

# Tidewater Appalachian Trail Club

## Appalachian Hiker

Banner Photo by Mark Ferguson

### PREZ SEZ

As you will see from Michelle Cobb's article below, a new Board was elected on January 10th. They will take office in late February. Many members of the current Board will be returning to Board positions, but a few will not.

Bruce Davidson (Counselor), Cecil Salyer (Treasurer), and I will be leaving the Board as we have reached the end of our term limits.

Bruce has been an outstanding counselor. His in-depth knowledge of the club and his love of the outdoors inspired the new members he mentored. His friendly and welcoming personality was exactly what was needed to attract nonmembers who expressed an interest in what we do.

Cecil spent an enormous number of hours as TATC's first Treasurer to automate our financial recordkeeping on a dedicated accounting application. His mastery of the software and attention to detail gave the Board precise information about the state of the club's financial health and resulted in a clear audit every year.

After three years as TATC's president, I'm very proud to have worked with the dedicated Board members who committed time and energy to keep TATC alive and growing.

If you think back to February 2021, we were just coming out of the COVID crisis. Membership numbers had dropped, and we were conducting General Membership Meetings by Zoom. After the mask mandate was withdrawn, the Board started a series of initiatives to rebuild our ranks.

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

February 2024 - March 2024  
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A recommendation from Fay Bailey that we plant 50 trees for TATC's 50th anniversary grew into a 500-tree objective and a new endeavor for the club. We got a huge boost to our public profile, and membership, on November 27, 2022 when the Virginian-Pilot ran a front-page story about the club and our tree planting efforts. If you've never seen the article, here's the link: <https://tadc.wildapricot.org/resources/Documents/Virginian-Pilot%20Article%20on%20TATC%2011-27-22.pdf>

Our brilliantly organized 50th anniversary celebration ignited new interest among current and former club members. It went off seamlessly. That belied the hours of planning, design, installation work, and anxiety that went into making it seamless. Kudos to all involved.

The dinner event and our tree planting were complemented by the 50th anniversary book. Meticulously compiled, written, and edited, it is a model that other A. T. clubs aspire to for their anniversaries. It details TATC members' contributions to the trail, local communities, and the club members. It was a monumental amount of work and an enduring tribute to the achievements of the club.

Copies of our 50th anniversary book have found homes in a wide variety of libraries in the area. As the librarian at the Virginia Beach said the book is an important record of outstanding volunteerism in Hampton Roads.

We also got another note, this one worth quoting. "On behalf of the Library of Congress, we want to thank you and acknowledge the generous donation of the publication, "Tidewater Appalachian Trail Club 1972-2022: 50 Years of "Getting Stuff Done". We are happy to inform you that the publication was selected for addition to the Library's General Collections and was assigned Library of Congress control number: 2022362608."

If 2022 was the springboard, we've been going up since then. Our outreach efforts now include an excellent, targeted Facebook page, providing outreach speakers to groups interested in what we do, expanding local maintenance events, adding mattresses and other improvements to the cabin, enhancing trail work communication, presenting engaging programs at our General Membership Meetings on subjects like ticks, stranded whales, water purification, The Bears of Katmai National Park, and the Breathtaking Beauty of the Canadian Rockies just to name a few. We've added an online logo store, started the Day-in-the-Park parties, revised our Bylaws, sponsored a Trail Magic event, and superbly executed our primary mission of maintaining the Appalachian Trail. I could go on-and-on, but you get the idea. TATC is active, dynamic, and growing.

Though one or another of our members have taken the lead on each accomplishment, the truth is they are all collective efforts. Your Board of Directors has pulled together as a team to make all of these expansions and improvements happen.

But there is a side of the effort you rarely see. The administration of TATC takes time, effort, and commitment. Whether it is keeping club records, maintaining our accounts, tracking club membership, managing our Facebook page, administering our webpage and IT systems, editing the Newsletter, or representing us to the Appalachian Trail Conservancy, the Board members who do these things provide absolutely essential services. Without them, hiking, biking, trail maintenance, and social events would not exist.

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These administrative burdens fall on a very few members--a tiny fraction of our total membership. As a parting request, I ask that you seriously consider volunteering when an opening occurs or the call goes out to help with a special event. We're a proud collection of volunteers, but we sometimes forget that we should also volunteer to help ourselves.

As this will be the last time I write to you as the club's president, I wanted to thank you for the opportunity to see your comradery, enthusiasm, and hard work from such an unusual perch. It's been a pleasure and one that I'm sure, your next president, Lelia Vann, will also enjoy.

Happy Trails--Be Safe  
Lee



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## **\$14.9M Federal Grant For Virginia Beach Bike Trail Project**

In December 2023, U.S. Senators Warner and Kaine jointly announced \$14.9M in federal funding for the Virginia Beach Trail from Newtown Road to Town Center.

The joint press release statement:

\$14,900,000 for Virginia Beach to make multiple safety improvements for the Virginia Beach Trail project to address unsafe pedestrian conditions in the Hampton Roads area and create an active transportation link between downtown Norfolk and the Virginia Beach Town Center. Once completed, the shared-use path will have over three miles of pedestrian and bicycle trails completely separated from vehicles and move people walking and biking off a busy road. The trail will link multiple universities, businesses, and employment opportunities to underserved communities along the corridor. The project also includes a pedestrian bridge over the 10-lane road, high-visibility crosswalks, and improved lighting.



Phase 1 of the VB Trail includes a pedestrian bridge to be built over the existing 10-lane Independence Blvd.

For more information, click the news link below:

[Long-awaited Virginia Beach Trail moving forward, \\$14.9M federal grant approved by council | WAVY.com](#)

## **TATC 2024 Election Results**

*Submitted by*

*Michelle Cobb, Elections Chair*

Members attending the January 10th meeting enthusiastically elected the following officers to the TATC board:

Lelia Vann, President - Lelia, a four-time AT thru-hiker, stepped up to the position of president, succeeding Lee Lohman. She served as the club's secretary in 2023. In her 2 minutes of fame speech, Leila said, "this is my way of giving back to the trail".

Kaci Midgette, Vice President - Kaci brings a great deal of enthusiasm and a love of the outdoors to the position of VP.

Andy Grayson, Treasurer - Andy served the club well as VP for two years and has agreed to stay on as Treasurer.

Peg Seriani, Secretary - Recently retired from General Dynamics, Peg brings her organizational skills and can-do attitude to the TATC board.

John Sima, Trail Supervisor - John, who now knows every root and rock on the Three Ridges loop, continues as TATC trail supervisor, after having served as Assistant Trail Supervisor in 2021 & 2022.

Britt Collins, Assistant Trail Supervisor - Continuing to coordinate with John on the many admin tasks involving the club's maintenance of our section, Britt stays on for year two in this position.

Jim Newman, Counselor - TATC welcomes Jim back to the Board! A TATC legend, Jim served in many officer positions for many years.



## Minute for Maintenance January 2024

*By John Sima*

Winter is the slow time for our club as far as trail maintenance goes. We had a great cabin maintenance trip in November where we cleared 7 blowdowns along the White Rock Falls trail including that big blowdown just before the falls. Thank you, Tom Meree, and Jeff Steele for making this possible.

We also had an impromptu Walk thru November 25th where we hiked our loop/section and removed 5 blowdowns. Thank You Alex Cannariato and your 2 sailor buddies. The sailors really enjoyed hiking our section and putting a little work in. See photos shown below.

I am waiting on reports of Winter Ice Storms in our section before I schedule Winter Maintenance events.

### Upcoming events:

TBD Winter Walk-thru Backpacking

TBD Winter Maintenance

Check the TATC Calendar next week, I'll provide the schedule for this year's Maintenance Events.

Happy Trails,

John Sima, Trail Supervisor, [trailsupervisor@tidewateratc.com](mailto:trailsupervisor@tidewateratc.com)

Alex Cannariato, 2 sailors and I performed a walkthrough on our section on November 25th.



Hanging Rock

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We cleared 5 blowdowns including the double in the photo shown below. That one had several binds and was more difficult to remove than expected. The sailors really enjoyed hiking the loop.



Double blowdown cleared



Hanging rock

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## Hazard tree removal at Maupin Field Shelter

We cleared over 30 standing deadfalls. Megan Martin, USFS Trail Specialist, provided some expert help removing a standing deadfall dangerously close to the shelter.



Megan Martin

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Pete and I setup a guy line to help steer the tree away from the shelter.



Pete Burch



Interesting cross section of a cut

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### Cabin life

We cleared 7 blowdowns on the White Rock Falls trail this trip, including a huge pine tree blocking the entrance to the falls.



### Overlook White Rock Falls

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Another blowdown



Tom Meree

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John Sima cutting



Finished cut

## Boundary Monitoring: Not a Walk in the Park

*By Lee Lohman*

We all have a general idea of the work TATC does for the National Park Service and the U.S. Forest Service. We swing blade weeds, maintain trail treads, cut apart blowdowns, clean up campsites, tend privies, and build new structures when required and permitted.

But there is something else that lurks out there as an obligation--Boundary Monitoring. NPS and USFS land commonly abuts private property. Both federal agencies install markers, called monuments, along the boundaries so everyone knows where Uncle Sam's land starts and ends. Most of these are hard to miss. Monuments are metal (picture below) and usually sit on a cylinder of concrete. Usually. Some are placed in the ground and are buried after a few years of storms, leaf blowdowns, and soil shifting.



Private landowners, hunters, loggers, and others often operate close to federal boundaries. The agencies do not want their land encroached on, their trees cut down for lumber, or hunting stands placed on their land. Other offenses include parking vehicles on their land or using park/forest land as a dump.

TATC's agreement with both agencies includes a requirement that we periodically monitor these boundaries and report incursions. Sounds easy, doesn't it? HA.

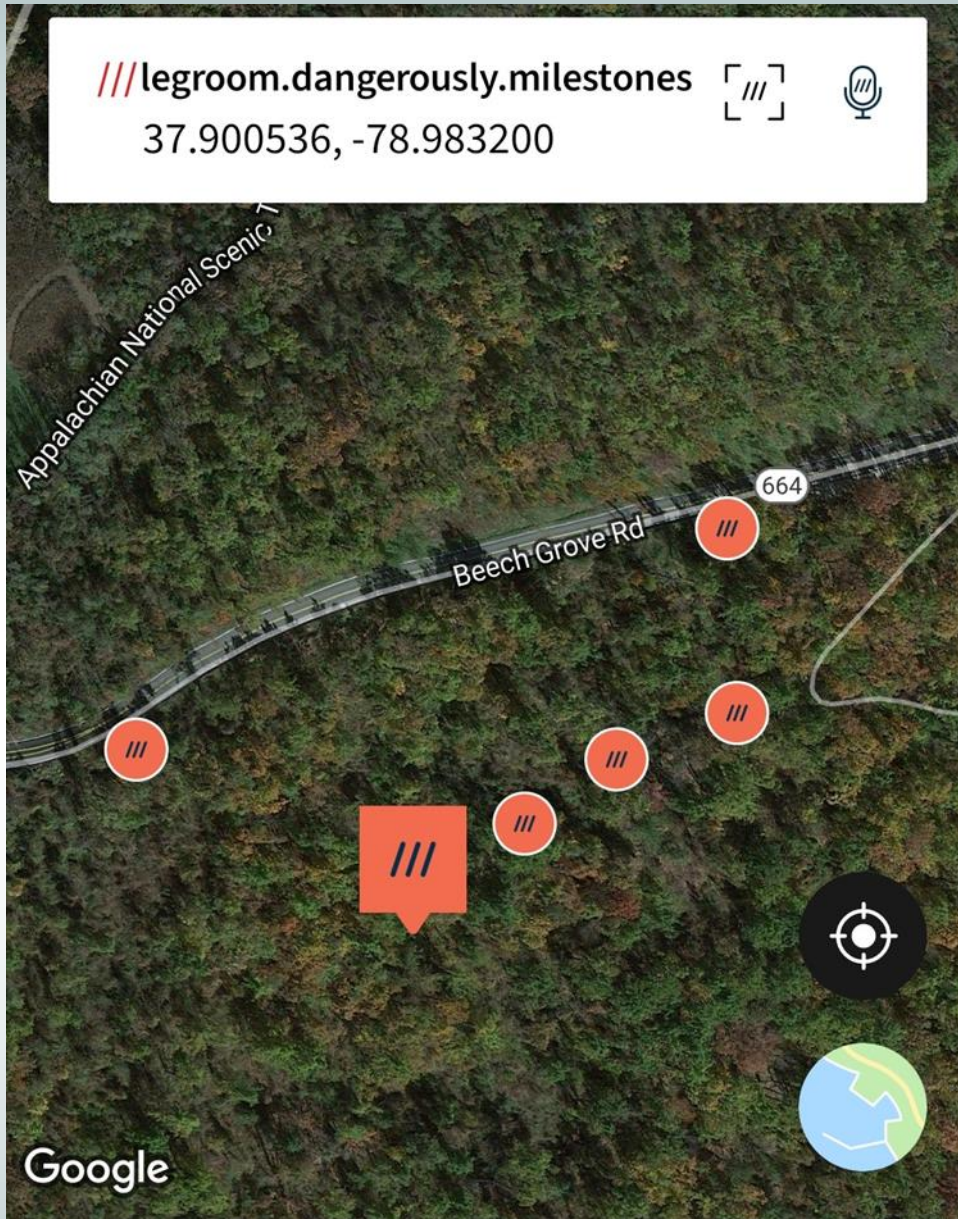
Unlike most of our activities that are done on the trail or just off of it, boundary monitoring is done in, and I mean in, the woods. If you are familiar with the term "bush whacking" you'll know what this is.

On January 12th, Pete Burch, Andy Grayson, Dave Plum, and I joined an Appalachian Trail Conservancy team of four led by Conner McBane to monitor the boundary from Reid's Gap generally south for about a half a

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mile. We met at the Reid's Gap parking lot off of Beech Grove Road. After an excellent tailgate briefing by Conner (including where the helicopter would land if we needed it), we set off.

The first challenge was to get down Beech Grove Road to the place we would enter the woods. That challenge was traffic. Beech Grove Road has no sidewalks and the shoulder between the road and the traffic barrier isn't worth mentioning. The road twists so you can't see oncoming traffic. The locals seem to think that anything other than full-throttle on this road qualifies the driver as a wimp--who are prohibited.



So, down Beech Grove Road all eight of us went and reached the first monument location. Stepping over the road barrier (without becoming roadkill), we discovered that the land was soggy from the rains all the preceding week. The slope of the land was substantial, and a wide variety of vines and wood plants, all with thorns perfectly set to catch ankles, boot laces, and pant legs. And, I should mention the plants were dense--very dense. Slipping and falling was to be expected. Even the much younger (40 years younger) ATC folks fell as we followed our compasses and GPS devices to the monuments.

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The process of finding the monuments seemed simple. Go to the general vicinity of the monument. Find the monument if it's visible. Great. If not, find the trees or rocks (called witnesses), helpfully painted yellow, that you can use to find the monument. There are always two witnesses ideally located at right angles to each other. Take the bearing (we had a list) from the witness to the location of the invisible monument. Lay that out with a 300-foot tape measure. Do the same at the second witness. Where the tapes cross, dig out the witness. Easy-peasy.

Except that trees have the unfortunate habit of dying. Sometimes, the carcass stays in place for years. Sometimes it falls down. If so, you have a dead witness on the ground rotting or sometimes completely rotted away. The next problem is the paint. The USG issues special paint for witness painting. The label suggests that it is highly toxic. Hmmm. Despite that, the paint doesn't seem to hold up much better than Sherman-William's stuff.

When we couldn't find the witnesses, we made new ones. Conner made the very sensible decision to not paint them as we were expecting drenching rain later that day. Toxic or not, fresh paint does not adhere better for being rained on.

To make the new witnesses, we hammered galvanized nails with a washer on the shaft into the new witness trees. We then recorded their location. I say we, but it was mostly the ATC team doing the recording.

Now remember, we're doing all this while standing or walking around on a steep hill on soft soil getting our legs caught by the briars looking for these witnesses or monuments. I went down five times. Others fell as well, but I think I held the record.

After about two hours and with bruised knees and a high likelihood of toppling over again, I told our team that I was going back to the parking lot. I was no longer able to contribute to the effort, and I was a medical emergency waiting to happen. Sometimes, especially when you are older (I'm 74), you have to know when to get out of the pool. A very concerned young lady named Virginia from the ATC team walked me back to my truck. Thank you, Virginia.

A couple of hours later, both teams came back to the parking lot. Everyone, even the ATC team, (and they were a fraction of our age) looked worn. However, the ATC/TATC team had achieved the objective. All the monuments were found and witnesses located or new ones created.

On thinking back on the adventure, I've come to the conclusion that Pete Burch is a certifiable genius and a human mountain goat. First, Pete didn't fall. Second, he brilliantly brought along a metal detector that told his team where the monument wasn't. In boundary management, that's sometimes the most important thing to know.

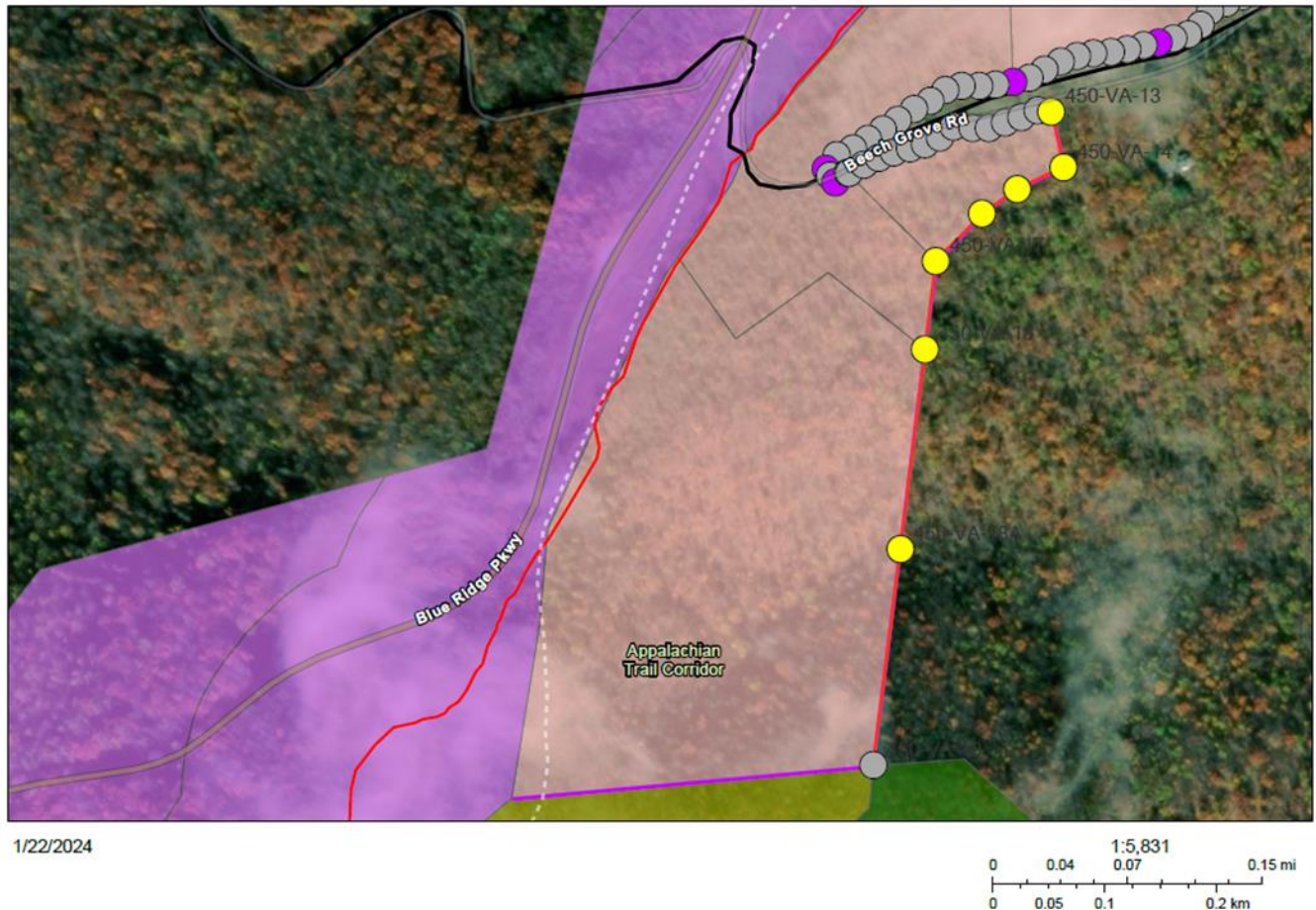
All of this may seem like a TATC horror story, but it wasn't. Me aside, it was just a hard day's work for Dave, Andy, and Pete that led to a sense of accomplishment. What did we learn from the experience? The monuments are found through compass triangulation from the witnesses. It's an old technique, but it does work if you can find the witnesses. That said, I like Pete's approach. GPS gear and a metal detector seem to cut the time required. Triangulation should be the backup.

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TATC should be monitoring the NPS boundary every year or two. When we do it again, think about participating. It's tough, but it's a hoot.

If you want to know where all this took place, see the attached map. The yellow dots and the gray one at the end are our monuments.

### APPA FMSS Boundary Working Areas



## CCC, CPS & POW Camps Sherando and Lyndhurst, Virginia

*Compiled by Jim Sexton*

### CCC Camps

During the Great Depression, from 1933 to 1942, there were two Civilian Conservation Corps camps situated relatively close to each other in the Blue Ridge Mountains near Sherando and Lyndhurst, VA.

CCC Camp Sherando was located in Nelson County, near Sherando Lake, and operated from 1933 to 1942.

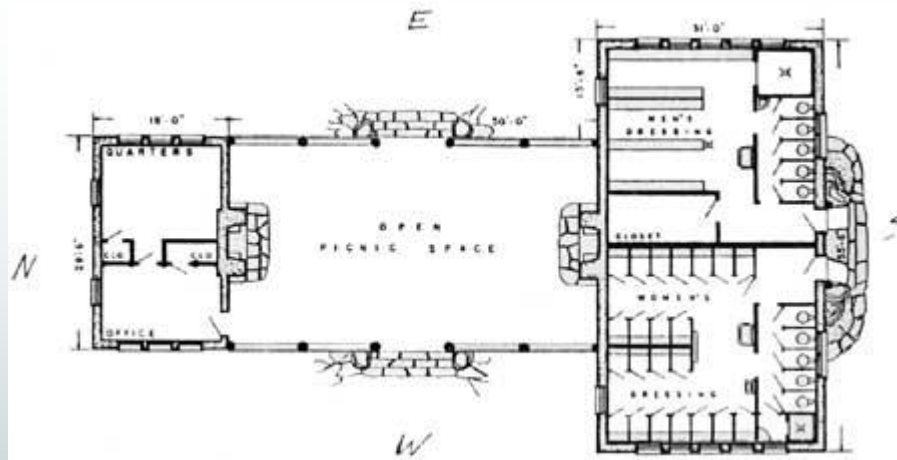
CCC Camp Lyndhurst was located in Augusta County, south of Lyndhurst, and operated from 1933 to 1941.

Both camps played significant roles in the CCC program, contributing to conservation efforts and infrastructure development in their respective regions.

### CCC Camp Sherando

Camp Sherando was nestled along the banks of the now-iconic Sherando Lake in Nelson County.

The major work of the CCC at Sherando was the construction of the Sherando Lake Recreation Area, which opened to the public in 1937. The recreation area is currently operated by George Washington National Forest and is used extensively. Evidence of the Sherando Camp's work is extensive throughout the 20-acre development. Buildings still in use include a combination bathhouse-picnic shelter, two picnic shelters, the Forest Service equipment shed, and an administration building. The dam, lake, water fountains, stonework, and roads constructed by the CCC can also be seen.



Plans for the Bathhouse and Picnic Shelter Complex built by the CCC at Sherando Lake

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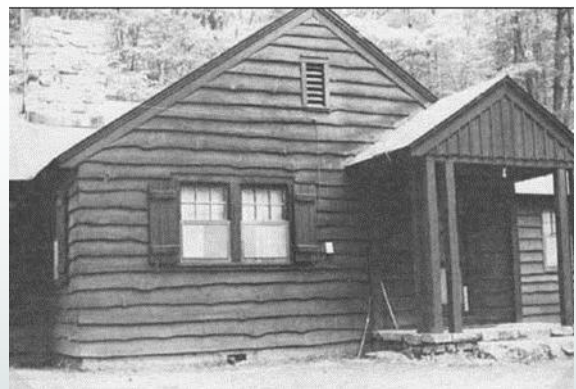




Bathhouse and Picnic Shelter Complex built by the CCC at Sherando Lake (Photo by Alison T. Otis, 1982)



Picnic Shelter with Kitchen, built by the CCC at Sherando Lake (Photo by Alison T. Otis, 1982)



Forest Service Equipment Shed & Administration Building built by the CCC at Sherando Lake  
(Photo by Alison T. Otis, 1982)

The main project at Camp Sherando was the construction of an earth-filled dam and a 25-acre lake. Thirty thousand cubic yards of fill were used on the dam project. This construction was the start of the Sherando Lake Recreation Area.

Camp Sherando was specifically responsible for the construction of parts of the following roads: Coal Road, Campbell Mountain Road, and Sherando Lake Road. Trails built by the camp were Torrey Ridge, Turkey Pen Ridge, Kennedy Ridge, Stoney Run, Bald Mountain, Cellar Mountain, and parts of the Appalachian Trail.

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Camp Sherando maintained portions of the Blue Ridge Parkway, then called the Howardsville Pike. Other projects included the construction and maintenance of telephone lines, a water system, and truck trails; public campground development and maintenance; parking area construction; lake, stream, and pond development; channel and canal excavation; bank sloping; surveys; incinerator construction; and forest fire suppression.

There were from 152 to 188 enrollees who lived at Camp Sherando from 1933 to 1942. Non-work activities of enrollees at Sherando were described as volleyball, tennis, horseshoes, and various informal forms of recreation. A weekly entertainment program was established, often taking advantage of traveling entertainment shows. Twice a week, enrollees were allowed to take trucks to nearby areas for outside activities. Residents of the local area said that the community was proud to have a CCC camp in its area, and relations between the two were very good.

CCC Camp Sherando, like the rest of the other CCC Camps, closed in 1942 due to the onset of World War II, which led to declining unemployment.

### **CCC Camp Lyndhurst**

CCC Camp Lyndhurst was nestled in the heart of the George Washington National Forest in Augusta County, Virginia. Nestled south of Lyndhurst and Sherando, its precise location was within the Pedlar Ranger District. From 1933 to 1941, Camp Lyndhurst housed around 200 to 300 young men at any given time.

The enrollees at Camp Lyndhurst also worked on the construction of the Sherando Lake recreation area, a beautiful complex that continues to delight visitors today. They built dams, cleared land, planted trees, and constructed roads and picnic areas, transforming what was once barren land into a vibrant recreational space.

Camp Lyndhurst's impact extended beyond Sherando Lake. The CCC boys also contributed significantly to the construction of the Skyline Drive and Blue Ridge Parkway, two scenic roadways that wind through the breathtaking Blue Ridge Mountains. Their work involved blasting tunnels, paving roads, and building bridges, they planted trees in reforestation projects, all while battling the challenging terrain and harsh weather conditions.

This CCC camp also provided recreational and educational opportunities for the enrollees. Some of the educational activities offered included classes in forestry, wildlife conservation, and mechanics.

CCC Camp Lyndhurst closed in 1941 with America's entry into World War II.

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Sherando Lake, Virginia  
[www.recreation.gov](http://www.recreation.gov)



Blue Ridge Parkway  
[www.blueridgeparkway.org](http://www.blueridgeparkway.org)

### **CPS Camp Lyndhurst**

Camp Lyndhurst opened up once again in May of 1942 during World War II, being repurposed as Civilian Public Service (CPS) Camp 29 for conscientious objectors (COs). Thousands of young men, mostly affiliated with pacifist-based religious orders such as The Mennonite and Brethren Churches, requested and were officially designated conscientious objector status and were assigned to these camps.

These conscientious objectors essentially took over the work that the CCC men once did. The only difference was that they were required to live at Camp Lyndhurst, which was then administered by the Church of the Brethren, and they were not paid for their work.

CPS Camp Lyndhurst housed approximately 150 COs at a time, who came from a variety of religious backgrounds and occupations.

They worked on the parkways, fire towers, and in the forest, but they also worked in agriculture on farms, dairies, and orchards in the Shenandoah Valley.

In addition to their work projects, the men at CPS Camp 29 also participated in educational and recreational activities. They took classes in a variety of subjects, such as history, literature, and music. They also formed sports teams, held musical performances, and published a camp newspaper.

The Civilian Public Service camps were a unique and important part of American history. They provided an alternative to military service for COs and allowed them to contribute to their country in a non-violent way. The camps also helped to promote tolerance and understanding of conscientious objection.

CPS Camp Lyndhurst closed in January 1944 as the need for CPS workers declined.

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CPS Camp Lyndhurst

### **POW Camp Lyndhurst**

Camp Lyndhurst opened once again in May 1942 as it transitioned to become a World War II Prisoner of War (POW) camp. Initially, the prisoners sent to the camp were members of Rommel's Afrika Korps, who were captured earlier in the war.

POW Camp Lyndhurst eventually housed around 281 enlisted men and 4 non-commissioned officers captured from the German army.

Unlike traditional POW camps, Camp Lyndhurst focused on work programs, with POWs engaging in various tasks around the area, including:

- Building and improving roads.
- Working in local farms and orchards.
- Assisting with the construction of the Blue Ridge Parkway.

The 440,000 apple trees in Augusta County in 1944 yielded a bumper crop. Without the help of the prisoners, the 2 million bushels of produce would have spoiled.

After the war ended, POWs were repatriated back to their homelands, and POW Camp Lyndhurst closed in December 1945. However, several ex-POWs liked the area so much that they returned to the U.S. with their families, and some of their descendants still live in this area of Virginia.

Please use one of the links below to view various articles and the "In This Land: The Camp Lyndhurst Saga" video documentary. This documentary explores the history of Camp Lyndhurst, including its time as a POW camp.

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**Links:**

The Forest Service and The Civilian Conservation Corps: 1933-42  
[https://www.nps.gov/parkhistory/online\\_books/ccc/ccc/chap13.htm](https://www.nps.gov/parkhistory/online_books/ccc/ccc/chap13.htm)

CPS Unit Number 029-01  
<https://civilianpublicservice.org/camps/29/1>

Article: In This Land: The Camp Lyndhurst Saga / German Prisoners of War in The Old Dominion  
<https://www.appalachianhistory.net/2014/11/land-camp-lyndhurst-saga-german-prisoners-war-old-dominion.html>

Video: "In This Land: The Camp Lyndhurst Saga"  
<https://www.youtube.com/watch?v=N0NaXUemkAc>

All that remains of Camp Lyndhurst today are moss-covered stairways that lead to nowhere, concrete foundations carpeted with leaves that are blended with the landscape, rusted pieces of metal, shards of pottery, and a single intact, old motor pool building (still used by the Forest Service).

Camp Lyndhurst lies hidden among the trees, a testament to hard work and dedication. Though largely forgotten, the legacy of those who worked in the CCC and CPS and as POWs lives on in the stunning landscapes and recreational facilities they helped create. Colorful "stained-glass" picture windows from the Chapel at Camp Lyndhurst and other fascinating relics from the camp are on display at the Waynesboro Heritage Foundation's Museum in downtown Waynesboro, Virginia.

<https://waynesboroheritagefoundation.com/>  
<https://waynesboroheritagefoundation.com/2013/05/prisoners-of-war-at-camp-lyndhurst/>



## Let's Go Day Hiking On the AT

by Lelia Vann

### TATC Members,

Many of you know that my husband, Greg, and I thru-hiked the AT four times (2014-2017). The first year, we learned of "slack-packing" which was hiking using a much lighter day pack. You had someone drop you off at the trail head in the morning and pick you up at a designated trailhead anywhere from 8 to 20+miles in the afternoon. This method of hiking was appealing to me because I could hike in comfort, get cleaned up, go to a restaurant/bar, sleep in a bed, and wake up to a homecooked breakfast before heading out on the trail again. The second year, we decided to write a book about slack-packing the AT with the goal of determining how many nights you had to sleep in the woods (backpack) and the cost of slack-packing (lodging and shuttles) the entire AT. The third year, we validated our slack-packing plan derived from the previous year and included our recommended gear list. The fourth year, we tried different variations of the previous years and revisited many of the lodge owners and shuttle drivers which had become our friends over the years.

Recently, several members have talked with me about club trips over a decade ago that were fun and away from our local area. Other members have said they still enjoy hiking trails but that they think their backpacking days are over because they can no longer carry heavy backpacks among other reasons.

**If there is interest, I can organize several day hikes at various points along the AT where Greg and I had some of our best experiences in towns and/or on the trail.** Several possibilities are listed below. They are not in any priority order but fun/unique places for potential day hikes.

1. **Deer Head Inn in Delaware Water Gap, PA** (known for live jazz music). The inn has great food, entertainment, and lodging plus there is a well-known and traveled to bakery within walking distance. We would shuttle to Fox Gap, PA 191, and start the AT at Mile Marker (MM) 1286.0 and hike it north to the inn near MM 1293.0 (7-mile hike). The AT goes by the inn at the corner of Mountain Road and Main St.

<https://deerheadinn.com/>



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**Distance:** 7.2 miles

**Level of difficulty** is Intermediate

**Elevation highest/lowest points:** 1506' high and 341' low

**Cumulative elevation gain/loss:** 421' gain and 1469' loss

AT: Wilmington Trail Club (PA) Hiking Trail, Stroudsburg, Pennsylvania ([hikingproject.com](http://hikingproject.com))

2. **Woods Hole near Narrows, VA** - located 0.5 miles east of MM 623.5 northbound. (Built in 1880 by Stoney Holiday and purchased in 1942 by Tillie & Roy Wood. Tillie & Roy opened a bunkhouse for hikers in 1986 and it has been operated by their granddaughter Neville since 2009. Neville has a small farm and tries to grow enough food to feed her guests healthy meals. She roasts her own coffee beans and makes her own bread. We would lodge at Woods Hole and shuttle south to AT MM 608.3 at VA606 and hike north bound to Sugar Run Gap (MM 623.5) or shuttle north to AT MM 634.2 at VA 634, Cross Avenue, and hike south bound to Sugar Run Gap then back to Woods Hole (15.7- or 10.7-mile hike).

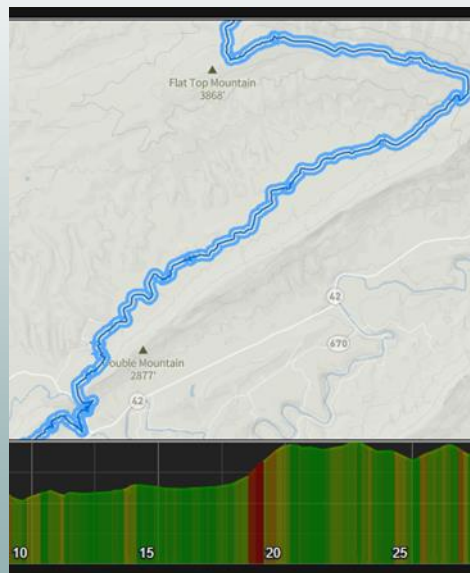
WOODS HOLE HOSTEL & MOUNTAIN B&B - Lodge Reviews (Pearisburg, VA) ([tripadvisor.com](http://tripadvisor.com))



**Distance:** 15 miles

**Level of difficulty** is Intermediate/Difficult

**Elevation highest/lowest points:** 4000' high and 2100' low



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3. **McAfee Knob and Dragons Tooth in Catawba, VA**, staying in Daleville, VA (two iconic places/features along the AT. These would be two separate hikes.). The out and back hike from the parking lot to McAfee Knob is 7.5 miles.



**Distance:** 7.5 miles

**Level of difficulty** is Intermediate/Difficult

**Elevation highest/lowest points:** 3163' high and 2002' low

**Cumulative elevation gain/loss:** 1340' gain and 1344' loss

[McAfee Knob Hiking Trail, Salem, Virginia \(hikingproject.com\)](http://hikingproject.com)

There is another option of hiking 20 miles from the parking lot (MM 707.7) to McAfee Knob, through Tinker Cliffs, and into Daleville. Our lodging would be in Daleville, VA. There are a couple of options for hiking to Dragons Tooth - one 5 miles and the other is 8.2 miles (both out and back hikes).

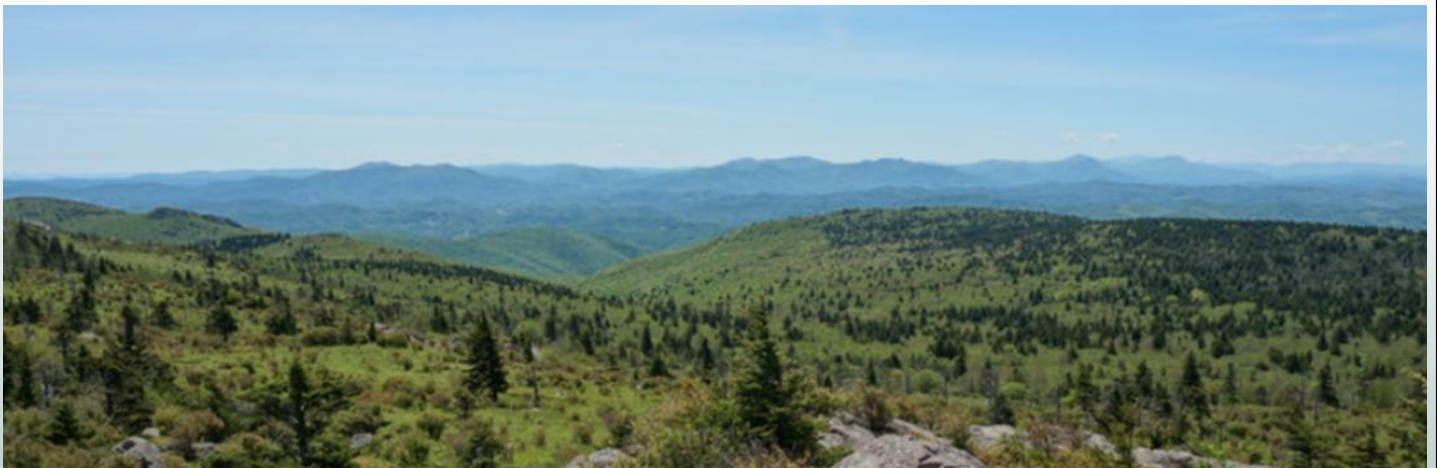
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*Photo by Lelia Vann*

4. **Grayson Highlands and/or Mount Rogers staying in Damascus, VA** (known for the small ponies, the Creeper Trail, and Trail Days). We can have several day hikes and/or bike the creeper trail. We could also stay in Abingdon where there's more to do but the AT goes through the town of Damascus.



**Distance:** 12.3 miles

**Level of difficulty** is Intermediate/Difficult

**Elevation highest/lowest points:** 5474' high and 4352' low

**Cumulative elevation gain/loss:** 1872' gain and 1872' loss

[Grayson Highlands: A.T. – Pine Mtn Loop Hiking Trail, Marion, Virginia \(hikingproject.com\)](http://hikingproject.com)

*(Continued on Next Page ...)*

5. **Bearded Woods in Sharon, CT** (handmade furniture by Hudson in basement of Hudson and Big Lu's home used to support AT hikers). We can hike the AT from Sharon to Salisbury (17 miles) and end up in the small quaint town of Salisbury at a nice coffee shop and bakery.

**Distance:** 17 miles

**Level of difficulty** is Difficult

**Elevation highest/lowest points:** 1460' high and 531' low

6. **Inn at Long Trail in Killington, VT** (Irish bar/inn located off trail where AT and Long Trail diverge). We would hike uphill from the inn to Pico Mountain Lodge via AT (~9 miles). We would enjoy lunch at the lodge and take the ski lift down. After the hike, we can take a ride to the Long Trail brewery for a cold one.



*Photo by Lelia Vann*

7. **Big Meadows or Skyland in Shenandoah State Park, VA** (AT goes behind both lodges and is about 8 miles between the two). We could spend several days hiking different portions of the AT along Skyland Drive.



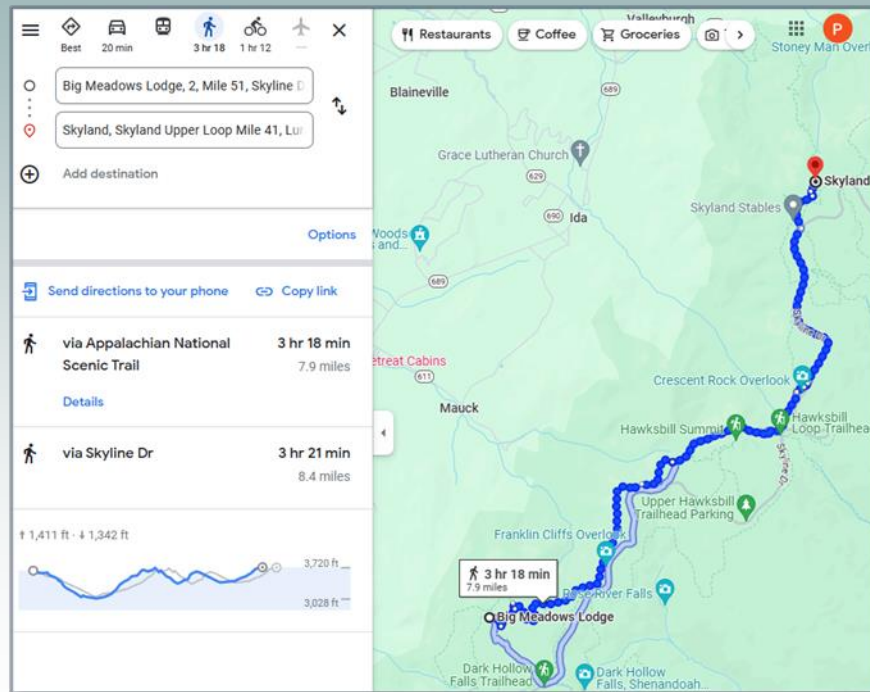
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**Distance:** 8 miles

**Level of difficulty** is Intermediate/Difficult

**Elevation highest/lowest points:** 3720' high and 3028' low

**Cumulative elevation gain/loss:** gain 1411' and loss 1342'



We could arrive on a Friday evening and hike on Saturday with an optional hike on Sunday. We could head home on Sunday afternoon or Monday morning. Any of these trips could be done during the week and we could add on additional day hikes for those that are retired or want to take a few days off from work to enjoy the outdoors and what these trail towns have to offer.

**Please let me know if any of these hikes interest you enough to participate. Contact me at [lelia-vann@gmail.com](mailto:lelia-vann@gmail.com) or when you see me at a meeting or an event.**

Lelia



## **OG Baggins Completes His Hike!**

*By Paul Heymann*



*Photo by Paul Heymann*

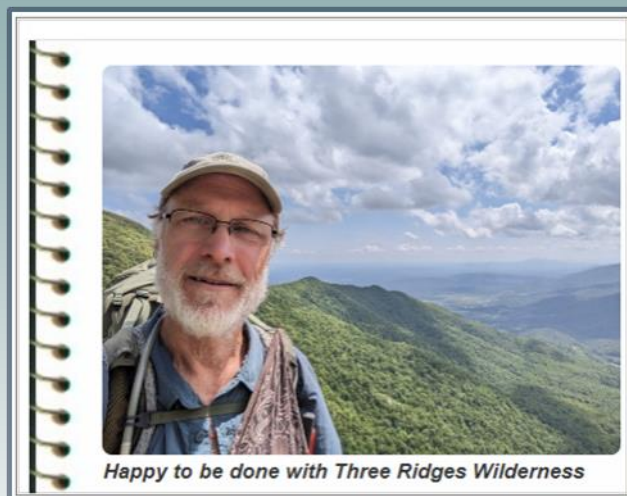
### **OG Baggins packed up at Sherando and headed back to the trail – Sunday May 21, 2023**

During our May 19-21, 2023 Spring Maintenance Weekend, one of the teams met two thru-hikers at Harper's Creek Shelter. After trading a few notes and stories, Michelle Cobb invited "OG Baggins" and "Smoke" to dinner at Sherando. The pair hustled north to a 4:30 PM pick-up point at Reid's Gap. After setting up camp at Sherando and showering, OG and Smoke joined the club members for Lee Lohman's superb pasta dinner. More stories followed afterwards. On Sunday morning, Andy Grayson drove the pair back to the trail, to continue their journey. A few days later, while hiking the AT near Luray Caverns, I checked in with OG, via text. He was at the Loft Mountain campground in Shenandoah National Park.

Fast forward. A couple months ago, while I was reviewing contacts on my iPhone, I came across "Paul Mazouat". Puzzled as to who that was, I opened up the contact, and there was a notation "OG Baggins". This triggered my memory.....and then I began to wonder if OG was able to complete his trip. I Googled "OG Baggins" and behold, this search result popped up: "OG Baggins 2023 Appalachian Trail Journal".

*(Continued on Next Page ...)*

Here is his entry verbatim for May 20, 2023:



**Photo by OG Baggins**

May 20, day 71

Start: The Priest Mt. Shelter, mile 829.

End: Reid's Gap m 845.2

Hiked: 15.5

The hiking part of today was tough. 5400' total ascent and 4000' descent in fifteen and a half miles. This was one of the toughest days on the trip, certainly the toughest since leaving North Carolina.

Most of the descent was right after leaving camp and climbing to the top of The Priest Mountain: a straight 4000' descent that while taxing in the knees, was definitely the easy part. I was down in about 2 hours. This being Saturday, there were many day hikers and over-nighters out, which I love to see. While some thru hikers think they deserve some kind of special status on the trail, I think we are privileged to use a public resource so extensively and the trails belong to the average citizen and love to see people enjoying them so thoroughly.

Then the climb up a grueling opposite slope, making the day's climb like a 4000' letter "V". But there's also a 300' descent in the middle of the climb making the total ascent 4300'.

The non-hiking part of the day was fantastic, though. At the start of the climb, I passed members of the Tidewater Appalachian Trail Club (TATC), all the way out from the Norfolk area on one of their 2 annual Trail maintenance weekends. They drive the 4 hours from the Tidewater area in the spring and in the fall with smaller trips in between to clip, dig, saw and clean the trail into shape. While taking lunch at one of the shelters they maintain, Michelle invited Smoke and me to dinner at the campgrounds where they were staying. They planned on 60 people for dinner but only had 40 people there. We promised we could help them with some of that extra food! And we could camp over and use the facilities (hot showers!). And she would pick us up and have us dropped off at the trail head! Mega Trail Magic!

So that lit a fire under us and gave us a time limit to finish the climb and subsequent descent to Reid's Gap parking lot where my legs were burning and my will was wavering by the time I made it through the Three Ridges Wilderness. Michele was waiting as promised at 4:30. She drove us back to the campground where the TATC was staying and the people could not have been nicer. A great dinner (and seconds and thirds), great conversations afterwards, people pulled out their battery packs and opened their cars so we could recharge our electronics, arranged to get us back on the trail tomorrow, and gave us food to take with us! Thank you, TATC, what a wonderful and generous group of people!

*(Continued on Next Page ...)*

**“And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.”**

***--Robert Frost***

Kudos to Michelle and Andy! To add more depth, there is a “TrailJournals.com” app where hikers can document their journey, day-by-day. For those who would like to read the entry and see more of OG’s journal, here is the link: <https://www.trailjournals.com/journal/entry/664199>. And (Spoiler Alert), OG did finish up at Mt. Katahdin, Friday, September 08, 2023!



**Mt. Katahdin - September 08, 2023**

***Photo by OG Baggins***



## Membership Matters January 2024

*By Sharon Salyer*

As the new year commences, I would like to acknowledge the unsung heroes whose contributions to the membership committee's goal, as stated in our welcome letter, of creating "a warm and inviting space for all" are invaluable. My membership committee teammate, Kama Mitchell, keeps things running smoothly in the background by following up with Jim Sexton about any technical glitches on our website platform and by informing me of snail mail dues payments that come to the club's PO box. In addition, she follows up with our many membership emails that I get behind on. The counselors provide the next very important step of informing new members about the opportunities for service and recreation available based on their individual interests. These folks have enthusiasm for the club's mission and years of experience with which to educate new members. Finally, the activity leaders are the ones who step up to organize and implement all of the great events that TATC has to offer that bring together our wonderful members and help keep our club strong. Thank you all!

As of January, we have over 300 members. We continue to add members monthly, many who send short bios to introduce themselves. I've included some of those below.

### **Lindsay London has been a member since June 18, 2023**

I'm Lindsay London, I am 40 years old and I own and operate CrossFit Hampton Roads. I am married to my husband of 14 years, David and we have two boys, Dexter 11 and Wade 9. I've hiked many parts of Virginia, both as a child and adult. I am new to backpacking and have been with friends before, but never out on my own. I much prefer backing to something like car camping because I want to fully get out in nature and enjoy it. I love the feeling of a nice cool drink of water after a tough stretch of hiking. Looking forward to participating in TATC!

### **John Ormond has been a member since August 9, 2023**

Hello, my name is John. I have always enjoyed hiking since I was a kid in the scouts, particularly on the Appalachian trail. I particularly remember my first weekend camping trip to Paul Wolfe shelter. It was a great trip and I learned a lot about the area, what to bring camping/not to bring, and how much I enjoy being outdoors. I appreciate the work that goes into keeping the trails maintained for future hikers/campers and I wanted to find some like-minded folks who have similar interests to me.

### **Jim Cruse has been a member since August 26, 2023**

Greetings, my name is Jim Cruse and I am a past member. I was a member back in the days when we built the cabin. Many a great and strenuous weekend was spent carrying and setting rock, learning to flatten trees with a foot adze among many other "jobs". I will always remember those days, the people I worked alongside and Jackie's meals at the end of the day. I started backpacking back in the 80s while I was still in the Navy. I love backpacking solo and have covered most of the AT in Virginia. May not be much mileage for some of our members, but for me, it's a major accomplishment. My favorite hiking area is Dolly Sods. I'm currently active in kayaking, bicycling, and caving. I'm looking forward to many more years of hiking, backpacking, and sharing trails and experiences with other club members.

*(Continued on Next Page ...)*

**Vanessa Trujillo has been a member since September 2, 2023**

I live in Poquoson, was born and raised in Maine. I retired from the Air Force in 2019 after serving 24 years. I'm currently a Realtor and I was introduced to camping and hiking about 4 years ago and I absolutely loved it. I am a beginner and haven't gone in over a year but I'd like to get back into it and as a single woman decided to join this club to meet people and be out in nature doing healthy activities and helping preserve the hiking trails. I also found hiking / camping and being out in nature to be extremely calming and good mentally, physically, spiritually and emotionally. Look forward to meeting all of you soon.

**Denete Tracy has been a member since September 8, 2023**

My name is Denete Tracy. We have lived here in Newport News for seven years now. I am married, have twin sons, three dogs and a cat. Never a dull moment in this household, for sure. I must admit though, it is fun being a part of this three-ring circus.

I love to hike and go camping...one catch though...it has been a long time since I have been camping or hiking long distance. I would consider myself as a newbie to both. It is funny, I have been collecting camping/hiking gear for several years now, with the intent of doing both often enough to justify having the gear. I haven't used any of it! I hike light trails and go for walks but not as often as I should. I am willing to learn, assist in maintaining trails and go on as many hikes/camping adventures as I can in the future. I am looking forward to busting out of my shell and spending time with the team and making new friends. Thank you for the warm welcome. I am very excited to be a part of the team.







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## Where + When?

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Harrisonburg/Staunton area, VA.....	Jan 20-21
Louisville, KY.....	Jan 20-21
Baltimore area, MD.....	Jan 27-28
Farmville, VA.....	Jan 27-28
Richmond, VA.....	Jan 27-28
Charleston area, SC.....	Feb 3-4
Winchester, VA.....	Feb 24-25
Charlottesville, VA.....	Mar 2-3
Lexington, VA.....	Mar 9-10
St George, UT.....	Mar 9-10
Washington, DC area.....	Mar 16-17
Wilmington / Carolina Beach, NC.....	Mar 23-24
Charlottesville, VA.....	Apr 6-7
Triangle/Triad area, NC.....	Apr 13-14
Philadelphia area, PA.....	Apr 13-14
Blacksburg, VA.....	Apr 20-21
Richmond, VA.....	May 4-5
Tallahassee area, FL.....	May 18-19
Washington, DC area.....	Jun 1-2
Charlottesville, VA.....	Jun 8-9
Chattanooga, TN.....	Jun 29-30
Advanced WFA Bridge in WV.....	Jun 29-30
Mountain Retreat near B'burg, VA.....	Aug 31-Sep 2

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## Medic Solo – “A Systems Approach to Being Prepared”

*By Peg Seriani*

Are you considering taking a first aid course? Medic Solo has numerous wilderness first aid courses both online and in-person with lots of dates throughout the year and locations around Virginia. They also offer free mini courses online at the link below:

[Hike Safety, Allergies, EpiPen, Protest First Aid Safety Mini-Courses \(solowfa.com\)](http://solowfa.com)

One free online video that I recommend is “Hiking & Other Outdoor Adventure Safety a.k.a. Wilderness Rescues and Being Prepared: A Systems Approach”. It is a recording of a Zoom training that Matt Rosefsky gave to the Master Naturalists. He covered the importance of being prepared, especially on day-hikes.

To make the point of just how long it can take to be rescued in the wilderness, Matt tells the story of a typical rescue where a hiker had injured their leg on the trail. That person had hiked all day on a cool October day and was just 3 miles from the end of their hike when they fell. Matt goes through the timeline that it took for rescuers to reach the patient and transport them to a hospital. The average walking speed is 2.5 mi/hr. However, the average litter basket rescue walking speed is just 0.5 mi/hr. So even though the patient only had 3 miles left to hike, it took 6 hours to carry them to the trailhead. That doesn't count the time it takes to notify a rescue team and the time they need to get to the patient.

### **EXAMPLE -- Wilderness Rescue Timeline**

**2 pm** -- Hiker injured on the trail, 3 miles away from the trail head.

**2:30 pm** -- There was no phone signal, so a person on the trail helping the injured hiker became the “runner” to find a signal and call for help. In this example the runner luckily came across a ranger in the area who was able to call for help.

**3:45 pm** -- Rescuers arrived at the trail head.

**4:15 pm** -- Incident Commander took stock, made a plan and gave assignments to the rescue team.

**6:15 pm** -- Rescuers arrived at the patient.

**6:45 pm** -- Packaged the patient and started to carry the patient out in a litter basket.

**12:30 am** -- Arrived at the trail head and began to drive the patient to the hospital.

**In this example, it took 10-1/2 hours for this rescue.** On a day hike we must be prepared in case we are stranded on the trail overnight either because we are injured or someone in our group becomes injured. The day-time temperatures may be sunny and 60°F, but the night time temperatures could be 30-40°F.

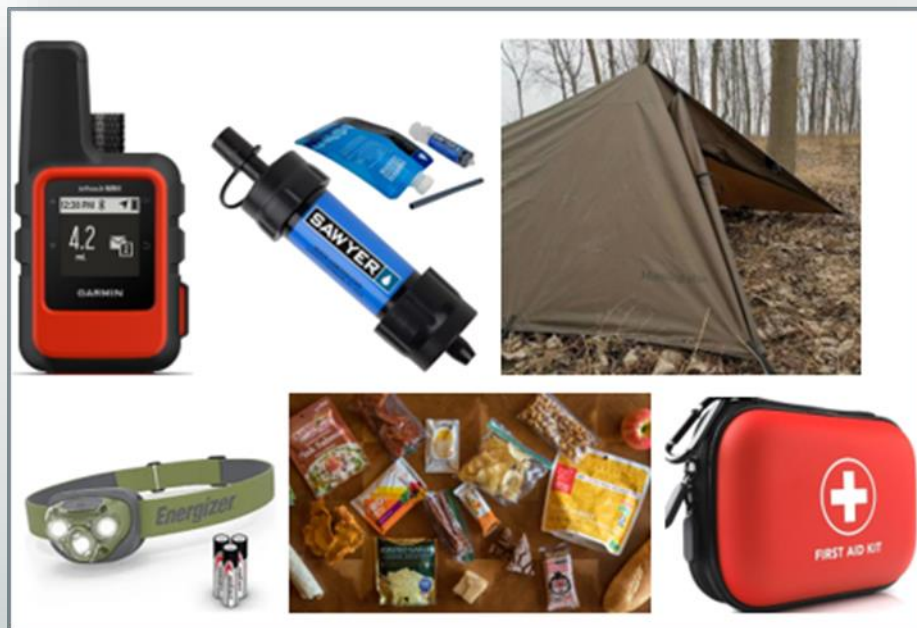
### **Matt says there are 9 systems to consider so that you are prepared for your hike.**

- **Navigation** – Know the alternate trail points. Use a map and compass or GPS units. Practice how to use all of these methods. The combination of all three (map, compass and GPS) is best rather than relying on just any one of them.
- **Hydration** – Carry extra water and a purification system in case you are out longer than 24 hours.
- **Nutrition** – Bring extra food and dinner that you can eat in a sanitary way. It is strenuous work to carry a litter with a patient.

*(Continued on Next Page ...)*

- **Insect protection system** – Use permethrin, deet, or picaridin spray on shoes and socks. (Picaridin is better because it is non-toxic, and does not eat through plastic).
- **Weather protection** – Look up the weather forecast for 24 hours, sun, rain, sleet, wind, snow. Find out the daytime highs and the overnight lows. Wear non-cotton layers. Bring what you need to protect your head and hands. Learn to make and improvise overnight shelter, with protecting insulation from the ground, such as, mylar blankets, or poncho tarp with loops on corners, and paracord and stakes to make shelter. THINK about the weather!!! The temperature drops overnight and you will need extra layers to stay warm.
- **Illumination** - hands free, such as, a head lamp or flash light (not cell phone light). Extra batteries.
- **Prescriptions** (vision and other) - backup glasses, extra meds for 24 hours.
- **Wilderness first aid skills and supplies** – learn first aid to treat soft tissue and muscular skeletal injuries, bites, stings, heart attacks, diabetic emergencies, hyper/hypothermia, dehydration, and shock.
- **Signaling and emergency communication** – plan and bring tools/supplies on how to contact help within ear shot as well as with a satellite phone. Have the emergency contact numbers for the area, and set up an emergency POC who will contact 911 if you don't return. Call to check in once per day.

**Remember the Scout motto --"be prepared".**





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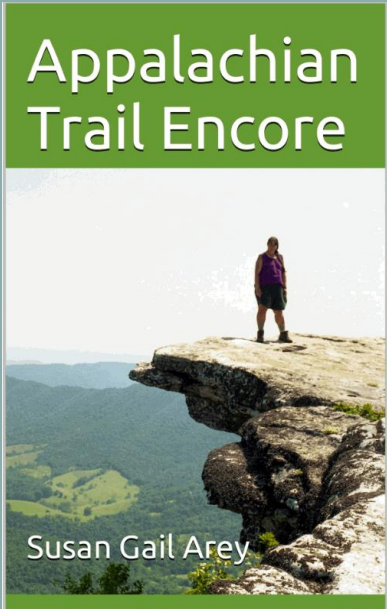
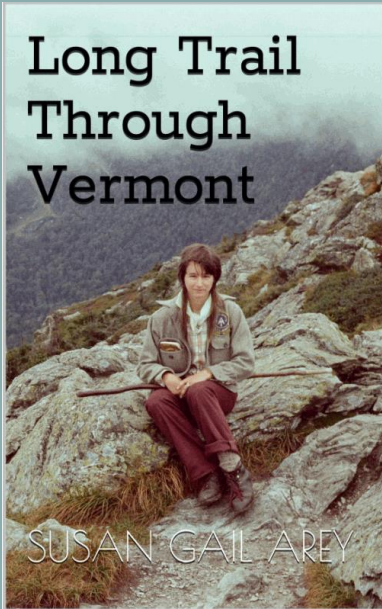
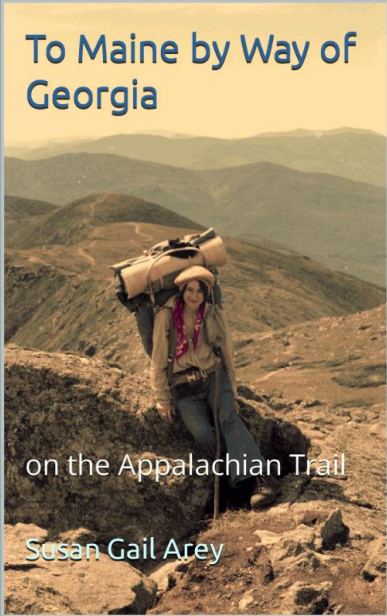
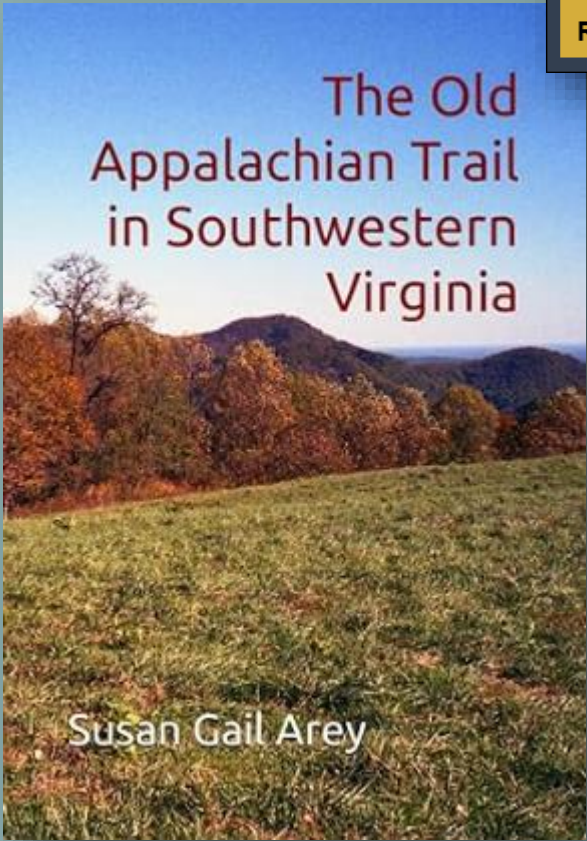
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# Activities Schedule

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.

## **Dismal Swamp SP, NC Hike-Carolyn**

When: Tuesday, February 6, 2024

Where: Dismal Swamp State Park, 2294 Hwy 17, South Mills, NC 27976

Description:

Located in Camden County along the northeast border with Virginia, Dismal Swamp State Park (2294 U.S. 17, South Mills, NC 27976) is the largest remaining swamp in the eastern United States. So come join Carolyn on February 6, 2024 at 9:15am registration and 9:30am departure as she leads us through the trails with its rich cultural history. Although there are 21+ miles of hiking we will hike approximately 6-8 miles. We will see the remains of an old still and wooden boat from the past. We might even spot one of the 300 bears who make the Dismal Swamp their home.

Please bring water, snacks, lunch and something to sit on. We will be eating lunch at the picnic tables near the visitor center at the end of the hike. This promises to be a memorable hike and a great winter hike that is also dog friendly. Dogs must be on a leash. Questions/sign up email Carolyn Sanford at carolynssanford27@gmail.com. We will arrive back to the visitor center, which has restrooms and a display at approximately 1:15pm.

## **TATC Board Meeting**

When: Wednesday, February 7, 7pm – 9pm

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

Description: TATC Board Meeting

Our board meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking. Contact Lee Lohman at president@tidewateratc.com if you have any questions.

## **The Chocolate Hike**

When: Sunday, February 11, 9:30am – 2:00pm

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

Description: The Chocolate Hike

Join your fellow hikers and chocolate lovers for this Pre-Valentine's Day hike on the Noland Trail. This revered annual event challenges participants to explore their wildest chocolate fantasies by creating culinary masterpieces for fellow TATCers to sample. Prizes will be awarded for the most unique, clever and tastiest chocolate creations!

Here's how it works: Meet at the Mariners Museum (100 Museum Drive, Newport News, VA, <http://www.marinersmuseum.org>) at 9:30 AM. We meet in the parking lot by the museum entrance across from the start of the Noland Trail. Bring a chocolate confection (that you have created) for your fellow hikers to sample. After a brief "safety" talk, we'll hike the Noland trail (~ 5 miles) taking multiple breaks along the way to continue sampling the entries. At the conclusion of the hike, prizes will be awarded for the tastiest and most unique creations. And then we'll eat lunch afterwards! I'M ASKING FOR ANYONE WITH A TRUCK, HATCHBACK OR FOLDING TABLE TO HELP PROVIDE SPACE FOR ENTRIES! POC is Phyllis Neumann [phyllisneumann1204@gmail.com](mailto:phyllisneumann1204@gmail.com)

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

*(Continued on Next Page ...)*

# Activities Schedule

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## **TATC General Membership Meeting**

When: Wednesday, February 14, 7pm – 9pm

**Where: Smartmouth Brewery, 1309 Raleigh Ave, Norfolk, VA 23507**

Description: TATC General Membership Meeting

NOTICE - LOCATION CHANGE DUE TO OUR USUAL PARISH HALL BEING USED FOR ASH WEDNESDAY SERVICE THIS MEETING WILL BE HELD AT SMARTMOUTH BREWERY IN NORFOLK. Contact Lee Lohman at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions.

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

When: Thursday, February 22, 9am – 12pm

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

Description: First Landing State Park Trail Maintenance Work Day, Live Oak and Cypress Swamp trail maintenance.

The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed. 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: [localtrails@tidewateratc.com](mailto:localtrails@tidewateratc.com) to sign up.

## **The Veil Brewing**

When: Thursday, February 22, 6:30pm – 8:00pm

Description: TATC Pub Night (aka Happy Hiker Hour) – The Veil Brewing

Location: 2314 Colonial Ave, Norfolk, VA 23517

Website: Norfolk — The Veil Brewing Co. (<https://www.theveilbrewing.com/nfk>)

Join TATC Members on Thursday, February 22nd at 6:30 pm; TATC will hold a pub night get-together at The Veil Brewing located in Norfolk. No sign-up is necessary; just show up. Parking is plentiful. POC Lelia Vann ([leliavann@gmail.com](mailto:leliavann@gmail.com))

## **TATC Board Meeting**

When: Wednesday, March 6, 7pm – 9pm

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

Description: TATC Board Meeting

Our board meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking.

Contact Lee Lohman at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions.

## **TATC General Membership Meeting**

When: Wednesday, March 13, 7pm – 9pm

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

Description: TATC General Membership Meeting

Our meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking.

Contact Lee Lohman at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions.

[Visit our TATC Calendar](#)

*(Continued on Next Page ...)*



# Activities Schedule

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

When: Thursday, March 21, 9am – 12pm

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

Description: First Landing State Park Trail Maintenance Work Day, Live Oak and Cypress Swamp trail maintenance.

The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed. 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: [localtrails@tidewateratc.com](mailto:localtrails@tidewateratc.com) to sign up.

## **Sherando Work Day**

When: March 22 – 24, 2024

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

Description: GIVING BACK TO SHERANDO

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

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

Jonathan's priorities include...

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

TATC members can camp anywhere, use the CC Kitchen, or stay in the Staff House. Showers will be available only at the staff house that weekend, but water will be available at all hydrants. Participants can camp in Sherando both Friday and Saturday nights. If you are willing to help, contact John Sima, who has agreed to take the lead on this project, at [johncsima@yahoo.com](mailto:johncsima@yahoo.com).

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

# Activities Schedule

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

## **TATC Board Meeting**

When: Wednesday, April 3, 7pm – 9pm

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

Description: TATC Board Meeting

Our board meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking.

Contact Lee Lohman at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions.

## **TATC General Membership Meeting**

When: Wednesday, April 10, 7pm – 9pm

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

Description: TATC General Membership Meeting

Our meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking.

Contact Lee Lohman at [president@tidewateratc.com](mailto:president@tidewateratc.com) if you have any questions.

## **Spring Backpacking Walkthru**

When: Friday, April 12, 12pm – Sunday, April 14, 12pm

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

Description: Details to be determined.

## **Cabin Maintenance & Orientation Weekend**

When: Friday, April 19, - Sunday, April 21, 2024

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

is the 1st of 4 annual trips to do maintenance work and to provide orientation to members so that they can be qualified to rent the cabin. If you have questions or want to participate, please contact trip leader, Gregory Hodges, at [cabin@tidewateratc.com](mailto:cabin@tidewateratc.com) or at (757) 439-1552. Call or text is fine.

## **Spring Maintenance**

When: Friday, April 26, 12pm – Sunday, April 28, 12pm

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

Description: Details to be determined.

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

## TATC Officers & Board

<b>Position</b>	<b>Name</b>	<b>Email Address</b>
President	Lee Lohman	<a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a>
Vice President	Andy Grayson	<a href="mailto:vicepres@tidewateratc.com">vicepres@tidewateratc.com</a>
Treasurer	Cecil Salyer	<a href="mailto:treasurer@tidewateratc.com">treasurer@tidewateratc.com</a>
Secretary	Lelia Vann	<a href="mailto:secretary@tidewateratc.com">secretary@tidewateratc.com</a>
Trail Supervisor	John Sima	<a href="mailto:trailsupervisor@tidewateratc.com">trailsupervisor@tidewateratc.com</a>
Assistant Trail Supervisor	Brittany Collins	<a href="mailto:assistantts@tidewateratc.com">assistantts@tidewateratc.com</a>
Counselor	Bruce Davidson	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>
Counselor	Bill Bunch	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>
Counselor	Sandra Canepa	<a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a>
ATC RPC Representative	Ned Kuhns	<a href="mailto:rprep@tidewateratc.com">rprep@tidewateratc.com</a>
Alt ATC RPC Representative	Jim Sexton	<a href="mailto:rprep@tidewateratc.com">rprep@tidewateratc.com</a>
Cabin Committee	Gregory Hodges	<a href="mailto:cabin@tidewateratc.com">cabin@tidewateratc.com</a>
Calendar	Vacant - TBA	<a href="mailto:calendar@tidewateratc.com">calendar@tidewateratc.com</a>
Education	Donald Williams	<a href="mailto:education@tidewateratc.com">education@tidewateratc.com</a>
Hikemaster	Andy Grayson	<a href="mailto:hikemaster@tidewateratc.com">hikemaster@tidewateratc.com</a>
Land Management	Vacant - TBA	<a href="mailto:landmgt@tidewateratc.com">landmgt@tidewateratc.com</a>
Local Trails	Paul Heymann	<a href="mailto:localtrails@tidewateratc.com">localtrails@tidewateratc.com</a>
Membership	Kama Mitchell	<a href="mailto:membership@tidewateratc.com">membership@tidewateratc.com</a>
Membership	Sharon Salyer	<a href="mailto:membership@tidewateratc.com">membership@tidewateratc.com</a>
Merchandise	Vacant - TBA	<a href="mailto:merchandise@tidewateratc.com">merchandise@tidewateratc.com</a>
Newsletter	Peg Seriani	<a href="mailto:newsletter@tidewateratc.com">newsletter@tidewateratc.com</a>
Outreach	John Barnes	<a href="mailto:outreach@tidewateratc.com">outreach@tidewateratc.com</a>
Past President	Rosanne Cary	<a href="mailto:pastprez@tidewateratc.com">pastprez@tidewateratc.com</a>
Programs	Vacant - TBA	<a href="mailto:programs@tidewateratc.com">programs@tidewateratc.com</a>
Timekeeper	Vacant - TBA	<a href="mailto:timekeeper@tidewateratc.com">timekeeper@tidewateratc.com</a>
Tool Boss	Vacant - TBA	<a href="mailto:toolboss@tidewateratc.com">toolboss@tidewateratc.com</a>
Webmaster	Jim Sexton	<a href="mailto:webmaster@tidewateratc.com">webmaster@tidewateratc.com</a>



**Please visit our TATC Facebook group page.**

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

Every Monday we add interesting content and scheduled club events for the week as a reliable source of club information.



**Tidewater Appalachian Trail Club Group Page**



***[Visit our Facebook Page](#)***

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

Please consider sponsoring a club event this Winter.



## Winter Wildlife Festival Virginia Beach

The 2024 Winter Wildlife Festival began on Saturday, January 27th and will run through February 4th. It offers many nature excursions, workshops, boat trips, speakers and a photo contest. This year's keynote speaker was Scott Weidensaul, researcher and author of the bestselling book "A World on the Wing". He has traveled worldwide to study and research the world's great bird migrations. Some of the festival's popular activities include:

- Nature tour of the Dismal Swamp
- Bird walk around Mount Trashmore Park to observe and learn about birds that spend the winter in Virginia Beach
- Tour of North Landing River to see the wetlands, woodlands, and farm fields that are home to many animals such as whitetail deer, turkey, black bear, coyote, beaver, bobcat, and various species of birds
- Tour of Back Bay National Wildlife Refuge into False Cape State Park
- Tour four demonstration gardens at AREC (Tree Trail, BayScape Garden, Habitat at Home Garden and Pollinator Garden) hosted by the Virginia Beach Master Gardeners and Dr. Laurie Fox
- Blue Goose Wildlife Tram tour takes passengers through Back Bay National Wildlife Refuge and False Cape State Park to observe wintering ducks, geese and swans
- Boat trips from Oyster Harbor through salt marshes looking for shorebirds and other water birds, raptors, seals and other interesting wildlife and then head toward the barrier islands
- Whale Watching Boat Trip - 2.5-hour adventure in search of whales, dolphins, seals, and seabirds
- Nighttime Hike in First Landing State Park to experience the park at night without a flashlight and to understand how nocturnal animals' use their senses to aid them after sunset
- North Landing River Boat tour
- Birds and history tour of Fort Monroe

Workshops, activities and exhibits for children, teens and adults were held throughout the day on Saturday in the Princess Anne Area Library and the Princess Anne Recreation Center. Vendors included First Landing State Park and Back Bay National Wildlife Refuge. TATC representatives staffed a table to greet festival attendees and provide information about the TATC.



**John Murray, Gayle Owens, Michelle Cobb and attendees visiting the TATC table**

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## Winter Wildlife Festival



**Gayle Owens, John Barnes, Steve Clayton, Margaret Julian, John Murray, Michelle Cobb, Stephanie Stringer and Bruce Julian**

*Photo by Lee Lohman*



**Lelia Vann, Michelle Cobb, Steve Clayton, John Murray, Gayle Owens and John Barnes**

*Photo by Greg Reck*

## First Landing State Park Trail Maintenance Work

*Photos by Bill Bunch*

TATC volunteers removed invasive English ivy at one of the campground camp sites at First Landing State Park on January 26th.



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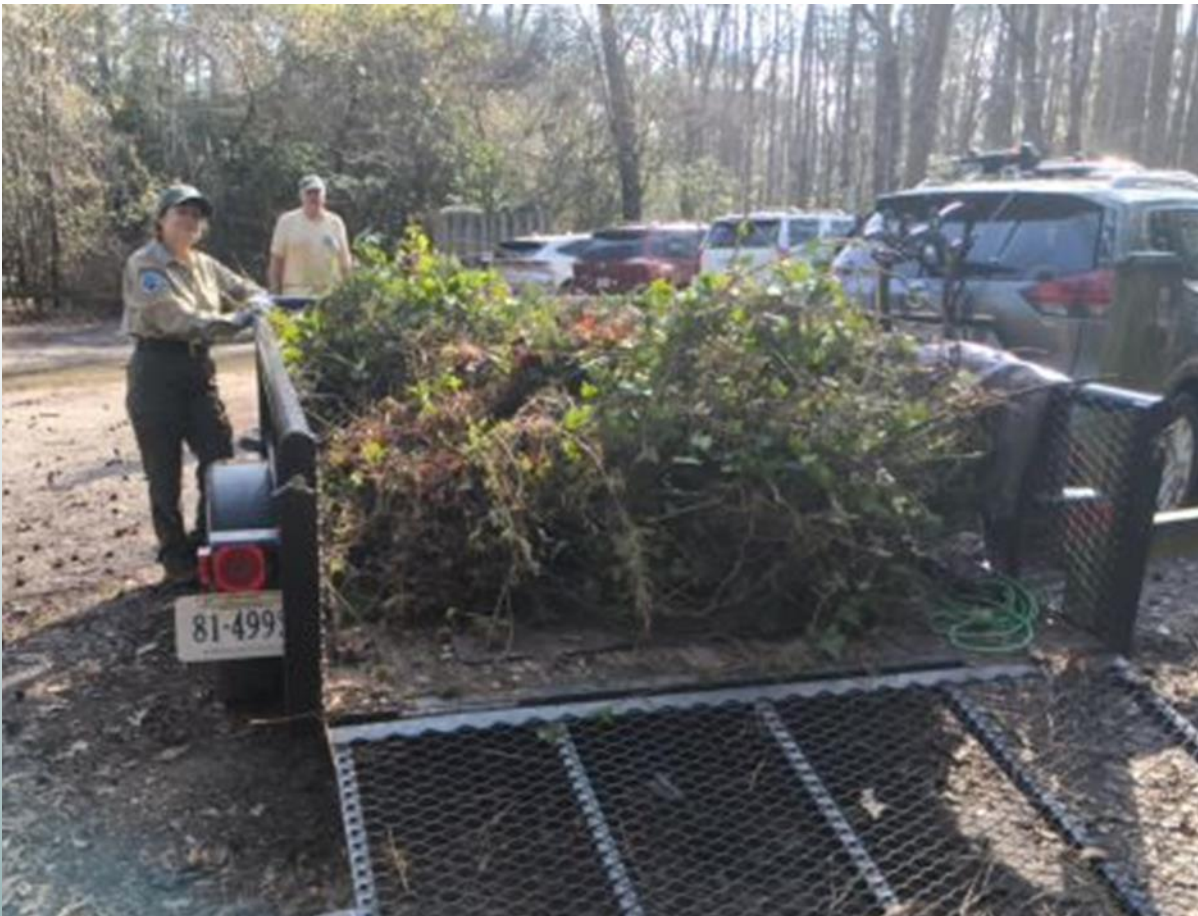




TATC volunteers pulled ivy on the FLSP Cape Henry Trail.



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Dragging loads of English ivy from the parking lot and Cape Henry Trail near 64th Street Entrance.



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English ivy invades both open and forested areas in Virginia, from the understory to the forest canopy. It is an evergreen, perennial woody vine with dark green, waxy leaves and has blue-black berries which are dispersed by birds. Mature vines can grow up to 100 feet tall. It is native to Europe, Western Asia and Northern Africa and was brought here by colonial settlers for cultivation in the early 1700's.

Its most dangerous attribute is that it vines up and chokes trees. Not only preventing photosynthesis by blocking foliage from sunlight, but it also damages tree bark by holding moisture against the trunk. It can cause fungal rot and subsequently kill infested trees. Trees are also more vulnerable to fall over during extreme weather events from the weight of the vines.

Thanks to all the volunteers for their hard work removing this invasive species and helping to keep it from taking over the beautiful native trees and plants at First Landing State Park.



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Wow, that's a lot of English ivy that's been removed.



Great job everyone!!

## First Hike at First Landing State Park

*Photos by Peg Seriani*

The First Hike was held on January 1, 2024 at First Landing State Park. Bill Bunch led the 7-mile hike which started at the boat ramp parking lot and proceeded on the Cape Henry Trail, the Long Creek Trail, the Osprey Trail and returned back onto the Cape Henry Trail. We walked through coastal forests on all trails and had some great views of the bay while on the Cape Henry and Osprey trails. There were about twenty-five people and two dogs hiking on that beautiful January day. Thanks Bill, for arranging and leading a terrific First Day hike!



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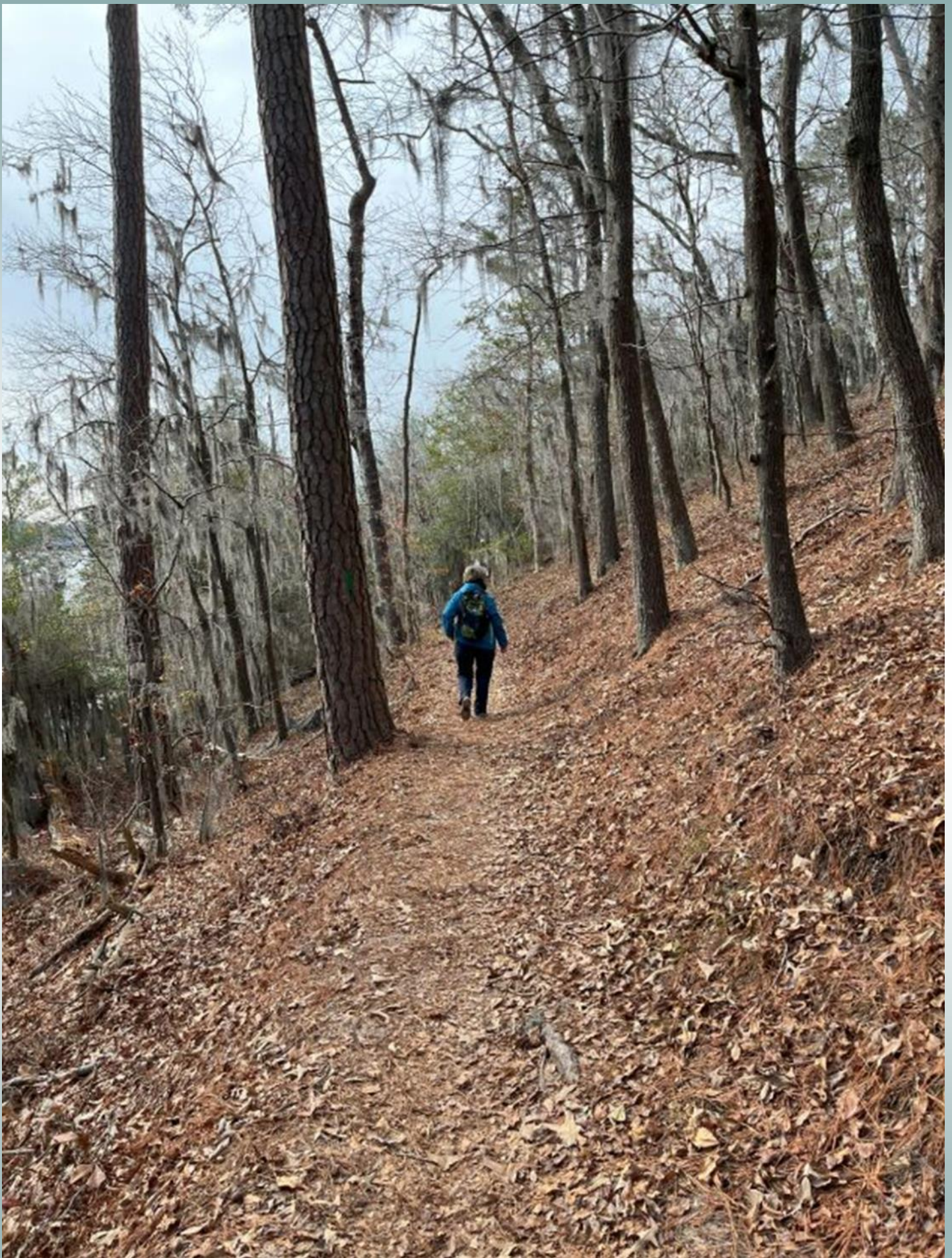
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**"Bridgette"**



**"Boston"**

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## Pleasure House Road Hike

*Photos by Peg Seriani*

On a very cloudy and chilly day December 26<sup>th</sup>, Marti Malabad lead the Tuesday group on a 6-mile hike. Clouds and cold aside, it was still a beautiful scenic walk. The hike started at Bayville Farms Park through the sandy trails with creek views at Pleasure House Point. We walked along to the Brock Environmental Center - Chesapeake Bay Foundation and then crossed over the Lesner Bridge to view the Lynnhaven Inlet. This hike was the last TATC group activity for 2023 and thus closing out the year on a wonderful note.



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The Brock Environmental Center is the main hub for the oyster restoration work. They collect and recycle oyster shells from restaurants and oyster roasts so that they can be used on future reefs.



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Marti (shown on the left) did a fantastic job of leading the hike and telling us about the areas' points of interest and the important environmental work being done by the Chesapeake Bay Foundation.



This mobile restoration center allows the Chesapeake Bay Foundation to produce and transplant up to 15 million oysters per year. The program also includes producing baby oysters called spat, transplanting oysters on reefs, and training local residents to raise oysters.

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“The Canoes” is a 36-foot-tall aluminum and steel sculpture by artist Donald Lipski. It was installed in 2018 after the bridge expansion was completed. He chose the canoe because of its beauty and ties to history as a basic historic water craft.



Okay, yeah it was foggy and drizzly, but still an enjoyable hike to the top of the Lesner Bridge.

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This young magnolia tree is one of the twenty-five trees that the TATC planted at Pleasure House Point a year ago on February 4, 2023 and led by Dave Plum. Happy to see that it is doing well and growing.



## TATC Holiday Party

*Photos by Mary Crozier*

The 2023 TATC Holiday Party was held at Royster Memorial Presbyterian Church in Norfolk on December 9<sup>th</sup>. DJ Gary Stevenson from “Garyoke Time” entertained the guests with fun music and dancing, festive lighting effects, and his line-dancing demos. There was a potluck dinner with lots of delicious holiday food and rich desserts. No one left hungry and a good time was had by all. Sharon Salyer did an amazing job leading the planning and decorating efforts.



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**TATC Holiday Party**

*Photo by Mary Crozier*



*Photo by Jim Sexton*



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# TATC Holiday Party

*Photo by Jim Sexton*



*Photo by Mary Crozier*



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# TATC Holiday Party

Photos by Jim Sexton



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# TATC Holiday Party

*Photos by Jim Sexton*



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# TATC Holiday Party

*Photos by Mary Crozier*



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## TATC Holiday Party

*Photos by Mary Crozier*



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# TATC Holiday Party

*Photo by Mary Crozier*





**ABOUT VOLUNTEERING:** HistoriCorps projects are *free* for volunteers! HistoriCorps will provide all meals, tools, training, equipment, and a campsite. Volunteers are responsible for their own transportation to the campsite, sleeping equipment, work gloves, clothes and boots, and other personal gear.

# Cave Mountain Lake Pavilion, VA

## 2024



### Scope of Work

SCOPE OF WORK DIFFICULTY:



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, volunteers and applying the traditional skills necessary to restore the Cave Mountain Lake Pavilion:

- Log repairs and replacement (40%)
- Repair or replace cedar shake on roof (40%)
- Flooring and carpentry repairs (20%)

**SESSION DATES:** [April 14-19](#), [April 21-26](#), [April 28 – May 3](#), and [May 5-10](#)

Please plan to arrive at the campsite **no earlier than 5pm and no later than 7pm** on the first day of your session. [\*\*\*Visit the HistiCorps' Website for more details\*\*\*](#)

**LOCATION:** Located just under 21 miles south of Lexington, VA!