



Appalachian Hiker

Banner Photo by Mark Ferguson

PREZ SEZ

We had great weather for our third and final Swingblade and Lopperfest weekend on August 22-23, with 20 volunteers turning out to tend our section of the Appalachian Trail and the Mau-Har Trail. Thank you to everyone who participated and helped make all three of this year's Swingblade and Lopperfest weekends such a success. Be sure to read Kaci Midgette's article in this newsletter for highlights and photos.

By now, I'm sure most of you have heard that our Trail Supervisor, John Sima, suffered a stroke on September 24. We have told John that we want to make one thing very clear: **Please don't worry about the trail right now. We've got it covered.**

Of course, we know John well enough to know that he can be a little stubborn! So, we've asked him to put that stubborn streak to good use—be stubborn about getting better, not about getting back to the trail before he's ready. Please join all of us in sending John our very best wishes for a strong and complete recovery.

In John's absence, Assistant Trail Supervisor Kaci Midgette has stepped up to lead our Fall Maintenance and Family Campout Weekend, October 16-18. We'll establish base camp Friday at the Williams Branch Picnic Area in the Sherando Lake Recreation Area, with our primary workday on Saturday.

After Saturday's work, dinner will be waiting! We are fortunate to have Catherine Fowler, our Social Chair, once again leading the dinner crew, and the current plan is Philly steak and cheese. They are also planning a "trail mix" pre-dinner snack and will ask members to sign up to bring a bag or can of nuts, pretzels, dried fruit, M&M's, or another trail mix favorite. Please bring your own water bottle; water for refills will be available.

I'm asking every member who is available that weekend to consider joining us. **There really is work for every ability level.** You do not have to climb Three Ridges to make a valuable contribution! With John sidelined, this would be an especially wonderful time for TATC members to turn out in force and show him that, just as promised, we've got the trail covered.

October-November 2026

53rd Edition, 5th Issue

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Our final Cabin Maintenance/Orientation Weekend of the year will be November 6-8. If you are interested in learning more about our rustic cabin in the wilderness or becoming qualified to rent it, contact Chris Butler at cabin@tidewateratc.com.

Unfortunately, our September Cabin Maintenance Weekend also brought an injury to longtime TATC member, friend, and Sawyer Randy Smith. Randy broke his ankle and his leg below the knee and, as of this writing, is scheduled for surgery on September 30. We're hopeful that he will be back to limited weight bearing within four to six weeks. Please join us in sending Randy our very best wishes for successful surgery and a strong recovery. We look forward to seeing him back with us when he's ready—and preferably with both feet firmly on the ground!

Our Local Trail Maintenance program continues to thrive under the leadership of Paul Heymann, our Local Trail Lead, and the many volunteers who generously give their time to maintain our local trails. Thank you all for your continued commitment.

The Tuesday Group also continues its impressive tradition of offering an outing every Tuesday morning. If your schedule allows, check the club calendar and join them for a hike, bike ride, kayak trip, or other adventure. A special thank-you goes to all of our trip leaders who make these weekly outings possible.

In my last President's message, I mentioned that our Education Chair, Don Williams, was nearing completion of his Appalachian Trail journey. Well, he did it! Don completed his final section—from Kinsman Notch, New Hampshire, to Katahdin, Maine, approximately 390 miles—on August 7, 2026. Congratulations, Don, on an incredible accomplishment!

We also have two important membership events coming up.

Our Annual Awards Ceremony will be held during the October 14 General Membership Meeting, and we are honored to have a very special guest joining us: Cinda Waldbuesser, President & CEO of the Appalachian Trail Conservancy. Cinda will assist Jim Newman, our Awards Ceremony Chair, in recognizing TATC members for their volunteer service hours during the past 12 months. After the meeting, please join us at Big Boss Burrito for an opportunity to meet Cinda. Be sure to read Jim's article in this newsletter to see who will be recognized this year.

For ATC President Cinda Waldbueser's visit, we will also have a First Landing State Park "mini-hike" event. Wednesday October 14th: Meet 1:30pm at the Chesapeake Bay Visitor's Center (north side of the traffic light). We will then hike our two regular trails - Live Oak & Cypress Swamp - to the Trail Center. At the Trail Center, we'll have a "meet and greet" with Park Manager Bruce Widener and Volunteer Coordinator Tanya Wisoker. Light Refreshments. Then hike back to the CBC.

Then, on November 11, our Annual Silent Auction will take the place of our regular General Membership Meeting. It's not too late to start setting aside items to donate for the auction. Contact Paul Heymann at programs@tidewateratc.com for additional information. And while I'm mentioning Paul, thank you to him for continuing to bring us such interesting speakers and programs throughout the year.

As we approach the end of 2026, it is also time to begin thinking about TATC's leadership for 2027. Our elected Board positions are President, Vice President, Treasurer, Secretary, Trail Supervisor, Assistant Trail Supervisor, and Counselor. Bill Bunch is chairing our 2027 Nominating Committee, so please read his article in this newsletter for more information.

On a personal note, I will reach the end of my three-year term limit as President at the conclusion of this year. That means TATC needs someone willing to step forward and take the baton. If you have ever thought about becoming more involved in the leadership of our club—or perhaps haven't thought about it until now—I hope you will consider it. Please feel free to talk with me. I will be very happy to help our next President make a smooth transition, and I promise I'm not disappearing!

Before I close, I want to recognize three wonderful and completely unexpected donations to TATC.

We received a \$500 donation from Nash Stephen of Connecticut after he hiked the Bald Mountain Overlook Trail in St. Mary's Wilderness. What a wonderful reminder that the work our volunteers do is noticed and appreciated even by people we may never meet.

We also received an extraordinary \$1,431 donation from Amber Kostka of Stock Pot. Amber previously thru-hiked the Appalachian Trail, and that experience inspired her to select TATC as Stock Pot's Charity of the Month. We are incredibly grateful for her generosity and for the generosity of everyone who supported the fundraiser. If you have an opportunity, please consider showing your appreciation by visiting one of Stock Pot's three locations.

And one more donation deserves special mention. We recently received a \$10 donation from Candice "Candy" Arndts of Ohio, an Appalachian Trail section hiker who set a wonderful goal for herself: to donate \$1 to the local trail club for every AT mile she hikes in that club's jurisdiction. Candy hiked our 10-mile section from Tye River to Reed's Gap this past March and sent TATC \$10 as a thank-you to the volunteers who keep the trail maintained.

Candy has graciously given us permission to share her letter in this newsletter, and I hope you'll take a moment to read it. Her thoughtful gesture is a wonderful reminder that the value of a donation isn't measured by the size of the check, but by the appreciation behind it.

These gifts, our volunteers who maintain the trails and cabin, our trip leaders who keep us outdoors together, and the members who step forward when someone needs help all remind me of what makes TATC special. We take care of the trails, but we also take care of one another.

As always, stay safe, have fun, and enjoy your time on the trails and in the woods.

Lelia Vann, President Tidewater Appalachian Trail Club

Membership Matters

WELCOME, Chandler Parker!

My name is Chandler Parker and I live in Portsmouth. I love the mountains and being outdoors; I enjoy camping, cycling, hiking and paddling. I also used to dabble in backpacking and I'm interested in getting back into it. I'm looking forward to getting involved with TATC!

(Post Script.....Chandler recently attended a TATC meeting with his father, a previous member from 20 years ago!)



Minute for Maintenance



Lopperfest 3 was a great success thanks to those that attended, and it was a nice weekend to wrap up the season for clearing encroaching vegetation. The weather forecast had called for rain, but our workday weather was more agreeable than back home, in Hampton Roads. If you didn't go, YOU MISSED OUT! With nineteen of us tackling our section of trail, a lot of work was completed in a small amount of time and Lelia had made gourmet burgers and hotdogs, what a treat! Milton Beale led a group of new attendees up from Tye River and discovered some complicated blowdowns that were in-part cleared the following week by Tom Meree and his group. THANKS TOM!! Don't worry, some of the bigger and more complex blowdowns were left for the upcoming Fall Maintenance. Speaking of Fall Maintenance, for those of you that are qualified sawyers, keep an eye on both your First Aid AND Sawyer certification expirations. For those of you that are NOT yet qualified, what the heck are you waiting for?!

Upcoming Events

October 16-18 Fall Maintenance

Happy Trails, John & Kaci



The Lopperfest 3 Crew

TATC Awards Night: General Membership Meeting October 14 2026



This year's event will be a one-of-a-kind presentation. Our special guest, Cinda Waldbuesser, President & CEO of The Appalachian Trail Conservancy will be present and happy to assist in presentations.

Given the above, it is obvious that us members should take to heart that old saying, "You never get a second chance to make a good FIRST impression!" So just showing up will help.

Please note below showing the award items coming from both TATC and ATC. Many awardees will have a reward from each.

Enough said! I look forward to seeing you on the 14th. I WILL take roll! Ha!

Jim Newman, Counselor at Large

TATC AT Maintenance Awards		Local Trails		ATC
1000+ Hours	50+	100+	30+ Pin	100+ Patch
Pete Burch	Bruce Anderson	Bill Bunch	Bruce Anderson	Mary Crozier
Jim Newman	Kenny Blaylock	Lee Lohman	Kenny Blaylock	John Kuster
	Evan Brown		Boso Mitchell	Kaleen Lawsure
250+	Adam DeWolf	50+ Hours	Evan Brown	Tom Miano
Lisa Hall	Dan Fowler	Steve Clayton	Joshua Devore	Tom Mitchell
Tim Hall	Chris Horgan	Patrica Kimball	Adam DeWolf	Kari Pincus
Bob Veverka	Veronica Lamberth		Keith Forbes	Greg Reck
	Sharon McQueen	25+	Vanessa Fox	John Norman Reed
100+	John Murray	Brenda Butler	Kay Fu	Rich Seriana
Peg Seriani	Jeff Stelle	Randy Smith	LaDonna Gromley	Greg Trace
Rick Seriani		Sharon Reid	Gus Harrington	Lelia Vann
Amanda Hartwig	25+	Leadership	Paul Heymann	Don Williams
John Norman Reed	Justin Babor		Chris Horgan	Timothy Winslow
Benjamin Spinella	Helen Blaylock	250+	Veronica Lamberth	
Keith Forbes	Boso Mitchell	Greg Reck	Benjamin Mead	500+ Cap
Timothy Winslow	Tommy Crist	Kama Mitchell	Donovan Mead	Michelle Cobb
Catherine Fowler	Joshua Devore	Bruce Davidson	Evelyn Mead	Andy Grayson
Gus Harrington	Vanessa Fox	Lee Lohman	Meagan Mead	Jim Newman (Trucker Cap)
John Kuster	Kay Fu	Kaci Midgette	Dorothy Mitchell	
Kaleen Lawsure	LaDonna Gromley		John Murray	
Tom Mitchell	Kim Henson		Kathy O'Hara	1,000+ Vest
Greg Trace	Rob Henson		Benjamin Spinella	John Sima
	Benjamin Mead		Lucan Spinella	
	Donovan Mead		Joe Stell	
	Evelyn Mead		Jeff Stelle	
	Meagan Mead		Amy Walko	
	Dorothy Mitchell		Richard Wambold	
	Kathy O'Hara			
	Gayle Owens			
	Joe Stell			
	Amy Walho			
	Richard Wambold			

TATC Elections



With all the hoopla associated with the national midterm elections, let's not miss the fact there is another important election approaching. At the January TATC membership meeting we will be electing new officers.

I am Bill Bunch and I am chairing a Nominations Committee to find candidates to run for the TATC's offices in January. Michelle Cobb and John Reed have volunteered to join me on the committee. The task before us is to find candidate(s) for two term-limited officers, a club president and treasurer, and a counselor to replace a counselor whose three-year term is expiring at year's end. The duties of these offices are described in the TATC's Bylaws. We are hopeful new volunteers will step up to replace the office holders that have served our club so long and so well. The current officer holders have agreed to mentor their successors. Volunteerism and service are key to pursuing trail maintenance goals. They are also important qualities that undoubtedly contribute to the success of this club.

If you would like to volunteer to run for one of these open positions or know of any club member in good standing who would, please advise me, Michelle or John.

Bill Bunch, Chair Nominations Committee

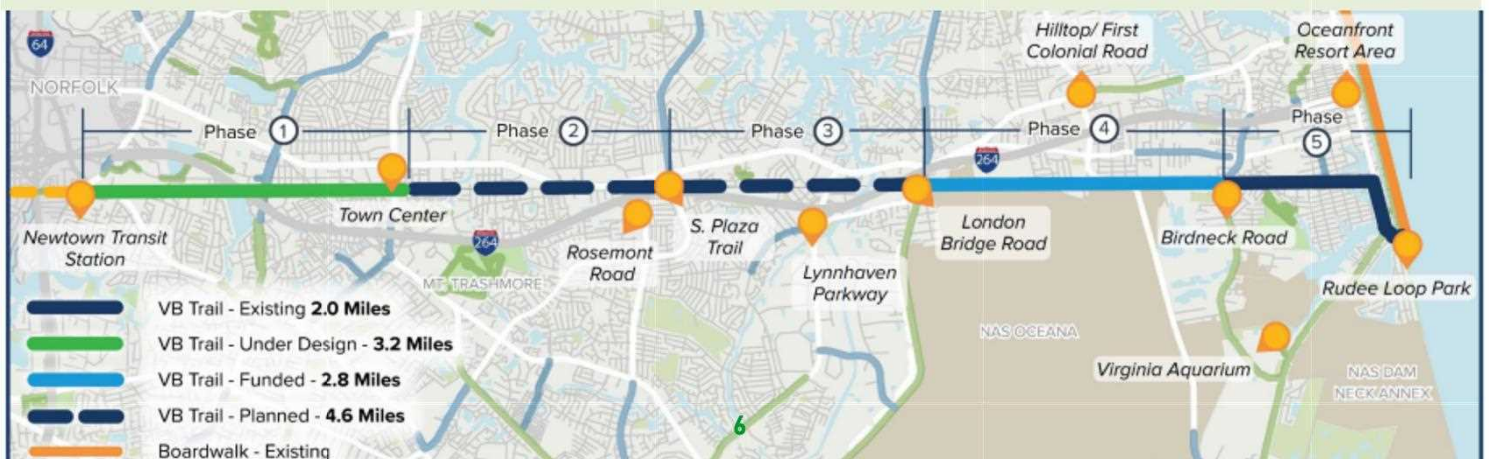
Virginia Beach Rail Trail

At the September 9th meeting, Steve Lambert of VB Parks & Rec presented an update on the Virginia Beach Rail Trail. The 12.6 mile trail will run from the Tide at Newtown Road, out to the new Rudee Park at the inlet. It is planned as a 12' wide shared-use path for pedestrians and bicycles. Phase 1 is in design and will run to Town Center, including a bridge over Independence Boulevard. Phases 2, 3 and 4 would follow, connecting at Birdneck Road to the existing Norfolk Avenue bike path. Funding is from a combination of Federal & State grants, local matches, VDOT programming, and utility easement revenue. The total (in 2026 dollars) could range from \$150 to \$160 million, plus \$43 million for separate Rudee Park enhancements. Completion is projected for 2032 - subject to funding for all phases.

Related notes: the City of Norfolk is planning a connecting trail from Harbor Park out to Newtown Road. And, while not planned, the Right of Way is generally wide enough to accommodate a future Light Rail extension (at substantial cost).

To view Steve's presentation slides, please see TATC's Education Corner [page](#)

Paul Heymann



TATC Education Secretary, Don Williams, Completes Final AT Section Hike



Below are links to the Facebook posts made along the way with plenty of photos:

June [28](#), July [6](#), [14](#), [16](#), [22](#), [23](#), August [8](#), [10](#), [15](#)

As I look back on that trip, a few key things stand out to me:

1. This was definitely the hardest of my five long section hikes. My prior hikes were 520, 550, 340, and 400 miles respectively. While this hike was only 390 miles, I knew it would feature the toughest terrain on the AT. On previous hikes, I averaged 15 miles per day. With the AT's typical 420 feet of elevation change per mile, I averaged 6,300 feet of total elevation change (ascent and descent) daily. In the White Mountains, however, hiking just 10 miles per day resulted in 6,450 feet of total elevation change.

2. In most of the White Mountains and southern Maine, you spend the majority of the day walking on rocks. This makes using trekking poles trickier, forcing your feet, knees, and hips to handle much more of the stabilization.

I also noticed that I adjusted the length of my trekking poles far more often on this trip. On steep climbs, I shortened the lower section of the poles near the minimum mark. The trail was steep enough that this was necessary to keep my forearms horizontal when standing. Without this adjustment, it felt like I was reaching too high to place the poles. Similarly, on descents, I extended the middle section nearly to its limit so I wasn't reaching down too far to brace myself. Btw, this is the manufacturer's recommendation to shorten the lower section or lengthen the middle section of the trekking poles so that it maintains the strongest arrangement of the pole.

3. The continuous level of concentration required by the difficult footing, rock and boulder sections, and sheer steepness of the trail was mentally straining. It required constant analysis of where to place each foot, the trekking pole tips and looking ahead to assess the best route. I would switch between using trekking poles and grabbing trees along the trail for support. Trees were much more reliable. The discoloration of the trees at grip height indicated this was a very common act.

4. Surprisingly, I felt sorer after finishing the hike than during it. "Doctor Gemini" said this is understandable: during the hike, daily stretching and hours of continuous movement kept my joints lubricated with synovial fluid and my muscles adapted. Once I stopped, my body reacted to the sudden idleness, and the delayed effects of the ~6 week hike set in, taking over a week to resolve. Now, six weeks later, my legs feel stronger, long distance running is easier, and the mild knee stiffness I used to experience during the first mile of a run is completely gone. The AT Gym did its rehab!

5. I've accepted that my long hike on the Appalachian Trail is complete, and I don't expect to take trips of that length any more. While I no longer plan to do six week hikes, I still intend to take one to two week trips in the years to come.

There is a country song titled "Next Year" by Donovan Woods. We all occasionally put off things until next year, but sometimes we just need to get out and do what we really want to do. I am very satisfied that I accomplished what I set out to achieve.



Cabin Maintenance with the Crew



A little teamwork goes a long way! On September 26, several of us spent the day giving the cabin and surrounding trail some much-needed attention.

John took on the high-altitude assignment, climbing onto the cabin roof to repair a hole with new shingles and roofing supplies, while Jes, Kaleen, Su, and Wayne stayed on the ground below as his safety crew.

Meanwhile, Chris M, Chris B, Randy, John, and Wayne tackled a pretty impressive project — building a brand-new supply shed! They levelled and laid the foundation, put up the walls, added the roof, and hung the doors. It was great watching it go from a pile of supplies to an actual shed over the course of the day.

The gals got to work around the cabin and trail, weed eating and raking to clean things up and keep the area looking good.

Lots of hands, lots of work, and a really productive day spent taking care of a place we all get to enjoy. A big thank you to everyone who came out and pitched in!

One important note for anyone heading to the cabin: the water source was dry during our visit. Those staying at the cabin had to bring in their own water, so please plan accordingly until conditions change.

There's something pretty satisfying about spending a day in the woods making things a little better than you found them.



Candice Arndts
604 Richard Ct
New Carlisle, OH 45344

Tidewater Appalachian Trail Club
PO Box 8246
Norfolk, VA 23503

Dear Tidewater AT Club,

I am an Appalachian Trail mini section hiker- I also hike a lot of local trails as well as trails in the National Parks. I started the AT when I was 63 and on my 73rd birthday this year, I finished my goal of the southern half of the trail! My goal is to donate a dollar to the local AT club for every AT mile I hiked in their jurisdiction as a small token of my appreciation for the work keeping the trails cleared. My understanding is that your club maintains 10 miles of AT from Tye River to Reed's Gap. Please accept this small donation of \$10.00 to the work you are doing to maintain this wonderful National Scenic Trail.

When I hiked this section this past March, it was a hard section in places, especially that mile (?) of scree rock! Really slowed me down, but I will remember that section well! And the area where the shelter nearest the Tye River was really nice! I thoroughly enjoyed my lunch break here as I walked SOBO from Reed's Gap.

I loved this area and am THANKful for all the workers who keep this trail cleared for people like me. I know Hurricane Helene devastated so much of this area a year or two after I hiked thru some of it, which broke my heart. I THANK you from the bottom of my heart for all the hours maintaining the trail for people like me!

In Christian Love,

Candice Arndts

Candice (Candy) Arndts

CANDICE K ARNDTS
604 RICHARD CT
NEW CARLISLE, OH 45344

DATE 9/9/2026

PAY TO Tidewater AT Club \$ 10.00
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MEMO AT donation Candice Arndts

MP

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Tuesday Group



On August 4, Marti Malabad led the TATC Tuesday Group on a paddle of Lake Smith & Lake Lawson, a City of Norfolk reservoir in Virginia Beach. As folks drive over the isthmus on Northampton Blvd between Smith Lake and Little Creek Reservoir, most have no idea how gorgeous this body of water is, once you get away from the traffic. A charming footbridge (pictured) connects Smith and Lawson Lakes, and bald cypress dot the many fingers of both lakes. In the spring, rhododendron and mountain laurel drape over the water from the shore, and birds are usually plentiful. On our paddle we sighted bald eagle, osprey, king fisher, great egret, great blue heron, common tern, royal tern, laughing gull, geese, ducks, and more. Due to climate warming, we even spotted anhinga (pictured) and Mississippi kites. Anhinga were once rare in Hampton Roads, and Mississippi kites had never been seen here at all. This summer, both are frequently seen in the area. One rare bird was spotted on the shore near his nest: TATC member Ed C. (pictured)!

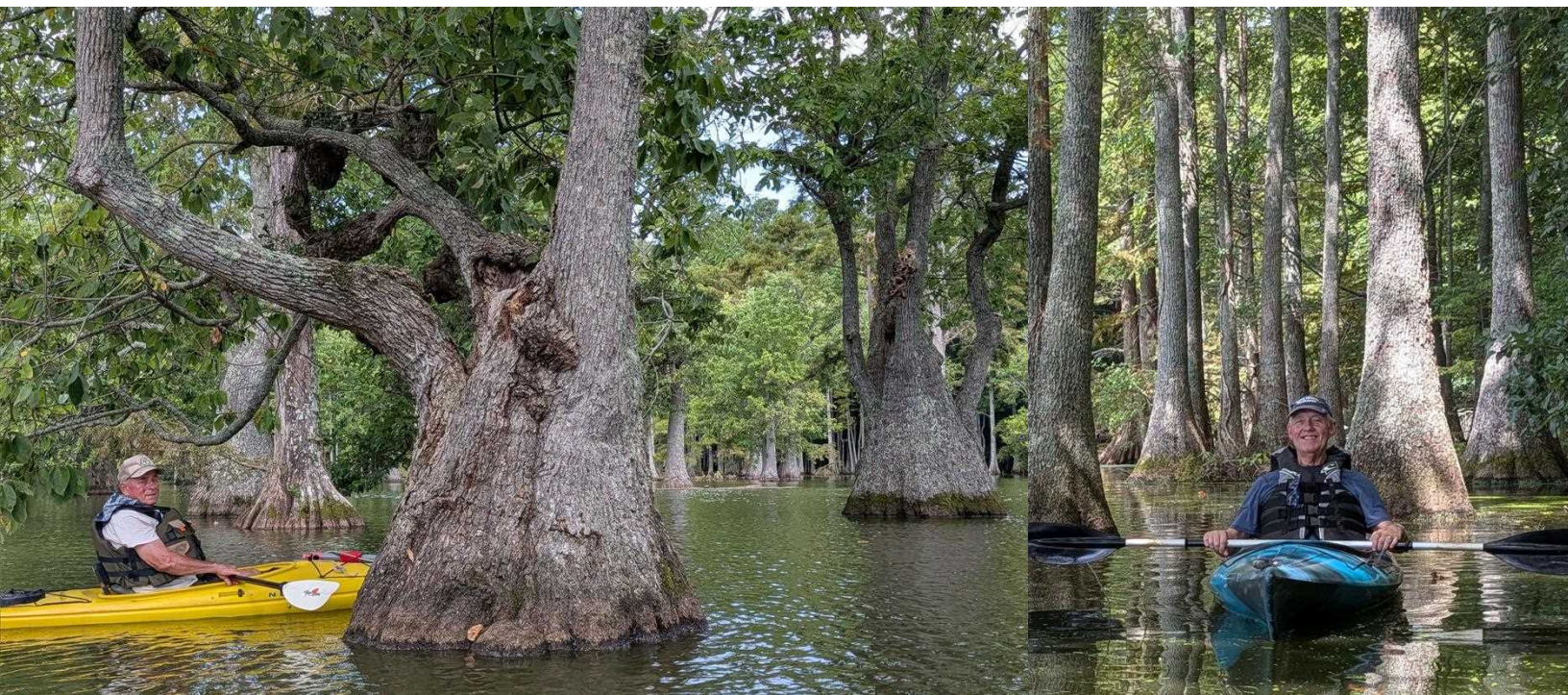




On August 11, Sharon McQueen led the Tuesday Group on a paddle around Gordon Island. The adventurers launched from Chickahominy Riverfront Park, paddled up the Chickahominy River, and paddled around Gordon Island on Nettles Creek and Gordon Creek. This route is gorgeous! Birds were plentiful, especially the red-winged blackbirds in the tall marsh grasses. Wildflowers included the purple flower spikes of pickerelweed. When we reached the wide area of Gordon Creek known as Nayses Bay, so many fish were jumping in front of our boats that we had hopes of catching dinner without trying!



On August 18, Catherine Fowler led the TATC Tuesday Group on a gorgeous paddle of Stumpy Lake. The birds were amazing! Kevin McKee spotted 17 species: Mallard, Least Tern, Royal Tern, Anhinga, Double-crested Cormorant, Green Heron, Great Egret, Great Blue Heron, Black Vulture, Osprey, Bald Eagle, Belted Kingfisher, Red-bellied, Woodpecker, White-breasted Nuthatch, Blue-gray Gnatcatcher, Carolina Wren, American Goldfinch.



Activities Schedule: October

For full and up to date details, contact information and sign up links, please see our [website calendar](#)

Date/Time	Description	Location
Wednesday 7 7-9pm	Board Meeting	Episcopal Church of the Advent, 9629 Norfolk Ave, Norfolk, VA 23503
Friday 9-Sunday 11	Wilderness First Aid Training. The club currently has a shortage of qualified and certified personnel capable of rendering first aid in a wilderness environment. John Reed will lead 2 courses over this fall to help redress this.	Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952
Saturday 10 9:45-12am	Hasty Hike. Hike several trails at FLSP totalling ~5 miles, without taking breaks. This is designed to be a workout hike averaging 20 minutes a mile or less. Hike Leader: John Kuster	First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451
Wednesday 14 1:30pm	FLSP Mini Hike with special guest Cinda Waldbuesser, walking our maintained trails with a meet and greet with Park Manager Bruce Widener and Volunteer Coordinator Tanya Wisoker and light refreshments	First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451
7-9pm	General Membership Meeting. Program: Awards Program (Jim Newman) plus "Trail Names & Tribulations" (activity). Special guest Cinda Waldbuesser, President & CEO of the ATC	Episcopal Church of the Advent, 9629 Norfolk Ave, Norfolk, VA 23503
Friday 16-Sunday 18	Fall Maintenance, including Sawyer Certifications and Recertifications. Free camping at Williams Branch Picnic Area, workday Saturday followed by fresh cooked dinner. Final AT maintenance event of the year - all welcome and tasks for ever skill level will be available.	Sherando Lake Recreation Area, 96 Sherando Lake Rd, Lyndhurst, VA 22952
Thursday 22 9-11am	Local Trail Maintenance at FLSP. We normally work on Live Oak and Cypress Swamp trails. Tools will be provided, or bring your own lopper, pruner and/or small silky saw.	First Landing State Park, 2500 Shore Dr., Virginia Beach, VA 23451
Saturday 24 9-11am	Backpacking 101 Prep Hike to Lake Drummond. This is a chance to prepare for the Backpacking 101 hike in Shenandoah National Park. 9 mile flat out and back trail on dirt road with loaded packs.	Washington Ditch Road, Suffolk, VA 23434
9am-5pm	ATC Regional Partnership Committee Fall Meeting. In person or Zoom available.	Henderson School of Appalachian Arts, The Henderson, 203 N Church St., Marion, VA 24354
Friday 30-Sunday 1	Wilderness First Aid Training 2	First Landing State Park, 2500 Shore Dr., Virginia Beach, VA 23451
Saturday 31 9-11am	Backpacking 101 Prep Hike around the Noland Trail. 5 mile relatively flat loop on dirt track with loaded packs, aiming for 2.5-3mph pace.	83-99 Museum Dr., Newport News, VA 23601

November

Date/Time	Description	Location
Tuesday 3 3-4pm	Virginia Regional Office Zoom Meeting	
Wednesday 4 7-9pm	Board Meeting	Episcopal Church of the Advent, 9629 Norfolk Ave, Norfolk, VA 23503
Friday 6- Sunday 8	Backpacking 101. 18 mile 3 day beginner loop in Shenandoah National Park, featuring Brown Mountain, Rocktop and other trails. Meet at Hampton Lowes to drive to Brown Mountain Overlook.	2002 Power Plant Pkwy, Hampton, VA 23666
Friday 6- Sunday 8	Cabin Maintenance and Orientation. Carry out any needed maintenance in and around the club's cabin near Love Gap. Attendance to at least one of these trips is required before members are able to hire it.	Contact Cabin Secretary for details
Wednesday 11 7-9pm	General Membership Meeting. Program: Silent Auction & Veterans Day Recognition. Donate some outdoor items and maybe get some back for a steal!	Episcopal Church of the Advent, 9629 Norfolk Ave, Norfolk, VA 23503
Saturday 14 9:45-12am	Hasty Hike. Hike several trails at FLSP totalling ~5 miles, without taking breaks. This is designed to be a workout hike averaging 20 minutes a mile or less. Hike Leader: John Kuster	First Landing State Park, 2500 Shore Dr, Virginia Beach, VA 23451
Saturday 21 9-11am	Local Trail Maintenance at FLSP. We normally work on Live Oak and Cypress Swamp trails. Tools will be provided, or bring your own lopper, pruner and/or small silky saw.	First Landing State Park, 2500 Shore Dr., Virginia Beach, VA 23451

December

Tuesday 1 3-4pm	Virginia Regional Office Zoom Meeting	
Wednesday 2 7-9pm	Board Meeting	Episcopal Church of the Advent, 9629 Norfolk Ave, Norfolk, VA 23503
Friday 4 6-9pm	TATC Winter Holiday Party. 'Tis the season to celebrate! TATC will be hosting our Annual Winter Holiday Party at The Cove Inn - be sure to arrive hungry! This is a potluck dinner, so bring your favorite dish(es) to share! \$5 per person at the door. Good friends, good food, good golly!	1871 N Great Neck Rd., Virginia Beach, VA 23454
Saturday 12 9-11am	Local Trail Maintenance at FLSP. We normally work on Live Oak and Cypress Swamp trails. Tools will be provided, or bring your own lopper, pruner and/or small silky saw.	First Landing State Park, 2500 Shore Dr., Virginia Beach, VA 23451
Saturday 19 10am-12:30pm	Fort Monroe Walk. This will be an approximately 4 mile mostly flat walk through the fort and then 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 and Firehouse Coffee. This is a family and dog friendly event.	81 Patch Rd, Hampton, VA 23651

Join an Appalachian Trail Volunteer Trail Crew



Love the outdoors and want to make a difference? Volunteer with the Appalachian Trail Conservancy's Konnarock Trail Crew.

- **Explore the Outdoors**—From late spring through summer, volunteers spend 4 to 8 days camping and working on a section of the Trail in Georgia, North Carolina, Tennessee, or Virginia.
- **Beginner-Friendly Volunteer Vacation**—Training, meals, tools, and gear provided. No experience needed.
- **Leave Your Legacy**—Help with projects from trail repair and relocations, rock work, or rebuilding bridges and shelters.
- **Hands-On Experience**—Work with professional crew leaders and gain skills in trail maintenance, leadership development, and recreation management.
- **Make Friends + Make Memories**—Work and have fun with others who want to protect nature and improve the A.T.



**Appalachian Trail
Conservancy**

Books by 50 Year TATC Volunteer and Author

The Old Appalachian Trail in Southwestern Virginia

Susan Gail Arey

Trail Mix

Susan Gail Arey

Long Trail Through Vermont

SUSAN GAIL AREY

Appalachian Trail Encore

Susan Gail Arey

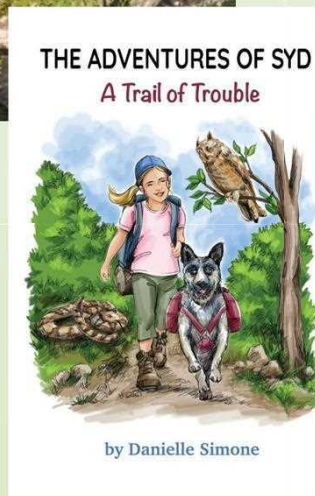
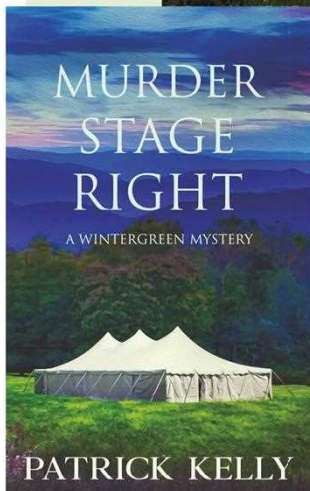
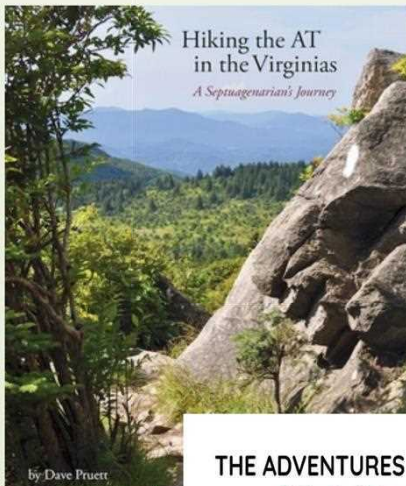
To Maine by Way of Georgia

on the Appalachian Trail

Susan Gail Arey

Available from fine bookstores everywhere! (and Amazon)

Other Authors



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Tidewater Appalachian Trail Club Officers and Board



Position	Name	Email
President	Lelia Vann	president@tidewateratc.com
Vice President	Jim Sexton	vicepres@tidewateratc.com
Treasurer	Andy Grayson	treasurer@tidewateratc.com
Secretary	Heather Bailey	secretary@tidewateratc.com
Trail Supervisor	John Sima	trailsupervisor@tidewateratc.com
Assistant Trail Supervisor	Kaci Midgette	assistantts@tidewateratc.com
Counselors	Jim Newman	counselor@tidewateratc.com
	Chris Butler	
	Patrick Hayes	
ATC RPC Representative	Ned Kuhns	rpcprep@tidewateratc.com
Alt ATC RPC Representative	Jim Sexton	
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Cabin Committee	Chris Butler	cabin@tidewateratc.com
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