

Tidewater Appalachian Trail Club

Appalachian Hiker



Banner Photo by Mark Ferguson

PREZ SEZ

We got lucky with the weather on the weekend of **August 23rd** at our **Swingblade and Lopperfest #3 event** where we worked to clear our section of the AT, the MauHar, and St. Mary's trails from down trees, weeds, overgrowth, etc. and to clean the two shelter areas including privies (Harpers Creek and Maupin Field) in our section of the AT from Tye River to Reids Gap. Thanks so much to everyone that came out and volunteered. Please see John Sima's article within for the details to find out more. If you are interested in volunteering to work on the AT, please see Jim Sexton's article "Volunteering to Work on the Appalachian Trail" within.

TATC invested in Garmin inReach devices several years ago so each group headed to different sections of the trail during a maintenance event in the Blue Ridge mountains could get help if someone was injured or had an incident that needed emergency services. In addition, these devices can be set up to send messages to our Maintenance Event Safety Lead, so he/she knows each group is doing okay especially if they are running late. Our Safety Lead is Bruce Davidson, and his backup is Kaci Midgette/Asst. Trail Supervisor. Bruce has offered to hold an **inReach training session before our October 8th General Membership Meeting (GMM)** to those that typically attend the Fall AT Maintenance event, so you will be familiar with the inReach device and feel comfortable being the responsible individual within a group to send the SOS and send messages during an event. Please contact Bruce directly if you are interested in helping (safety@tidewateratc.com).

Our **major Fall AT Maintenance event** is scheduled for the weekend of **October 24-26** with the workday on Saturday. We set up base camp at the Williams Branch Picnic Area within the Sherando Lake Recreation Area on Friday. Dinner will be provided on Saturday after our workday. We are fortunate to have Catherine Fowler/Social Chair leading our dinner crew again so come hungry. Please contact John Sima (trailsupervisor@tidewateratc.com) or Kaci Midgette (assistantts@tidewateratc.com) to find out more about this event.

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October 2025 - November 2025
52nd Edition, 5th Issue

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Visit our website at www.tidewateratc.com

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Thanks again to our Local Trail Maintenance Chair, Paul Heymann, who continues to get dedicated members to lead our maintenance of both the Black Oak and Cypress Swamp trails at First Landing State Park.

Our **Annual Awards Ceremony** will be held on **October 8th** at our General Membership Meeting. Jim New-
man, our Awards Coordinator, will recognize members for their volunteer service hours in the past 12-months
(from June 15th). Please see Jim's article within to learn who will be recognized this year. After the ceremony,
Paul Heymann, our Program Chair, will introduce our Guest Speaker, Dave Pruett, PhD, emeritus professor of
mathematics at James Madison University, the author of *Hiking the AT in the Virginias* to speak about this hiking
experience. Our **Annual Silent Auction** will be held on **November 12th** in place of our General Membership
Meeting. It's not too late to start setting aside items to auction off at this event. Last year TATC took in \$1000+ in
profit. Please contact Paul Heymann (programs@tidewateratc.com) for additional information.

The final **Cabin Maintenance/Orientation Weekend** event for the calendar year is scheduled for **November 7-9**. For any member interested in this event and/or in renting our "rustic cabin in the wilderness", please contact
Greg Hodges (cabin@tidewateratc.com) for additional information.

Please check out the **TATC Education Corner** within by our Education Committee chaired by Don Williams.
There are articles on Safety Glasses, Long-Distance Hiking Tips, and Volunteering to Work on the AT.

In my last Newsletter article, I mentioned that our Merchandise Chair, Mike Martin, left Norfolk to help care for
his mother in NY. **Let's welcome Michelle Cobb as our new Merchandise Chair.** Michelle is no stranger to
merchandise and has hit the ground running. Please see her article within to find out what she's planning to sell at
our October GMM.

As we approach the end of the calendar year, we also approach the time to consider the Slate for our 2026
Elected Board Officers which are President, Vice President, Treasurer, Secretary, Trail Supervisor, Assistant Trail
Supervisor, and a Counselor. Bill Bunch has agreed to chair our 2026 Nominating Committee. Please see his
article within to learn more. In addition, there are several "appointed" board positions coming vacant, namely,
Newsletter Editor and Tool Boss. I have already found someone interested in the Newsletter Editor position, but I
am still searching for a Tool Boss. Please let me know if you are interested (president@tidewateratc.com).

As always, stay safe while having fun on the trail and I hope to see you at our Fall Maintenance Event or at
one of our other club events.

-Lelia

Lelia Vann President - Tidewater Appalachian Trail Club



Minute for Maintenance October 2025

By John Sima

Highlights for this Newsletter include Swingblade & Lopperfests 3. We had great turnouts for both events, about 24 people showed up for this event. We've had record turnouts for all 3 of the Lopperfest events this year, I hope this trend continues!!!

We had some volunteers outside of the Club show up. Evan Brown, our Ridgerunner, his term ended a week earlier and still showed up. Thanks Evan!!! A couple Trail Club members from the Virginia Tech and Paul Boisen, a "C" Sawyer Evaluator, from the PATC trail club. he provided some valuable training to two of our "A" Certified Sawyers. I hope he can attend more future events. Thanks a bunch Paul!!!

I have to give a shout-out to Tom Meree. He made up some new signs for the Three Ridges Summit. Great job Tom! Hopefully we can install them during Fall Maintenance.

Section Leaders Needed!!!

If you would like to lay claim to your very own section of our AT or the Mau-Har trail, contact myself. I have 5 or 6 openings. Kaleen Lawsure recently volunteered to take over the Northern Mau-Har section, Thanks Kaleen!!!

Upcoming events:

Fall Backpacking Walkthru, October 10th-12th

Fall Maintenance, October 24th-26th

Winter Maintenance TBD



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

Happy Trails

John (CrazyLegs) & Kaci
Trail Supervisor and Assistant TS



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

Shelter

1. See how fast you can set up your tent in your yard.
2. Set your tent up in your yard in a mild wind.
3. Set your tent up in your yard and see how it withstands a strong wind. Learn how to modify your tent to make it withstand wind better.
4. Set your tent up in your yard in the dark using only the headlamp you'll use on your hike (under tree cover or a night with minimal moonlight).
5. Set your tent up in your yard in a moderate rain and see how dry you can keep the inside.
6. Have all your gear inside your tent. See if you can pack up and take down the tent while keeping most things dry, especially your sleeping bag or quilt, night clothes, puffy jacket, and other essential cold weather survival gear.
7. Don't set up your tent near dead trees or under tree with dead limbs.
8. Don't set up your tent where rain will flow across the ground or water pools. Looking at the debris and vegetation can indicate both of these.
9. Don't set up your tent near poison ivy.
10. If you plan on sleeping in a shelter on the AT, they are first come, first serve. There is no policy that gives preference to thru hikers at shelters. If you get there late in the day, there may not be space available.
11. At shelters on the AT, mice are common. They emerge after dark. Hang your pack and other smelly gear.
12. In some areas, mosquitoes are also a common nuisance.

Check the ground under the footprint of your tent to ensure there are no sharp objects that could puncture the floor.

Sleep System

1. Check the weather forecast for the location you'll be hiking. Select a sleeping bag or quilt that is sufficient for the expected weather. Keep in mind, sleeping bag ratings are different for men and women. Standard ratings assume you're wearing a thin base layer top and bottom and socks, and using an appropriately rated sleeping pad. Quilts do not have a universal rating system. The rating is simply the assigned by the manufacturer. If you carry a bag or quilt rated for much lower than the temperatures you'll encounter, you'll be too hot at night and suffer carrying the extra weight and volume all day.
2. Quilts are generally lighter than an equivalent rated sleeping bag.
3. You can wear extra clothes inside your sleeping bag or quilt if you face lower temperatures than you expected. If you're hiking in cold weather and have a puffy jacket, you can wear that inside the sleeping bag or quilt.
4. Never wear wet clothes to bed because the moisture will be transferred to the insulation of your bag/quilt.
5. Don't cover your mouth with the bag/quilt. The moisture in your breath will soak the insulation.
6. Don't put anything over the bag/quilt like a blanket. It will compress the insulation and make your bag/quilt insulation less effective.
7. Store your bag/quilt in a waterproof stuff sack inside the pack.
8. Wear your bug headnet at night if you're sleeping in an open shelter.
9. A sleeping bag liner may be enough for hiking in warm summer conditions. It's also lighter weight and takes up very little volume. You can also use it at hostels.

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Backpack

1. Develop a consistent order to pack everything. Your familiarity with this order will make your days more efficient.
2. Keep snacks in the hip belt pocket to allow easy access. Snacks can often be eaten while walking.
3. Many long-distance hikers use backpacks with one undivided main compartment. Put everything in this main compartment in a lightweight waterproof bag.

Clothing

1. Buy your shoes ahead of time and wear them enough to break them in. Most long-distance hikers today wear trail runner style hiking shoes.

Note, if you don't usually wear zero drop shoes during your urban life, you may have trouble switching to them for hiking. Your Achilles tendon will be stretched and may be irritated by the change in heel height.

2. Wear high quality wool or wool blend socks. Break in your socks while you're breaking in your shoes. Bring one pair of socks to wear and one pair of spare socks. These are the only clothes you might choose to alternate wearing each day.

3. The issue of wearing liner socks to reduce blisters is debated by experts. Darn Tough says that their socks, and other modern merino wool socks like theirs, shouldn't need liner socks. I suggest you test what suits your feet and if you buy liner socks, buy high quality liner socks.

4. <https://darntough.com/blogs/the-alternate-stitch/do-i-need-sock-liners-for-hiking>

5. Don't over pack clothes. Bring only enough clothing you'll be sure you'll use. You can wear the same clothes most days. Extra clothes are extra weight and volume.

Kitchen/Food/Water

1. Minimize cleanup time for meals by pouring boiling water into food packaging. Almost all of grocery store packaging withstands boiling water (Knorr pasta or rice, Idahoan, Betty Crocker or store brand instant potatoes, etc).

2. Lunch shouldn't require getting out the stove. Eat food that doesn't require cooking.

3. The cook pot to your stove is the only pot, pan, bowl, plate... you need. Save space and weight. Don't bring anything else.

4. Backflush your water filter with clean water every time you're in town or have a potable water source. This will keep it flowing better.

5. Use insulated coozie for keeping package of freeze-dried meals or other things warm while they're rehydrating and while eating. Easy DIY make it from Reflectix (or equivalent) insulated building material.

6. Determine ahead of time if you prefer to use a hydration reservoir in your pack with a sipping tube attached to their pack straps, or bottles in your side pockets of the pack. The hydration tube is ready to use, but you can't tell how much water is left in it, and depending on your pack, you may have to remove the pack and some contents to refill the reservoir. Bottles are ready but some people have difficulty reaching the bottle because of shoulder mobility. Be sure to test your reach.

7. Try to eat meals and snacks that are at least 120 calories per oz. This will reduce the weight of the food in your pack.

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Hiking

1. Learn to use trekking pole straps properly. The strap will reduce the effort needed to grip the pole and be safer for your hand if you fall if you use it correctly.
<https://youtube.com/shorts/IMpTCFoafZM?si=BNA3tW8IF-j2UAOO>
2. Learn how to properly use trekking poles while walking up or down hill. Trekking poles are used by the majority of long-distance hikers now because they shift some effort from your legs to your arms and they provide stability to protect your ankles and knees from injury.
 - a. On flat or modest uphill use counter lateral arm swing just like ordinary walking with the tip of the pole landing on the ground behind your hand. The pole should always be tilted forward.
 - b. On steep uphill, some people switch to a two-pole swing similar to cross country skiing. The poles should still always be tilted forward.
 - c. <https://youtube.com/shorts/0V8nj3DDtsY?si=DJDS38qtHsj-TBAh>
 - d. For downhill walking you may have the tip of the pole strike the ground ahead of your hands to allow you controlled descent of the hill.
 - e. <https://youtube.com/shorts/S3QWDLH6gwc?si=84mIGSXxFuRL5USm>
3. Adapt your hiking speed to the terrain. Try for constant effort rather than constant speed. Slow speed on steep uphills, moderate speed on steep downhills and fast on fairly level trails or mild uphill/downhill. The cardiovascular demand on your body is much lower on downhills, but you want controlled descent to protect your ankles and knees.
4. If you suffer from knee pain during downhill walking, definitely use trekking poles. Physical therapy and strength training may alleviate your knee pain during downhill walking.
5. Long distance hiking is as much about hiking more hours per day as it is about hiking speed. So, start earlier in the day and minimize breaks during the day to increase your daily mileage if you're having trouble reaching your intended destination any day.
6. At home before your hike, go walk in the rain with and without rain gear. Experience both ways. In warm weather, you may find walking without a raincoat to be acceptable rather than sweating inside the raincoat.
7. Take long walks with wet hiking socks and shoes. Sometimes wear wet clothes. Embrace the suck! Consider this training for your mind. Many people quit because they aren't mentally tough enough.
8. Plan your daily hikes based on distances, terrain, camping spots, water sources, and resupply points.
9. If you experience the "hiker hobble" in the morning during your long-distance hike, it indicates you are doing more than your body is prepared for; your feet, ankles or knees are being overworked; or you haven't stretched as much as you should, and you could be headed for injury.
 - a. Take care of your body before the hike by training diligently and during the hike by stretching and taking an occasional rest day.
 - b. Proper nutrition, hydration and sleep can all help with daily recovery from the demands of hiking.
10. Blister prevention is best accomplished by adjusting shoe tightness, sock irregularities, getting debris out of your shoes etc. as soon as you notice the beginning of pain, so called hot spot. If you see redness at the spot, apply first aid material immediately.
 - a. Common blister prevention materials are moleskin, hydrocolloid gel bandages, or similar first aid products. If you catch the area before the skin gets blistered, you can apply Leuko tape to shield the area from abrasion. Leuko tape will stay on for several days, even when wet.

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Training

Note: only engage in new exercise or increase your current exercise routine if you are healthy enough. If you are uncertain about engaging in new or additional exercise, consult your doctor. Of course, if you have such health concerns, you should probably consult your doctor before attempting a long-distance hike.

1. Start training months ahead of your planned hike. Muscle adaptation takes a minimum of 8 weeks to begin. After these 8 weeks you then start building strength. Prior to 8 weeks, the gains you see are neurological (coordination and control).
2. Long distance hiking is a combination of endurance and strength. If you lack either of these, your ability to complete your desired hike may be compromised.
3. Load your pack with at least 25 lbs and see if you can walk 4 hours at 3 mph on flat land with almost no stops. See if you can do it again the next day. See if you have sore muscles or are fatigued the third day. Do this test again after a few months of training. Then remember, you'll be hiking in the mountains, not flat land, for 7-10 hours per day, not just 4 hours.
4. Find hills, stairs or stair climber machine at gym. Wear a weighted backpack or weight vest. Walk at 60 steps per minute for an hour. If your gym doesn't have stair climber, set a treadmill to max slope and walk at a brisk pace. On either machine, don't cheat by holding the hand rails.
5. Train to be able to perform aerobic exercise like running or biking for an hour at moderate effort for five or six days per week.
6. Do strength training at least three days per week focusing on all major muscle groups of the legs. Choose weights, reps and sets that bring the targeted muscle(s) to near failure for the exercise you're performing. This means you could only perform 1-3 more reps in your last set.
7. Strengthen your core muscles also to protect your back and improve your balance.
8. Be able to do tiring aerobic and demanding strength work on the same day. Hiking is strenuous.
9. Run, bike or walk without headphones at least sometimes. Consider it mental toughness training.
10. Incorporate stretching into your exercise routine. Some of your muscles will get tight while hiking. Start your hike with healthy muscles with full mobility. Do static stretches at the end of each day and dynamic stretching at the beginning of each day for major muscles of the legs and your back.



Volunteer Awards Presented at October 8, 2025 Club Meeting

Our first three 50-Year TATC Members to receive Engraved Plaques
– *“That’s half a century, folks!”*

Susan Gail Arey
Jerry Lee Cobleigh
Reese F. Lukei

Additional Individual Awardees Recognized for the Categories of Trail Maintenance, Cabin Maintenance and Leadership:

Adkisson, Evelyn	Horgan, Chris
Albuquerque, Barbara	Improta, Mathew
Bailey, Faye	Jackson, Jeffey
Barnes, John	Jelinek, David
Betancourt, Luis	Jelinek, Nicky
Birkhotz, Amy	Kononov, Svetlana
Blassingham, Janie	Leta, Ron
Bontems, Laura	Midgette, Kaci
Bunch, Bill	Morgan, Christine
Butler, Brenda	Morrison, Carl
Butler, Chris	Morton, Jenny
Butler, Sandy	O'Loughlin, K.A
Camlet, Madelyn	Plum, Rosemary
Chronowski, Linda	Reed, John Norman
Colpitts, N	Richard, J.P.
Forbes, Keith	Sexton, Jim
Galdo, Cory	Spinella, Lucas
Grayson, Andy	Veverka, Bob
Hartwig, Amanda	Welp, Ed
Heenan, Thomas	Welp, Judy
Heymann, Paul	Williams, Don
Higgins, Mal	Woods, Christine
Hodges, Carol	

Those qualifying for award but declined award item:

Michelle Cobb
Jody Cooper
Greg Hodges
Ned Kuhns
Sharon Salyer
Lelia Vann

All are encouraged to attend.

**“Thank you to all of the awardees for their
hard work and dedication!”**

Volunteering to Work on the Appalachian Trail

By Jim Sexton

Do you want to volunteer to work on the Appalachian Trail (A.T.)? If your answer is “yes” to this question, then your next best opportunity will be to attend TATC’s Fall Maintenance Weekend at Sherando Lake Campground in October from the 24th to the 26th. This is the weekend where we campout for free on Friday and Saturday nights, and work on the trails on Saturday, and then have a group dinner on Saturday night. Here is the link to sign-up online for this event: Online <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-55638184-fall>

The purpose of the Tidewater Appalachian Trail Club is to maintain a 11-mile section of the Appalachian Trail in accordance with Appalachian Trail Conference (ATC) standards. We built and maintain the 3-mile Mau-Har Trail, a side trail off of the A.T., we also maintain the 2.5-mile White Rock Falls Trail, and help maintain several trails in the Saint Mary’s Wilderness.

If you can’t make this Fall’s Maintenance Weekend, maybe you can make one or more of the following TATC trips that are scheduled yearly:

Backpacking and Spring Walk-thru - April - Survey of trail conditions - maximum of 10 volunteers

Spring Maintenance and Family Campout Weekend - April - Maintain the trails maintained by TATC - usually around 60 volunteers

Swingblade & Lopperfest 1 - June - Cut back encroaching growth - usually around 25 volunteers

Swingblade & Lopperfest 2 - July - Cut back encroaching growth - usually around 25 volunteers

Swingblade & Lopperfest 3 - August - Cut back encroaching growth - usually around 25 volunteers

Backpacking and Fall Walk-thru - October - Survey of trail conditions - maximum of 10 volunteers

Fall Maintenance and Family Campout Weekend - October - Maintain the trails maintained by TATC - usually around 60 volunteers

TATC Corridor Monitoring - January - Corridor boundary walk for TATC’s section of AT – usually 6 volunteers

All of these events appear on the TATC club calendar at <https://tidewateratc.com/Schedule> where you can sign up online to the attend events as they are scheduled, or you can sign up by contacting the Trail Supervisor at trailsupervisor@tidewateratc.com or the Assistant Trail Supervisor at assistantts@tidewateratc.com.

Another way of helping with trail maintenance is by serving a term as the Trail Supervisor or the Assistant Trail Supervisor, which are elected positions, or by volunteering for one of the following assigned positions that support the club’s trail maintenance work:

Tool Boss - maintains the TATC-owned maintenance tools

Section Leaders - responsibility for monitoring and routine maintenance on a section of trail maintained by TATC

Safety Chair - plays a crucial role in maintaining the safety of our events, includes ensuring that our @InReach devices are functioning properly, providing training to others on their use, conducting check-ins and check-outs

Timekeeper – tracks volunteer hours for reporting purposes and for awards, including trail maintenance hours

Corridor Monitor - Walks the boundary of a section of the A.T. corridor, locate and inspect boundary markers, and report on their condition.

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Contact the Trail Supervisor or Assistant Trail Supervisor if you are interested in becoming a Section Leader. Contact the TATC President at president@tidewateratc.com if you are interested in serving as the Tool Boss, Safety Chair, or Timekeeper.

If you want to work on another section of the A.T. or seek other volunteer ATC opportunities, you might want to try the Appalachian Trail Conservancy's (ATC's) new A.T. Volunteer Opportunities website at <https://volunteer.appalachiantrail.org/s/volunteer-project-search> where you can search for and sign up for volunteer opportunities that may interest you.

Another way to volunteer to work on the A.T. is to join the Konnarock Crew for a week or more. These weeks involve volunteers working on various conservation projects along the Appalachian Trail, from trail construction to rehabilitation. Participants must be at least 16 years old and if a minor, to be accompanied by a parent or guardian during the week. The crew provides training, equipment, and accommodations, allowing volunteers to learn new skills and contribute to trail maintenance. The Konnarock crew weeks are typically posted from May through mid-August, and you can view and sign up for crew weeks at the following site when they become available for next year: <https://appalachiantrail.org/get-involved/volunteer/trail-crews/konnarock-trail-crew/>.



Volunteers Needed This Weekend

Newport News

**FALL
FESTIVAL**

OCTOBER
4th-5th

Shifts Available

Saturday

12:00-2:00

Sunday

12:00-2:00

2:00-4:00

It's that time again! Come out and help us represent Tidewater Appalachian Trail Club at the annual Newport News Fall Festival!

Contact Kaci Midgette to sign-up:

Text/Call: (757)386-1905

Email: Outreach@Tidewateratc.com



Safety Glasses and Trail Maintenance: Protecting Our Most Valuable Resource

By Andy Grayson

When it comes to trail maintenance, safety is not just a priority—it's the foundation of everything we do. Whether clearing brush, trimming limbs, or repairing erosion damage, the well-being of our volunteers and crew members is the club's most important goal. Every tool we pick up and every step we take in the backcountry carries some risk, which is why proper personal protective equipment (PPE), including safety glasses, is essential on every outing.



One of the most critical pieces of PPE during trail work is eye protection. Flying debris from hand tools like loppers, saws, and Pulaskis—or the occasional power tool—can cause serious injury in an instant. That's why safety glasses meeting the ANSI Z87.1 standard are required for all participants involved in cutting, chopping, brushing, or digging tasks. The ANSI Z87.1 standard, developed by the American National Standards Institute, ensures that eyewear has passed rigorous impact resistance tests and provides adequate coverage from both front and side impacts. These glasses are required by the U.S. Forest Service and the Appalachian Trail Conservancy (ATC). Wearing proper PPE is a requirement when working on our trails and is part of what allows for our workers' compensation coverage through the Forest Service. All safety glasses and goggles provided by TATC during maintenance events meet the above requirements.

Safety glasses that meet the Z87.1 standard are clearly marked with "Z87" on the frame or lens. These standard safety glasses provide reliable protection (including side shielding, which regular glasses do not offer) and are lightweight and comfortable. However, they are not designed to be worn over regular prescription glasses. Attempting to do so can result in a poor fit, discomfort, and gaps in protection. Volunteers who wear prescription lenses have two main options: (1) invest in prescription safety glasses that meet the ANSI Z87.1 standard, or (2) wear goggle-style safety eyewear designed to fit over prescription glasses. These over-the-glasses (OTG) goggles provide full enclosure and side shielding while accommodating regular frames underneath.

For dusty or humid conditions, anti-fog goggles are a good choice, though they may retain more heat. Recently, the club has become aware of, and is evaluating, ANSI Z87.1-compliant mesh safety goggles to add to our PPE lineup (see image below). These ventilated goggles use fine mesh instead of lenses and offer excellent airflow, which should eliminate fogging during strenuous work. While mesh goggles should not be used with power tools (e.g., chainsaws, blowers) or in other high-impact situations, they have been approved for select hand-tool tasks—such as crosscut sawing, lopping, grubbing, or using grass whips—where the risk of flying debris is limited.

As always, volunteers should match their eye protection to the job at hand. If you're unsure what type of eye protection is best for your task—or whether your prescription glasses are adequately covered—consult your crew leader before beginning work. By staying informed and properly equipped, we ensure our trail work remains both productive and safe for everyone involved.



TATC Bandanas are back!

By Michelle Cobb, Merchandise Chair

Waaay back, during a beginning backpacking class taught by TATC's Bill Rogers, I learned how useful a light-weight square of 22" fabric can be to a hiker. A bandana, he demonstrated, can be a towel, sweatband, neck warmer, sling, tourniquet, flyswatter, food pouch, & signal flag.

Now back in stock, TATC has bandanas for sale in a selection of colors for your next adventure. Pick out yours at the October Membership meeting and before dinner at Fall Maintenance at Sherando.

Click link to order: [Tidewater Appalachian Trail Club - Catalog](#)



Stop The Bleed Training

By Lee Lohman

I told Brendan that TATC members routinely hiked miles into the mountains with sharp and pointy tools to do trail maintenance. He immediately agreed that our members needed a course on stopping major blood loss.

Brendan Lampley is the Community Health Educator for Sentara SVBGH Trauma Services. He is also a former Army combat medic who saw action in Afghanistan and Iraq. I took the course in June at Sentara Hospital on the recommendation of Lance Deavers. Lance had given a wound management course at the May 14th General Membership Meeting and encouraged members to take the Stop the Bleed course being offered by local hospitals --for free.

My classmates included several former soldiers, including one from Ukraine, and an active-duty Naval officer. The course was very hands-on. As we learned, tourniquets, when properly applied, hurt.

During his presentation, Brendan mentioned he could offer the course to groups in the Hampton Roads area--at their locations. When I asked him to address TATC members at the Episcopal Church of the Advent, he immediately said yes.

Fast forward to September 10th at 5pm just before our General Membership Meeting. Ten TATC members were seated in front of artificial body parts bearing slash and puncture wounds. Brendan quickly explained how to address each type of injury then set the students to apply tourniquets and stuff blood coagulating gauze in the wounds.

As the participants worked, he provided advice: 1) Make sure you, the caregiver, are safe; 2) stop the bleeding first; 3) don't worry about cleaning the wound (that will be later); 4) use blood stopping gauze, not the powder which can blind the first responder; 5) and many more points. This was all valuable info and delivered in a fast paced and engaging monologue.



Gayle Owens Cinches Down a Tourniquet

At the end of one hour, the participants had applied and felt the intense pressure of a tourniquet and discovered the remarkable amount of gauze a serious wound requires. It was time well spent.

In 2026, the Board will solicit interest in another Stop the Bleed class. If you have never done a course like this, please consider applying. Its value is not just in the mountains. Serious wounds can happen anywhere.



TATC Cabin Report

By **Gregory Hodges**

TATC Cabin Maintainers and Club Members,

To rent the cabin you must 1. be a member of the club, and 2. participate in a cabin maintenance / orientation weekend. Cabin maintenance / orientation trips are scheduled 4 or 5 times a year and are meant to acquaint new members with the cabin, its history and its rules, how to open and close it up, how to operate the wood burning stove, etc. Some light to moderate maintenance work is also done during these trips. These weekends are fun, free of charge, and open to all. There is a 12-person limit at the cabin itself, but people are welcome to camp out nearby.

Upcoming Cabin Maintenance Weekend:

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

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

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

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

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

Please contact me to sign up for the maintenance weekend.

Thank you.

Breathe and smile... and take a hike,

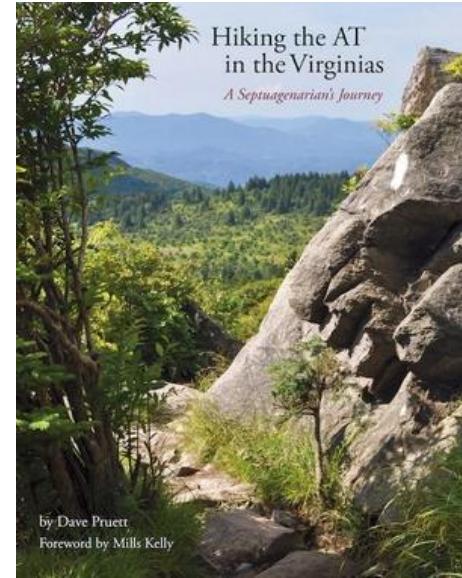
Gregory Hodges, Cabin Chair, tatccabin@gmail.com



Upcoming Programs

By Paul Heymann, Program Chair

- October 8, 2025 - Jim Newman, Awards Ceremony & Dave Pruett, Author of "Hiking the AT in the Virginias"
- November 12, 2025 - TATC Silent Auction
- December 6, 2025 - TATC Holiday Party, at The Cove, 6 pm



TATC Elections

By Bill Bunch

As we enter the Fall season it is nice to think about the TATC rituals of Fall Maintenance trips on the AT and cooler temperatures for hiking. Another Fall tradition is to start looking ahead to the 2026-2027 membership year by finding candidates for office. As many of you know, the club election is held during the January General Membership Meeting.

I have been asked to chair the nominating committee this year, and Kileen Lawsure, Lee Lohman, Lon Carpenter and Michelle Cobb have accepted an invitation to be on this committee with me.

Several current office holders are standing for re-election, and the club is seeking candidates for the open Counselor and Secretary positions. The Counselor's term of office is for a three-year term while all other positions are for a one-year terms. While we are really trying to find good candidates for the open positions, club members are welcome to nominate candidates for all club positions. The job descriptions for all elected positions are part of our bylaws that you can access on the club website.

If you are interested in any of the open or any elected positions OR if you want to recommend someone who you believe would be an excellent candidate, please consider contacting a member of the nominating committee soon.



VOLUNTEERS NEEDED

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

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



VOLUNTEERS NEEDED



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

NEW SESSION DATES ADDED: October 5-10 and October 12-17

Scope of Work

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

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

Sherando Lake Beach House, VA 2025 - HistoriCorps

CLICK HERE TO REGISTER!



© James Abbott

Best Tours Virginia Beach The Nature Bus

Bird Watching Birding Ecotour Eco Tour

Nature Trip Eastern Shore CBBT

Chesapeake Bay Bridge Tunnel Cape

Charles Lunch

Eastern Shore Bird Migration and Lunch

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

TOUR DATE: Saturday, October 18, 2025

TIME: 9:30 am - 4:30 pm (7 hour tour)

Link to purchase tickets: <https://thenaturebus.com/>



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

New Year 'First Day Hike' with Naturalist James Abbott

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

TOUR DATE: Thursday, January 1st, 2026

TIME: 1:30 pm – 4:30 pm (3 hour tour)

Link to purchase tickets: <https://thenaturebus.com/>



The Nature Bus Nature Tours Ecotours Eco
Tours Best Tours Virginia Beach Group
Tours Hikes Kayak Wineries Breweries
Birthday Parties

**Customizable
Group Nature
Tour for up to 16
people**

Link to purchase tickets: <https://thenaturebus.com/>



TATC Merchandise Catalog

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

New



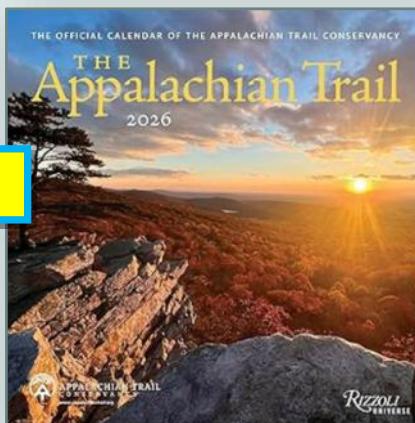
[ORDER YOURS](#)

ATC Trail Store

Appalachian Trail Conservancy Calendar 2026

The official Appalachian Trail Conservancy 12" x 12" wall calendar for 2026 features professional photography by users of the Trail! Order yours today from the Official A.T. Store.

New



[ORDER YOURS](#)



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



2025/2026 Course Schedule

2025

Sept 27-28....Charlottesville area, VA ❤
 Oct 18-19....Washington, DC area ⚡
 Nov 15-16....Charlottesville area, VA ❤

2026

Jan 10-11....Charlottesville, VA ❤
 Jan 24-25....Louisville, KY
 Jan 24-25....Richmond, VA ❤
 Jan 31-Feb 1....Baltimore area, MD
 Jan 31-Feb 1....Harrisonburg area, VA ❤
 Feb 21-22....Williamsburg area, VA
 Feb 21-22....Blacksburg, VA ❤
 Feb 28-Mar 1....Charlottesville, VA ❤
 Feb 28-Mar 1....Chattanooga area, TN ❤
 Mar 21-22....Washington, DC area ⚡
 Mar 21-22....Richmond, VA
 Mar 28-29....Circleville, WV ❤

April 4-5.....Charlottesville, VA ❤
 April 11-12....Triangle/Triad area, NC
 April 11-12....Williamsburg area, VA
 April 18-19....Baltimore area, MD ❤
 April 18-19....Blacksburg, VA ❤
 April 18 & 25....Eden, UT
 April 25-26....Philadelphia area, PA
 May 9-10.....Charlottesville, VA ❤
 May 30-31....Washington, DC area ⚡
 May 30-31....Richmond, VA ❤
 June 13-14....Winchester area, VA ⚡
 June 13-14....Charlottesville, VA ❤
 June 27-28....AWFA Part II Williamsport, WV ⚡
 Aug 22-23.....Circleville, WV ❤
 Sept 5-7.....Blacksburg area, VA ⚡

❤ Optional Friday Night CPR Class

⚡ Camping/Lodging Available

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

Hands-on learn how to save lives & limbs in areas inaccessible to an ambulance. Blend of classroom instruction and problem-solving rescue scenario practice. Come away with actual care-giving skill and confidence, and 2-year SOLO WFA certification. Counts as WFR Recertification.

Topics: Patient Assessment System, Medical Emergencies, Environmental Issues, Skin Injuries, Musculoskeletal & Spinal Injuries, Evacuation & Care-giving

No prerequisites.
 Spaces limited!
 Course fee starts at \$295
 Gift cards available
 Private courses offered.
 (434) 328-4697

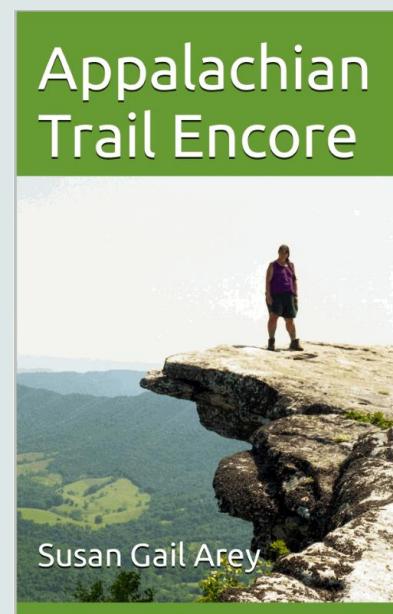
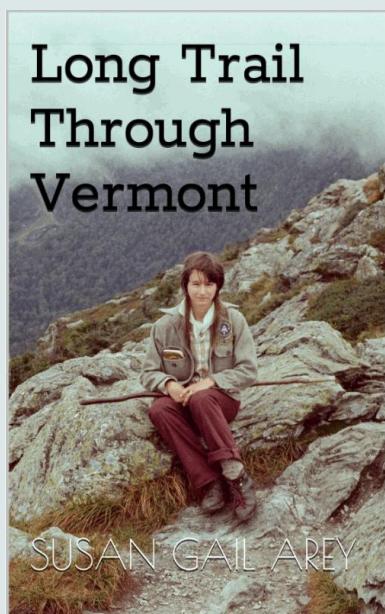
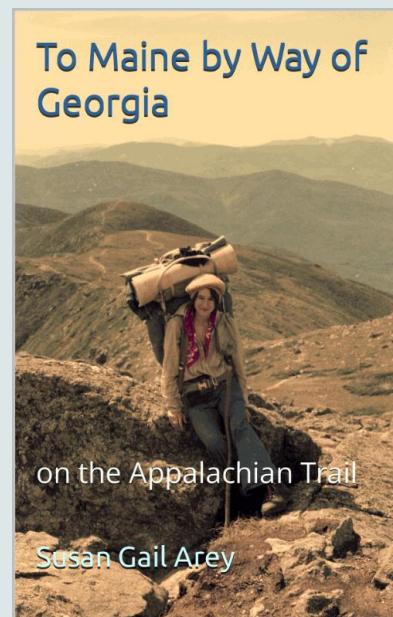
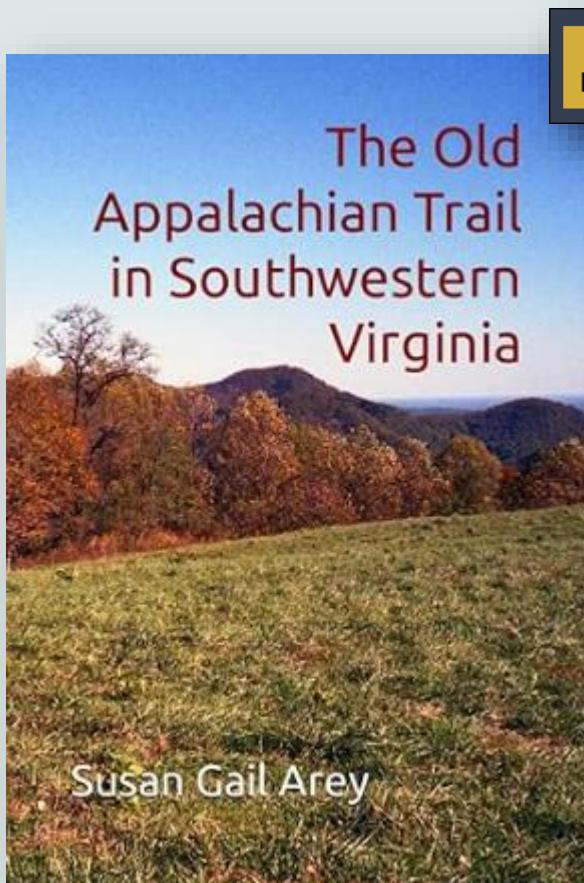
More Info & Registration:

www.solowfa.com



Books on Hiking by Susan Gail Arey

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



Activities Schedule

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

TATC Board Meeting

Date/Time: Wednesday, October 1, 2025 - 7:00 PM – 9:00 PM

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

Description: Monthly Board Meetings on the first Wednesday of each month (except December)

Click here for the map link - Please use on-street parking

Contact Lelia Vann at president@tidewateratc.com if you have any questions!

Newport News Fall-O-Ween (Fall Festival) Weekend

Date/Time: Saturday & Sunday, October 4 - 5, 2025, 10 a.m. until 5 p.m.

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

Dates confirmed - more details coming soon!

<https://nnparksandrec.org/event/newport-news-fall-o-ween-festival/2025-10-04/>

TATC will be an exhibitor at this two-day, family-friendly festival, and volunteers are needed to man the TATC table at this event. The FALL-O-WEEN FESTIVAL takes place from 10 a.m. until 5 p.m. on both Saturday and Sunday. Admission is free; parking is \$10 per vehicle (cash only). For more information, POC: Kaci Midgette 757-926-1400.

On-Site Parking: Newport News Park (13560 Jefferson Ave, Newport News, VA 23603)

Satellite/Shuttle Parking: Oliver C. Greenwood Elementary School (13460 Woodside Ln, Newport News, VA 23608), Woodside High School (13450 Woodside Ln, Newport News, VA 23608)

Volunteers needed for HistoriCorps - Sherando Lake Beach House Project

New Sessions Added:

- October 5-10,
- October 12-17

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

Description: Volunteers needed for HistoriCorps - Sherando Lake Beach House Project

We're headed back to the jewel of the Blue Ridge Mountains to continue restoration work at the Sherando Lake Recreation Area! Online Information:

<https://historicorps.org/sherando-lake-beach-house-va-2025/>

Click here to register and visit the Job Calendar to see how many spaces are available!

North Landing River Paddle - Tuesday Group

Time/Date: Tuesday, October 7, 2025, 9:00 AM

Location: 2272 Old Pungo Ferry Rd, Virginia Beach, VA 23457

The North Landing River is located north of the Pungo Ferry Bridge. Launch at the city boat ramp (2272 Old Pungo Ferry Rd, Virginia Beach, VA 23457) and we'll explore the oxbows and creeks on the west side of the river.

Meet at 9:00 and launch by 9:30. The route is approximately 7 miles. Picnic lunch back at the ramp.

Contact Steve to sign up: slantz1@verizon.net, 757-416-4489

Click here to view roster:

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

Visit our TATC Calendar

(Continued on Next Page ...)

Activities Schedule

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

Virginia A.T. Partnership Call

Date/Time: Tuesday, October 7, - Online 3:00-4:00 PM

Location: Online

Scheduled VARO Partnership call

Contact hikemaster@tidewateratc.com if you wish to attend.

TATC inReach® Training

Date/Time: Wednesday, October 8, 2025, 6:00 PM to 8:00 PM

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

Our trail club owns 5 Garmin InReach devices that we use on maintenance trips as a safety device. In the areas that we maintain, the Appalachian Trail as well as Saint Mary's Wilderness areas, there is no cellular coverage. We use these satellite texting devices to communicate with each other and send an SOS if needed.

I am offering training on these devices for individuals who typically accompany the club on maintenance trips.

The InReach devices are personalized for our communication purposes. The training will take place before the club meeting on September 9 and again on October 7, at 6:00, at the Episcopal Church of the Advent in an outdoor area.

I'll go over the process of sending a club, preloaded messages, and answering a message. We will practice these several times. We can also send messages to each other.

If time allows, I'll show you how to use Bluetooth to connect the Inreach to your smartphone. To do this, you would need to download the Garmin app "Explore" to your own smartphone before the training.

The club has 5 InReaches, so I can only accommodate five people for training. To register for this training, please email me at bruce.davidson3@verizon.net, Bruce Davidson

TATC General Membership Meeting

Date/Time: Wednesday, October 8, 2025 - 7:00 PM – 9:00 PM

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

Description: Monthly General Membership - meets monthly on the second Wednesday (except December)

Program: Dave Pruett – Hiking the AT in the Virginias, Jim Newman - Awards Ceremony

Click here for map link - Please use on-street parking

Contact Lelia Vann at president@tidewateratc.com if you have any questions!

Backpacking and Fall Walk-through

Dates: Friday-Sunday, October 10-12, 2025

Location: The fall walk-through will be done as a backpacking weekend with a maximum of 10 participants.

Online Sign-Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-57728401-backpacking>

Description: TATC AT Trail Section (Reid's Gap to Tye River). This is our opportunity to document issues on our section of the AT (and maybe some on the Mau-Har Trail, and in the St. Mary's Wilderness) that we will be addressing in the upcoming Fall Maintenance weekend. To participate, you'll need to contact John Sima at the email noted below. Contact: John Sima - TATC Trail Supervisor - trailsupervisor@tidewateratc.com

Visit our TATC Calendar

(Continued on Next Page ...)

Activities Schedule

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

Hasty Hiking

Date/Time: Saturday, October 11, 2025, (Rain date: Sunday, October 12, 2025)

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

Meet no later than 9:15 AM to sign the waiver sheet, hike starts at 9:30 AM.

Online Sign-up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-58320398-hasty>

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

Activity: Hike several trails at FLSP totaling 5.5 miles without taking breaks. This is designed to be a workout hike averaging 20 minutes a mile or less.

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

Once you pass the Contact Station (pay station), take the first right into the parking lot. Before the Hike: We will meet in the parking lot. Everyone needs to sign a waiver to join.

POC: Lelia Vann: leliavann@gmail.com

Billsburg Brewery – Happy Hiker Hour

Date/Time: Wednesday, October 15, 2025, 6:30-8:00 PM

Location: Billsburg Brewery, 2054 Jamestown Road, Williamsburg, VA 23185

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

Map: <https://maps.app.goo.gl/wwceoSqLT1rZ7vXw7>

TATC Happy Hiker Hour at the Billsburg Brewery. The Billsburg Brewery is nestled on a 10-acre marina with breathtaking views on the water, just off the Colonial Parkway, mere miles from America's original brewery. They offer patrons ales, lagers, and pilsners reminiscent of America's rich brewing history. Food Truck on site; <https://billsburg.com/waterfront-grill/>

First Landing State Park Trail Maintenance

Date/Time: Thursday, October 16. 2025, 9:00 AM to 11:00 AM.

Monthly on the third Thursday, until Oct 17, 2025

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

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

Online Sign-up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-58314337-first>

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

At least four 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, to sign up.

Visit our TATC Calendar

(Continued on Next Page ...)

Activities Schedule

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

Central & Southwest Virginia RPC Meeting

Date/Time: Saturday, October 18, 2025, 9:00 AM – 5:00 PM

Location: 245 W 21st St, Buena Vista, VA 24416

Twice a year, representatives of each of the eight trail clubs responsible for maintenance of the A.T. in Virginia meet with ATC staff and agency partners to discuss the trail management topics of the day. The fall 2025 meeting will be on October 18th at the Virginia Innovation Accelerator, 245 W 21st St, Buena Vista, VA 24416.

Read more and sign up to participate.

Fall Maintenance and Family Campout Weekend

Dates: Friday-Sunday, October 24-26, 2025

Location: Meet at Williams Branch Picnic Area, Sherando Lake Recreation Area, 96 Sherando Lake Rd, Luray, VA 22952 - [Link to Map](#)

Online Sign-Up: <https://www.signupgenius.com/go/10C0F45A5AE29A1F5C61-55638184-fall>

[Click for more details.](#)

Description: This is a weekend for us to do what the club was set up to do! This is a weekend for us to do what the club was set up to do! We'll maintain our assigned section of the Appalachian Trail, the Mau-Har Trail, Saint Mary's Wilderness trails, and White Rocks Falls trail.

For more information, contact:

John Sima - TATC Trail Supervisor - trailsupervisor@tidewateratc.com

Kaci Midgette - TATC Asst Trail Supervisor - assistantts@tidewateratc.com

TATC Trip on the Blue Ridge Flyer

Date/Time: Sunday, October 26, 2025 - 10:30 AM–1:30 PM - The day after TATC Fall Trail Maintenance

Meet: No later than 10:00 AM at the Amtrak Train Station, 12 Middlebrook Ave, Staunton, VA 24401

Climb aboard the Blue Ridge Flyer, and head east for an opportunity to experience the thrill of roaring through the Blue Ridge Tunnel, carved out of rock hundreds of feet below the mountain summit above. The train will turn around in Ivy in Albemarle County. The leaves along the Blue Ridge Mountains are best in the fall from early October to early November. The timing of peak foliage depends heavily on elevation. Cost: \$65 prepaid - For an additional fee, boxed meals or dining car table service are available.

Reservations fill up fast, so make your own reservations early at: <https://www.virginiascenicrailway.com/>

Make sure you make your reservation for the Blue Ridge Flyer on October 26th at 10:30 AM and include the following in the comments block when making your reservation:

We are members of the Tidewater Appalachian Trail Club (TATC), and others will be signing up separately. We would appreciate it if we could be in the same train cars.

[**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.

19th Annual Triathlon False Cape State Park – Tuesday Group

Date/Time: Tuesday, October 28, 2025, 9:00 AM

Location: Meet at Little Island City Park, 3820 Sandpiper Rd. Virginia Beach, Va. 23456

Here we are again, another year has passed by in the snap of a finger, where does the time go? After undergoing another Knee Replacement on July 29th, I had to wait until the end of October to resume activities like biking, Kayaking, and Hiking with everyone on this year's triathlon. I have talked with Austin, the Park Manager, and he said we could use their Kayaks again this year. As always, you will need your bike and helmet, your lunch, which we will eat on the tables at 3 of the Campsites next to the ocean, water, and shoes for Biking, Kayaking, and Hiking. I always use my water shoes for all three activities.

We will meet at Little Island City Park at 9:00 A.M., sign in, and leave at 9:30 A.M., so if it takes you longer than 30 minutes to get ready to leave, you should be there 30 minutes earlier. This trip is less than 20 miles total. Biking is about 13 miles, kayaking is about 4 miles, and hiking is about 2 miles, making the total trip about 19 miles. The wind can play a big part in the Kayaking part of the trip; hopefully, we will have a nice breeze, blowing both ways.

WHERE TO MEET: Little Island City Park, 3820 Sandpiper Rd. Virginia Beach, Va. 23456

WHEN TO MEET: 9:00 A.M., leave Park 9:30 A.M.

WHAT TO BRING: Bike, helmet, lunch, water, \$ for parking at Little Island City Park, \$4.00, unless you have one of the 7 plates, which will let you in free. I have a Bronze Star plate.

To sign up, contact Bruce: julianbm@verizon.net

To see the roster of attendees: <https://docs.google.com/document/d/1zalya7VYmHIHxXaEVTuN1LP3igfquAAxa2S5Y16kLGs/edit?usp=sharing>

Georgia Appalachian Trail Club's (GATC's) Trail Skills Workshop Vogel State Park

November 1 – 2, 2025

Vogel State Park, 405 Vogel State Park Rd, Blairsville, GA 30512

Georgia Appalachian Trail Club's (GATC's) - Trail Skills Workshop

Hey folks, passing along the opportunity to join GATC's Trail Skills Workshop in November for those who may be interested. This year, the event will be held at Vogel State Park with guest speaker Jeff Marion of VT joining! Feel free to reach out to Tom Lamb (tomlamb377@gmail.com) with any questions or concerns. Link to Trail Skills Workshop Brochure: [Link to Trail Skills Workshop Brochure](#). Jake Stowe, Appalachian Trail Conservancy, Program Support Specialist, jstowe@appalachiantrail.org.

Activities Schedule

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

TATC Board Meeting

Date/Time: Wednesday, November 5, 2025 - 7:00 PM – 9:00 PM

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

Description: Monthly Board Meetings on the first Wednesday of each month (except December)

[Click here for the map link](#) - Please use on-street parking

Contact Lelia Vann at president@tidewateratc.com if you have any questions!

Cabin Maintenance Weekend

November Friday 11/7 thru Sunday 11/9, 2025

Planned maintenance and activities: Weed whacking, Chimney cap re-installation, Dedication of the new wood stove with plaque, Community spaghetti meal, Hiking the White Rock Falls trail. Please contact me to sign up for this weekend. My mobile number is (757) 439-1552.

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

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

Breathe and smile... and take a hike, Gregory Hodges, Cabin Chair, tatccabin@gmail.com.

Hasty Hiking - Saturday, November 8, 2025

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

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

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

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

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

Once you pass the Contact Station (pay station), take the first right into the parking lot. Before the Hike: We will meet in the parking lot. Everyone needs to sign a waiver to join. The hike will start from the parking lot at 11:30 am. (There are restrooms at the end of the parking lot so arrive early to take care of your business before we start hiking at 11:30.). The Hike: This hike is designed to be a “work out hike”; so, we will be averaging 20 minutes a mile or less with no rest or sight-seeing breaks. Be ready to move and keep moving! The total hike should be about 5.5 miles and relatively flat.

POC: Lelia Vann: leliavann@gmail.com

TATC General Membership Meeting

Date/Time: Wednesday, November 12, 2025 - 7:00 PM – 9:00 PM

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

Description: Monthly General Membership - meets monthly on the second Wednesday (except December)

[Click here for map link](#) - Please use on-street parking

Contact Lelia Vann at president@tidewateratc.com if you have any questions!

[Visit our TATC Calendar](#)

(Continued on Next Page ...)

Activities Schedule

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

First Landing State Park Trail Maintenance

Saturday, November 15, 2025, 9:00 – 11:00am

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

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

Meeting location: parking lot by picnic area. From Shore Drive traffic light, head south on Rt 343 (Cypress

Swamp Dr.) At the guard shack, advise the ranger you are with TATC. Then turn right onto Conservation Ct into the parking lot.

At least 4 volunteers are needed. Tools will be provided, or bring your own lopper, pruner and/or small silky saw.

If you have one, please wear a hat, shirt, or jacket with the TATC logo when participating in FLSP work days to identify you as a member of the club.

Contact: Paul Heymann localtrails@tidewateratc.com to sign up.

Visit our TATC Calendar

TATC Officers & Board



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

Visit our TATC Facebook group page.

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



Tidewater Appalachian Trail Club Group Page



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

Please consider sponsoring a club event this Fall.



PHOTOS -- TATC Tuesday Group Lafayette River Paddle

by Sharon McQueen



Approaching the 26th Street/Lafayette Blvd. Bridge



Under the 26th Street/Lafayette Blvd. Bridge

PHOTOS -- TATC Tuesday Group Lafayette River Paddle

by *Sharon McQueen*



Picturesque boat house on the Lafayette River with Bruce & Margaret Julian, John Murray, & Bill Billings



Ed Welp observes a great blue heron in flight above the Willow Wood Bridge

PHOTOS -- TATC Tuesday Group Lafayette River Paddle

by *Sharon McQueen*



Stephanie Stringer and Steve Clayton led the TATC Tuesday Group on an urban paddle of the Lafayette River on September 23.

The group embarked from the Haven Creek Boat Ramp in Norfolk.



Stephanie Stringer and Steve Clayton paddle their canoe, and Phyllis Neumann paddles her kayak, under the Granby Street Bridge.

PHOTOS -- TATC Tuesday Group Lafayette River Paddle

by *Sharon McQueen*



Bill Billings takes a great shot of a pelican, while Sharon McQueen takes a shot of Bill and the birds.



Brown Pelican, by Bill Billings.

PHOTOS -- TATC Hike at Beaverdam Park in Gloucester, VA

by Sharon McQueen



PHOTOS -- TATC Hike at Beaverdam Park in Gloucester, VA

by *Sharon McQueen*



One mushroom was so big that Mike was asked to stand next to it for scale.

PHOTOS -- TATC Hike at Beaverdam Park in Gloucester, VA

by *Sharon McQueen & Richard Douglas*



On Saturday, Sept 20, Michael Horrell led TATC members on a hike of Beaverdam Park in Gloucester, VA. It was a gloriously beautiful day, and the mushrooms/fungi were out in full force. TATC members had placed the mile markers on the trail!



PHOTOS -- TATC Hike at Beaverdam Park in Gloucester, VA

by *Sharon McQueen & Richard Douglas*



PHOTOS -- TATC Hike at Beaverdam Park in Gloucester, VA

by Sharon McQueen & Richard Douglas



PHOTOS -- TATC Tuesday Group at Northwest River

by *Sharon McQueen*



On September 2, Catherine Fowler led a paddle from Bob's Fishing Hole on the beautiful Northwest River. Richard Tarr had scouted the route and Dan Fowler was sweep.

The group rafts up in front of a bald cypress island.



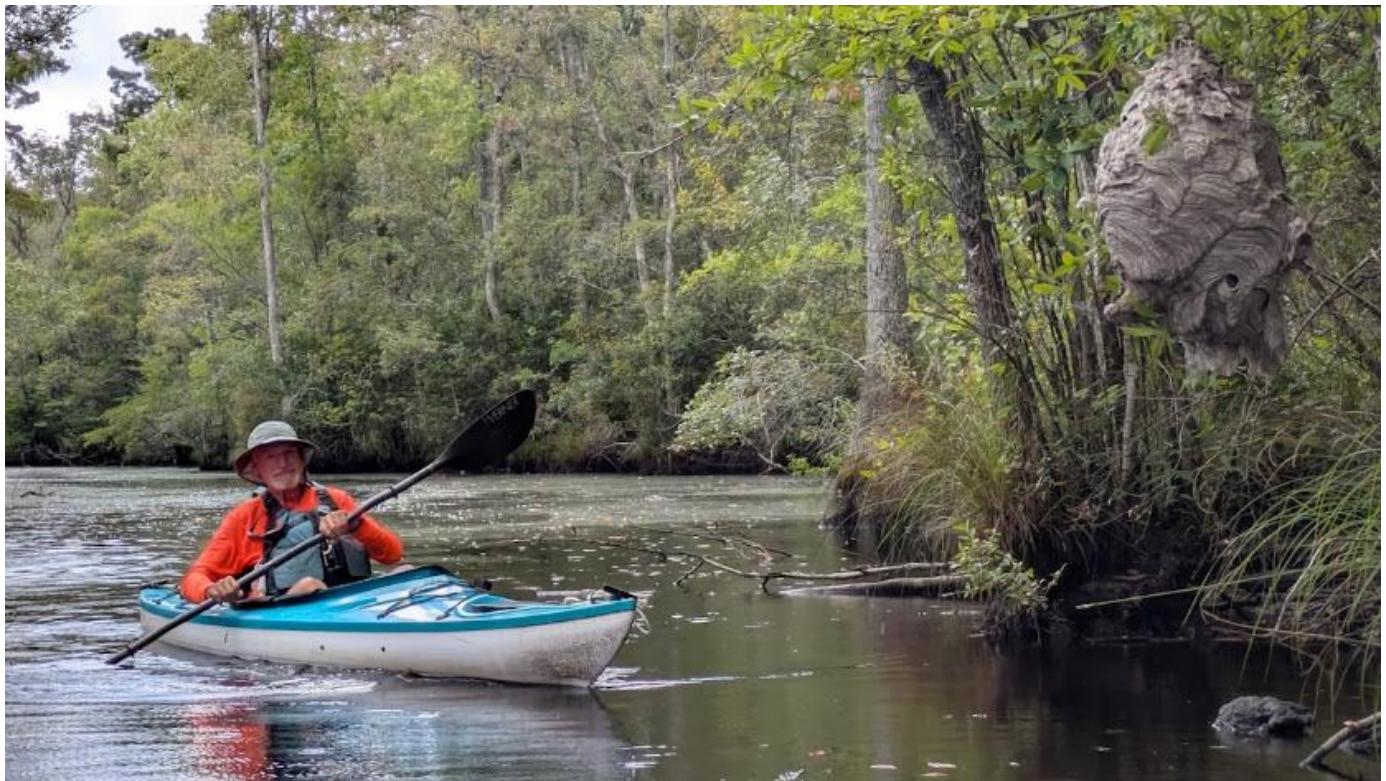
Richard Tarr on the beautiful Northwest River.

PHOTOS -- TATC Tuesday Group at Northwest River

by *Sharon McQueen*



Bill Bunch and Dan Fowler as sweep.



Richard Tarr points out a hornets' nest.

PHOTOS -- TATC Tuesday Group at Northwest River

by Sharon McQueen



Ed Welp takes in the view in his new Kestrel kayak.

PHOTOS -- TATC Tuesday Group at the Powhatan Creek Paddle

by Sharon McQueen



On August 12, Phyllis Neumann led a paddle on Powhatan Creek. Gayle Owens with Marjorie Mayfield Jackson, Founding Director of the Elizabeth River Project and new TATC member, on Marjorie's first TATC Tuesday Group outing.



Sharon McQueen gets a shot of Bruce Glendening and a great blue heron.

PHOTOS -- TATC Tuesday Group at the Powhatan Creek Paddle

by Sharon McQueen



The ever-reliable Bill Billings actually misses a shot.



But Bill gets photography gold soon afterward.

PHOTOS -- TATC Tuesday Group at the Powhatan Creek Paddle

by Sharon McQueen



TATC couple Gayle Owens & John Murray with an ancient bald cypress, believed to have been alive when Captain John Smith paddled Powhatan Creek.

