

# Tidewater Appalachian Trail Club

## Appalachian Hiker

Banner Photo by Mark Ferguson

### PREZ SEZ

#### Welcome Aboard and a Hearty Thank You

Peg Seriani has assumed the role of Newsletter Editor from Jim Sexton. It's a big responsibility. The newsletter vitally links the TATC community together with our Facebook page (thanks, Bill Bunch) running a close second. Peg, we all appreciate you taking on this important responsibility.

The hearty thank you is for Jim Sexton. For 17 years, Jim has edited the newsletter as well as managed our website, chaired our historical committee, with Ned Kuhns, represented us before the Appalachian Trail Conservancy, and as section leader, monitored one of the most important sections of our part of the A.T. Jim's never-ending enthusiasm for TATC's mission and his advice and guidance coming from decades in TATC senior positions is an inspiration to us all. Many, many thanks for all the years of service Jim.



2006 Newsletter when Jim became editor

(Continued on Next Page ...)

December 2023 - January 2024  
50th Edition, 6th Issue

#### INSIDE THIS ISSUE

PREZ SEZ	1 - 3
Fall Maintenance Weekend	4 - 9
Royce Gene Bridger	10
Cabin Report	11
Cabin Maintenance & Orientation	12 - 13
Cave Mountain Lake Pavilion	14 - 23
Holiday Party	24
TATC Facebook Update	25
TATC Elections January 2024	26
Maintenance Training with Greg Ritson	27 - 33
Silent Auction	34 - 36
Membership Matters	37 - 39
A.T. and TATC Merchandise	40
Winter Wildlife Festival	41
The Nature Bus	42
MEDIC SOLO Wilderness First Aid	43
Books on Hiking by Susan Gail Arey	44
Activities Schedule	45 - 47
TATC Board	48
Thru Hiker at McAfee Knob	49 - 50



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

(Continued from Previous Page ...)

### **Back to the Future**

Our Back to the Future auction was a success. First, it was fun. The Parish Hall roared with people chatting about past hikes, planning for future ones, and talking about all manner of other subjects, outdoors related or not.

Second, members brought good stuff to sell. These ranged from camping stoves to cookies.

Third, TATC made money. We collected a total of \$724. A TATC member, who wishes to remain anonymous, heard about the total and kicked in another \$76 to make it a round \$800. Thank you very much, anonymous member.

Thanks, also, to everyone who brought good stuff to sell and to those members who bought some things they needed and some they didn't but bought them anyway just to help TATC's treasury. I bought an exterior frame backpack. Old technology, but it really brought back my days as a Boy Scout.

### **Out of the Cold and Into the Music**

COVID shut down virtually all of our TATC activities, as we know. One of the events we missed the most was the Holiday Party. Sharon Salyer and her committee came up with the brilliant idea of replacing it with an outdoor Day-in-the-Park. The D-i-t-P permitted the social contact our members craved during the Holidays without greatly risking exposure to COVID.

The D-i-t-P was so popular that Sharon and crew started a spring version of it. Both events drew a large number of TATC members. The only downside was mother nature. The holiday event, in particular, seemed to invariably coincide with cold or rainy weather.

Well, COVID is largely behind us now, and Sharon's team has reinvigorated our traditional indoor event. It will include lots to eat, lots to drink, lots of music (with a DJ), and lots of time to talk to each other. See Sharon's article below for the details and do come out on December 9th. You will surely have a good time.

### **The Cabin is Ready for You**

Greg Hodges and a team of 18 others felled trees, cut firewood, and did other maintenance to prepare the cabin for the coming winter season. Please read Greg's report below on the crew's efforts to enhance the cabin experience.

The cabin is TATC's most valuable asset and is as close as we come to a clubhouse. I urge you to consider renting it, if you are qualified, and to become qualified if you aren't. Staying there is like stepping back to a time when the mechanics of living in the woods were an art form.

*(Continued on Next Page ...)*

(Continued from Previous Page ...)

**Checking the Boundaries: A Joint Responsibilities of the National Park Service, U.S. Forest Service, the Appalachian Trail Conservancy, and TATC**

I think most members know that TATC is authorized to maintain our patch of the A.T. and other USG property by an agreement with the NPS, USFS, and ATC. One obligation all four organizations share is periodic inspection of the borders between privately held and USG lands.

We'll be monitoring the borders in our area of responsibility in January. Winter is the ideal time to do it. The borders are delineated by markers made of concrete with a brass cap. They are very hard to find when plant leaves are out.

Our role will be to find these markers, called monuments, and assure no one is impinging on the land borders between them. Two representatives from ATC will accompany us. The US Forest Service has tentatively agreed to let us bunk at the administrative building in Sherando. Think warm sleeping and hot showers.

This will be a different kind of trail maintenance for us. We'll need between five and ten members to be part of the border monitoring crew. Interested? Standby for more information in December.

**Transitions**

Bruce Davidson (Counselor), Cecil Salyer (Treasurer), and I (President) will be stepping down from the Board in February as we reach the end of our three-year terms. What happens next? Please read the article below written by Michelle Cobb, the chair of the Nominating Committee. In it, she identifies the slate of candidates her committee has approved, but she also describes how you can throw your hat in the ring if you are interested in being elected to one of these positions. These are great jobs. Consider it.

Happy Trails.

Lee



## Fall Maintenance Weekend Sherando Lake, October 20–22, 2023

*By Peg Seriani*

The Fall Maintenance weekend was a fun camping event at the Sherando Lake, Williams Branch Picnic Area. The weather was perfect fall temperatures, sunny and in the upper 50's during the day and the low 40's in the evenings.

John Sima conducted the safety meeting Saturday at 8am before we divided up into our assigned work groups with tools and PPE, and hit the trails. There were many choices for trail maintenance assignments available on sign-up sheets. They included:

Blow Down up near Chimney Rock & Erosion Control

Blow Down Between Harpers Creek & Mau-Har Intersection

Shelter Clean-Ups, Harpers Creek and Maupin field

Waterbar Cleaning/Repair Tye River

On Saturday evening Lee Lohman and some volunteers, prepared a wonderful dinner. They made a delicious cheese ravioli in a tomato sauce with meatballs, a number of side dishes, such as, potato salad and coleslaw. And for dessert there were many options but my favorites were the lemon bars and moon pies.

By 7pm the sun had set and it became quite chilly. After dinner folks gathered in the Pavilion near the fire-place where it was nice and warm. The weekend was a success and the trails looked great from the effort of around 50 volunteers.



**John Sima giving the safety brief (photo by Bob Veverka)**

*(Continued on Next Page ...)*



Reviewing the sign-up sheets for work assignments



Fallen tree at Three Ridges near Chimney Rock

*(Continued on Next Page ...)*



**Sandy and Kara (photo by Bob Veverka)**

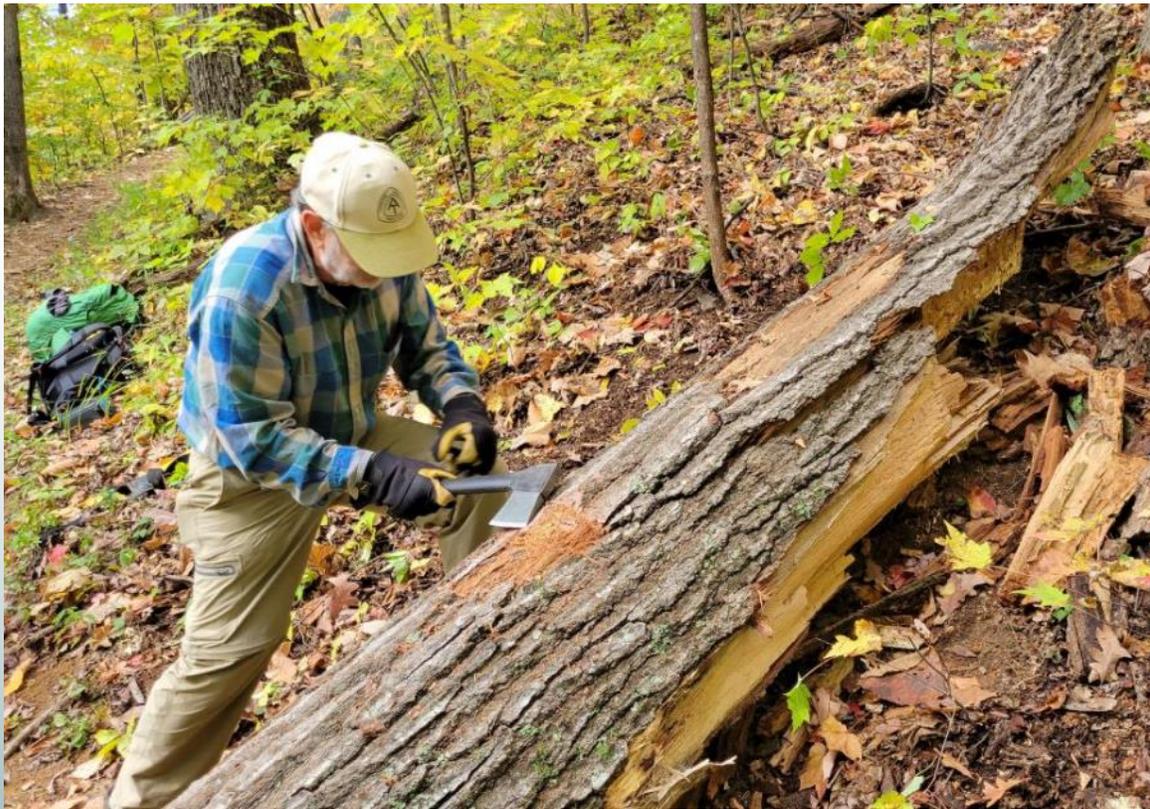


**Heading to the fallen tree near Harper's Creek ( photo by Rich Seriani)**

*(Continued on Next Page ...)*



Handing out PPE



Bill skinning the bark off the tree

*(Continued on Next Page ...)*



**Bill and Greg sawing the fallen tree near Harper's Creek**



**Andy showing Jenny and Bill how to adjust the saw handles**

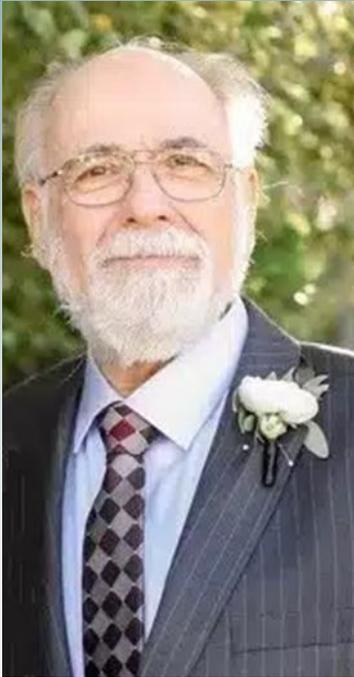
*(Continued on Next Page ...)*



Dinner time!



Warming up around the fireplace after dinner



## Royce Gene Bridger

Royce Bridger, a longtime TATC club member passed away on November 9, 2023. He had previously served as TATC's Local Trails Chair for a couple of years along with his wife Judy.

A memorial service will be held on Saturday, December 2, 2023 at Chestnut Memorial United Methodist Church.

A copy of his Obituary can be found at:

<https://peninsulafuneralhome.com/obituaries/royce-gene-bridger/>

## **Cabin Report**

*By Greg Hodges*

The TATC cabin had continuous weekend reservations for October and November 2023. The cabin had 15 of 31 nights reserved in October and 15 of 30 nights reserved in November. Every weekend had a paid reservation except for the November cabin maintenance and orientation weekend.

The maintenance and orientation weekend were a huge success! There were two individuals, Peter Burch and Bob Adkisson, who arrived a few days ahead of the weekend to get a head start on the fire wood cutting activity. Overall, the maintenance and orientation weekend had 19 participants! There were people who stayed for just Saturday, some who stayed at Sherando Lake or in Charlottesville, some that tented, and even one person brought their own cot to sleep on. It was a hugely successful trip with the required work being completed. There were five people who operated chainsaws on this trip! Then a team consisting of John Sima, Tom Meree, Bob Adkisson, and Jeff Steele went and cleared several blowdowns on the White Rock Falls Trail. There were 3 people who received cabin orientation.

The Cabin Committee has sent out periodic cabin availability e-mails to qualified club members. This has helped fill last-minute cancellations. This happened twice during the last two months. Thank you to the cabin renters who continue to utilize the wonderful asset that we have.

However, December begins the winter season. Thus, the Blue Ridge Parkway may experience some gate closures at milepost 16 near Route 814. The Cabin Committee has been in contact with the new owners/operators of Love Ridge Lodging (formerly Royal Oaks Cabins). TATC members and guests who use the TATC cabin have been given permission to park on their property as long as advance notice is communicated to the owners/operators. The Cabin Committee will send a standard operating procedure to those who rent the cabin during the winter season to ensure that TATC maintains the opportunity to park at Love Ridge Lodging.

The Cabin Committee is beginning to look forward to improving and maintaining the cabin in 2024. Steve Babor and Milton Beale are working on plans to increase the height of the chimneys to overcome a roof clearance issue. This will allow for proper draft of the chimneys; thus, this will reduce the amount of smoke that enters the cabin. Some of the other improvement projects include replacing the green cooler (that has no drain plug), adding food containers for the green food bin to prevent delicate foods from being crushed, adding storage containers for under the bunks, installing the newly purchased chimney cap (which could not be installed due to rain and a wet roof during the September and November maintenance trips), as well as other small projects. The Cabin Committee welcomes any ideas and suggestions to help improve the cabin.

V/r,

Greg

## Cabin Maintenance & Orientation Trip

November 10 – 12, 2023

*Photos by Patrick Hayes*



*(Continued on Next Page ...)*



Hike to the cemetery during the cabin maintenance weekend (photo by Mary Crozier)

## Cave Mountain Lake Pavilion, VA 2023 An Interview of Pete Burch, HistoriCorps Volunteer

*By Peg Seriani*

Earlier this year Pete Burch saw the HistoriCorps' project announcement for the Cave Mountain Lake Pavilion on the TATC website. He had not previously volunteered for a HistoriCorps project before, but he had visited Cave Mountain Lake in the past and knew the pavilion had been in bad shape for a long time. The roof was covered in thick green moss, much of it rotted with some holes exposing the view of the sky. For over 20 years visitors and volunteers wanted to at least tarp the pavilion's worn roof. Finally, the U.S. Forest Service (USFS) came up with the solution and funding through grants for the building maintenance on the pavilion and a number of other Civilian Conservation Corps (CCC) and USFS projects.

HistoriCorps is starting to have more east coast projects. Some other upcoming projects planned are Sherando Lake CCC kitchen and William Branch pavilion roofs to be re-shingled and to replace the masonry on their fireplaces. Those roofs need maintenance and are also moss covered, however, Pete said they appear almost new compared to the condition of the Cave Mountain Lake Pavilion roof.

The CCC built the Cave Mountain Lake Pavilion in the 1930s. The CCC was a 9-year program created by federal government that put young men to work during the Great Depression on conservation and natural resources projects across the country. During that time, they completed an impressive number of environmental projects, planting billions of trees and constructing trails and shelters in more than 800 parks nationwide. Pete said **“the CCC's accomplishments created such an incredible legacy. How could you ever leave a legacy like that today? You can, by volunteering to restore these buildings.”** So, with that thought in mind, after seeing the request for volunteers on HistoriCorps' website, Pete decided to sign up.

HistoriCorps offered 4 one-week work sessions with a 5<sup>th</sup> session added at the end of the season to complete the repairs on the Cave Mountain Lake Pavilion roof. Pete attended the October 8-13 session and the team that week was comprised of 4 volunteers, and 2 paid staff (a project manager and a crew leader). Some of the volunteers during this session were from outside Virginia, they lived in New Jersey, Maine and Florida, and all of them had experience working on previous HistoriCorps projects.

When Pete went back again for the 5<sup>th</sup> session during October 29-November 3, there were only 3 people total, the project manager, a crew leader and Pete. Then a 4<sup>th</sup> person, Terry Deglandon, was able to join them for the last 3 days of that final session.

HistoriCorps provided 3 meals per day for the team as well as all the tools, PPE and training. The team worked from 8am to 4:35pm each day. During their work day they would exercise, receive safety briefings, and training on equipment such as how to safely operate the compound miter saw.

During his stay, Pete slept in his truck and the others camped out in their tents. They were lucky regarding the weather and only had a light sprinkle on 2 of the days. It was cool his first week in early October but by the end of October during his second volunteer session it had gotten quite cold, as the temperatures got down into the 20s at night and the low 30s during the day, but sunny. Pete said he saw a lot of deer in the 2 weeks he was at Cave Mountain Lake and at night he heard the owls. The Hunter's Full moon that occurred in October was so bright that it woke him up in the middle of the night out of a sound sleep. The crew leader cooked all the meals and the rest of the team pitched in to clean up. Pete said the food was very good. The volunteers had access to hot showers on site.

*(Continued on Next Page ...)*

**Cave Mountain Lake Pavilion, VA 2023**  
**An Interview of Pete Burch, HistoriCorps Volunteer**  
*By Peg Seriani*

(Continued from Previous Page ...)

Each day the leader gave the volunteers the list of what work needed to be done and asked them “what do you feel comfortable doing?” The volunteers could pick the work they wanted to do within the scope of the project and their skill set.

Pete explained to me the basics of the roof’s construction as he described to me the work they did. He said the roof was made up of shingles, skip purlins (ladder decking between logs), and rafters (logs). The skip purlins needed to be properly spaced for the shingles and to help keep the inside roof dry. Initially, the team’s planned work was to remove and replace the shingles. However, he said that as the team’s shingle work progressed, they found 80% of the purlins were rotten and needed to be replaced making more repair work to do than originally thought. One roof rafter was found completely rotted, so the team had to carefully remove it from the roof. Then they felled a tree to be the replacement and skinned off its bark, prepped and installed the log onto the roof. Pete said that this volunteer work gave him the opportunity **“to see how the CCC did this work back in the day”**.

**One of the great things about HistoriCorps, is they have access to specialty craftsmen with expertise in areas such as frontier carpentry, masonry, and copper flashing around chimneys.** They can source and procure needed materials, for example the 1-3/4” thick roughcut lumber, in order to restore in the traditional manner with special sized wood.

Pete said a cool thing that occurred a number of times while the team worked, were visitors stopping by just to watch the team repair the pavilion because those visitors had gotten married there in the past. He said that it goes back generations and that people were so happy to see the pavilion being restored. Pete thinks that HistoriCorps should capitalize on this and collect these visitors’ stories of their weddings and other events to celebrate the history of the pavilion and the impact the site has had on so many people’s lives.

Cave Mountain Lake closes annually for the winter in late October. At the end of the 5 sessions, the team had repaired the roof to where it is 95% ready for new shingle installation. Some flooring work also remains. The team spliced in one rafter into the roof valley and joined it to another rafter. At that same spot the adjacent outside wall was found damaged from weather so, they braced it until it can be repaired next season. That repair will have to wait until HistoriCorps can get a repair design from a USFS engineer. In the meantime, the team tarped the roof until next spring when volunteers can return. **Pete said “it was fun but hard work.” He said he would go again next year, if he can make it in the spring.**

*(Continued on Next Page ...)*

**Cave Mountain Lake Pavilion, VA**  
**October 8-13, and October 29-November 3, 2023**

*Photos by Pete Burch*



North side of the roof as it appeared when Pete first showed up. Fungus was growing on the bottom of the purlins and shingles (see white spots) where all the water was leaking through.



Before starting on the roof repair (early October session).

*(Continued on Next Page ...)*



Pete in the center standing on the roof (early October session). The team finished the east and southeast side of the roof, ripping out shingles and purlins on the southwest side.



Rotten shingles and purlins had been removed (early November session).  
This is the north facing side of the pavilion.

*(Continued on Next Page ...)*



Tool trailer and view of the back of the pavilion. The southeast side (left) has a kitchen inside the pavilion. The southwest side (right) shows scaffolding and is where a lot of the rotten purlins and the rotten main rafter was found.



Before the purlins were replaced (early November session).

*(Continued on Next Page ...)*



Natural Bridge USFS employees installing new purlins (early November session).



Tarps installed on north side.

(Continued on Next Page ...)



Tarps installed on southwest side.



When Pete first arrived to begin work on site, he found a white pine had been growing on top of the roof. Pete had the idea to relocate and plant the tree onto the site grounds and mark one of the stakes "HistoriCorps 2023".

*(Continued on Next Page ...)*

**Cave Mountain Lake Pavilion, VA**

**November 1–3, 2023**

*Photos by Terry Deglandon*



New rafter installation



*(Continued on Next Page ...)*

Cave Mountain Lake Pavilion, VA

November 1–3, 2023

*Photos by Terry Deglandon*



Young people from AmeriCorps and several local volunteers and staff

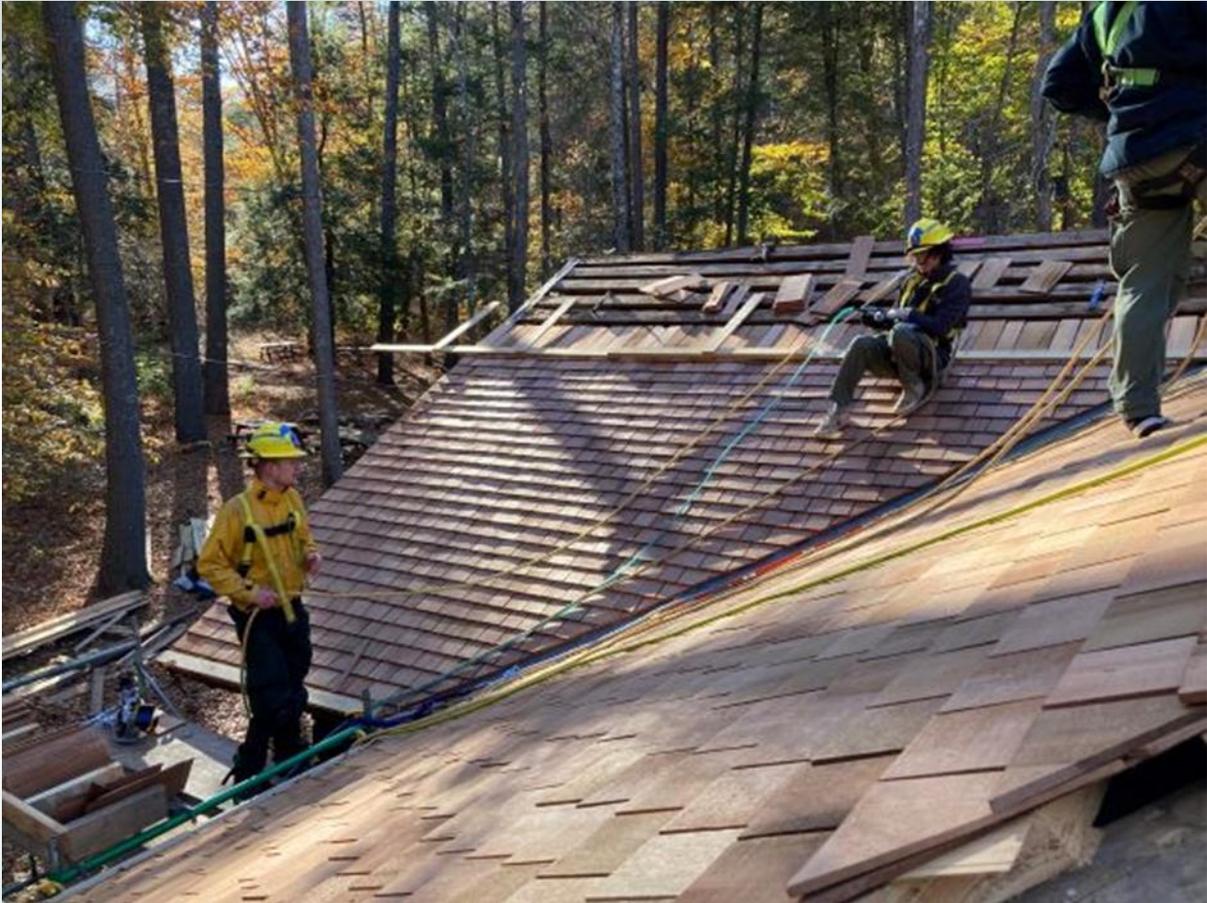


*(Continued on Next Page ...)*

**Cave Mountain Lake Pavilion, VA**

**November 1–3, 2023**

*Photos by Terry Deglandon*



## Holiday Party

### Baby it's Cold Outside, Sooo. . .

*By Sharon Salyer*



With the holidays approaching, calendars are filling up, don't forget to include the Tidewater Appalachian Trail Club's holiday party on yours. This year, we are moving back indoors to our pre-Covid venue at Royster Memorial Presbyterian Church, in Norfolk. The festivities will start at 6:00 with music and dinner served buffet style. At 7:00, more music and dancing commence.

DJ Gary Stevenson, from Garyoke Time will once again entertain us with music and dancing, including his line dancing demos. Gary did a great job for us back in 2019. Time to dust off your dancing shoes and encourage that wallflower in the family to join in the fun.

Another blast from the past will be the return of our potluck dinner. The catered meals of the last couple of years were good, but they can't compare to the delicious home-cooked dishes prepared by our members. Plan on bringing a main dish, vegetable, or dessert to share with 8-10 people. The club will provide water, tea, and soft drinks. BYOB beer and wine lovers.

Last year, the club was able to make a generous donation to the Foodbank of Southeastern Virginia and the Eastern Shore by selling raffle tickets for a beautiful basket that Kaci Midgette put together for us. This year, we will be supporting the Foodbank by making cash and canned food donations to Royster's food pantry. The church distributes food to the needy on Monday, Wednesday, and Friday from 10:00am-12:00pm each week. There will be a box at the door for your donations.

#### **Here are the particulars:**

Date: December 9, 2023

Time: 6-10pm

Place: Royster Memorial Presbyterian Church, 6901 Newport Ave, Norfolk, VA 23505

Price: \$5 per person. Children eat free.

Bring: A dish to share and a donation for the Foodbank

Parking: Parking is located in the grassy lot on the north side of the church, at the corner of Brackenridge Ave and Newport Ave. Street parking is also available.

## TATC Facebook Update

*By Bill Bunch*

Last year at this time, an experimental group page was set up for the TATC. Having seen the success of a group page for other organizations, it seemed to be a good fit for us. The main reason for creating the group page, and the difference between the group page and our older, existing page was the ease of posting and ease of moderation of those posts. In December of 2022, the board members were invited to use the new page to post. Toward the end of December of 2022, the page was opened for members and the public.

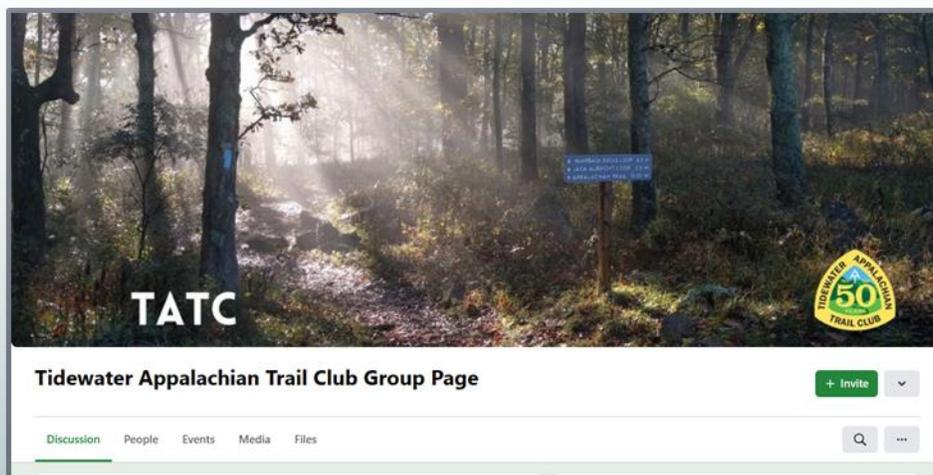
The group page has proved to be popular with TATC members and the public. At this time, there are now 450 people both club members and the public have joined the group page since it opened to the public. More importantly some of those who started by joining us on Facebook later joined the TATC.

While we could always use more posts and pictures from our fellow club members, I am grateful to all who have contributed posts to the page. Some of those who have contributed are John Sima, Jane and John Oakes, Margaret and Bruce Julien, Cecil and Sharon Salyer along with many other individuals. The posts receiving the most interactions (like, love, etc.) are those that describe and display our work and the people who do that work.

To add additional content to the page, we also share information from organizations like the Appalachian Trail Conservancy, SAWS and other maintaining clubs. I am always amazed about the quality of the photos displayed on Facebook by Thomas Madry, Rick Burgess, Janice Miller and others. Finding and displaying these photos on our page for our members to see is something I really enjoy.

In addition to hoping to entertain page viewers with interesting content, scheduled club events for the week are displayed every Monday. In this way, our page has become a reliable source of information. During the recent wildfires in Virginia and North Carolina, information was posted as it became available to keep viewers up to date trail closures and progress in fighting the fires.

If you have not visited our group page, I hope you will. If you have an opportunity to create a post for the page of any club related activity, your content will be welcome. <https://www.facebook.com/groups/2366193230213291>



## TATC Elections January 2024

*by Michelle Cobb*

The TATC Nominating Committee is very pleased to submit the following slate of Officers for fiscal year 2023-2024. Please plan to attend the January 10th membership meeting and vote in your next Board:

President - Lelia Vann

Vice President - Kaci Midgette

Treasurer - Andy Grayson

Secretary - Peg Seriani

Trail Supervisor- John Sima

Assistant Trail Supervisor- Britt Collins

Counselor - Jim Newman

Any club member is eligible to run for any one of these positions. Additional nominations can be made at the January 10th membership meeting.

Our sincere thanks go out to each candidate for stepping forward to take on a leadership role in our club.

Nominating Committee: John Barnes, Bruce Davidson, Paul Heymann, Jim Newman, Greg Reck, and Peg Seriani.

Michelle Cobb, chair: [mcobbTATC@gmail.com](mailto:mcobbTATC@gmail.com)



## Maintenance Training with Greg Ritson

October 22, 2023

by Peg Seriani

Photos by Rich Seriani

Greg Ritson, ATC's Technical Trail Specialist, came to the Fall Maintenance Weekend to conduct Trail Maintenance Training on that Sunday. Eleven TATC members were able to attend Greg's training. Greg is an outstanding instructor and this training was really beneficial for those who attended. He provided a lot of information, hands on training and demonstrations.



Greg started off with a safety brief and a discussion on required PPE. He also went over potential hazards of trail maintenance such as, bad weather, wildlife, other hikers, and plants like poison ivy. He explained about having an emergency plan before beginning trail work. An example he gave was to identify the nearest hospital and urgent care facility and include directions and phone numbers. He trained us on the proper use of different tools for trail maintenance.



(Continued on Next Page ...)

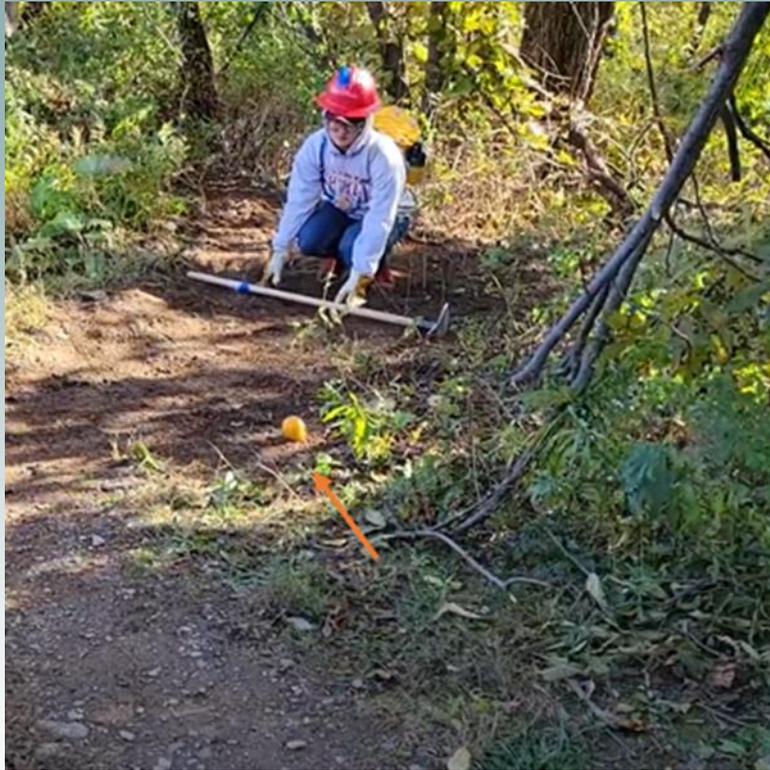


The training took place on the trail near Reid's Gap. We first started with improving an existing water bar.



Greg showed us how to create a grade dip or swale. He explained how the running water erodes the trail's tread. The grade dip is easier to install than a water bar and requires less maintenance.

*(Continued on Next Page ...)*



He even demonstrated the improved water flow off the trail through the grade dip by rolling an orange down the trail.



Next Greg discussed blazing best practices such as using flat, exterior paint, mark the tree at eye level, and place a blaze ahead of the apex of a trail turn and not right at the turn.

*(Continued on Next Page ...)*



Greg demonstrated how to prune overhanging and encroaching tree branches back to their growth collar (branch collar) so the tree can heal.



*(Continued on Next Page ...)*



We learned the importance of smoothing the slope's inside or bankside where it meets the trail and also to save any moss on the slope. Greg explained that an outsloped tread is one that is lower on the downhill side of the trail and how outsloping lets water sheet across the trail naturally.

*(Continued on Next Page ...)*



We created a second larger and wider grade dip at a turn in the trail.

*(Continued on Next Page ...)*



This photo shows the team finishing the second grade dip.



Greg showed us how to use fallen branches or rocks to block a braid found in the trail. This will deter hikers from hiking around the tree in an attempt to avoid having to hike over the rocks in the trail.

**Silent Auction**  
**November 8, 2023**  
*Photos by Peg Seriani*

The annual silent auction was held on Wednesday, November 8th as part of the General Membership Meeting. It was an enjoyable evening and members had plenty of time to chat with friends and wander around looking at all of the interesting items available. There were lots of camping equipment, bike racks, tools, books, and baked goods all generously donated. The auction opened at 6:45 pm and closed at 8:00 pm. The winning bidders brought the bid sheet to the cashiers and paid for the items they had won. There was a one-dollar table with small items, and also TATC merchandise that included hats, and club t-shirts were available too. In the end, the auction raised \$800 for the club!



**Start of the auction when members began placing their bids**



**Donated homemade pies and cookies!!**

*(Continued on Next Page ...)*



**Donated camping gear and equipment**



**Last call for bids**

*(Continued on Next Page ...)*



Winning bidders paying the auction cashiers



## Membership Matters

*By Sharon Salyer*

Nov 2023

Happy holidays to the members of our club, all of whom help create an environment where members from all walks of life can feel welcome. It's customary, during this season, to express gratitude for things that add meaning to our lives. For me, that includes the friends I've met through local club service projects and the Tuesday Group, as well as those who work alongside me at trail maintenance projects, or while attending social activities such as Happy Hiker hours and Day-in-the-Park gatherings. Not having family in the area, these relationships are core to my mental health and happiness, and at a time when so much of the news focuses on how divided we are, TATC is my haven. Thank you all!

So far this year, we have welcomed more than 40 new members who are excited to be included in our club!

Many, like those below, have introduced themselves through the short bios that I ask for when I send my welcome letter. There are so many, in fact, that I'm months behind in including them in Membership Matters. If you haven't seen your bio yet, no worries. I'll fit you in soon. This month I'd like to introduce the following new members.

### **Mike Martin has been a member since 5/14/23**

Mike Martin - I was born and raised in central NY state. My late wife (also a NYer from Long Island), son (a native Floridian) and I moved to the Tidewater area in 1995 from Charlotte NC. I am a database developer and report writer. It is not unusual to see me early Saturday mornings at First Landing State Park. Through Scouting, I was exposed to various camping, canoeing and hiking activities at an early age. While in VA, my hiking accomplishments include Mt Rogers from Grayson Highlands State Park and the VA Triple Crown of McAfee Knob, Tinker Cliffs, and Dragon's Tooth. But my heart belongs to the Adirondacks in NY. I have backpacked, camped and canoed all over the Adirondacks with my favorite areas being the Eastern High Peaks, Lake Placid and Keene Valley. Want to know more? I'm always happy to give my perspective and recommendation on an Adirondack trip! My last "excursion" was this past April, a day hike to the summit of Black Elk Peak in SD. This Fall, I hope to backpack the Northville Placid Trail in NY. A majority of my backpacking and camping over the past several years has been by myself, or solo. I'm looking to the Club as an opportunity to meet



**Mike Martin**

*(Continued on Next Page ...)*

**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**

John Ormond- 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 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.

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

Vanessa Trujillo- 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.



*(Continued on Next Page ...)*

**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.

**Miho Baromski has been a member since September 11, 2023**

Thank you so much for accepting me. My name is Miho Baromski. I am originally from Okinawa, Japan. My hometown is a little tropical island where there is no mountain. I have been in the US for about 9 years. Marriage brought me to this big country. My US military husband introduced me to the adventures in the mountains. He was an AT through hiker. We hiked mainly western Virginia and West Virginia together. Since my husband passed away last year, I have been a solo hiker. I am very fortunate and happy to join this wonderful organization. I am excited to meet other hikers and learn from them.

Let's give a shout out to our new members! Make sure to seek them out at the next meeting or activity and introduce yourself. The warm friendliness of our club is contagious, so spread it around.

Warm wishes,  
Sharon Salyer  
Membership Committee



## Reversible A.T. Beanie Back in Stock for Hunting Season

Perfect for hunting season and chilly days, our popular, reversible knit cap is now back in stock! Wear the blaze orange side out for more visibility or the black side out for a sleek way to show your love for the Appalachian Trail. Order yours today from the Official A.T. Store!



**ORDER YOURS**

### CUSTOMERS WHO VIEWED THIS PRODUCT ALSO VIEWED

★★★★★



A.T. Passport

★★★★★



ATC Gloves for Men

★★★★★



Safety Hankie

★★★★★



The Appalachian Trail Tapestry Buff

## TATC Merchandise Catalog

Don't forget, you can order TATC shirts, fleeces, and hats online from the TATC website. Check out these new style of ball caps being offered.



**ORDER YOURS**



# Winter Wildlife Festival

Join us in January for a month-long celebration of coastal wildlife and nature featuring a flock of engaging programs to embrace our coastal beauty. Festivities include over 50 activities, excursions, tours, photo contest, birding challenge, the honorary Mary Reid Barrow Wildlife Advocate Award, and more.

## Outdoor & Environmental Programs

 (757) 385-2990

 [outdoors@VBgov.com](mailto:outdoors@VBgov.com)

## Winter Wildlife Festival



The 2024 Winter Wildlife Festival will be held from Jan. 27 through Feb. 4, 2024. Registration for Festival trips and excursions opens on Nov. 15, at 9 a.m.! Join our **Facebook** group to stay up-to-date on Festival information.

For more information click on the link:  
[Winter Wildlife Festival | City of Virginia Beach](#)

# The **NATURE BUS**.com

Say **YES** to new adventures!

Private eco-tours for groups of 10-16 and  
"Saturday Escapes" for 1-9 individuals

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

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





# Disaster + Travel + Wilderness First Aid

& WFR Recert for  
current SOLO grads



## Where + When?

### 2024

Charlottesville, VA.....	Jan 6-7
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

See our website for additional  
venues and dates.

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

# www.solowfa.com

Are you prepared to give vital first aid care  
when professional help is far away or busy?  
*Have you practiced how to improvise  
treatment steps?*

Learn **IN-PERSON** or **ONLINE\*** how to  
**SAVE LIVES & LIMBS**  
anytime, anywhere 911 is far away,  
unreachable or overwhelmed!

*\*Online class is eligible for Certificate of Completion only. The  
renowned SOLO 2-year WFA certification requires in-person learning.*

Spaces limited! Register now at:

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

In-Person course fee \$295 (early bird)

Virtual class starts at \$115

Gift cards available

(434) 326-4697

### IN-PERSON 2-day Class

- No pre-requisites
- For adults and teens with solid attention spans.
- Combined lecture w/ Q&A, plus **hands-on skills practice** (50-50).
- **5 more training hours** than the standard course.
- **Inclusive and Safe Space Ally** by design.
- Approved by ACA, BSA, GS-USA, BCUNA and more

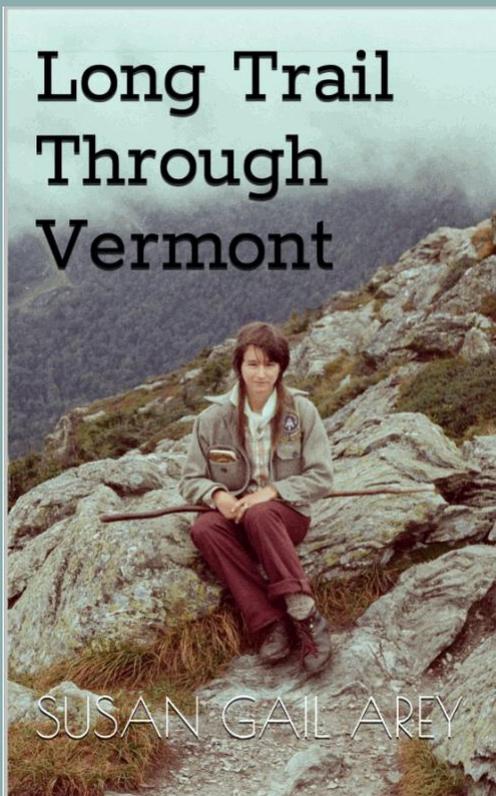
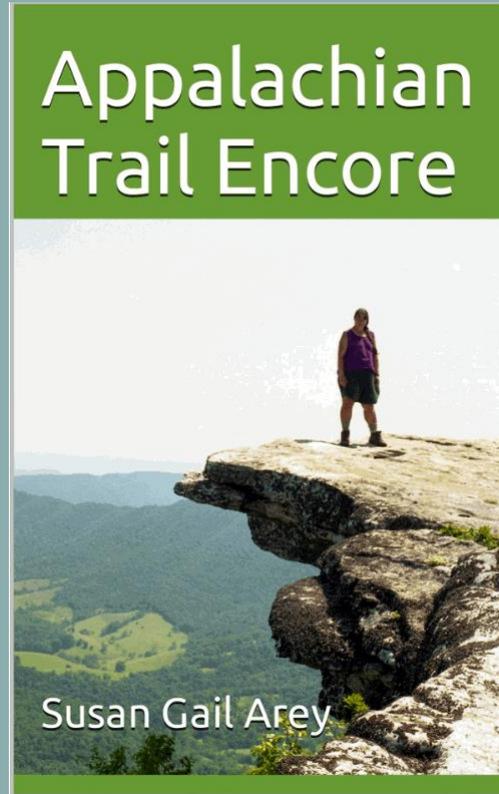
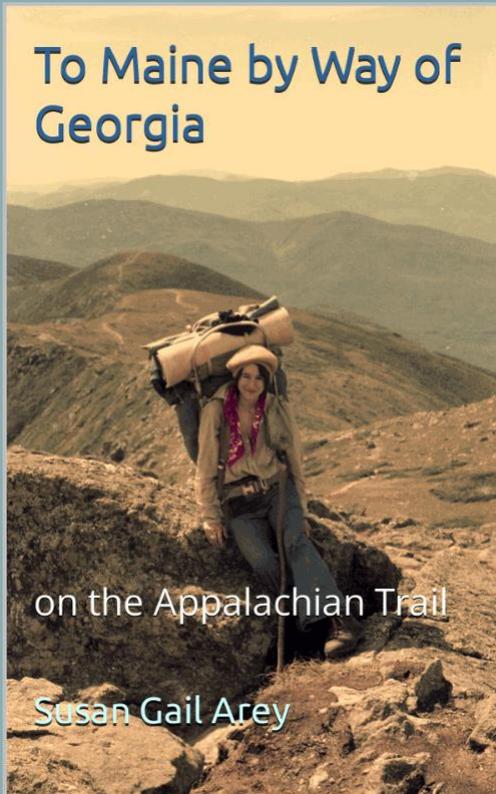
### ONLINE Learn anytime!

- Self-paced, at your leisure, when you want
- Easy ability to pause, rewind, replay
- Highly engaging, self-guided skills practice.



**Books on Hiking by Susan Gail Arey**

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



[Click Here for Susan's Author's Page](#)

# Activities Schedule

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

## **Beaverdam Hike-Stephanie & Steve**

When: Tuesday, December 5, 2023

Where: Beaverdam Park, at the "606" entrance - 9537 Fary's Mill Rd (Rt. 606), Gloucester (this is NOT the main entrance on Roaring Spring Rd)

Description: we will meet at 9:15 for registration at the 606 entrance on Fary's Mill Rd north of Gloucester (NOT the main entrance). We will start at 9:30 and hike a total of 6-7 miles, mostly on winding forest trails with sections of rolling hills. The Beaverdam reservoir is often visible through the trees. This hike is leashed dog (and poop scooped) friendly! After the hike, we will eat in a nearby restaurant (TBD). For those interested, we will proceed to ice cream at Short Lane - about 2 miles south on Rt. 17. We will probably hike rain or shine, cold or warm but we will notify everyone by 7 pm on Dec. 4th if there is a cancellation for especially foul weather. Please bring appropriate clothing for the weather, hiking boots, water/snacks and money for your lunch. To sign up contact Steve at: [waldo1089@gmail.com](mailto:waldo1089@gmail.com) or Stephanie at: [stephaniestringer15@gmail.com](mailto:stephaniestringer15@gmail.com)

## **TATC Board Meeting**

When: Wednesday, December 6, 2023, 7pm – 9pm

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

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

Location - 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

## **ATC Pub Night (aka Happy Hiker Hour) – Benchtop Brewing**

When: Thursday, December 7, 2023

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

Date/Time: December 7th, 7:00 pm to 8:00 pm

Location: 1129 Boissevain Ave, Norfolk, VA 23507

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

Join TATC Members on Thursday, December 7th at 7:00 pm; TATC will hold a pub night get-together at Benchtop Brewing located in Norfolk. No sign-up is necessary; just show up. POC Lelia Vann ([leliavann@gmail.com](mailto:leliavann@gmail.com))

## **TATC Holiday Party**

When: Saturday, December 9, 2023, 6pm – 10pm

Where: Royster Memorial Presbyterian Church, 6901 Newport Ave, Norfolk, VA 23505

Description: Place: Royster Memorial Presbyterian Church, 6901 Newport Ave, Norfolk, VA 23505

Admission: \$5 pp

6-7pm Potluck dinner and music

7-9pm DJ and dancing

Clean-up and out by 10pm.

Bring a dish to share. Soft drinks and water will be provided. Also, if you can bring a floor lamp contact Sharon.

**No December TATC General Membership Meeting — The Holiday Party will take its place.**

*(Continued on Next Page ...)*

# Activities Schedule

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

## **Williamsburg Holiday Walk-Mike M.**

When: Tuesday, December 12, 2023

Where: Colonial Williamsburg Visitor Center, 101 Visitor Center Dr, Williamsburg, VA 23185, USA

Description: Christmas in Williamsburg!

Meet at the Colonial Williamsburg visitor center between 9 and 9:15 AM where parking is free. Restrooms available. I like to enter the visitor center on Bypass Rd but you can also enter from the Colonial Parkway. Walk will start at about 9:30. This approximately 5K walk is mostly flat ground on streets, sidewalks and groomed trails. The hike will take you through CW and a portion of W&M Campus. We will end up in Merchant Square at about 11:30 for those who would like to have lunch (location TBD but usually the Mellow Mushroom) Ice cream is also nearby at Kilwins and Baskin Robbins. Then a .5 mile walk back to the visitor center by way of Governors Palace. It is also very open ended. Do as much or as little as you like. You are never too far from parking so any amount of the hike is optional. Contact Mike to sign up: [m.a.mureddu@gmail.com](mailto:m.a.mureddu@gmail.com) (<mailto:m.a.mureddu@gmail.com>).

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

When: Thursday, December 21, 2023, 9am – 12pm

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

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. Contact: [localtrails@tidewateratc.com](mailto:localtrails@tidewateratc.com) to sign up.

## **First Day Hike at First Landing**

When: Monday, January 1, 2024, 9:15am – 12:00pm

Where: First Landing State Park

Description: First Day Hike at First Landing

We will meet in the First Landing State Park 64th Street boat launch area parking lot at the end of the park access road, near the restrooms by 9:15 AM to sign in and register for the hike. We will be hiking a total of 7 miles on the Cape Henry Trail, the Long Creek Trail, the Osprey Trail and return on the Cape Henry Trail. At 9:30 AM we will proceed to the trailhead located in the Narrows area near the boat launch area to start the hike. Please bring/wear appropriate clothing for the weather, hiking boots, water, snacks and/or lunch. This hike is leashed dog (and poop scooped) friendly! Contact: [bbunch@att.net](mailto:bbunch@att.net) to sign up.

## **TATC Board Meeting**

When: Wednesday, January 3, 2024, 7pm – 9pm

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

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

Location - 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

*(Continued on Next Page ...)*

# Activities Schedule

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

## **TATC General Membership Meeting**

When: Wednesday, January 10, 2024, 7pm-9pm

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

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

Description: TATC General Membership Meeting. Our meetings are now being held at the Episcopal Church of the Advent. Please use on-street parking

## **TATC Boundary Training and Marking**

When: January 11 – 13, 2024

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

Description: TATC Boundary Training and Marking

TATC will be working with ATC personnel to get trained and to walk our trail boundary.

It will be held on January 12th, 2024, and we'll be able to stay in the Admin Building at Sherando the night of the 11th, and maybe again on the 12th. While specific details are still under development, you must sign-up with Lee to participate. It is expected that the total number of participants will need to be limited to 6 to 10 people. If we have enough folks, we can split into two groups and finish the entire TATC boundary line in one day's work.

POC - Lee Lohman at [lohmantatc@gmail.com](mailto:lohmantatc@gmail.com).

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

When: Thursday, January 18, 2024, 9am – 12pm

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

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.

Contact: [localtrails@tidewateratc.com](mailto:localtrails@tidewateratc.com) to sign up.

## **TATC Pub Night**

When: Wednesday, January 24, 2024, 6:30pm – 8:00pm

Where: The Bold Mariner, 1901 E Ocean View Ave., Norfolk, VA 23503

Description: Tidewater Appalachian Trail Club (TATC) Pub Night

Join TATC Members on Wednesday, January 24th, from 6:30 to 8:00 pm.

TATC will hold a pub night get-together at The Bold Mariner Brewing Company in the Ocean View area of Norfolk. No sign-up is necessary; just show up. Food on Wednesday is barbeque platters or sandwiches. Beer, wine, cider, and soft drinks are available. 20% off wine on Wednesdays. Bold Mariner is a Veterans-owned business.

Contact: [jtsexton@gmail.com](mailto:jtsexton@gmail.com) Website: <https://theboldmariner.com/>

## 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	Kevin Du Bois	<a href="mailto:cabin@tidewateratc.com">cabin@tidewateratc.com</a>
Cabin Committee	Gregory Hodges	<a href="mailto:cabin@tidewateratc.com">cabin@tidewateratc.com</a>
Education	Vacant - TBA	<a href="mailto:education@tidewateratc.com">education@tidewateratc.com</a>
Hikemaster	Andy Grayson	<a href="mailto:hikemaster@tidewateratc.com">hikemaster@tidewateratc.com</a>
Historical	Jim Sexton	<a href="mailto:historical@tidewateratc.com">historical@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>



## Thru Hiker at McAfee Knob

By Ed Martin



**Mt Greylock on July 25th, 2023 (photo by Ed Martin)**

As part of my quest to visit the highest points in each state, I visited Mt Greylock on July 25th, 2023. You may recall that New England had just lived through "40 days & 40 nights" of rain. Being a sunny afternoon, many Thru-Hikers took the opportunity to soak in some rays on the grassy summit (photo above). I struck up a conversation with "Flash" who was thru-hiking from the South. When she learned I had done trail maintenance in Virginia, she offered to show me a photo of herself on McAfee Knob (photo on next page). She told me that she planned the shot, getting up at dawn to be in position with the rising sun. I think she may have triggered her phone camera herself via the internet or Bluetooth. She transferred the image to my phone while we were still on Mt. Greylock. I was very impressed with the young age of the thru-hikers - several just out of high school.

*(Continued on Next Page ...)*

**Thru Hiker at McAfee Knob**

**By Ed Martin**



**A thru hiker whose trail name is Flash shown at McAfee Knob (photo by Flash)**

