needed work.



[Video](#)

[PDF](#)

**Facilities Inspection:** Section maintainers clean and inspect facilities along the trail. This video addresses how volunteer maintainers monitor Appalachian Trail facilities such as shelters, privies, bridges, parking areas, and kiosks, so that needed repairs and improvements can be planned.



[Video](#)

**Essential Maintenance of Moldering Privies:** This video addresses the fundamental function and maintenance of moldering privies at overnight sites along the Appalachian Trail. Each privy requires a unique mix of monitoring and active management.



[Video](#)

**Brushing:** This video highlights the essential practice of brushing along the Appalachian Trail, where volunteers actively work to clear overgrown vegetation that can obstruct hikers' paths. By removing brush, branches, and other encroaching plants, volunteers not only enhance the hiking experience but also help prevent the development of user-created paths.



[Video](#)

[PDF](#)





## Membership Matters October 2024

*By Kama Mitchell*

WELCOME, Ryan Abrams!

Ryan joins us from California with a great deal of hiking experience. He relocated to the area to assist with family, and looks forward to hitting the east coast trails that we all love. In fact, he wishes everyone HAPPY TRAILS as the fall season approaches! --Welcome aboard, Ryan.

WELCOME, Ingeborg Wobig!

"Greetings! I am Ingeborg Wobig and hail originally from Montreal, Quebec in Canada (a US citizen since 1995). My German parents instilled in me a love of the outdoors in all seasons as well as an appreciation for exercise and plain ole' movement. I am a former Navy Spouse which afforded me the opportunity to hike in Hawaii, California, Wyoming, Colorado, Vermont, and more. Of my three adult children, the oldest attended Virginia Tech and his sister went to UVA. I have spent some quality time on the AT! I am a fourth-grade teacher in my adopted hometown of Chesapeake. When work does not occupy my time, CrossFit, running, reading, baking, yard work and crafting are some of my favorite pastimes. Looking forward to participating as a TATC member!"

WELCOME, Chris Mortimer!

"Camping and backpacking have been a part of my life since I was a kid, thanks to my Dad, Wayne Mortimer. Together, we've explored the great outdoors through backpacking, camping, hiking, canoeing, and kayaking. Some of my fondest memories are from the TATC Cabin, where I've been going since I was young. One of the most unforgettable trips was when I was 15; after a heavy snowfall, the Blue Ridge Parkway was closed, so we had to hike down the two feet of snow-covered Parkway to reach the cabin trailhead. We continued our journey by moonlight, making the trek in the peaceful quiet of the night. I've also spent a month camping in Trinity National Forest in California with friends, and I love rock climbing and camping with my family. Every September, both my family and my wife's family come together for our annual trip to Loft Mountain Campground, a tradition I look forward to each year."







## Walkabout Outfitter's Raffle

### Proceeds going to TATC

Walkabout Outfitter in Williamsburg is holding a raffle from September 12<sup>th</sup> to October 10<sup>th</sup> with 100% of the proceeds going to the TATC!

The raffle prize package retails at right around \$500. It includes one Osprey Hikelite 18 daypack, one Walkabout Outfitter water bottle, a \$50 Walkabout Outfitter gift certificate, a pair of Altra shoes, a pair of Leki trekking poles, and a Petzl headlamp.

You can purchase your raffle tickets at:

Walkabout Outfitter

402 W Duke of Gloucester St.

Williamsburg, VA 23185

Ticket costs:

\$5 per Ticket

\$25 for 6 Tickets

**WALKABOUT OUTFITTER**

BUY A RAFFLE TICKET AT YOUR LOCAL  
WALKABOUT FOR A CHANCE TO

**WIN**

**A DAY-HIKE PACKAGE**  
VALUED AT \$500.00

**TIDEWATER APPALACHIAN  
TRAIL CLUB**

ALL PROCEEDS FROM THIS RAFFLE  
FUNDRAISER WILL GO TO THE  
TIDEWATER APPALACHIAN TRAIL CLUB!





## Volunteers Needed for TATC Outreach Opportunities

We're making a big push to grow our membership ahead of Fall Maintenance, so sign up and help out! Thank you!!!

**Event: Fall-O-Ween Festival**

Location: Newport News City Park, 13560 Jefferson Ave, Newport News, VA 23603

Date: Saturday, October 5 and Sunday, October 6, 2024

Time: 10:00 am - 5:00 pm

Need: 3-4 volunteers per shift:

- morning shift 10:00 am -2:30 pm

- afternoon shift 2:30 pm -5:00 pm

Contact: Kaci Midgette [kacithemidge@gmail.com](mailto:kacithemidge@gmail.com)

**Event: REI**

Location: 350 Independence Blvd, Virginia Beach, VA 23462

Date: Saturday, October 12, 2024

Time: 10:00 am - 2:00 pm

Need: 2 or 3 volunteers for either 2 or 4 hour shifts

Contact: John Barnes [ybjcb123@gmail.com](mailto:ybjcb123@gmail.com)

**Event: First Landing State Park - Fall Festival**

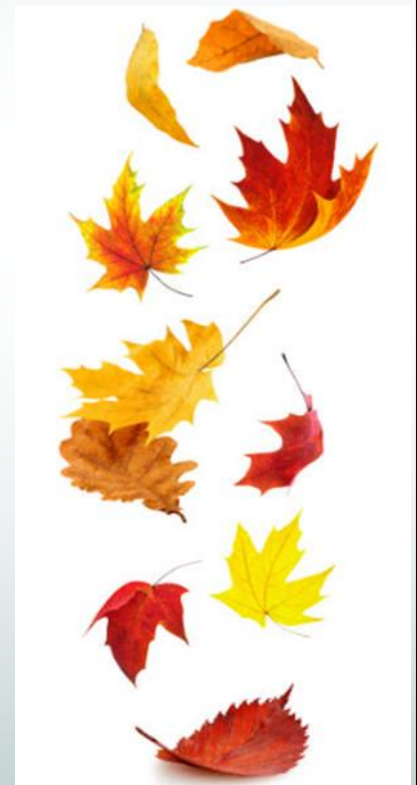
Location: 2500 Shore Drive (beach side), Virginia Beach, VA 23451

Date: Saturday, October 19, 2024

Time: 1:00 pm -5:00 pm

Need: 2 or 3 volunteers for either 2 or 4 hour shifts

Contact: Kaci Midgette [kacithemidge@gmail.com](mailto:kacithemidge@gmail.com)







## 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**.

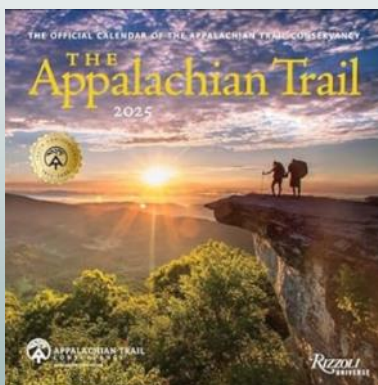
**ORDER YOURS**



## 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



### Where + When in Fall 2024?

**Aug 31 - Sep 2** In-Person 3-day Mountain Retreat class (on-site lodging, beach, lake, boating, swimming, trails, campfires) near **Blacksburg, VA** +optional **CPR (Aug 30)**

**Sep 6** CPR/AED (\$75) in **Charlottesville, VA**

**Sep 7 - 8** In-Person in **Charlottesville, VA**

**Sep 15** All Online Skills Scenarios Workshop (SSW)

**Sep 21-22** In-Person near **Washington DC**

**Oct 19** All Online Skills Scenarios Workshop (SSW)

**Oct 19** 1-day Hybrid SSW near **Washington DC**

**Nov 9 & 16** In-Person in **Eden, UT**

**Nov 15** CPR/AED (\$75) near **Charlottesville, VA**

**Nov 16-17** In-Person near **Charlottesville, VA**

**Nov 17** All Online Skills Scenarios Workshop (SSW)

**Dec 14** 1-day Hybrid SSW in **Charlottesville, VA**

**See our website for additional venues & dates.**

**Spaces limited! Register now at:**

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

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

Online classes \$99-\$249

Gift cards available

(434) 326-4697



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

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

*Have you practiced how to improvise treatment steps?*

Get certified

**IN-PERSON or ONLINE** how to  
**SAVE LIVES & LIMBS**

anytime, anywhere 911 is far away,  
unreachable or overwhelmed!

### IN-PERSON 2-day Class

- For adults and teens. No prerequisites.
- Approved by ACA, BSA, GS-USA, BCUNA
- Inclusive and Safe Space Ally by design.
- 5 more training hours than the standard course.
- 8am-7pm both days

### ONLINE & HYBRID Classes!

- Self-paced tutorials at your leisure, when you want.
- Easy ability to pause, rewind, replay.
- Complete assignments & pass exam
- Attend **one-day** on-line or in-person **Skills Scenarios Workshop** to complete certification.

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



**The NATURE BUS**.com

**The NATURE BUS**



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

- Restorative guided nature walks
- White-water rafting adventures
- Open-air painting sessions
- Yoga on the beach
- Early morning birding
- Late night stargazing
- Ocean & wetland kayaking
- Green architecture tours
- History tours of VA Beach
- Winery & brewery tours
- Colonial Williamsburg tours
- and much more!

## "Experience Oysters" Aquaculture + VIMS

TOUR DATE: Saturday, November 2, 2024



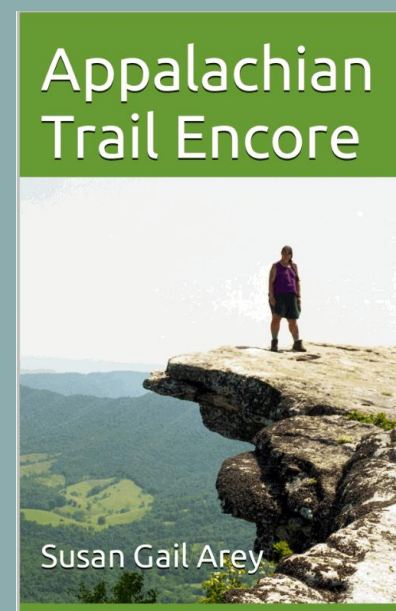
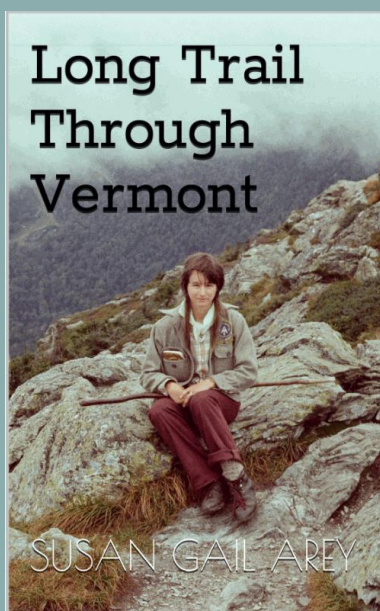
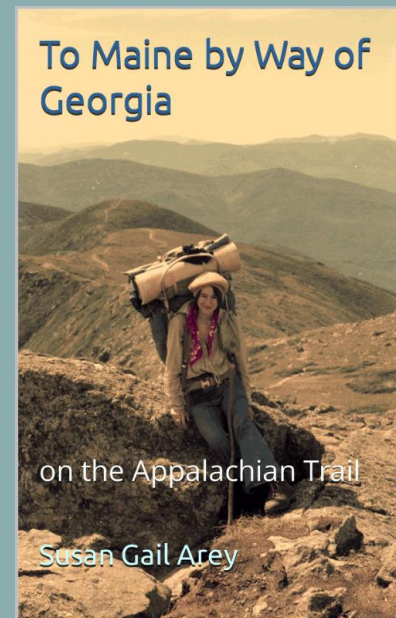
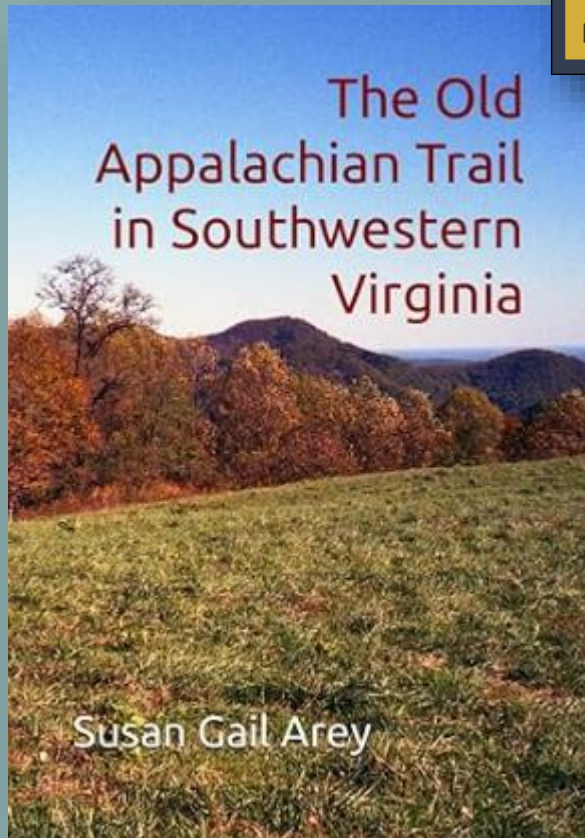
Email: [info@TheNatureBus.com](mailto:info@TheNatureBus.com) Text: 757-288-9595



## 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.

## **Blackwater Ecological Preserve Field Trip-Sherri**

When: Tuesday, October 1, 2024, 9am

Where: Blackwater Ecological Preserve, 24326 Thomas Woods Trail Zuni, VA 23898

Description: Blackwater Ecological Preserve Field Trip—Sherri

Details: Join Blackwater Ecological Preserve Manager Nicholas Flanders to see the diversity of fall wildflowers at the Preserve including some found nowhere else in the state. Learn about “The Tree that Built Tidewater” by visiting one of our very few intact longleaf communities. Although little appreciated today, the establishment of shipyards and naval bases depended on this tree.

The Blackwater Ecological Preserve is located in Isle of Wight County, VA, and was donated to Old Dominion University (ODU) in 1985 through The Nature Conservancy. This Preserve is part of the 1000-acre Zuni Pine Barrens State Natural Area. <https://sites.wp.odu.edu/musselmanpage/> Nicholas Flanders studied under ODU's Dr. Lytton John Musselman, who was the first Manager of the Preserve. Both men have engaged in decades of research and teaching at the Preserve, and have received recognition and awards for their work. Moderate walking. Please bring a packed lunch, water, bug spray, sun screen, and a hat. Meet at the Blackwater Ecological Preserve at 9:00am. Due to limited parking, carpooling is encouraged!

OPTIONAL: After lunch Richard Tarr will lead a Blackwater River paddle from the Blackwater Bridge Boat Ramp (concrete ramp). Paddlers will caravan from the Blackwater Ecological Preserve to the put-in site. If you wish to join the paddle, please bring your kayak, paddle, Personal Floatation Device (PFD must be worn), water, sun screen, bug spray, and a hat. Coordinates: 36.80406600, -76.86554100

To sign up contact Sherri at: [Dr.SharonMcQueen@gmail.com](mailto:Dr.SharonMcQueen@gmail.com). PLEASE INDICATE IF YOU ALSO WISH TO JOIN THE PADDLE.

## **TATC Board Meeting**

When: Wednesday, October 2, 7pm – 9pm

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

Description: TATC Board Meeting

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.

## **Backpacking 101: Prep in Virginia Beach, Fall 2024**

When: Saturday, October 5, 9am – 12pm

Where: Conservation Court, Conservation Ct, Virginia Beach, VA 23451

Description: This is a chance to prepare for the November trip to Cole Mountain/Mount Pleasant/Hog Camp Gap. The Cape Henry to Long Creek Trail is a 5.4 mile loop. We will walk the loop wearing backpacks. There are two options for loading your pack:

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

**[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.

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

Help may include things such as:

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

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

## **TATC General Membership Meeting**

When: Wednesday, October 9, 7pm – 9pm

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

Description: TATC General Membership Meeting

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.

## **Fall Backpacking Walkthru**

When: Friday, October 11, 12pm – Sunday, October 13, 12pm

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

Description: Details tbd

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

When: Thursday, October 17, 2024, 9am – 11am

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

Description: 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 3 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.

## **Backpacking 101: Prep on the Peninsula, Fall 2024**

When: Saturday, October 19, 9am – 12pm

Where: Lion's Bridge, Museum Dr, Newport News, VA 23606

Description: This is a chance to prepare for the November trip to Cole Mountain/Mount Pleasant/Hog Camp Gap. The Noland Trail is a 5 mile loop. We will walk the loop wearing backpacks. There are two options for loading your pack:

1. Load your pack with random stuff to make it weigh 20-25 lb total (including the backpack itself).

**[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.

2. Load your pack with your actual gear, plus food and water.

After the hike, if you want help with your gear, I will stay with those who request help. Other people may leave. Help may include things such as:

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

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

## **TATC Pub Night aka Happy Hiker Hour - Alewerks Brewing Company**

When: Wednesday, October 23, 6:30pm – 8:00pm

Where: Alewerks Brewing Company, 189B Ewell Rd, Williamsburg, VA 23188

Description: Join us for TATC Happy Hiker Hour at Alewerks in Williamsburg, Virginia.

A craft brewery with 16 beers on tap: stouts, lagers, IPAs, sours, and more. Wear your TATC T-shirt, Sweatshirt, and/or Cap! Cheers!

A food truck will be on site, and pizza can be ordered. There is no need to reserve a spot; just show up! Contact: Jim Sexton, [webmaster@tidewateratc.com](mailto:webmaster@tidewateratc.com)

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

Beers: <https://alewerks.com/our-beer/>

Map: <https://maps.app.goo.gl/gJwPaF4NBioyvpRu5>

## **Fall Maintenance**

When: Friday, October 25, 12pm – Sunday, October 27, 12pm

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

Description: Details tbd

## **CBES 31st Between the Waters Bike Tour**

When: Saturday, October 26, 7:30am – 5:30pm

Where: Historic Onancock School, 6 College Ave, Onancock, VA 23417

Description: The Citizens for a Better Eastern Shore are hosting their 31st Between the Waters Bike Tour, come experience it with TATC! TATC will be carpooling from the South entrance of the Chesapeake Bay Bridge-Tunnel.

For more information or to register: [CBES Registration Link](#). If you have any questions contact TATC POC Bruce Davidson: [bruce.davidson3@verizon.net](mailto:bruce.davidson3@verizon.net)

## **Lake Drummond Paddle- Bruce**

When: Tuesday, October 29, 2024

Where: 3100 Desert Rd, Suffolk, VA 23434

[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.

Description: The Tuesday Group will paddle around Lake Drummond starting on the Suffolk side of the Great Dismal Swamp National Wildlife Refuge. This is located on 3100 Desert Road in Suffolk, Virginia 23434, phone # 757 986 3705, we will drive 6 miles on gravel roads starting on The Railroad Ditch Rd. for 2 miles, then turn south on to The West Ditch Rd. for 2 miles, then turn east on to The Interior Ditch Rd. 2 miles where you will be at the Lake. At the Boat Ramp you can stop and unload your boat, but you CANNOT park in the circle, you will park on the side of the road, park far enough to give cars room to pass by, but don't get so close you go into the ditch. Unless it rains the day before we will have dust and gravel in the air, so do not drive fast or too close to the car in front of you, or you could get a crack windshield.

What To Bring: Boat, Your Water, Your Lunch, Sunscreen, PFD (must be worn), Paddle, Money for the \$5.00 Fee, unless you have a free pass. (The National Park Pass, or Senior Pass)

When To Be There: 9:30 A.M. at the dock, it takes about 25 minutes to drive down to the Lake, and you may want to stop at their office for a bathroom break, it is at 3100 Desert Road, Suffolk, Virginia, and it is right before you reach The Railroad Ditch Rd.

The gate to the Lake should be open, and you do not need to stop there, drive about one mile to another gate and pull off the road to the right and fill out your Pass Slip, even if you have a pass everyone must stop here.

Where: 3100 Desert Road, Suffolk, Virginia the Railroad Ditch Rd. is about 100 yards past their main gate to the office and Bathroom.

Contact Bruce to sign up: [julianbm@verizon.net](mailto:julianbm@verizon.net)

For more information on the Tuesday Group visit: [TATC Tuesday Group](#)

## **Cabin Maintenance & Orientation Weekend**

When: Friday, November 1st, thru Sunday, November 3rd, 2024.

Description: TATC Douglas Putman Memorial Cabin Maintenance & Orientation Trip.

This is the 4th of 4 annual trips to do maintenance work and to provide orientation to members so that they can be qualified to rent the cabin. If you have questions or want to participate, please contact trip leader, Gregory Hodges, at [cabin@tidewateratc.com](mailto:cabin@tidewateratc.com) or at (757) 439-1552. Call or text is fine.

## **Backpacking 101: Beginner backpacking trip Fall 2024**

**When:** November 2 – 3, 2024

**Where:** Cole Mountain, Mount Pleasant, Hog Camp Gap, VA

**Description:** ***SIGN-UP WITH POC IS REQUIRED TO ATTEND THIS EVENT. CONTACT INFORMATION IS BELOW.***

This trip is intended for people with little or no backpacking or hiking experience. The hike leader has over 1400 miles of hiking experience in the last three years, was a high school teacher before retiring, and is the education chairperson for TATC. I'm willing to help you in whatever way is necessary before and during the trip to make the hike successful. There will be opportunities to get gear reviews and hike preparations also before this trip. See other events scheduled under "Backpacking 101: Prep ..."

[\*\*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.

Hog Camp Gap is the intersection of two ~6-mile loops. Saturday morning, we will drive to the mountains. We will do the Cole Mountain loop that day. When we get back to Hog Camp Gap, we will setup tents to stay Saturday night in the meadow area in existing tent sites just north of the gap. On Sunday, we will do the other loop, Mount Pleasant, and return to Hog Camp Gap. Then we will drive home Sunday afternoon/evening. POC Information: Don Williams, 757-357-4510, [education@tidewateratc.com](mailto:education@tidewateratc.com)

## **TATC Board Meeting**

When: Wednesday, November 6, 7pm – 9pm

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

Description: TATC Board Meeting

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.

## **TATC General Membership Meeting**

When: Wednesday, November 13, 7pm – 9pm

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

Description: TATC General Membership Meeting

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.

## **TATC Pub Night aka Happy Hiker Hour - Three Notch'd Brewing Company**

When: Wednesday, November 20, 6:30pm – 8:00pm

Where: Three Notch'd Brewery & Craft Kitchen, 4561 Virginia Beach Blvd, Virginia Beach, VA 23462

Description: Join us for TATC Happy Hiker Hour at Three Notch'd Brewing Company in Virginia Beach.

Located at Town Center, the Virginia Beach Brewery & Craft Kitchen offers more than your typical brewpub fare!

They specialize in creating locally-sourced, beer-infused dishes designed to complement the season as well as

what's on tap. Wear your TATC T-shirt, Sweatshirt, and/or Cap! Cheers! There is no need to reserve a spot; just

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

Website: [Three Notch'd Brewing Company](#)

What's On Tap: [The Drink Link](#)

Dinner Menu: [Menu Link](#)

Map: [Click here to get there](#)

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

When: Thursday, November 21, 2024, 9am – 11am

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

**[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.

Description: 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 3 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.

## **TATC Board Meeting**

When: Wednesday, December 4, 7pm – 9pm

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

Description: TATC Board Meeting

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.

## **TATC Holiday Party**

When: Saturday, December 14, 5pm – 9pm

Where: The Cove, 1871 N Great Neck Rd, Virginia Beach, VA 23454

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

When: Thursday, December 19, 2024, 9am – 11am

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

Description: 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 3 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](#)**



## TATC Officers & Board

Position	Name	Email Address
President	Lelia Vann	<a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a>
Vice President	Kaci Midgette	<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	Brittany Collins	<a href="mailto:assistantts@tidewateratc.com">assistantts@tidewateratc.com</a>
Counselor	Jim Newman	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>
Counselor	Bill Bunch	<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:rprep@tidewateratc.com">rprep@tidewateratc.com</a>
Alt ATC RPC Representative	Jim Sexton	<a href="mailto:rprep@tidewateratc.com">rprep@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	Kaci Midgette	<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	John Barnes	<a href="mailto:outreach@tidewateratc.com">outreach@tidewateratc.com</a>
Outreach	Kaci Midgette	<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	Lee Lohman	<a href="mailto:programs@tidewateratc.com">programs@tidewateratc.com</a>
Social	Sharon Salyer	<a href="mailto:social@tidewateratc.com">social@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.**



**Tidewater Appalachian Trail Club Group Page**

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

**Please consider sponsoring a club event this Fall/Winter.**





**PHOTOS – September General Membership Meeting at the  
Elizabeth River Project Resilience Lab**

*Photos by Bill Bunch*



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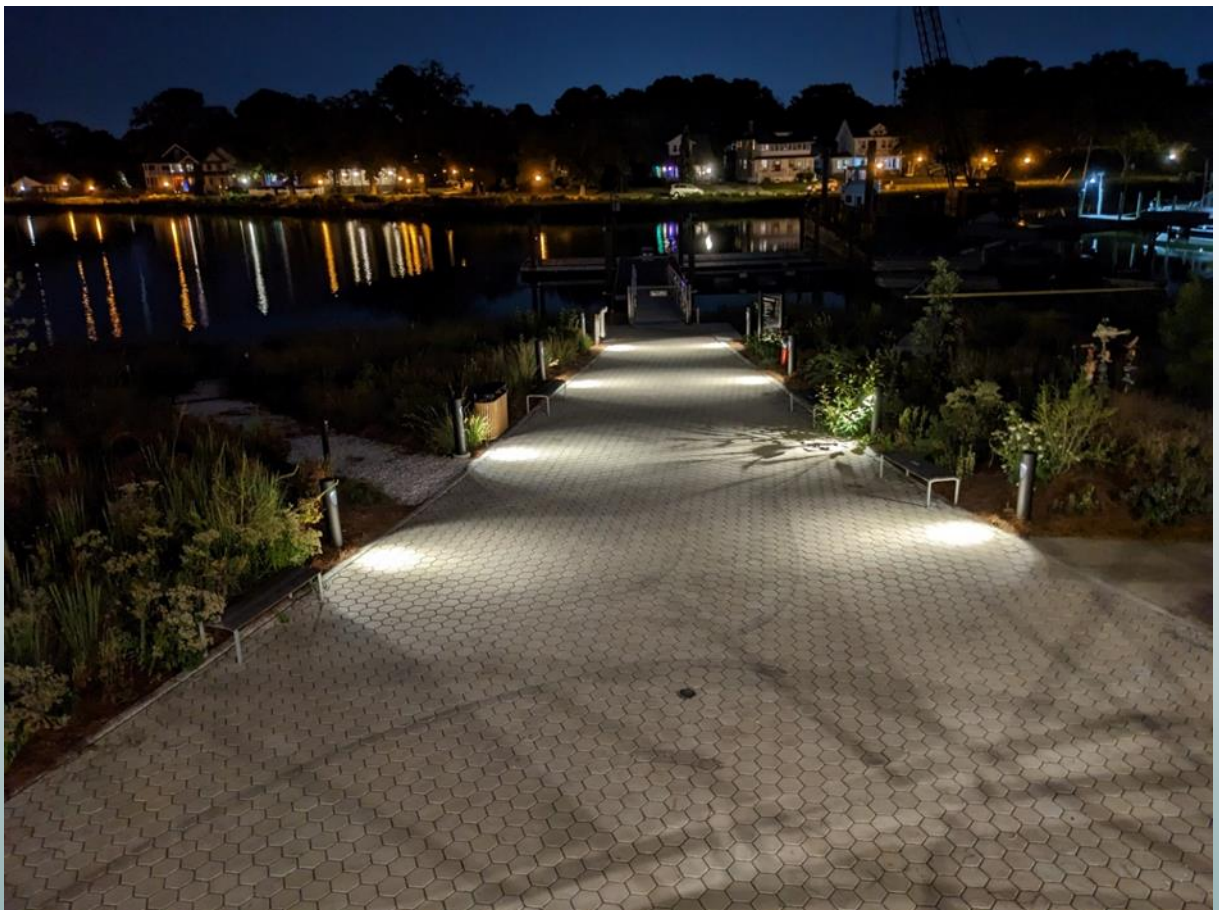
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## PHOTOS – Lopperfest #3

*Photos by Mike Martin*



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## PHOTOS – Lopperfest #3

*Photos by Jim Sexton*



**Evan Brown, our ridge-runner, Kaci Midgette and John Oakes clearing a 20" diameter blowdown above Harper's Creek shelter.**

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## PHOTOS – Lopperfest #3

*Photos by Greg Reck*



**Some of the Lopperfest #3 volunteers began arriving and setting up tents at the CCC Kitchen Pavilion on Friday evening. (L->R: Bruce Davidson, Peg Seriani, (Rich blurred out), John Oakes, Jim Newman, and Kaci Midgette catch up on news and talk over the next day's activities.**

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**Early Saturday morning, our TATC Trail Supervisor, John Sima ate a quick breakfast.**

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**As the TATC volunteers gather and sign in, Bruce Davidson (our Safety Chair) discussed safety procedures and Garmin communicator use with Michael Lowry/FS.**

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**Rich Seriani, our Tool Boss, provided an array of freshly sharpened maintenance tools and equipment for the crews (including swing blades, shears, loppers, weed whips, a variety of saws, etc., as well as hard hats & signs to post along the trail advising hikers of maintenance efforts.**

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***Jim Newman/Reid's Gap Section Lead having a quick breakfast before leading his section of the trail.***

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**Reid's Gap Crew: Bruce Davidson, Lelia Vann, Greg Reck (taking photo) & Jim Newman begin "lopping" their way from Reid's Gap to the Maupin Shelter.**

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**Not far from the Maupin Shelter, the crew encountered a “hung” blowdown, that posed a threat to hikers passing underneath. After deliberating with Bruce Davidson on a strategy, Jim Newman released the blowdown in several stages.**

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**After a final cut, the tree is safely on the ground (Jim Newman and Bruce Davidson).**

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**Lelia Vann and Jim Newman cleared the leftovers from the trail.**

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**Jim Newman, Lelia Vann, Greg Reck (taking photo), Bruce Davidson, and Bridgett reliving the Lopperfest excitement at Devil's Backbone.**

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**Many of the LopperFest #3 volunteers headed to the “3-Notched Brewery” after the trail work was done, and enjoyed an excellent dinner with some fine libations.**

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**Saturday evening, after dinner, John Sima demonstrated his fire-starting technique to a couple of Eagle Scout members (Jim Newman and Bruce Davidson) at the CCC Pavilion. Bridgett, our “trail-dog” (just to the right of the photo) was impressed with his “doggie-like” position.**

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**Early Sunday morning, Lelia Vann cooked up a hearty morning breakfast for everyone who stayed over at the CCC Campground.**

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**Our Trail Supervisor, John Sima, gets a special custom breakfast sandwich from Lelia.**

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## PHOTOS – Lopperfest #3

*Photos by John Sima*



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## PHOTOS – Lopperfest #3

*Photos by Rich Seriani*



**Mike Martin at Harper's Creek**



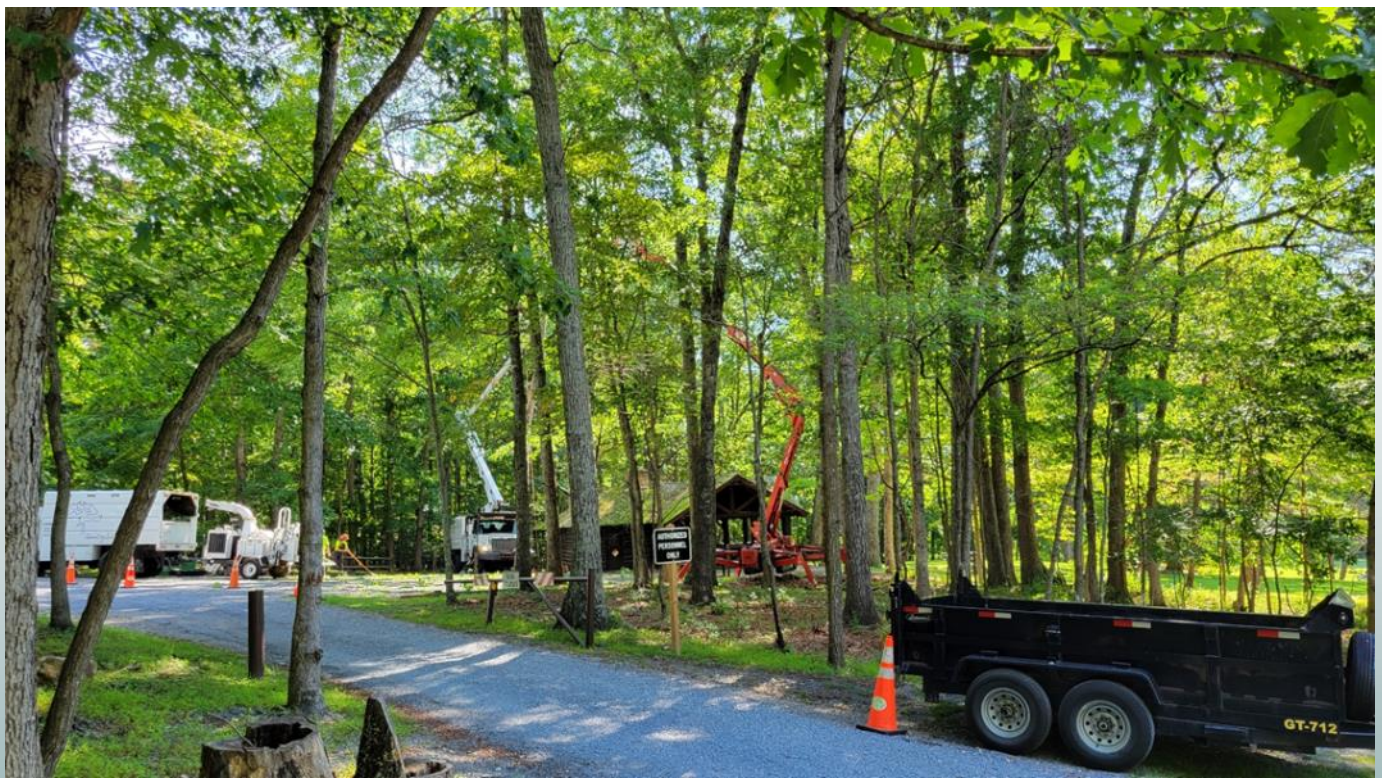
**Mike Martin and Rich Seriani clearing a small blowdown**

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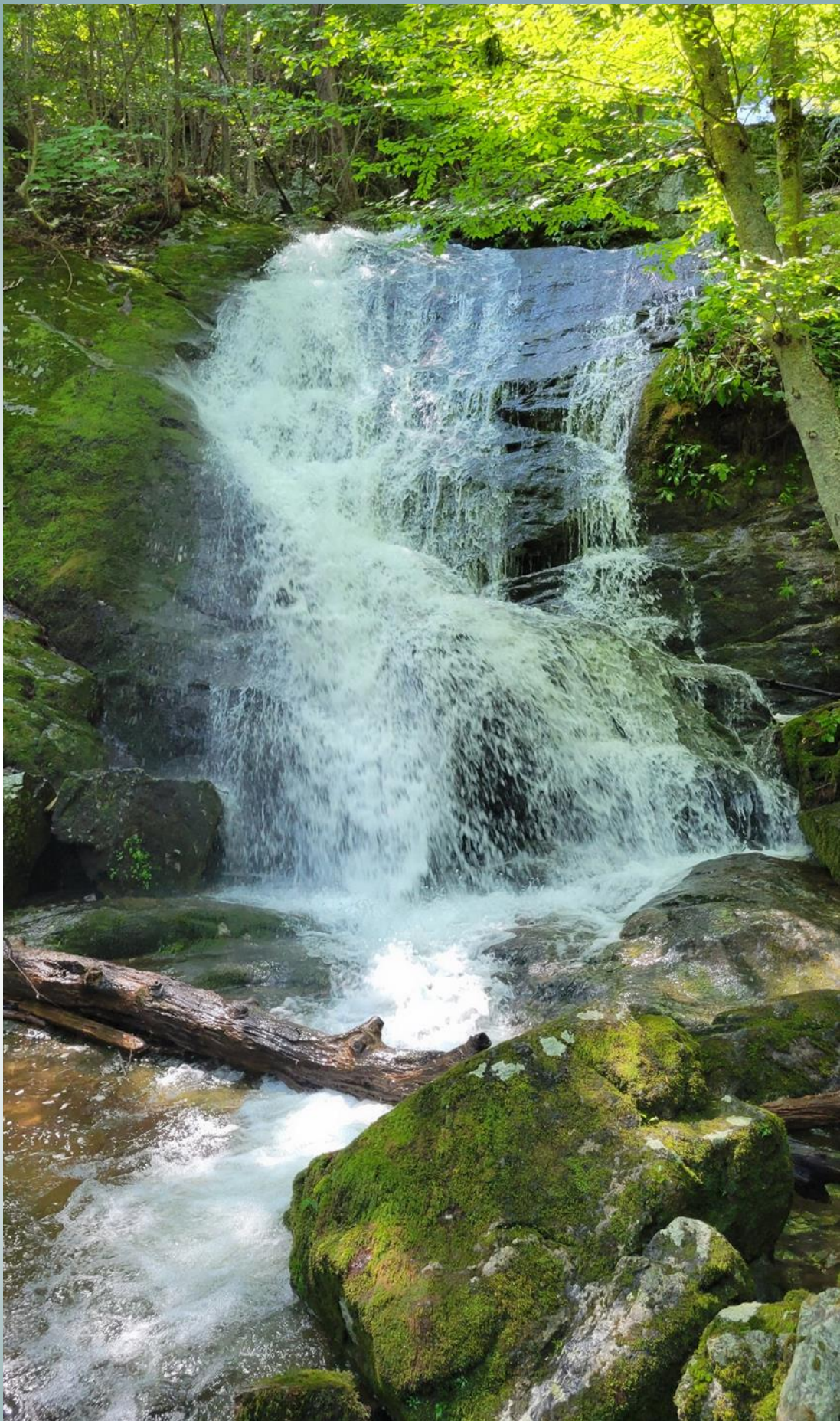
**Rich filtering water to refill water bottles**



**Tree removal at Sherando the day after Lopperfest #3**

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**Crabtree Falls the day after Lopperfest #3**

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## PHOTOS – August General Membership Meeting

***Photos by Rich Seriani***



## **Ned Kuhn's presentation about his hike along Hadrian's Wall during the August General Membership meeting**



### First aid kits on display during the August meeting

