As I sit down to write this article, it’s the day before Thanksgiving and a time to pause and think of what both I and the club have to be grateful for.

Over these last several weeks our club has had a very successful maintenance trip, a wildly successful Silent Auction, and some generous donations sent to us which will help us with our efforts going forward. We’ve had new people step up to fill important roles in our administration, and members taking a leap and scheduling events for our friends and fellow members to enjoy.

I am personally thankful for the wonderful support from fellow board members and club members during my current tenure as president. It takes a team effort to keep things running and what a great team we have!

Thanks to you all,

Rosanne
President - Tidewater Appalachian Trail Club
president@tidewateratc.com
Minute For Maintenance

Much has happened since last newsletter, so let’s get with it:

Last month’s Fall Maintenance included a record number of volunteers: 92 including 23 U.S. Navy personnel stationed in Norfolk. Seventeen crews were organized to provide honest work for all, with a variety of jobs from blazing to big projects of drainage and treadway rehabilitation on the Mau-Har led by Paul Dickens and John Oakes. Michelle Cobb ensured that everyone was happily fed at Saturday dinner. A big thanks to all.

TATC now has 20 currently certified crosscut sawyers, five of which received their cards at the recent training session at Natural Bridge Station. Welcome to the elite, John Barnes, Lisa Hall, Tim Hall, Chris Van, & Mark Wenger. John Sima upped his certification to B level. Six of us are certified for chain saw: Pete Burch, Libby Carmines, Brad Hughes, Lee Lohman, Jim Newman & John Oakes.

During Fall Maintenance, 105 hazard trees were discovered in the Maupin Field Shelter area, requiring prompt action as no one wanted the next widow-maker death to occur in our section. Since only two TATC members are certified for chain saw felling (Pete Burch & John Oakes), our forest service & ATC partners are always needed in felling dangerous trees. Thanks to Josh Kloehn of the Roanoke ATC Regional Office, a team was organized to clear the problems. Eight volunteers removed the trees in one long day: Josh Kloehn & Connor McBane of ATC VARO; Jim & Chris Sexton, and Pete Burch of TATC; Doug DeJarnette of NBATC; Brad Hughes of ODATC, & Patrick Murray of USFS. Thanks to these dedicated people for making Maupin Shelter and environs a safer place.

Last weekend, Paul Dickens visited his Mau-Har south trail section and removed a few step-overs deemed too high. He also reported that our AT section is clear from Tye River to the Mau-Har junction. And speaking of trail sections, after months & months of being away in Montana and South Caroline, Nathan Terault has returned to the area to resume maintaining his high-upon-Three Ridges section (summit to Chimney Rocks), the longest, toughest area to reach! Welcome back, young man & best holiday wishes to everyone!

Jim Newman
Trail Supervisor
trailsupervisor@tidewateratc.com
**TATC 2019 Silent Auction Sponsors**

Please support the following businesses who donated items to TATC’s 2019 Silent Auction:

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acredale Animal Hospital</td>
<td>1200 Lake James Drive, Virginia Beach, VA 23464</td>
<td>(757) 523-6100 and (757) 482-2181</td>
<td><a href="https://acredaleanimalhospital.com/">https://acredaleanimalhospital.com/</a></td>
</tr>
<tr>
<td></td>
<td>and 837 Battlefield Blvd. S</td>
<td></td>
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<tr>
<td></td>
<td>Chesapeake, VA 23322</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>(757) 523-6100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rockfish Gap Outfitters</td>
<td>1461 E Main St., Waynesboro, VA 22980</td>
<td>(540) 943-1461</td>
<td><a href="https://www.rockfishgapoutfitters.com/">https://www.rockfishgapoutfitters.com/</a></td>
</tr>
<tr>
<td>Appomattox River Company</td>
<td>3009 West Mercury Blvd. Hampton, VA 23666</td>
<td>(757) 890-0500</td>
<td><a href="https://paddleva.com/">https://paddleva.com/</a></td>
</tr>
</tbody>
</table>

Use this link from now until December 8th to use coupon code HLDY2019 and save!

This holiday season, there's no better place to find a gift for Appalachian Trail fans than the Ultimate Appalachian Trail Store®. From our official ATC 2020 Calendar, to exclusive T-shirts and other Trail-themed apparel, to ornaments crafted especially for ATC, there's something for everyone on your shopping list!
Local Hikes

The Noland Trail

The Mariners’ Museum Park is 550 acres of privately maintained, naturally wooded property that offers visitors a quiet and serene place to walk, run, or picnic. Within the Park is the 167-acre Lake Maury, named for the famed 19th-century oceanographer and native Virginian, Matthew Fontaine Maury.

Following the shoreline of Lake Maury is the five-mile Noland Trail. Dedicated as a gift from the Noland Family in 1991 and with significant ongoing financial support from the Noland Family, the trail has fourteen bridges, picnic areas, benches, handicap access, and mile markers. Each fall The Mariners’ Museum hosts a Park celebration that includes the Noland Trail Marathon and Relay and a family-friendly fall festival.

The Mariners’ Museum Park is open daily to the public. Benches at approximately every half-mile offer places of rest along the trail, and views of Lake Maury can be found around every corner.

Park and Trail Website:  https://www.marinersmuseum.org/park-and-trail/

Location:  Newport News, Virginia. Take Exit 258A off of I-64 and go south for 2.5 miles on J. Clyde Morris Blvd., cross Warwick Blvd., then turn left onto Museum Dr. Park on the right side of road, across from Mariner’s Museum.

Operating Hours: The Park and trail are FREE and are open daily from 6:00 AM to 6:00 PM, closed Thanksgiving and Christmas Day. The park gates are locked each evening, so check closing times and plan your visit accordingly.

Donations: Give to the park:  https://10123.blackbaudhosting.com/10123/Park-Donation

Contact Information:

Museum (757) 596-2222
Security (757) 591-7777
After Hours Security (757) 254-2144

Address:

The Mariner’s Museum
100 Museum Drive
Newport News, VA 23606
Put on your party duds and dust off your dancing shoes! It's time for the TATC Holiday party! The party will once again be held at Royster Presbyterian Church, 6901 Newport Ave, Norfolk. Music will be provided by DJ Gary Stephenson. Admission fee is $7.

**THIS IS A POTLUCK! BRING A MAIN DISH, APPETIZER, SIDE OR DESSERT!!**

For more information, contact: Sharon Salyer at happycampers33@hotmail.com.
SHERANDO MAINTENANCE WEEKEND: SUNSHINE AND A TROPICAL STORM

By Mal Higgins

This October 2019, 92 folks turned out for our semi-annual fall maintenance trip to work on our trails. This created at least 10 work crews deployed to the Appalachian Trail, the MauHar Trail, the Minebank Trail in St. Mary’s Wilderness, and the White Rock Trail near the cabin. The event was notable for its glorious weather Saturday and its tropical rain storm Sunday (totally unpredicted by the so called Accuweather app as of Friday morning). Yes, I rant at weather forecasts frequently. Wrong most of the time.

As has been TATC’s practice for decades we assembled and camped Friday night at the Williams Branch area of Sherando National Recreation Area. Friday was a beautiful, starry night, and temperatures dropped to just above freezing. It felt great.

Bright and early at 7:30 a.m. Saturday, Trail Supervisor Jim Newman gave us a safety briefing at the picnic shelter, complete with his trademark set of cardboard cue sheets. This included his innovative acronyms, such as “safety is BDD”—big darn deal. Soon, cars roared out to their destinations and I joined Bruce Davidson’s crew. It was tasked with driving down the Maupin Field fire road and then hiking down the MauHar to re-blaze a number of faded or critically missing blue blazes. Carolyn, Kathy, Ed, Tom, Svetlana, Bruce, and I sawed a few small blowdowns on our way in to the campsite at the Campbell Creek waterfall.

We encountered a small number of hikers. We opened up our paint kits, and re-blazed the yellow side trail to the waterfall. The water level was pathetically low. We then retraced the 1.5 mile climb back up to Maupin Field Shelter, blue blazing and adding a couple of blue arrows at critical spots of confusion. Along the way, we also improved a couple of the rock bridges across the meandering Campbell Creek. We counted a number of dead upright trees hovering over the Maupin Field designated campsites. The shelter is in good shape and clean.

Saturday night, most everyone enjoyed “Italian Night”, which Michelle Cobb organized with delicious baked ziti, roasted potatoes, bread, and salad from Tony’s restaurant in Fishersville, VA. What a feast, topped off by a table full of deserts provided by TATC members. Our annual community dinners have become a huge success over the years thanks to Michelle and her predecessors, Stephanie and Judy, and going back to Mike. Bruce Julian led karaoke at the lakeside shelter afterwards, and the pleasant sounds floated all around the various Sherando tent and RV camping loops.

All was well until 1:00 a.m. Sunday morning, when the tropical rain storm that Accuweather did not know about hit. Yes, a torrential rain inundated Sherando right up through Sunday sunrise and on into the late day. Breaking down a tent in a driving rainstorm is an experience not to be missed. But even better was the drive home on I-64 in a torrential rainstorm all the way back to Tidewater. Guess the weatherman will be sending reparations soon. Omitting that, the Sherando weekend was its usual success!
Deep inside Afton Mountain in Nelson County, immediately adjacent to and crossing beneath today’s Interstate 64, lies a remarkable abandoned railroad tunnel. Designed by civil engineer Claudius Crozet, it’s the Blue Ridge Tunnel, built over many years and completed in 1858. The tunnel is approximately one mile in length and straight as an arrow. The tunnel was abandoned about 1942 when a new larger tunnel was built somewhat parallel to it, which is in use today. Amtrak and some freight trains still roar down the modern tracks.

The 1858 tunnel is now well on its way to becoming a “rails to trails” path thanks to the dedication of many folks who in 2011 created the Claudius Crozet Blue Ridge Tunnel Foundation [CCBRTF], a 501(c)(3) foundation. This occurred after 2007, when the CSX Railroad deeded the tunnel and right of way to Nelson County. Visit the foundation’s website for some cool photos and some background on the tunnel and the foundation: http://blueridgetunnel.org/ You can join as a “Founding Supporter” for a mere $100.00!

TATC’s own Bob Adkisson introduced some of us quite a few years ago to the tunnel’s “secret” entrance on the west side of Afton Mountain, found off route 250 in Waynesboro. I have been back a number of times. I became hooked on its mysterious and eerie feeling as you walk down an overgrown weedy path and enter a short, rocky canyon, feeling the cold air emerging from the tunnel on a hot summer day. Inside, in those days, one could walk about ¼ mile before encountering a wall to wall to ceiling concrete plug. It is pitch black and flashlight beams disappear quickly. Only a 24 inch or so diameter metal pipe extended through the concrete with maybe 4 inches of tunnel water running through it and draining out to the east side of the mountain. Only the brave slid through it, and I was never convinced I needed to! The concrete plugs were built at either end to create a natural cavern to store liquid natural gas in a business scheme that never came to fruition. Graffiti from many visitors over the decades and some trash and beer cans littered the sides, and running water splashed along the walls in places, creating weird echoes.

Bob explored and found the east side entrance to the tunnel some years ago next to the tiny community of Afton. He showed me the entrance and I have visited the tunnel from the east side various times since then. A remarkable transformation is occurring in the tunnel, most visible on the east side. Thanks to a public grant by the Commonwealth Transportation Board and other significant donations, a parking lot, a hard packed gravel road, and a reworked tread path inside the tunnel with proper water drainage has been built on the east side. The litter and graffiti are gone on the west side. The two concrete plugs have been blasted out. Falling brick lining over at the west end has been rebricked and safely restored.

The CCBRTF work on the tunnel is entering the next phase of the project. This will be facilities at the trailheads, additional brick repair, historical signs/markers presenting the history of the tunnel and its construction by Irish immigrants and slaves, and expanding the tunnel’s use as a path for trail hikers, walkers, bicyclists and other visitors. Lighting is planned for the future.

Both entrances to the tunnel are at the moment “closed to visitors” with “no trespassing signs” posted by the Nelson County Sheriff. The time is coming when TATCers who know the entrances will lead a hike there. All flat! Very dark! Strange noises! Natural air conditioning!
TATC Education/Training Survey

Lee Lohman
education@tidewateratc.com

TATC Members,

The Board thanks everyone who participated in the education/training survey. As we noted, only with your input can be develop and deliver education and training classes that match what you need and how you want the training delivered.

We received 44 responses. That was approximately 10 percent of those solicited. The typical time spent was three minutes.

We analyzed the results of the survey taking responses of interested, very interested, and extremely interested together to determine the subjects of greatest interest. Question 1 (first aid) registered the greatest interest. Questions 4 (GPS), 8 (economical gear purchase and repair), and 9 (leading an activity) all tied for second place. Question 6 (food for camping and backpacking) came in third. Question 7 (finding and sanitizing water) came in fourth. Question 3 (day hike preparation) generated the least interest.

Question 1 (first aid) generated the most “extremely interested” responses followed by questions 4 (GPS) and 9 (leading an activity).

The survey is very valuable as it gives the Education/Training Committee some sense of the direction you would like us to move in. We have already begun to explore ways to identify the type of first aid training that would be most useful. This is not as easy as it might seem. Some people want a complete first aid course that would meet the requirements of Forest Service Sawyer certification. Others want to know the how to deal with the types of injuries one might experience at camp or on a bicycle trip. Some would be pleased to take a three day course while others want short presentations on specific subjects. Finding suitably qualified instructors is another problem.

The committee is working on these issues and hopes to provide some level of first aid training beginning in January. We believe we can also begin to address your requests for GPS, gear, and leadership training in the first quarter of the new year.

Again, the Board wants to thank everyone who participated in the survey. We are always eager to hear from you about training you think the club should consider and also your critiques of training we will be delivering.

For those of you interested, details of the survey results are provided below. To refresh your memory, the survey questions are shown below as is the table of percentages voting for each question.

Q1. Being able to provide first aid to someone injured or sickened by something likely to happen while hiking, camping, or doing trail maintenance work.
Q2. Knowing what to bring on a backpacking trip, how to pack, what to wear, how to plan the trip, and what safety precautions to take.
Q3. Knowing what to bring on a day hike, how to pack, what to wear, how to plan the trip, and what safety precautions to take.

(Continued on next page …)
Q4. Being able to use a GPS device or applications on mobile phones or tablets to locate your position on a map. Plotting a course to reach a destination on a map using the same devices.

Q5. Knowing the standards for “leave no trace” camping. Knowing the techniques to employ to achieve those standards.

Q6. Knowing which foods and food packaging are best for tent camping and which are best for backpacking. Knowing how to prepare the food. Understanding which equipment is most effective for each type of camping.

Q7. Knowing how to find, collect, and sanitize water.

Q8. Knowing how to select, economically purchase, and repair clothing and equipment for hiking, camping, and trail maintenance.

Q9. Knowing the TATC standards for leading an activity. Understanding how to energize activity participants. Understanding what to do in an emergency.

<table>
<thead>
<tr>
<th>Question</th>
<th>Not Interested</th>
<th>Somewhat Interested</th>
<th>Total B and C</th>
<th>Interested</th>
<th>Very Interested</th>
<th>Extremely Interested</th>
<th>Total E, F, and G</th>
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<tbody>
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<td>Q1</td>
<td>2.27%</td>
<td>11.36%</td>
<td>13.63%</td>
<td>15.91%</td>
<td>34.09%</td>
<td>36.36%</td>
<td>86.36%</td>
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<tr>
<td>Q2</td>
<td>15.91%</td>
<td>15.91%</td>
<td>31.82%</td>
<td>34.09%</td>
<td>15.91%</td>
<td>18.18%</td>
<td>68.18%</td>
</tr>
<tr>
<td>Q3</td>
<td>13.64%</td>
<td>25.00%</td>
<td>38.64%</td>
<td>29.55%</td>
<td>20.45%</td>
<td>11.36%</td>
<td>61.36%</td>
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<tr>
<td>Q4</td>
<td>9.09%</td>
<td>11.36%</td>
<td>20.45%</td>
<td>20.45%</td>
<td>27.27%</td>
<td>31.82%</td>
<td>79.54%</td>
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<tr>
<td>Q5</td>
<td>13.64%</td>
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<td>31.82%</td>
<td>38.64%</td>
<td>15.91%</td>
<td>13.64%</td>
<td>68.19%</td>
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<tr>
<td>Q6</td>
<td>13.64%</td>
<td>11.36%</td>
<td>25.00%</td>
<td>25.00%</td>
<td>34.09%</td>
<td>15.91%</td>
<td>75.00%</td>
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<tr>
<td>Q7</td>
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<td>29.55%</td>
<td>18.18%</td>
<td>31.82%</td>
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<td>70.45%</td>
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<td>20.46%</td>
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<tr>
<td>Q9</td>
<td>9.09%</td>
<td>11.36%</td>
<td>20.45%</td>
<td>20.45%</td>
<td>31.82%</td>
<td>27.27%</td>
<td>79.54%</td>
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</table>

Q10. What additional education/training subjects would you like to see TATC offer to the membership?

The responses to Question 10 are repeated below in their entirety:

- Use 20 minutes of our meeting time to do short training
- Club history
- When you teach the GPS course, using a compass and map should go along with it.
- CPR, chainsaw certification
- Marketing and recruiting new, younger members. Having a mentoring program to bridge older members with new members.

(Continued on next page …)
Mainly first aid in the wilderness. Have we ever worked with the Boy Scouts on trail maintenance?

Think training priorities should be: 1. Basic Trail Maintenance Training 2. First Aid/CPR 3. Leadership Training

Information on recommended walking/hiking organizations such as Road Scholar, REI, etc.

Land navigation by non-electronic means. (Maps, compass, environment.) Identify trees & useful plants. Corridor management.

Sounds like you covered it.

Outdoor photography tips; using your cell camera vs. a standard camera

Joined the club and have yet to make it to a trail maintenance weekend. In past I have enjoyed tent and primitive camping with really old equipment several decades ago. Knowing how to use new stuff and adapt to my aging self probably has been a barrier to participating.

How to look out for And avoid common hazards. Snakes bees tripping / falling poison ivy sumac oak etc.

How to establish a new hiking trail. 2. How to download and use Guthook on your phone. 3. How to use a 2-man had saw.

What laws pertain to the area you are going to hike, IE, campfires, what restrictions are now present, etc.

Trail maintenance technique discussions at the General Meeting immediately before maintenance weekends

Photography

Plant and animal identification

I would like to take day hikes with someone that can identify plants and trees along the trail.

Trail Maintenance topics, i.e.; Water-bar building & maintaining. Stairs/steps building & maintaining. Poisonous plants, Venomous Snake, Invasive Plant identification.

Item #9 is very important to me - activity leadership training. I think offering this in a group setting, vs. pointing a member to the online documents, can benefit the club by giving members the confidence to plan trips. A buddy system/co-leader/mentor network could increase out of area activities (i.e. backpacking). In my opinion, #1, wilderness first aid training is an integral part of the leadership training. Sugar Grove is a long way to drive for this, and local classes are very expensive. Would be great if it could be ATC/TATC sponsored at Sherando or locally.

Land navigation with map

How to select a safe and comfortable campsite that will not blow away or flood.

I would like First Aid/CPR training offered semiannually.

Excellent survey, My lower-interest generally is because I have experienced and practiced the aforementioned skills for a quarter century; however, I am enthusiastic about spreading my interest and knowledge. Way to go, Mr. new TATC Education Chairman! We are on to something important here!

Trail building types of trail maintaining.
Slate of Officers for January 8th, 2020 Elections for TATC

The Nominating committee submits the following names as required by the TATC By-Laws for the election of the 2020-2021 Board to be held at the January 8, 2020 General Membership Meeting:

- President: Rosanne Cary
- Vice-President: Phyllis Neumann
- Secretary: Steve Clayton
- Treasurer: Douglas Cary
- Trail Supervisor: Jim Newman
- Assistant Trail Supervisor: Patrick Hayes
- Counselor: Kari Pincus

Any Club Member is eligible to run for any one of these positions. Additional nominations can be made at the January 8, 2020 club meeting. Job descriptions for each position are available in the Bylaws on the TATC website. Contact a Nominating Committee Member if you are interested. If you plan to nominate someone, please make sure they have agreed to fulfill the position if elected.

TATC Nominating Committee:

- Marti Malabad - m.malabad@gmail.com
- Christine Woods - cwoods.onthebay@gmail.com
- Judy Welp - judywelp47@gmail.com
- Bill Lynn - walynn3@cox.net
- Sandra Canepa - canepasa@cox.net

Note of Appreciation for Local Maintenance Work in First Landing State Park

The Club cleared over a mile of the encroaching vegetation in First Landing State Park from the right side of 64th Street on Tuesday November 21st. This was a big job. I would like to recognize the following for a job well done:

Marti Malabad, Bruce Julian, Dave Plum, Lee Lohman, Sandy Baylor, Margaret Pisone, Jody Cooper, Jim Dunham, Debbie Economos, Sharon Reid, Carl Allen, Brenda Butler, Elaine Birk, Diane Leber, David Corder, Lesley Hildreth, James Allen, David Phillips, Joe New, Ed Welp, Christine Woods

Thank you,
Ellis Malabad
Crew Leader
With the holiday shopping season just around the corner, there is another great and easy way to support the Appalachian Trail Conservancy (ATC) in addition to donating and being a member: complete your Amazon.com purchases using AmazonSmile!

When you complete your Cyber Monday or Christmas shopping on AmazonSmile, choose the ATC as your preferred charity and a small portion of your purchases will be donated to support our work. Shopping on AmazonSmile is completely free and works just like shopping on Amazon.com, featuring all the same products, prices and shopping features.

While being an ATC member or donor is the best way to support our work, every cent from AmazonSmile helps us further our mission to maintain and protect the Appalachian Trail for generations to come.

So please select the ATC as your charity of choice using this link and do your shopping on AmazonSmile — during the holiday season and beyond — to help conserve the A.T.!

Thank you for being a part of our team and happy holidays!

—The ATC Team

P.S. Looking for the perfect gift for the A.T. fan in your family? Visit our Ultimate Appalachian Trail Store® today! All proceeds support our work to maintain and protect the Trail.

P.P.S. Want to double or triple your donations? Many employers match their employee giving! See if your company matches donations by visiting appalachiantrail.org/matching or by checking with your HR department.
Wilderness First Aid Certification Course

Great Outdoor Provision Co & MEDIC Solo Disaster + Wilderness Medicine School

are hosting a Disaster + Travel + Wilderness First Aid Certification Course

on JANUARY 18-19, 2020

Old Dominion University Outdoor Adventure Program

LEARN HOW to SAVE LIFE and LIMB in a
wilderness area-rural area (not near a hospital), disaster site or travel anywhere

This is a great course for anyone who ventures outdoors, travels, or wants to help in case of an emergency during a disaster!

The Tidewater Appalachian Trail Club (TATC) will receive 10% of the course proceeds from the course being held in Norfolk, on January 18-19, 2020.

Course INFO, ONLINE REGISTRATION, other locations & dates: http://www.solowfa.com/

TIMING: These are a 2-day class. 8:30am-6:30 or 7:00pm both days.

FEE: $195 (note: another organization in the region charges $275!) In appreciation of the hosting community, MEDIC SOLO will donate 10% of course proceeds to the Tidewater Appalachian Trail Club, a local non-profit organization.

WHY: Mired in a disaster zone, travel or rural area far from a hospital, or natural area miles from an access point … accidents, destructive weather, and terrorism happen, and all-too-often members of a group are not capable of dealing with the emergency. This leads to improper care of the patient, and endangers the entire group. Many recreational accidents are preventable, and improper care of trauma can compound even simple injuries. Very few first aid programs actually address the issues of providing emergency care in a setting where 911 is overwhelmed or not immediately reachable. In this course, classroom instruction and Q&A are interwoven with practical work and problem-solving exercises. Hands-on experience – a most powerful learning tool – during scenarios comprise ~50% of class. You come away with actual do-it-yourself care-giving confidence. Satisfaction guaranteed.

OVERVIEW:
- No prerequisites
- For adults and focused teens. Know your loved ones are safe wherever they are.
- Hands-on learn how to care for an injured / ill person during the critical minutes or hours before ambulance / hospital arrival
- Blend of classroom instruction & hands-on rescue scenario practice
- Approved by the Boy Scouts of America (BSA), Girl Scouts of the USA, American Camping Association (ACA), University of Virginia (100% reimbursement for certain academic employees), and more
- 2-year SOLO WFA certification
- Counts as recertification for WFA, AWFA, WFR and wilderness part of W-EMT

TOPICS:-Beyond the ‘golden hour’: wilderness/remote travel/disaster-delayed EMS arrival injury challenges and long-term patient care
- Patient Assessment System: thorough patient examination, treatment, monitoring, safety, and documentation
- Orthopedic Injuries and Treatment: Sprains, Strains, Fractures, and Spinal Cord Management
- Circulatory System Form and Function: Heart, Blood, Blood Vessels, Lungs, Brain
- Soft Tissue Injuries and Wound Treatment: Contusions, Abrasions, Lacerations, Flap Avulsions, Amputation, Punctures, Impalements,
- Bites, Stings, Blisters, Burns, and Infections
- Environmental Injuries and Treatment: Cold, Heat, Dehydration and Wilderness Survival
- Medical Emergencies and Critical Care: Shock, Allergies, Shortness of Breath, Brain Problems, and Heart Problems
- Patient movement: spinal cord precautions and clearing; pre- and post-evacuation treatment
- International Travel: preparing & packing for safe travel, problem prevention before and during travel, and identification & treatment of many travel illnesses - presented in a special hand-out for those who indicate interest.

Instructor: Matthew Rosefsky, Geo Medic, Wilderness EMT, CERT, MRC, and SOLO Instructor-Trainer; or a top-notch, highly-qualified expert Matt personally trained.
### 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.

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td><strong>TATC Board Meeting</strong></td>
<td>When: Wednesday, December 4, 2019 7pm – 9pm</td>
</tr>
<tr>
<td></td>
<td>Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503 (map)</td>
</tr>
<tr>
<td></td>
<td>Contact: Rosanne Cary <a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a></td>
</tr>
<tr>
<td></td>
<td>Description: TATC Board Meeting. All members welcome!</td>
</tr>
<tr>
<td><strong>TATC HOLIDAY PARTY!</strong></td>
<td>When: Saturday, December 7, 2019 6pm – 10pm</td>
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<tr>
<td></td>
<td>Where: Royster Memorial Presbyterian Church, 6901 Newport Ave, Norfolk, VA 23505, USA (map)</td>
</tr>
<tr>
<td></td>
<td>Contact: Sharon Salyer <a href="mailto:happycampers33@hotmail.com">happycampers33@hotmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Description: Put on your party duds and dust off your dancing shoes! It's time for the TATC Holiday party! The party will once again be held at Royster Presbyterian Church, 6901 Newport Ave, Norfolk. Music will be provided by DJ Gary Stephenson. Admission fee is $7. THIS IS A POTLUCK! BRING A MAIN DISH, APPETIZER, SIDE OR DESSERT!! Contact Sharon Salyer for more information at <a href="mailto:happycampers33@hotmail.com">happycampers33@hotmail.com</a>.</td>
</tr>
<tr>
<td><strong>HAPPY HIKER HOUR</strong></td>
<td>When: Wednesday, December 11, 2019 6:00pm – 8:30pm</td>
</tr>
<tr>
<td></td>
<td>Where: MoMac Brewing Company, 3228 Academy Ave, Portsmouth, VA 23703, USA (map)</td>
</tr>
<tr>
<td></td>
<td>Contact: Cecil Salyer <a href="mailto:csalyer2@cox.net">csalyer2@cox.net</a></td>
</tr>
<tr>
<td></td>
<td>Description: Join Cecil for a TATC Happy Hiker Hour at MoMac Brewing in Portsmouth. Wear your TATC caps and shirts! Join your fellow TATCers for some early evening fun! Contact Cecil for more details!</td>
</tr>
<tr>
<td><strong>TATC Board Meeting</strong></td>
<td>When: Wednesday, January 2, 2019 7pm – 9pm</td>
</tr>
<tr>
<td></td>
<td>Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503 (map)</td>
</tr>
<tr>
<td></td>
<td>Contact: Rosanne Cary <a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a></td>
</tr>
<tr>
<td></td>
<td>Description: TATC Board Meeting. All members welcome!</td>
</tr>
<tr>
<td><strong>TATC General Membership Meeting</strong></td>
<td>When: Wednesday, January 9, 2020 7pm – 9pm</td>
</tr>
<tr>
<td></td>
<td>Where: Norfolk Public Library: Mary D Pretlow Anchor Branch, 111 W Ocean View Ave, Norfolk, VA 23503, USA (map)</td>
</tr>
<tr>
<td></td>
<td>Contact: Rosanne Cary <a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a></td>
</tr>
<tr>
<td></td>
<td>Description: TATC ELECTIONS. Time to vote for officers for the 2020 Board of Directors. You must be a member in good standing to cast your vote.</td>
</tr>
</tbody>
</table>

(Continued on next page …)
**Activities Schedule**

**Happy Hiker Hour at Vibrant Shore Brewing Company**
When: Wednesday, January 15, 2020  6:30 – 8:30pm  
Where: Vibrant Shore Brewing Co. 505 18th St, Virginia Beach, VA 23451, USA  
Contact: Ellis Malabad 757-285-1252  malabad2@gmail.com  
Description: Happy Hiker Hour at Vibrant Shore Brewing Company. Vibrant Shore Brewing Company [https://vibrantshorebrewingcompany.com/](https://vibrantshorebrewingcompany.com/) is a new brewery that sprung to life to create a space where artists and people from all walks of life can gather around great craft beer in Virginia Beach’s ViBe Creative District. VSBC features a consistently rotating lineup of premium, unique microbrews for the discerning beer connoisseur, seasonally appropriate specialty beers as well as several crisp flagship beers tailored for the active lifestyle. Since it is anticipated no food truck will be on site, here are some nearby Food possibilities: Beach Bella Pizza, (757) 437-3663, 616 Virginia Beach Blvd, Suite 110, Virginia Beach, VA  
China Harbor, (757) 428-2467, 616 Virginia Beach Blvd, Virginia Beach, VA  
Bring a friend and wear your TATC hat, t-shirt, etc.

**Wilderness First Aid**
When: Saturday, January 18, 2020, 8:30am – Sunday, January 19, 2020, 6:30pm  
Where: Old Dominion University 350 W. 21st St, Norfolk, VA 23517 (map)  
Description: Great Outdoor Provision Company is partnering with MEDIC SOLO Disaster + Wilderness Medicine School to offer this two day course in disaster preparedness in wilderness/rural settings. Learn what to do when 911 is not an immediate option. There is a fee for this class ($195). Visit www.solowfa.com for course information and online registration. Contact courses@solowfa.com with questions or to register. (This is not a TATC event but MEDIC SOLO will donate 10% of the course proceeds to TATC)

Information for Hikes & Activities appearing in TATC emails, newsletters, website listings, and Meet-up postings are collected & edited by our Hikemaster; Phyllis Neumann.

Please contact Phyllis at hikemaster@tidewateratc.com for publication.
2019 Three Ridges Camping Trip

By Kevin DuBois
2019 Three Ridges Camping Trip

By Kevin DuBois
2019 Three Ridges Camping Trip

By Kevin DuBois
2019 Three Ridges Camping Trip

By Kevin DuBois
Navy Muscle Power moves Harper Creek Picnic table!

The table was being carried to its proper place in front of the Harpers Creek Shelter. Months ago, it had been improperly taken to the camping area ACROSS the creek. The individuals in the picture are all Navy Men; Bryce Wein, Jon Garcia, Gene Powell, David Lester, Justin Kennedy, & Drake Keller (not in order)
Fall Maintenance & Family Campout 2019

By Mal Higgins

Folks enjoying Italian Night Meal

Jim Newman preaches safety
Fall Maintenance & Family Campout 2019

By Mal Higgins

More Folks enjoying Italian Night Meal

Lunch at the MauHar Waterfall
Fall Maintenance & Family Campout 2019

By Mal Higgins

Michelle announces Italian Night

Tom finds a special rock for Lunch
Tom, Paul and Svetlana absorb the lecture

Crew # 10 under Bruce’s Leadership at Maupin Fields Shelter
Carolyn, Kathy and Ed blaze a Yellow Blaze to the Waterfall

A special bridge for the daring on the MauHar Trail
Fall Maintenance & Family Campout 2019
By Jim Sexton
Fall Maintenance & Family Campout 2019

By Jim Sexton
Happy Hiker Hour - Coelacanth Brewing Company - November 2019

By Jim Sexton
Newport News Park History Hike

By Amanda Hartwig
2019 TATC Silent Auction

By Chris Sexton
2019 TATC Silent Auction

By Chris Sexton
<table>
<thead>
<tr>
<th>Positions</th>
<th>Names</th>
<th>E-MAILs or Phone #’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Rosanne Cary</td>
<td><a href="mailto:president@tidewateratc.com">president@tidewateratc.com</a></td>
</tr>
<tr>
<td>Vice President</td>
<td>Phyllis Neumann</td>
<td><a href="mailto:vicepres@tidewateratc.com">vicepres@tidewateratc.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Douglas Cary</td>
<td><a href="mailto:treasurer@tidewateratc.com">treasurer@tidewateratc.com</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Steve Rosenthal</td>
<td><a href="mailto:secretary@tidewateratc.com">secretary@tidewateratc.com</a></td>
</tr>
<tr>
<td>Trail Supervisor</td>
<td>Jim Newman</td>
<td><a href="mailto:trailsupervisor@tidewateratc.com">trailsupervisor@tidewateratc.com</a></td>
</tr>
<tr>
<td>Assistant Trail Supervisor</td>
<td>Patrick Hayes</td>
<td><a href="mailto:assistantts@tidewateratc.com">assistantts@tidewateratc.com</a></td>
</tr>
<tr>
<td>Counselor</td>
<td>Bill Bunch</td>
<td><a href="mailto:counselor@tidewateratc.com">counselor@tidewateratc.com</a></td>
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<tr>
<td>Counselor</td>
<td>Mark Ferguson</td>
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</tr>
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<td>Counselor</td>
<td>Ellis Malabad</td>
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</tr>
<tr>
<td>ATC RPC Representative</td>
<td>Ned Kuhns</td>
<td><a href="mailto:rpcrep@tidewateratc.com">rpcrep@tidewateratc.com</a></td>
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<tr>
<td>ATC RPC Representative</td>
<td>Jim Sexton</td>
<td><a href="mailto:rpcrep@tidewateratc.com">rpcrep@tidewateratc.com</a></td>
</tr>
<tr>
<td>Cabin Committee</td>
<td>Greg Hodges</td>
<td><a href="mailto:cabin@tidewateratc.com">cabin@tidewateratc.com</a></td>
</tr>
<tr>
<td>Calendar Committee</td>
<td>Tony Phelps</td>
<td><a href="mailto:calendar@tidewateratc.com">calendar@tidewateratc.com</a></td>
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<tr>
<td>Education Committee</td>
<td>Lee Lohman</td>
<td><a href="mailto:education@tidewateratc.com">education@tidewateratc.com</a></td>
</tr>
<tr>
<td>Hikemaster</td>
<td>Phyllis Neumann</td>
<td><a href="mailto:hikemaster@tidewateratc.com">hikemaster@tidewateratc.com</a></td>
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<tr>
<td>Historical Committee</td>
<td>Juliet Stephenson</td>
<td><a href="mailto:historical@tidewateratc.com">historical@tidewateratc.com</a></td>
</tr>
<tr>
<td>Land Management Committee</td>
<td>Jim Moir</td>
<td><a href="mailto:landmgt@tidewateratc.com">landmgt@tidewateratc.com</a></td>
</tr>
<tr>
<td>Local Trails</td>
<td>J. P. Richards</td>
<td><a href="mailto:localtrails@tidewateratc.com">localtrails@tidewateratc.com</a></td>
</tr>
<tr>
<td>Membership</td>
<td>Sharon Salyer</td>
<td><a href="mailto:membership@tidewateratc.com">membership@tidewateratc.com</a></td>
</tr>
<tr>
<td>Merchandise</td>
<td>Mark Van Zandt</td>
<td><a href="mailto:merchandise@tidewateratc.com">merchandise@tidewateratc.com</a></td>
</tr>
<tr>
<td>Newsletter</td>
<td>Jim Sexton</td>
<td><a href="mailto:newsletter@tidewateratc.com">newsletter@tidewateratc.com</a></td>
</tr>
<tr>
<td>Notices</td>
<td>Jim Sexton</td>
<td><a href="mailto:notices@tidewateratc.com">notices@tidewateratc.com</a></td>
</tr>
<tr>
<td>Outreach</td>
<td>TBA</td>
<td><a href="mailto:outreach@tidewateratc.com">outreach@tidewateratc.com</a></td>
</tr>
<tr>
<td>Past President</td>
<td>Juliet Stephenson</td>
<td><a href="mailto:pastprez@tidewateratc.com">pastprez@tidewateratc.com</a></td>
</tr>
<tr>
<td>Programs</td>
<td>TBA</td>
<td><a href="mailto:programs@tidewateratc.com">programs@tidewateratc.com</a></td>
</tr>
<tr>
<td>Timekeeper</td>
<td>TBA</td>
<td><a href="mailto:timekeeper@tidewateratc.com">timekeeper@tidewateratc.com</a></td>
</tr>
<tr>
<td>Tool Boss</td>
<td>Bruce Julian</td>
<td><a href="mailto:toolboss@tidewateratc.com">toolboss@tidewateratc.com</a></td>
</tr>
<tr>
<td>Webmaster</td>
<td>Jim Sexton</td>
<td><a href="mailto:webmaster@tidewateratc.com">webmaster@tidewateratc.com</a></td>
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