

Tidewater Appalachian Trail Club

Appalachian Hiker



Banner Photo by Mark Ferguson

PREZ SEZ

My name is Lelia Vann, your 2024 TATC President. I succeeded Lee Lohman as President of TATC after the February 7th Board meeting. Also joining the Board were Kaci Midgett, Vice President; Andy Grayson, Treasurer; Peg Seriani, Secretary; John Sima, Trail Supervisor; Britt Collins, Assistant Trail Supervisor; and Jim Newman, Counselor. All of us want to thank the departing Board members for their efforts to a smooth transition. I am deeply grateful to Lee for serving our club as the President for the past 3 years and for all the time he has spent with me in this transition. Lee has agreed to stay actively engaged on the Board as the Program Chair. I am grateful to Cecil Salyer and Bruce Davidson for their dedication as Treasurer and Counselor, respectively. Cecil automated our financial recordkeeping and sailed through our 2023 audit flawlessly. Bruce welcomed new members with opened arms and his passion for the outdoors inspires us all. Bruce has also agreed to stay actively engaged on the Board as our Safety Committee Chair.

It was easy to agree to run for President after serving as the TATC Secretary last year. I had the pleasure of working with the Board members and observing their dedication and commitment to keep TATC professional, engaging, and fun while focusing on safety. Lee was a master at leading our organization through some challenging times. Peg, our new Secretary, is also our Newsletter Editor after Jim Sexton's 17-year dedication as the editor.

During our March Board meeting, we officially re-appointed all Committee Chairs to the Board of Directors. These include the following (individual/committee): Sharon Salyer/Membership, Kama Mitchell/Membership, Greg Hodges/Cabin, Kevin Dubois/Assistant Cabin, Paul Heymann/Local Trails, John Barnes/Outreach, Don Williams/Education, Kaci Midgette/Hikemaster,

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April 2024 - May 2024
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Peg Seriani/Newsletter, Bill Bunch/Facebook Master, Jim Sexton/Webmaster & Alt. ATC RPC Representative, and Ned Kuhns/ATC RPC Representative. In addition, we officially appointed the following vacancies (individual/committee): Bruce Davidson/Safety, Lee Lohman/Program, Kaci Midgette/Outreach & Merchandise, Rich Seriani/Tool Boss, Sharon Salyer/Social Events, Jim Newman/Awards, and Greg Reck/Timekeeper. We still have a few positions vacant and a few that will become vacant so please let me know if you are interested in serving as a Board member.

After several years of not having an awards program for you, our volunteers, Jim Sexton chaired an Awards Committee to reinvigorate and implement a revived awards program. This revived awards program was presented to the Board of Directors during the March Board meeting, and it was unanimously approved. The next step is to finalize the maximum cost of this program and present this increase to our budget to you at our April General Membership for approval. I firmly believe that we should recognize and show appreciation to you for the contributions you make to our club, so I look forward for its approval at the General Membership Meeting on April 10th. Read Jim Sexton's article regarding the award categories for maintenance and leadership hours. Please be sure to attend this General Membership Meeting and vote "yes" if you support reviving our Awards Program.

Our annual Chocolate Hike on February 11th was a success with a dozen hikers despite the constant rain and Phyllis said this was "one of the best most memorable chocolate hikes I've ever led!" Bill Bunch, our Facebook Lead and most recent Counselor, led a New Year's Day hike at First Landing State Park (FLSP) with over 2 dozen hikers and an 8-mile Merchants Millpond Hike on February 17th with a dozen hikers participating. Bill is advocating for more hiking events on the weekends when we don't have maintenance events planned. (This is one of my personal goals for the club as well.) His next event is scheduled for March 30 at FLSP.

Our Tuesday Group has been keeping up their commitment of holding an event every Tuesday so check out our calendar if you have Tuesday mornings available for a hike, bike, or kayak trip. Thanks to each trip leader for hosting these events. Starting in March 2024, please start tracking/reporting your hours spent for planning, implementing, and reporting each event for the Awards Program that I mentioned above.

Our members are staying busy helping with our local maintenance activities. We have had two events in January, February, and March, respectively, at the First Landing State Park. Paul Heymann, our Local Trail Supervisor, has at least one local maintenance workday each month so sign up early for planning purposes.

The coming of spring welcomes back our maintenance events in the Blue Ridge mountains. John Sima, our Trail Supervisor, has set dates for our Spring Trail Maintenance events and all our Swingblade/Lopperfest events so please mark your calendars now as this is why we are a club - to maintain our 10.2-mile section (from Tye River to Reed's Gap) of the Appalachian Trail! Thanks to over 30 people who participated in the Sherando Volunteer Spring Cleanup event held on March 23rd.

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Our activity with the Appalachian Trail Conservancy (ATC) has continued with Ned Kuhns and Jim Sexton, our representatives to ATC's Virginia Regional Partnership Committee. The Central Virginia AT Partnership meeting was held on February 10th with Jim representing us to discuss matters of local interest with the U.S. Forest Service and the Blue Ridge Parkway. The ATC's Southern Partnership Meeting and Virginia Regional Partnership Committee Meeting was held over the March 9th weekend at the Hungry Mother State Park. Both Ned and Jim were able to attend and represent TATC. Read Ned and Jim's article to learn more and please thank them for their continued dedication in representing us to ATC.

Finally, I did hear back from a few of you about my "Let's Go AT Day Hiking" article in the Feb/Mar 2023 Newsletter, so I have planned the trip to Delaware Water Gap the weekend of May 18th. If you are both an AT Hiker and Jazz Lover, please see the TATC calendar for more details or contact me directly.

Stay safe while having fun on the trails and in the woods,
Lelia Vann President - Tidewater Appalachian Trail Club



Minute for Maintenance March 2024

By John Sima

Giving back to Sherando

Our second annual "Giving Back to Sherando" event was a huge success. Its purpose is to get Sherando Lake Recreation Area ready for the season opening. This was a collaboration between the TATC, Old Dominion Appalachian Trail Club, & the Forest Service. With a 100% chance of rain, 27 dedicated volunteers and 7 Forest Service employees showed up. This far exceeded my expectations for turn-out. What a great group of dedicated Volunteers we have. Makes me proud to be a member of the TATC.

Jonathan Zimmerman, the Sherando Lake Recreation Area Administrator provided a list of tasks that needed to be accomplished. We tackled those tasks and then some.

Our Facebook Administrator Bill Bunch provided this description of the tasks we performed:

One crew started cleaning out the original CCC Kitchen that has been used for storage. All the items were removed, the kitchen was cleaned and the contents were sorted, repackaged and replaced. Meanwhile three crews started to spread the cinder fill on "C" Loop. We got off to a rough start in the rain. Everywhere we stepped made very muddy footprints. The cinder fill was rather soupy. We spread it carefully to make sure there were no muddy spots. When the rain ended our work got easier as the pads and the fill quickly dried out. After lunch, we spread fill on one more site on "A" Loop and we were asked to pull fallen limbs and downed smaller trees out for the Forest Service grinding crew to clean up "A" Loop. That was the end of our workday.

Other crews installed new permanent trash cans, removed a blowdown that was blocking a drainage ditch which was causing flooding in B loop, planted shade trees, and opened up the Beach House.

Jonathan's thank you to our Club:

"Your club's (and a few Old Dominion's) work this weekend was greatly appreciated. It's not often we have that many willing workers at our disposal and it always amazes me the amount of work we're able to complete. After this weekend's big push, we're just about ready to open for the season."

Upcoming Events: We need signups for all these events, Contact trailsupervisor@tidewateratc.com

- **April 12th-14th** Spring Backpacking Walkthru
- **April 26th-28th** Spring Maintenance
- **June 7th-9th** Swingblade & Lopperfest #1

John Sima

TATC Trail Supervisor

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CCC Kitchen cleaned

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U.S. Forest Service grinding crews

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Spreading fill at a camp site



Gathering fallen limbs



THE FREEZEEEE RETURNS IN 2024—ZEALAND FALLS HUT NEW HAMPSHIRE!

By Mal Higgins

The call of the mountains and a chance of real cold and snow was enough to set in motion the return of the Freezeree Hike to TATCers. The trip this year was a backpacking trip to the Zealand Falls Hut in New Hampshire, operated by the Appalachian Mountain Club.

On February 4, 2024, Jim Newman, John Sima, John Barnes, Bob Adkisson, Matthew Improta and I assembled at 5:00 am at the Chesapeake Bay Bridge Tunnel parking lot and drove to Twin Mountain, New Hampshire for the start of the adventure. Some 700 long miles later we arrived at the Four Seasons Motor Inn and met up with Mark Connolly, who drove over from his home in Maine.



In honor of past members of the Freezeree crowd—Bruce Davidson, Tom Miano, and Marty Vines, who had to cancel their participation this year for a variety of reasons—Jim (with the aid of his wife, Brenda) re-purposed a 12-inch-tall garden gnome and painted “Bruce, Tom, Marty” on its cap. The gnome traveled north, too.



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This was the first Freezeree to go north since 2020, although in February 2021 a “pop-up” TATC cabin winter hike happened when the Blue Ridge Mountains caught a snowstorm. In 2021 COVID restrictions caused New York and New Hampshire to impose 14-day quarantine restrictions on out-of-staters, and in 2022 and 2023 nobody wanted to risk exposure. So, there was plenty of excitement to make the 2024 Freezeree happen.

Our plan this year was to hike to the Zealand Falls Hut and stay four nights there. The Zealand Falls Hut is one of three “huts” or cabins operated in the winter by the Appalachian Mountain Club on a caretaker basis. More details are here: <https://www.outdoors.org/destinations/new-hampshire/zealand-falls-hut/> The AMC charges per person per night and accepts reservations in advance. On Day 1 we breakfasted at Munroe’s Family Restaurant in Twin Mountain, and then drove a few miles to the trailhead. I had been telling my fellow backpackers we only had a 2.8-mile hike in. . . . but, whoops! I had misread the trail guide, and if it were summer that would have been true! But in winter the 4-mile road to the trailhead is not plowed and closed to vehicular traffic. So the hike in was actually 4 miles on a snowy uphill road to reach the trailhead and then 2.8 miles to the Hut, for a total of 6.8 miles.

We donned our microspikes and strapped our snowshoes on our backpacks and set out. The snowy road was packed in places by snowmobile tracks. The younger and stronger hikers (it’s all relative!) moved ahead at their pace and after a while were out of sight. Jim, Mark, and I trudged along more slowly for about 3.75 miles and all agreed to take a little break at some time around 2:00 pm, not even yet at the trailhead. We paused at an intersection with a road labeled “Bethlehem (NH) water source” to rest and consider our slow pace. We agreed we were running on fumes and decided we were not going to make the Zealand Falls Hut before nightfall at this pace. About this time John Barnes prudently came back down the road looking for us to see what was going on. We decided to pull a strategic retreat back down the road to the motel and regroup. Jim and I stashed our backpacks in the snow at the intersection, grabbed our daypacks, and said goodbye to John! Mark carried his back down. So, our Day 1 ended with a withdrawal to the motel. The others—John S, John B, Bob, and Matthew--did make Zealand Falls Hut on Day 1.

On Day 2 at the motel, we reorganized ourselves, ate at Munroe’s Restaurant, and Jim and I hiked back in up the snowy road. Mark was not feeling well and drove home to Maine. As is true in all Himalayan Mountains assaults, Jim and I justified our descent down the prior day and climb back up as an acclimatization maneuver to get used to the thin oxygen level of Zealand Falls Hut at an amazingly high 2630 feet. Hah! This time we were going for the summit. We reached our stashed backpacks sitting at the Bethlehem Water Source intersection, completed the uphill snowy road, and reached the trailhead. We huffed and puffed through the woods and along a beautiful, frozen Zealand Pond and marshland. Finally, we hit the “Doozy”, a crazy steep half mile final approach to the Hut, which is part of the Appalachian Trail, known locally as the “Twinway” and arrived at Zealand Falls Hut. There we were greeted by the others and met the caretaker staff person, Morgan Haldeman. It was a great feeling to be at the Hut. The Hut caretaker lives in the Hut for a week at a time (until another caretaker relieves the shift), and oversees the infrastructure of the hut. Among his duties are drawing 5-gallon buckets of water from the Zealand spring (hand pumped well), monitoring the solar panels that provide electricity for indoor lights at night, and monitoring the propane tanks that provide cooking fuel to a full size stove. The tanks are delivered and empties removed by helicopter during the summer.

The caretaker also lights off a woodstove, using pressed sawdust bricks, every afternoon at 4:00 pm. The stove casts a bit of warmth within about a three-foot radius, but the rest of the central area temperature is close to the outside temperature! Most everyone wore coats or fleeces inside. The bunkrooms are unheated, but connected to the central area with wooden racks with mattresses, and all of us used our sleeping bags. Temperatures in the bunkrooms were

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perhaps in the single digits to the low teens. The privies for men and women are connected by a short wooden walkway outside the main Hut.

The TATCers who made the Hut the first day told us of a hike they did on Day 2 on the Ethan Pond Trail where they came upon a deer kill on the trail and paw prints. It was determined later back at the hut, after consulting reference books, that the killer animal was a bobcat, which are known to inhabit the White Mountains.

On Day 3 we all set out to hike up the Twinway (A.T.) trail to see how far we could day hike. Again, John Sima, John Barnes, and Matthew Improta were stronger and faster and Jim and I followed along. Temperatures were a comfortable mid-20s F. The trail rapidly gains elevation on an extremely steep slope with no switchbacks and with perhaps two feet of snow underneath our microspikes. It's another "Doozy". Drifts off the trail were deeper. The trail was hard packed enough from other hikers to not require snowshoes.

Jim and I reached a gorgeous overlook known as Zeacliff with an outstanding view of the White Mountains, including the famous Presidential Range, perhaps 15 miles distant. The two Johns and Matthew were just leaving Zeacliff, heading further up the A.T in a westerly direction, and Jim and I lingered. We later followed along and enjoyed the beauty of an Alpine zone with very small trees, not quite above the tree line. We hoped to get to the summit of Zealand Mountain, but when the trail turned sharply upward, we bailed out and hiked back downhill to the cabin. We learned that evening that John Sima, Matthew, and John Barnes made the summit of Mt. Zealand (4264').

Other hikers unrelated to TATC stopped for the night at the Hut and the conversation around the wood stove involved the usual tales of past peaks hikes and next day plans



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On Day 4, Jim and I and Bob took a zero day and stayed at the cabin. The two Johns and Matthew headed back out and up the “Doozy” again. By the end of their day John Sima and Matthew had conquered Mt. Guyot (4581’) and West Bond (4518’), and John Barnes had joined them on Mt. Guyot’s summit. They arrived back at Zealand Falls Hut after dark and an exhausting 11-mile day.



Our day at the Hut was a pleasant time to read and eat. Our caretaker, Morgan, had completed his week of service and had loaded a pull behind sled to hike out. Morgan’s next gig is to head to Alaska where he’s been hired to be a ranger at Denali National Park. We said goodbye, and sometime later in the afternoon the next caretaker, Parker, arrived for duty. It was a sunny day and we enjoyed temperatures in the high 20s F as we sat on the outdoors porch some of the time admiring the scenery.

On Day 5 our time at Zealand Falls was over and we packed our backpacks. The snow had softened some over the previous days and we put on our snowshoes. As I began my descent, my snowshoes decided they had reached the end of their life. Various rubber straps began snapping off the bindings and even a piece of the plastic foot-tread broke off. Complete gear failure! I took them off and carefully sidestepped down the Twin way Trail to a level spot and put on my microspikes. I concluded that my storing the snowshoes in a hot garage in past summers had caused the rubber and plastic to lose its tensile strength and become very brittle.

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That evening, after again checking in at Four Seasons Motor Inn, we drove to Lincoln, NH and ate at a great bar, the White Mountains Tavern. The garden gnome named Bruce, Tom, and Marty—which had been too heavy to be backpacked to the Hut—reappeared and enjoyed our company on the table as we ate. The waitress discretely and solemnly inquired if the gnome was in memory of Bruce, Tom, and Marty, but we reassured her the gnome was merely a whimsical tribute. A live, two-person band provided some good blue grass, a little rock and roll, and Americana style guitar music, to help us end the evening on a fine note.

The following morning, Jim and the two Johns headed back to Tidewater, and Bob, Matthew, and I stayed on one more day to sight see. We visited the Mt. Washington Inn near Bretton Woods—a grand old historic hotel with the look and feel of something from 100 years ago. In July 1944 delegates from around the Allied countries fighting Germany and Japan met at the Mt. Washington Inn at an International Monetary Conference to form the World Bank and International Monetary Fund, anticipating that WW II was soon to be won. We also visited the Appalachian Mountain Club's "Highland Center", a local headquarters in Pinkham Notch, which features a cafeteria, bunk houses, conference rooms, and a gift store.

Finally, we drove several hundred miles toward home through New Hampshire and past some ice fishing festival on Lake Winnepesaukee, and south into Connecticut before stopping for the night in Danbury and concluding the drive home the next day—just in time for the Super Bowl.



Freezeree 2024 - A Newbie's Perspective

By John Barnes

Freezeree??? Why would anybody drive 12-14 hours, to New Hampshire, in February, to stay in an unheated hut? I'd heard about these trips, and was curious, but it was Jim Newman and Bruce Davidson that encouraged me (talked me into) going. Still, I was apprehensive, and not quite sure what I'd gotten myself into.

The 2.5-mile backpack to the hut turned out to be 6 or so miles. Turns out the access road is not plowed in the winter and in fact is groomed for snowmobiles. Everybody's pack was heavier than it should be. It was a grueling hike and not everybody made it first attempt.

It also turns out that winter hiking is super cool, one of the coolest things I've done in a long time. And to winter hike, you have to go where it's cold and snowy. The White Mountains of New Hampshire is an ideal location. The hike up and even first night's stay wasn't that much fun, just work. But then we started day hiking with light day packs to spectacular waterfalls, peaks, vistas, and more. Day hikes ranged from 4 to 11 miles (my longest hike was between 8 and 11 miles, but that's another story) with significant elevation gains and descents. The path was mostly well packed snow of about 18" wide from previous snowshoers and wound through snow covered Spruce and Birch trees. It was truly a Winter Wonderland, a cross between Alice in Wonderland and Harry Potter; absolutely magical.

That is when you weren't thinking about how difficult the climb was or how long you'd been hiking. Footwear was critical. Good boots, micro spikes, and snowshoes are a must (Thank you Bruce Davidson for loaning me yours!!!). Crampons (kind of like micro spikes with longer spikes and heavier) can also be useful. Selecting the right equipment for the snow and trail conditions make all the difference, and I didn't always get it right.

Freezing conditions are highly desirable for winter hiking, but freezing is not. Having multiple layers and the right layers is critical to regulate body temperature. The goal is to maintain a reasonably comfortable body temperature, not too hot and not too cold, regardless of the conditions and your activity level. In addition to variations in temperature, sunlight, precipitation and wind; your level of activity will dramatically impact the layers needed. Beginning a hike a little cold is good because your body temperature will warm up as you hike. I found small adjustments that can help delay putting on or off an outer layer, include: head covering (changing/putting on/taking off hats and hoods); cover or uncover the neck; zip or unzip outerwear to vent or cover the chest and stomach area; even tucking or untucking shirt tail, especially over the stomach can help. It's pretty much the same layers and process as snow skiing, so I already had much of the clothing I needed.

Winter hiking is both physically and mentally challenging, which I really like. This hike definitely tested our physical limits, and sometimes beyond. It's good to push your limits, but you also have to know and respect your limits. This trip made that very clear for me. Mentally, the trip was constant problem solving. What do I bring/leave, put on/take off? How do I navigate this steep climb? Footwear? How much hike for the day, how long will it take, do I have the stamina, tracking time, and so on...lots to think about! It also a great way to "live in the moment" with no cell service and the quiet of the forest blanketed in snow is only broken up by the crunch of snow underfoot and the occasional bird call.

The drive up was less daunting than feared since we rotated drivers as needed and had good road conditions. There were major snow storms both two weeks before and one week after the trip that would have been great to see and be in, but would have made driving tough. As cold as it was, I was told this trip was relatively mild compared to previous trips, a later learned this was the warmest winter on record. Nine degrees was the coldest temperature while we were there, was mostly in the 20's and 30's, but warmed up toward the end of the week.

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The unheated hut soon became home away from home. I had a nice bunk, I could take my heavy boots off, had unlimited hot chocolate, a kitchen and tables for meal time and a fire in the wood stove come 4pm. This was a great time to recount the day's hike, plan for the next, and share a story or two. Lights out a 9pm, but I was lucky to make it to "hiker's midnight" (8pm).

Winter hiking is very doable, but it ain't for everybody. This is not beginner backpacking and certainly not a way to get in shape. Being able to tag along with experienced Freezereers who know where to go, how to get there, what to bring, what to leave home, and so on, is a really big deal. It's another example of TATC members seeking out adventure, pushing limits, being immersed in nature, and sharing their wealth of knowledge so that new members can both learn and carry on the tradition.



Monday's hike in...the journey begins

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Now we really start hiking

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Zealand Falls Hut – home for the week

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Tuesday - Cabin just visible (white dot) from Whitewall Mt. after trip to Thoreau Falls

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View of Zeacliff from Whitewall Mt.

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Wednesday's hike – Zeacliff and Zealand Mt.

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Whitewall Mt slide from Zeacliff

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Thursday - Mt. Washington from Mt. Gayot (4581)

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Friday-The crew's ready to depart

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Jim, looking strong!!!

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Tom – thanks for the beer!!!



New Trail at Chippokes State Park

By Bruce Julian

About 12 months ago the Park Manager asked me to map out a new trail there in the park, at Chippokes State Park in Surry County. I walked around in the park for a few hours looking for some kind of area which could be used for a short, maybe half mile or one mile area that most everyone could hike on. With the James River on one side of the state park and the Lower Chippokes Creek on the other side, and about $\frac{3}{4}$ of the park in agricultural farmland, along with 4 cabins, and 20 + campsites, this wasn't going to be an easy task. With all my trail experience from my childhood, right on up to working with False Cape State Park, the Konnarock Trail Crew, and The TATC Club, I knew I could come up with a site big enough to make a good trail, that everyone would be able to hike on.

Late last year I did find an area and tagged it with orange ribbon, then with the Park Manager Ben Richard, I showed him the site. It started right at the Visitor Center going down to the beach on an existing trail the park had for their guests to access the beach there on the James River. As you hike down to the sandy beach, you would go west for about 350 feet, where people had been walking for years and this is where the new trail would begin. It would go another 150 feet west, then turn south/west going up a Ravine, and this would be where the side hill-ing would need to be done for about 200 feet along the side of the Ravine going up about 60 feet to the top. At the top would be an overlook which you would be able to look out over the James River and see some of the rides at Busch Gardens, and the Parkway there at Jamestown, on the other side, some 6 miles away. The rest of the trail would be on flat, level land through the woods heading back towards the Visitor Center, about $\frac{3}{4}$ of a mile counting the beach walk.

Soon after we tagged the area, the inspectors came down from Richmond from d c r, to check out our site for any Endangered Species or an area with artifacts that may have been left some 100 years ago. Well guess what, they did and put our trail on hold for some 10 months to dig, check, and verify anything they could find. The only thing that may have happened there was a massacre during the Civil War, but nothing has ever been found, so we got the go sign for the trail on February 11, 2024.

The new park manager Trevor Johnston informed me on February 11 that we could start the trail if we still wanted to take on this job, I said yes and started calling a few club members that I knew would want to and could help on short notice, and I got 7 volunteers from the first seven I called. The bunkhouse that we stayed in would only hold 7 volunteers and that was very tight accommodation to say the least. The only time I had to work on the trail was March 3, 2024, through March 6, 2024, because I had a trip planned to volunteer at False Cape State Park on March 12, 2024, through March 16, 2024. (that will be another story)

We all arrived about 12:30 P.M. on Sunday March 3, and put away all our food and gear before heading out to the Trail Site. The first job was to show everyone the site where the trail would be and familiarize themselves with the area. Hiking the wooded area wasn't too bad, we all made it easily, but on the slope going down the Ravine was another story but we all 7 made it down and I showed them where we needed to start digging and after a lot of discussion between our members, we all agreed where the trail should be, right where I wanted it in the first place. In trail work everyone has their own ideas how and where it should be, some good ideas and some bad ones, but we all worked it out and on the second day we started digging. After seeing where the trail was marked, we walked back to our trucks and picked up the tools we would need to remove dead trees, fallen limbs, and to cut trees and dig any stumps out of the path that would become the trail. It was getting late by now and we had done about half of the trail, (the easy half) and it looked like rain, so we headed back to our trucks and the bunkhouse, right before the rain came down.

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Sunday night it did rain right much and we wondered if we would be able to work on Monday morning, but didn't worry too much, we drove to Annas Pizza in Surry and had a good meal so we would be ready for all the fun the next day. Getting back to the bunkhouse about 8:00 P.M. we talked and told stories of all the good times we had on trips before and then we turned in and tried to sleep, rain on a tin roof can make a lot of noise and two of us were on the second floor and we had two heavy rain showers during the night, but when it was clear we could look out our window and see the cows eating there in the pasture. The park is a working farm and there are about 75 cows and a couple of bulls there in about 100 acres, which gave us something to look at.

On Monday morning it was only sprinkling, and it stopped before 8:00 A.M. so, everyone agreed to head to the sight and see what we could do. We parked at a new location which we didn't have to walk far to start working where we had stopped on Sunday. I am always looking for an easier way for my groups to work that will help all of us. We started doing the cutting back trees, removing down trees, and the ground was not that wet so by the time we made it to the downhill site and after removing all the debris in this area we hiked back to the trucks and got our Pulaski, saws, rakes, and more water to drink and started digging. With those downpours we had had the night before some thought we would not be able to dig at all, I for one, now was glad it had rained, because the hillside dirt was perfect for digging. I let everyone know what was expected in digging a new trail because some of the group had never done side hilling before. Also, we talked about safety on the trail while working and keeping a safe distance from the person next to you. It was a good talk because no one lost a toe, a hand or even a cut. After cutting all those limbs on the second half of the trail and stopping for lunch we only dug half of the hillside before 4:00 P.M. and it being Eastern standard time it was getting dark. We loaded our tools back into our trucks and drove to the Bunkhouse, for showers, supper, and some more stories of yesterday. We did put some leaves on the trail which we had dug so in case if it did rain that it wouldn't wash all the loose dirt down to the bottom of the valley, well it did rain Monday Night and I did think about that hillside, all night. There was nothing we could do, but pray, and I did.

Tuesday morning came and there was no rain, and after breakfast we again agreed to try and go back out and start digging. Well, all of us must have done a very good job on the side hilling because all the new trail was just like we had left it the night before. Surprisingly the ground was still dry about one inch down, so we all started digging again. We worked till lunch and finished all the side hilling that we wanted to do. This is not to say that we won't need to go back at a later date and put the finishing touches on the trail. After lunch 4 volunteers headed home and the other 3 volunteers went back out to work on a large log that ran across the trail, which we didn't want to remove it because it did help to hold the hill together, so we used the chainsaw to slice about 3 inches off the top to make it easier to step over and to cut one tree that leaned over into the trail. By this time, it was 2:30 P.M. and two of the volunteers needed to head home, so I took out my weed eater and started cutting the weeds in some of the trail and this took me till about 4:00 P.M. Carried all the tools back to my truck and went back to the bunkhouse, took a shower, ate supper, and was in bed by 9:00 P.M. it had been a long day. I had planned to stay till Wednesday evening but when I woke up Wednesday morning it was raining again, so I packed up and headed home. We did get a lot done but there is still a lot to do, so if you are reading this story and want to help, please call, or email me at 757-604-3099 or julianbm@verizon.net

P.S. I did go back for a one-day trip on March 10 to cut the field that some of the trail goes through. I walked the whole trail and after two more days of rain the side hilling still looked great. I did cut some of the trail and field but couldn't cut everything because of the tall weeds and the small mower they wanted me to use, will get the tractor next time.

--Bruce

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Checklist and Check Weight

By Don Williams

When Colin Fletcher authored *The Complete Walker*, published in 1968, it was probably the most authoritative guide to backpacking at the time. He described the gear and its use in excellent detail. His warm weather base weight in 1960 is estimated to have weighed 36 pounds. Base weight is everything you carry in your backpack, but doesn't include food, water, and fuel. It doesn't include the clothes and shoes you wear, nor traditionally, your trekking poles if you use them. Colin's base weight isn't bad considering the state of the art in backpacking equipment at that time. That gear didn't include a tent or sleeping pad. He simply cowboy camped. His winter gear would add about 10 pounds to his base weight. He typically carried an additional 10 pounds of food and 1.5 gallons of water, which weighs 12.5 pounds. So, he would be carrying 58.5 pounds in total in the summer, and 68.5 pounds in the winter.

Compare this to Sam "Shade" Carter, who in 2023 attempted to hike the Calendar Year Triple Crown (AT, PCT and CDT in one year). He completed about 6,000 miles of it before ending his hike. Why is this failed attempt so special? He carried less than 3 pounds base weight of gear. He also cowboy camped, sometimes in very cold weather without a sleeping bag. Instead, he used only a space blanket for cover. That's quite extreme and I don't recommend any of us try that, but it does show what is possible.

What should you carry when you go backpacking? Let's look at three weight level options, but first let me explain a few terms, guidelines for pack weight, and let's consider some issues and rationales for packing at each weight level. There are roughly three weight levels of backpacking, although the weights assigned to each is not strictly agreed upon. Roughly, a base weight under 10 lb is considered ultralight. A base weight under 20 lb is considered lightweight. A base weight over 20 lb is considered standard or regular. The various gear that makes up the gear list of each weight level is a tradeoff between needs and wants, comfort in camp versus comfort while walking with a lighter pack. To determine what you minimally need to enjoy your hike becomes the pursuit, almost obsession, of ultralight hikers, and to some degree, even lightweight hikers. There are benefits to carrying less weight on your back. The most obvious being that you will not be as tired, aching, and fatigued after hiking all day with a lighter pack. You may also avoid injury.

Physiologists have researched the effects of hiking while carrying various weights of backpacks. Much of this research was originally focused on soldiers who routinely carried weights of 60-80 lb. Research also now includes traditional hikers. The cumulative findings of this research include the following:

1. Hikers carrying more weight tend to hinge forward at the hips.
2. With loads approaching 40% of body weight, hikers have exaggerated left/right rotation of their torso as they walk.
3. With loads approaching 40% of body weight, hikers bend their knees to dampen the forces on their feet and ankles.
4. With loads approaching 40% of body weight, hikers shorten their stride to reduce single leg loading.
5. With loads less than 20% of body weight, hiker gait and stride is basically the same as when unloaded.
6. Weight carried is directly related to energy expenditure and fatigue when hiking.
7. Appalachian Trail (AT), Pacific Crest Trail (PCT) and Continental Divide Trail (CDT) thru hikers with lower base weights were more likely to complete the thru hike, enjoy the hike more and not be injured, which ends many thru hike attempts.

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It is probably impossible to tease out all the details of why 75% of those who attempt an AT thru hike quit, but statements that include fatigue, stress, “not what I expected” and injury may all have some element of carrying too much weight on their backs. It is common for thru hikers to throw out or send home unnecessary gear and/or purchase lighter gear within the first 100 miles of their attempt.

The research noted above supports the general recommendation in the backpacking community to keep your total backpack weight (not just base weight) to less than 20% of your body weight. Just take your body weight and multiply by 0.2. Thus a 150 lb person shouldn't carry more than 30 lb. A 200 lb person shouldn't carry more than 40 lb. While this may seem like a heavier person has a higher carrying capacity, remember, overall health, endurance and strength are related. So, a person who is at their recommended weight based on age, height and sex is likely to have the best endurance and be the strongest.

Military researchers have used the Pandolf equation since it was developed in the 1970s. With this equation, we can estimate how much energy it takes to carry a backpack under various conditions such as hiker weight, pack weight, walking speed, trail slope, and terrain. The equation underestimates the actual energy consumption, but it is good for comparison. As you would expect, for a given set of conditions, if the hiker carries a heavier pack, they will consume more energy. Using this equation, we can estimate that a 180 male, walking on a 10% grade, gravel, at 2 mph, carrying a 40 lb pack versus a 20 lb pack, consumes an additional 47 calories per hour. Over 8 hours of hiking, this equates to an added 376 calories per day. Assuming you don't want to lose weight while hiking, these calories come from the food you eat, and for our purposes, the calories you carry as weight on your back. Here we get the situation where the hiker carrying the heavier pack experiences adverse effects directly from the heavier pack.

Let's consider the food, water and fuel you'll carry in addition to the base weight items. If you need to carry food for a five-day hike, let's start by assuming 2 lb of food per day, plus a liter of water at 2.2 lb. Plus something for the fuel you'll carry. So that adds about 12.5 lb to your base weight.

Let's look at the food issue another way also. Consider if it was sixty miles between resupply stops, how much food would you need to carry? Well, that depends on how far you walk each day. The less weight you are carrying, the easier it is for you to hike farther each day. Conversely, the heavier your pack is the more fatigued you get, and the fewer miles you can hike each day. If you walk 20 miles per day, you only need to carry 3 days' worth of food. If you walk 15 miles per day, you have to carry 4 days' worth of food. And if you only walk 12 miles per day, then you have to carry 5 days' worth of food. This is an example of a feedback loop with detrimental effects from carrying a heavy pack that causes you to be fatigued and reduces your daily mileage.

The attention that ultralight and lightweight hikers pay to their base weight may also extend to their food choices. If we consider food as fuel to the body rather than cuisine for enjoyment (just for consideration of its effect on total weight carried), we could estimate how much weight we'll actually carry. When hiking all day, we need more calories than our typical sedentary 2500 calories per day. If we hold constant that the hiker needs 4000 calories per day to maintain their weight, we could see how much that food would weigh in three scenarios. At 100 calories/ounce, 4000 calories weighs 40 ounces (oz), or 2.5 lb. So that's 12.5 lb for a 5-day hike. At 125 calories/ounce, 4000 calories weighs 32 oz, or 2 lb.

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Therefore 10 lb for a 5-day hike. At 150 calories/ounce, 4000 calories weighs 26.7 oz, or 1.7 lb per day.
Therefore 8.3 lb for a 5-day hike. Add this to the fact that an ultralight hiker can travel farther in 5 days, and you see the compound effects of the weight you carry on your back.

So, let's look at the gear list in the base weight of the ultralight, lightweight and standard backpacker. Note: The specific equipment named doesn't represent my endorsement or recommendation for you to buy that gear. It shows a typical item at each weight level.

Item	Description	UL Weight (oz)	Light Weight (oz)	Standard Weight (oz)	Notes on differences between UL/Light/Standard
Pack					
Backpack	All ~60L packs large	33.7	37.3	78	Gossamer Mariposa/ULA Circuit/Osprey Aether Plus (90) Osprey Kestral (78)
Waterproof liner	to keep pack contents dry	0.9	0.9	5.4	Nylofume/nylofume/pack liner by mfr
Pack rain cover	to keep pack AND contents dry	0	3	3	UL none /mfr/mfr
Shelter					
Tent	1 person, stuff sacks	18	33.4	50.9	Gossamer One/Dragonfly Osmo or Tarptent Moment/REI Trailmade 1
Footprint	Tent manufacturer or other source	0	4.5	5	none/tyvek/mfr
Tent Stakes	Tent manufacturer or other source	2.4	2.4	3	
Sitpad	foam	2	2	0	Z-seat
Camp Chair	foldable	0	0	16	Helinox
Sleep System					
Sleeping bag/quilt	Down filled, 30 degree rated	16	34	39	Premium Burrow 30/BA Anvil Horn 30/Feathered Friends Penguin 30
Stuff sack for sleeping bag/quilt	silnylon	1	1	1	
Sleeping pad		8.8	18	28	NeoAir UberLite/BA Rapide SL Insulated/BA Insulated Air Core Ultra
Pillow		0	2.7	6.9	none (use clothes bag)/Sea to Summit Aeros regular/ Sea to Summit Aeros delux
Sleeping pad inflator		0	2.3	3.2	mini air pump rechargeable
Cook System/Kitchen					
Stove	Isobutane-propane cartridge stove	1.8	7.1	13.1	BSR3000/Jetboil Stash/Jetboil Flash
Pot		2.6	0	3.9	550 ml/800 ml (included in Jetboil Stash)/1.0 L (included in Jetboil Flash) + 750 ml extra pot
Spoon		0.4	0.9	1.5	Sea to Summit Frontier Ultralight Long Handle Spoon /GSI Outdoors Essential Spoon - Long/Jetboil TrailWare Utensil Set
Mug		0	0	4.9	none/none/GSI Outdoors Glacier Stainless Cup
Plate		0	0	3.6	none/none/Sea to Summit Passage Plate
Knife		1.4	1.4	4	Gerber Mini Paraframe/Gerber Mini Paraframe/Swiss Huntsman
Lighter	Bic Mini	0.4	0.4	0.4	

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Item	Description	UL Weight (oz)	Light Weight (oz)	Standard Weight (oz)	Notes on differences between UL/Light/Standard
Water bottle		1.4	1.4	6.25	Smartwater 1L/Smartwater 1L/32 oz Nalgene
2nd water bottle		0	0	1.4	none/Smartwater 750 ml/Smartwater 1L
Water filter	Sawyer Squeeze	3	3	3	
Water bladder		2.8	2.8	3.2	CNOC 2L/CNOC 2L/CNOC 3L
Food Storage Bag		3.5	7.6	40	DCF bag line & carabiner/Ursack/Bear canister BV500
Utilities					
Phone		7	7	7	
Phone cables		2	2	2	
Battery backup		3.7	5.3	12.1	Nitecore NPB1 5000mAh/Nitecore NB10000 Gen 2/Anker 20,000
Headlamp		1.6	2	3.4	Nitecore NU25UL/Nitecore NU25/Nitecore NU33
GPS locator	Garmin Inreach Mini 2	0	3.5	3.5	
Poop shovel		0.6	0.6	1.2	Deuce #2/Deuce#2/Vargo titanium dig tool
Toiletries/Medical					
First Aid kit	Representative of the needs of medical kits	3.7	8	10.4	Adventure Medical Kits Ultralight/Watertight .5 Medical Kit/ .7 kit/ .9 kit
Toothbrush		0.4	0.6	0.7	gram weenies saw off handles
toothpaste		1.2	1.2	4	Toothpaste tablets/Toothpaste tablets/travel size toothpaste
comb	plastic comb	0	0.3	1	
soap		0	3.5	5	Dr. Bronners liquid soap (amount varies)
hand disinfectant		2	2.5	3	amount varies
Nail clippers		0.4	0.4	1	mini/mini/regular
Tweezers		0.2	0.2	0.5	titanium/titanium/standard
personal wipes		0	2	4	none/tablets/resealable pack
toilet paper		1.5	1.5	1.5	
Clothes (packed/not worn clothes)					
Camp shoes		3.2	5.5	9	Cruzers Shamma Sandals/Exped Camp Slippers/Xero Shoes H-Trail Sandals/
Extra hiking socks		2.3	2.3	3.4	Darn Tough's Hiker 1/4 Socks/Darn Tough's Hiker 1/4 Socks/Darn Tough's Hiker Boot Socks
Sleep socks		0	0	2	none/none/lightweight socks
Baselayer top	Merino wool blend 150 weight	6.4	6.4	6.4	
Baselayer bottom	Merino wool blend 150 weight	5.6	5.6	5.6	
Extra shirt	polyester long sleeve	0	7	10	
Extra pants		0	0	12	
Rain coat		5.5	7.8	14	Frogg Togg UL2/Lightheart Gear/Trailmade REI

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Item	Description	UL Weight (oz)	Light Weight (oz)	Standard Weight (oz)	Notes on differences between UL/Light/Standard
rain pants/kilt		3.2	5.6	12.6	ULA kilt/Mountain Hardwear Exposure 2/REI Co-op Rainier Full-Zip Rain Pants
Down puffy jacket		9.9	12.3	15.4	Forclaz MT100 Down Jacket/Decathlon Trek 100 Down Jacket/Columbia Delta Ridge
Subtotal (oz)		160.5	259.2	475.35	
Subtotal (lb)		10.0	16.2	29.7	

You see that the three hikers carry most of the same items, but the attention given to the weight of the items makes a significant difference. The ultralight hiker even forgoes some items, deeming them not essential. This minimalist attitude may serve us well in other aspects of life also.

The ultralight and lightweight gear is often more expensive than general department store outdoor gear, so do your research well before investing in the gear that is right for your hiking needs.

There are many other things that ultralight backpackers do to make their pack even lighter than I've shown here. Instead of a tent, they might use a tarp. They may use 3/4 length inflatable sleeping pads or 3/4 length foam pads, and foam pads that might only be 1/8" thick. They may use an alcohol stove, also called a cat can stove, which between the stove itself and the fuel, becomes lighter than a typical stove and isobutane/propane canister. They might even skip the stove altogether and just cold soak their food in a plastic peanut butter or ice cream jar. These and other "sacrifices" that seem to give up on comfort while at camp, make up for it in comfort while walking with a much lighter pack.

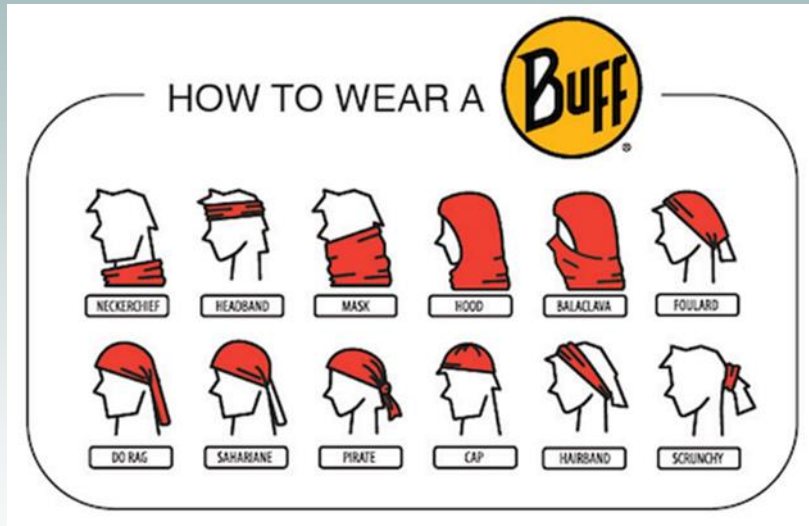
I hope this article has given you some ideas about pack weight. If you want to start trying to lighten your load, buy a small accurate kitchen scale. Weigh your items. Research other options for the items you take. You can compile a list such as those above using the tools at www.lighterpack.com or www.packwizard.com. You can also find comprehensive checklists of things to take with you when backpacking at websites such as those published by REI, thetrek.co (note the spelling is ".co", not .com), www.backpacker.com, and many more. Just remember, reduce what you carry to the essentials, carry the lightest gear you can afford, and don't carry more of anything than you need. Happy trails!



What is a “Buff®”

Jim Sexton

A "Buff" is a brand name for a seamless, tubular piece of headwear that can be worn in many different ways, such as a scarf, headband, or face mask. It can be used for warmth or to protect the user from the cold, the wind, the sun, or dust.



Bufs, particularly the brand BUFF®, can be made from a variety of materials depending on the specific model and desired performance. Here are some of the most common ones:

1. **Microfiber Polyester:** This is the classic material used for the Original BUFF®. It's a lightweight, breathable fabric that wicks away moisture and dries quickly, making it ideal for warm-weather activities.
2. **CoolMax® EcoMade:** This recycled polyester fabric offers enhanced moisture management and cooling properties, making it perfect for high-intensity activities or hot climates.
3. **Merino Wool:** Bufs made from merino wool are great for colder weather as they provide excellent insulation and warmth while remaining breathable. They're also naturally odor-resistant and soft against the skin.
4. **Primaloft®:** This synthetic material is used in BUFF®'s ThermoNet® line for maximum warmth and insulation in extreme cold conditions. It's lightweight and water-resistant, making it ideal for winter sports and activities.
5. **Recycled Materials:** BUFF® is committed to sustainability and offers a growing range of bufes made from recycled materials like plastic bottles. These eco-friendly options often use a blend of recycled polyester and other fibers.

In addition to the material, some bufes may also have additional features such as UPF sun protection, Polygiene® odor-control treatment, or reflective elements for enhanced visibility.

Ultimately, the best material for a buff depends on your intended use and personal preferences. Consider factors like weather conditions, activity level, and desired features when making your choice.

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Bufs, thanks to their versatility, are used for a wide range of activities, both outdoors and indoors. Here are some of the most common:

Outdoor Activities:

- Hiking and camping: Bufs protect your face and neck from the sun, wind, and dust while keeping you warm in cooler temperatures. They can be worn as a headband, bandana, face mask, or neck gaiter.
- Running and cycling: Bufs wick away sweat and keep your head cool during exercise. They can also be worn as a face mask to protect yourself from air pollution.
- Skiing and snowboarding: Bufs provide warmth and protection from the wind and snow. They can be worn under a helmet or as a face mask.
- Fishing and hunting: Bufs protect your face from the sun and insects while keeping your head warm in cold weather. They can also be used as a blindfold or signal flag.
- Climbing and mountaineering: Bufs provide warmth and protection from the elements at high altitudes. They can be worn as a headband, bandana, or face mask.

Indoor Activities:

- Yoga and Pilates: Bufs absorb sweat and keep your hair out of your face during exercise.
- Travel: Bufs are compact and lightweight, making them ideal for packing in your luggage. They can be used as a pillowcase, eye mask, or scarf.
- Everyday wear: Bufs can be worn as a stylish accessory, adding a touch of personality to your outfit.

Additional Uses:

- Dust mask: Bufs can be used as a makeshift dust mask in dusty environments.
- First aid: Bufs can be used as a bandage or sling in a pinch.
- Signal flag: Bufs come in a variety of bright colors and can be used to signal for help.

No matter what activity you're doing, there's likely a way to use a buff to make it more enjoyable or comfortable. Their versatility and functionality make them a valuable addition to anyone's gear closet.

Where to Buy:

- Dick's Sporting Goods - <https://www.dickssportinggoods.com/f/buff-neck-gaiters-x-brand-202188>
- REI - <https://www.rei.com/search?q=buff>
- L.L. Bean - <https://www.llbean.com/llb/search/?freeText=buff&init=1>
- Great Outdoor Provision Co. - https://greatoutdoorprovision.com/?post_type=product&s=buff
- Running Etc. - <https://www.runningetc.com/products/running-gear/>

P.S.: The adjective 'Buff' can be used to describe someone who has hiked the entire Appalachian Trail and is lean and muscular.

Note: AI was used to obtain some of the material used to write this article



Upcoming Programs

By Lee Lohman, Programs Chair

Before announcing the programs at our next General Membership Meeting, we have to start with Jim Newman's Freezeree presentation in March. What a hoot! Historical, witty, personal, and delivered with Jim's inimitable style.

When you first hear that some of our members are going to the mountains of **New Hampshire and the Adirondack Mountains** to camp out *in the winter*, you are, well, astonished. The cold, snow, ice and elevation are daunting. Who would do such a thing? Well, TATC has quite a dedicated crew of Freezereers following in the footsteps of Otey Shelton.

Jim explained that the Freezeree has its origins in the Korean War when club member Otey Shelton, then a U.S. Marine, endured minus 50-degree weather at the Chosin Reservoir in 1950. He survived the battle and came to like sleeping on the ground in very cold weather.

Otey started the Freezeree events in the 1970s, and it attracted a hearty band of TATC club members. Jim related the adventures they've had across the decades and the great fun this band of cold weather enthusiasts have had in places like Zealand Falls Hut in the White Mountains and the summit of Mt. Jefferson.

If you missed Jim's presentation, you can see it in its entirety on YouTube courtesy of Bill Bunch who videoed it. Here's the link <https://www.youtube.com/watch?v=PZY-kkG3JDs>

In April, we'll shift away from freezing weather to trees. Paul and Lori Heymann will describe the life cycle of our favorite plant, explain what trees do for the environment, how they grow, and how to take care of them whether they are in your backyard or on the trail.

In May, Dr. Sherri McQueen is a steering committee member of the Lambert's Point City Park Campaign. She is part of a group of advocates seeking to expand the number of city parks in Norfolk. They've identified the former Lambert's Point Golf Course as an ideal location. Overlooking the Elizabeth River and adjacent to Old Dominion University, it remains in city control and presents a once-in-a-lifetime community opportunity to enhance and preserve one of the last remaining waterfront parcels of this size in Norfolk.

Dr. McQueen will tell us how the initiative is going, who is supporting it, and the benefits to Norfolk's residents if Lambert's Point City Park becomes a reality.

The Board of TATC has submitted a letter to the City of Norfolk supporting this campaign so we have some skin in the game. For a read ahead, here is a link <https://www.lambertspointcitypark.com/about>



TATC Rocks at First Landing State Park!

By Paul Heymann, Local Trails Chair

The TATC continues its partnership with First Landing State Park (FLSP). Did you know FLSP is the most visited of Virginia's 42 State Parks? Our monthly task is maintaining the Live Oak and Cedar Swamp trails, which total 2.2 miles. In winter, not much work is needed there. However, volunteer coordinator Tanya Wisoker let us know about several projects, during the seasonal lull. Club volunteers chipped in as follows:

Friday January 12: English Ivy removal at 64th Street parking lot. Could this ivy have been a "gift" from ships that landed nearby in 1607? In any case, we pulled it up and removed it from trees.

Friday February 16: Placed rip rap and crusher run stone at Marsh Bridge. This part of the busy Cape Henry trail is used by runners, walkers and bicyclists. A large lip had developed on the eastern bridge approach, impeding safe travel and requiring bicyclists to dismount. Volunteers dug out old material, placed 10 to 40-pound rip rap, and spread a first layer of crushed stone.

Thursday February 22: The following week, after the first layer had time to settle, XX volunteers returned to place and tamp a top layer as the travel surface. They put additional material on the western bridge approach. Lee Lohman's excellent slide show is at: <https://drive.google.com/file/d/1bCi-LWL3itREuL0MyrgJqkF9BIWVEvjU/view>

Thursday March 21: TATC's "gravel enthusiasts" returned to spread, level and tamp about 20 tons of crusher run on the 64th Street entrance parking lot. This filled in some of the large puddles, which were making parking difficult for visitors. A small drainage swale was cut in on one side, to help drain off excess rainwater. Rangers Samantha "Sam" O'Donald and Chris Whisnant provided direction, including using the dump truck to help pack the loose material down.

Saturday March 30, postponed from March 28th due to rain. We linked up with residents from Cape Henry Shores to cut back invasive bamboo. FLSP's western boundary abuts the neighborhood's Kendall Street entrance. State Park property extends up to the sidewalk. Open areas were cut back previously with machinery, leaving bamboo standing along the fence and around trees. CHS and TATC forces mounted a frontal assault with loppers, silky saws, and weed whackers with steel blades. The bamboo was loaded into a Land Effects dumpster, to be chipped up at City facility.

Note: more bamboo remains on the east (park) side of the fence, which FLSP will tackle at a future date.

Club Totals: 22 Volunteers and 145 Hours. Thank you!



Kevin McKee polices up ivy, adjacent to the 64th Street parking lot (Jan 12)

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Note puddles in front of and behind Tanya Wisoker - stay tuned and watch this spot!! (Jan 12)

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Lee Lohman eyes a dead branch before going after that ivy! (Jan 26)

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Hopefully no sore backs that evening! (Jan 26)



Cape Henry Trail was the main focus

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Our haul of Ivy – January 26



Marsh Bridge approach (before) - obstacle to bicycles. Feb 16

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The team dug out old material and placed rip rap to build up a new ramp



Marsh Bridge approach (after Day 1, Feb 16)

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Marsh Bridge approach (after Day 2, Feb 22)



Dave Jelenik meters out a load into three spots where needed most. (March 21)

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Spreading and leveling out the crusher run.



Future TATC member Ben Midgette helps out

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64th St. after heavy rain of March 22. Puddle issues improved with gravel & drainage swale.



Kendall Street Bamboo – BEFORE. Open areas were cut back with machinery.

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**TATC task: help Cape Henry Shores cut around trees, up to the fence.
(Is there a fence in there somewhere?)**



AFTER: Yes, there was a fence back there! Two full dumpsters and a pile for a third one!

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Paul Heymann & Mike Martin with Cape Henry Shores VP Siobhan LaCroix, President Kathy Owens, and Landscape Manager Danny Larmon

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Club member Mike Martin shows off the TATC logo!



Join the Virginia Association for Parks (VAFP)

By Jim Sexton

The Virginia Association for Parks (VAFP) champions all parks in the Commonwealth! They actively advocate park issues at the local, regional, state, and national levels, and seek funds to be directly invested in parks. They passionately pursue dedicated funding streams for our parks.

Join: <https://www.virginiaparks.org/join>

Recognizing the potential for strengthening volunteer park support organizations in Virginia, the Virginia Association for Parks (VAFP) was launched at a statewide park volunteer training conference held in November 1997. At their 10th anniversary in 2007, VAFP was awarded the National Association for State Parks' President Award to honor their commitment to supporting Virginia State Parks.

VAFP is now the nonprofit umbrella organization for park citizen support groups, better known as Friends Groups and individual volunteers who support Virginia's 42 state parks and 66 natural areas, as well as the 22 National Park Service units across the Commonwealth. VAFP is happy to work with regional and local parks as well. VAFP's mission is to give voice to those who love our parks.

Virginia has historically ranked near the bottom of state per capita spending on the state park system, as compared to other states. Despite being severely underfunded and understaffed, the total economic impact of Virginia State Parks during 2022 was an estimated \$364.2 million. The economic impact is a measure of "fresh money" infused into the state's economy that likely would not have been generated in the absence of the park system. For every \$1 of general tax revenue provided to state parks, \$15.21, on average, was generated in fresh money that likely would not be there if not for the operation of Virginia State Parks.

Virginia citizens, recognizing the unmet needs of parks, contribute 210,000 volunteer hours of support to state parks annually. This equates to a value of \$6.3 million. Appreciating the significant contributions of volunteers, VAFP works to bolster park volunteer groups and enhance their efforts.

VAFP champions Virginia State Parks and all parks in the Commonwealth! VAFP actively advocates park issues at the local, regional, state, and national levels and seeks funds to be directly invested in parks. VAFP passionately pursues sustainable solutions, such as dedicated funding streams for our parks.

VAFP also offers free technical assistance to those who wish to strengthen or form new Friends Groups. Additionally, VAFP conducts semi-annual conferences that include training sessions and networking opportunities to facilitate the exchange of ideas, build capacity, and drive collaboration.

As a membership-based organization, VAFP seeks individual members and organization partners who share our mission. Join VAFP today! VAFP also welcomes you to follow them:

[Virginia Association for Parks \(virginiaparks.org\)](https://www.virginiaparks.org)

VAFP Partners with Friends Groups and Park Friendly Organizations. Park Citizen Support Organizations, better known as Friends Groups, are instrumental in supporting their respective parks in various ways. They coordinate and participate in volunteer efforts from leading park improvement projects to staffing visitor centers and educational programming. Friends Groups also host fundraisers and help spread the word about the parks they love. Friends Groups are a wonderful resource for park staff and visitors. They are also the backbone of the Virginia Association for Parks - our

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critical partners in advocating for and championing Virginia's parks. Friends Groups are always looking for new volunteers who are interested in lending a helping hand!

Learn more about Friends Groups here!

Friends Groups in the Tidewater Area:

- Chippokes
- False Cape
- First Landing
- Kiptopeke
- Machicomoco
- York River



Weekend TATC activities are a vital part of the TATC experience

By Bill Bunch

The diversity of experiences is a major reason that I have enjoyed being a member of the Tidewater Appalachian Trail Club. The mix of trail maintenance and recreational activities along with the spirit of volunteerism and an emphasis on safety have been important to my continued participation.

My experience with the TATC started when a friend mentioned that he had joined the club. I looked over the list of activities and found a local hike that was scheduled for a Saturday that I could participate in and as they say the rest is history. Shortly after that I went on my first Fall Maintenance to Sherando. Being able to get involved with a Saturday event was very important because I was working at that time and anything scheduled during the week was not something I could participate in. I was about 40 at that time. I guess you might say I became hooked on outdoor activities, trail maintenance and the volunteer activities of the TATC. I was not the only one. Many friends who have been and still are leaders of the club started in a similar way. I am not going to name them here, but I think members would find it compelling to know that many of those original Saturday hikers and fellow travelers went on to hold offices in the club, including president and trail supervisors. All of these folks and many others have helped us fulfill our goal of maintaining the Appalachian Trail.

My reason for writing this editorial is not to be a historian, but to say that weekend activities are vital if we are going to continue having a healthy club. Giving those who work during the week an opportunity to experience the activities we enjoy not only helps the individual but also helps sustain the club and may help bring in younger members.

A lot of the weekend maintenance activities are generally scheduled by the Trail Supervisor for work on the AT and by the Local Trails Chair for local trails, but there are many weekends when no maintenance opportunities are scheduled. These weekends are available for recreational activities.

Lelia Vann, our president, has offered a reasonable goal to help restore weekend activities: schedule two recreational activities per month. My goal has been to lead one local hike each month and I have been successful during the first quarter of 2024 and I hope to continue this effort throughout the rest of the year. It would not take many additional hikes to reach Lelia's goal.

If you have a desire to help with these efforts, you might attend the weekend activities that interest you and you might consider bringing a friend if you think they would be interested. Let Kaci Midgette, TATC Hikemaster, know if you have a weekend or other hike that interests you. If you would like to lead a hike or activity, there are a lot of resources to help get you started. Just check out the TATC website, talk to a Counselor or to Kaci. If you would like to co-lead a hike with an experienced leader to get started, that is also possible.

The idea of having and scheduling weekend hikes reinforces the idea that we are an energetic group even when we are not working on trails and could put us on a path of more sustainable growth by offering more variety in TATC activities. It helps us be who we say we are on our website, Facebook and other publications.



TATC Awards Program

By Jim Sexton

A new awards program is being proposed for TATC volunteers. This program will serve several purposes: to reward volunteers, to encourage volunteers, and to help publicize TATC and ATC through the use of awards for logo merchandise.

It has been over 6 years since TATC has held any kind of awards ceremony. TATC still has records from 1992 to now identifying the total number of volunteer hours that each club member has worked on local trails and the A.T. Unfortunately, the records of awards given out in the past have been lost. Thus, there is a need to restart the TATC awards program.

The following are the proposed reward program categories, proposed awards, and estimated 2024 costs:

1. TATC Trail Awards - for work on the Appalachian Trail, Mau-Har Trail, White Rock Falls Trail, St. Mary's Trails, Tye River Bridge, Shelters, Privies, Sherando, and Fire Roads

Hours	Award	Price	Qty	Costs
25	TATC Patch	\$8	30	\$240
50	TATC Water Bottle	\$12	35	\$420
100	TATC T-Shirt	\$15	30	\$450
250	TATC Cap	\$20	51	\$1020
1000	Name on Plaque & Golden Pulaski Award	TBD	12	TBD
			Subtotal	\$2130

2. ATC/APPA Hours of Service Awards – for work on the Appalachian Trail

Hours	ATC Award	Price	Qty	Costs
30	AT Volunteer Pin - ATC	n/c	57	n/c
100	AT Volunteer Patch - ATC	n/c	30	n/c
300	Buff-Coming Soon! - ATC	n/c	22	n/c
500	Cap with Logo - ATC	n/c	23	n/c
1000	Vest with Logo – ATC	n/c	12	n/c

ATC/APPA funds these awards

(Continued on Next Page ...)

3. Local Trails Awards - for trip leadership and other volunteers working on local trails or facilities

Hours	Award	Price	Qty	Costs
25	Local Trails Cap	\$20	16	\$320
50	Local Trails T-shirt	\$15	12	\$180
100	Local Trails Water Bottle	\$12	14	\$168
			Subtotal	\$668

4. TATC Leadership/Service Hours Awards – for leading non-trail maintenance-related events, volunteering for the TATC display table, attending board meetings, training, or for the duties of board members

Hours	Award	Price	Qty	Costs
250	TBD	TBD	TBD	TBD

Hours for this award will start to be counted in March 2024, and no awards for this program will be made until Spring 2025.

5. Cabin Maintenance Awards – for work on TATC's cabin

Hours	Award	Price	Qty	Costs
64	TATC Cabin Water Bottle	\$12	25	\$300
			Subtotal	\$300

Total 2024 Estimated Cost: \$3,098

The new awards program will begin by allowing awardees to choose the highest level of awards in each category of awards they have earned, or they can choose a lesser award in that same category. For example, someone who has earned the 250-hour TATC award but not yet the 1000-hour award could choose to be awarded the TATC Cap for 250 hours, or they could choose to be awarded the TATC T-Shirt for 100 hours or even a lesser award instead, like the water bottle or patch, and of course, an awardee can always select not to receive a physical award.

Two new TATC Board positions have been established to implement these programs:

Timekeeper – Greg Reck: collects hours, ensures the awards databases are being updated, provides the Awards Coordinator with records of volunteer hours to support awards presentations, and provides the TATC Newsletter Editor and the TATC Webmaster with listings of volunteer hours for publication.

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Awards Coordinator – Jim Newman: determines new awards, emails award vouchers to new awardees, collects award choices, submits ATC/APPA requests for awards, orders TATC awards, receives TATC and ATC/APPA awards orders, schedules award ceremonies, passes out awards, reports on awards budget to the TATC Board.

Awardees need to be active members of TATC and have a valid email address recorded in TATC's Wild Apricot Membership Management System.

The costs for the TATC awards programs will be significant in 2024, but costs will be much less per year in the following years. The current estimate of the costs for implementing these programs in 2024 is \$3,098. The leadership/service awards program would not be implemented until Spring 2025 to allow for the possible accumulation of sufficient hours.

The databases containing the records for all TATC volunteer award hours will be stored in one centralized system, with files located online in our club's Google Drive for Non-Profits. The Timekeeper and Awards Coordinator will have read/write access to these records. Lee Lohman has volunteered to look into using online reporting forms to update the online awards database(s).

TATC Members serving on the Awards Committee:

- Paul Heymann
- Leila Vann
- Greg Reck
- Lee Lohman
- Kaci Midgette
- Jim Sexton
- Jim Newman
- Bill Bunch



TATC Cabin Report

By Gregory Hodges

BUSY RENTAL SEASON and CABIN MAINTENANCE

March was a great month for cabin rentals. There were 14 nights reserved by 6 different renters. One renter even had a large group of twelve Boy Scouts on the weekend trip.

April has 13 nights already booked, including the cabin maintenance and orientation trip that is from Friday, April 19th thru Sunday morning. There is one double bunk available (for a couple) and/or one single bunk (for one person).

The first three weekends in May are currently available.

REMINDER ABOUT HOUSEKEEPING

This is a reminder about the rules and housekeeping policies of the cabin. It has been great that the cabin has seen a busy late winter, but unfortunately there has been some feedback from multiple renters about the condition of the cabin.

The Coleman camp stove has been left dirty and blackened. Please scrub the surfaces of the camp stove when you leave.

There have been dirty dishes left inside the dish cabinet. Please make sure that you are cleaning your dishes, cups, pots, and pans with soap and water. And, make sure that the cups, pots, and pans are stored upside down to keep the dust from accumulating inside the interior of them.

The outhouse toilet paper cover (the coffee can) is not closed and some of the toilet paper in the long tube has not been refilled.

Firewood has been left inside the cabin after the renters have departed from their trip. Please remove all unused firewood back to the wood piles. This prevents critters and bugs from living inside the cabin. Also, please note that splitting of firewood is only done in the firewood splitting area by the lower outside picnic table.

Windows have not been properly locked.

NEED HELP LEADING MAINTENANCE WEEKEND TRIPS for JUNE and NOVEMBER

Last year, I took over the cabin chair in June. I ended up leading three cabin maintenance and orientation trips plus I did two private trips so that I can enjoy the cabin. This is NOT sustainable and I am beginning to feel burnt out. The assistant cabin chair, Kevin DuBois, is planning on eventually leading some of the cabin maintenance trips starting in 2025.

Is anyone willing to lead a cabin maintenance trip once or twice per year for 2024? I am looking for someone to lead the June and November maintenance trips. The November trip is the firewood cutting trip. If I can get two people to roger up for one trip or get one person to lead both, that would be awesome. But I cannot lead four maintenance trips this year plus do two private trips. It made me not enjoy the cabin because it felt more like a chore than volunteer work.

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TIE BREAKER SUGGESTIONS NEEDED

Recently, there were two early reservations for Memorial Day weekend. Most three day holiday weekends are popular weekends. The current method is first-come, first-serve basis based on text message timestamp or email. However, is this really the best way to determine who gets the cabin on a popular weekend?

I am asking you to come up with alternative tie breaking methods if reservations come in on the same day for the same reservation period.

Some options include:

First come, first serve like it is now.

Reservation with the most people planning to attend.

Based on who was on the most cabin maintenance trips in the last year.

Based on who has the most reservations without cancellations in the last year.

Maybe even make the holiday weekends an open weekend where two small groups can share the cabin at the same time, but will have their own key.

I am open to suggestions.

Cabin maintenance trips for 2024 are scheduled:

Friday, April 19th, thru Sunday

Friday, June 21st, thru Sunday

Friday, September 13th, thru Sunday

Friday, November 1st, thru Sunday

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

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

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

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

I hope to see you out on the trail and at the cabin in 2024. Thank you for supporting TATC and its beautiful cabin.

v/r,

Gregory Hodges



Membership Matters January 2024

By Sharon Salyer

Spring has TATC members, old and new, anticipating the exhilaration of an uphill hike, a heart-in-throat downhill bike ride, or maybe a thrilling white-water paddle. Doing these activities is even more enjoyable with a group of friends. We make memories to share around a campfire as we remember adventures and friends from our present and past. As Dr Seuss so aptly put it:

"You're off to great places, today is your day. Your mountain is waiting, so get on your way."

Here are some new friends waiting to accompany you on your next adventure!

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.

Kirk Reiner has been a member since November 9, 2023

First off, I want to thank everyone for the nice welcome, everyone has been an absolute joy to meet. I am retired Navy, and for the last seven years I have been the armory manager for Naval Special Warfare. I have been hiking and camping my whole life starting out in Oklahoma with Explore Scouts. Then all over the world while serving (Hawaii, Pacific Northwest, Europe, and Africa to name a few areas). Most my time on the trails were spent solo or with my beagle I had for 16 years. I tell everyone woods is where God and I have our deepest conversations. Lately all my hikes have only been short day hikes with my eight-year-old daughter (also have a 1 ½ year old daughter too). My wife and I both agree I am getting too old to hike solo anymore, and I am excited to find people who not only share a love for the outdoors; but also want to do their part to help keep it beautiful. I am over excited to see where my journey with the group goes.

Doug and Ariel K have been members since December 20, 2023

Ariel and I moved to the Hampton Roads area in late 2023, due to a job opportunity for Ariel. We have spent the past few years (to include a global pandemic) in New York City and are eternally grateful to put NYC in the rearview and for the new change of scenery. As far as hiking goes, I thru-hiked the AT in 2009, as a teenager, and have been hooked on hiking/backpacking ever since. I have slowly but surely converted Ariel into a hiker, as well, over the course of our relationship. We honeymooned in the Himalayas, are attempting to visit all the US National Parks, and have future aspirations to thru-hike the AT together later in life. We are looking forward to giving back to the AT and meeting other hiking enthusiasts in the local community.



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2024

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

See our website for additional
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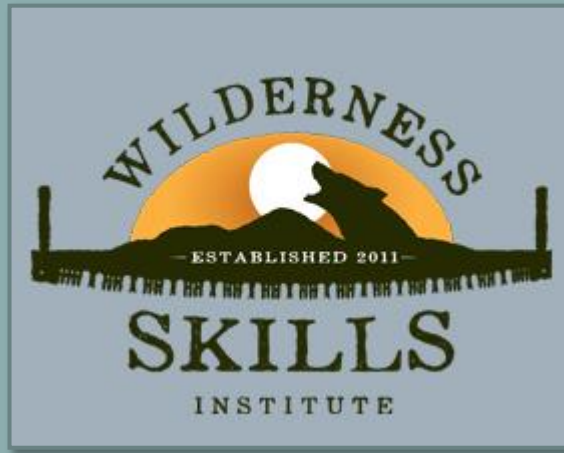
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WEEK TWO: MAY 28-31

Course Offerings:

- Introduction to Horse Packing
- Wilderness Management Fundamentals
- Trail Layout & Design
- Land Navigation and Orienteering
- Southern Appalachian Ecosystems



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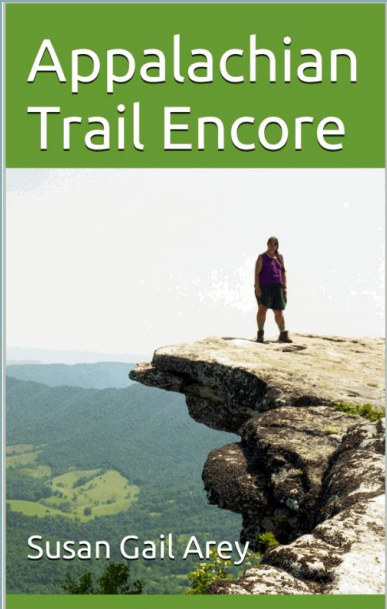
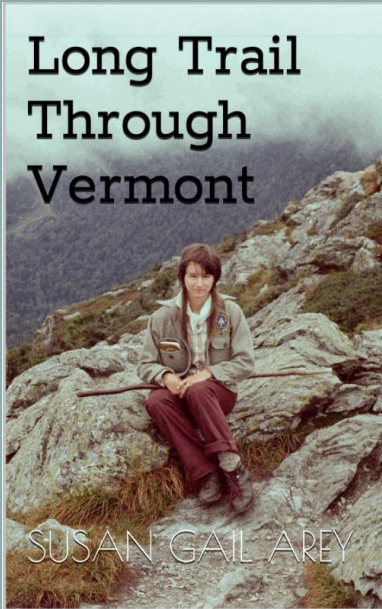
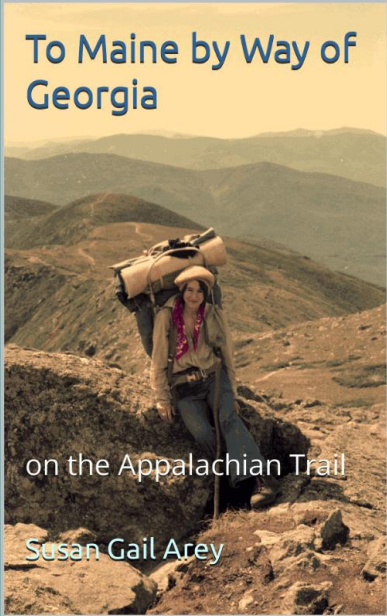
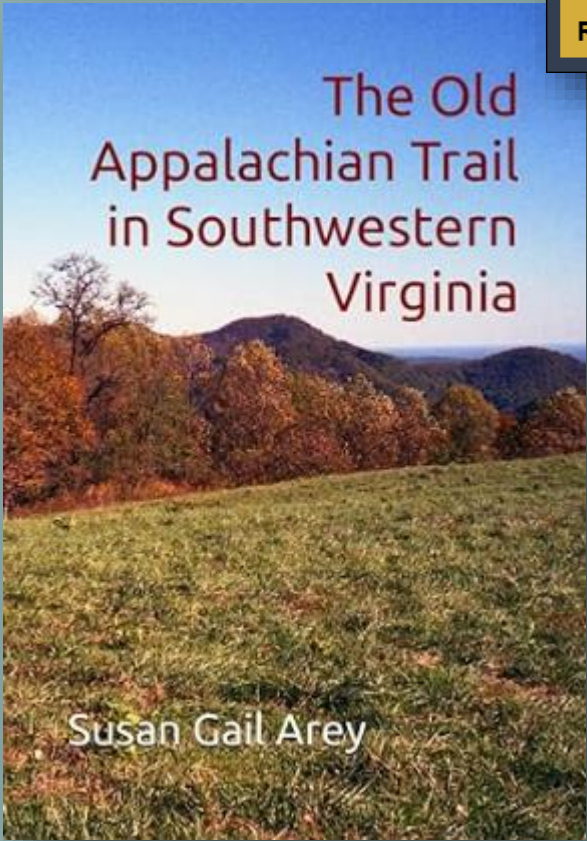


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**2023
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Activities Schedule

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

Hike New Virginia Beach Rail Road Trail

When: Tuesday, April 2, 2024

Where: Bangor Ave, Norfolk, VA 23502

Where: The Tide – Newtown Road Station Parking Lot, Corner of Newtown Rd. & Kempsville Rd.

Description: With the blessings of the VB Parks & Recreation, we will be hiking the 3-mile section of the abandoned railroad tracks from Newtown Rd. to Independence Blvd. This is the future site of Phase 1 (FUNDED) of the Virginia Beach Trail, a proposed 12-mile pedestrian/biking trail. Relatively few people have seen parts of this railroad track and are aware of the history behind it. You'll see firsthand the challenges that the City of VB will need to overcome and when Phase 1 is completed we can hopefully return to hike the trail and experience the transformation. The hike is approximately 6 miles. You may see geese, ducks, and egrets in industrial areas. Be prepared for some side-sloping ground.

Meet At The Tide parking lot. Registration 9:15, hike begins at 9:30. Restrooms available at the new 7-11, a short walk from The Tide parking lot and there is one porta john in the parking lot. We will be stopping at Wegman's for a restroom break & snacks when we reach Independence Blvd. Bring Water, snacks, comfortable hiking shoes, appropriate clothing for the weather. Hike may need to be rescheduled if it rains due to a muddy area that would be time consuming to avoid. When you sign-up please include if you think that you will be joining us for lunch and if you prefer vegetarian.

Questions/additional information call or text Debbie at 757-708-8837. To sign-up email Debbie at: debbieawnings1@yahoo.com

TATC Board Meeting

When: Wednesday, April 3, 7pm – 9pm

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

Description: TATC Board Meeting

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

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

TATC General Membership Meeting

When: Wednesday, April 10, 7pm – 9pm

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

Description: TATC General Membership Meeting

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

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

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

(Continued on Next Page ...)

Activities Schedule

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

Spring Backpacking Walk-thru

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

Where: Reeds Gap Parking lot along the Blue Ridge Parkway. (Blue Ridge Parkway & Rt 664 Intersection)

Description: Backpacking/Walk-Thru that will run Friday-Sunday. If there are enough folks to cover the AT walk-through, Andy Grayson will be taking a group through the St. Mary's Wilderness. This will be a combination walk-through and trail clearing. The tentative plan would be to hike down the Mine Bank Trail on Friday and set up camp, work about a half day or so on the St. Mary's Trail on Saturday, and then hike up to Green Pond to camp on Saturday night. We would then hike back to the trailhead via the fire toad and the Bald Mountain Trail on Sunday.

To sign up or for more information, contact: John Sima - TATC Trail Supervisor - trailssupervisor@tidewateratc.com or

Brittany Collins - TATC Asst Trail Supervisor - assistantts@tidewateratc.com

First Landing State Park Trail Maintenance Work Day

When: Thursday, April 18, 9am – 12pm

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

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

The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed. If you have one, please wear a hat, shirt, or jacket with the TATC logo when participating in FLSP work days to identify you as a member of the club.

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

Cabin Maintenance & Orientation Weekend

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

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

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

High Bridge State Park Bike Trip

When: April 23 – 24, 2024

Where: 1st Street and North Main Street, Farmville, VA 23901

History: High Bridge Trail State Park is a multi-use trail about 31 miles long. The trail, once a rail bed, is wide, level and generally flat. Its surface is finely crushed limestone. Its centerpiece is the majestic High Bridge, which is more than 2,400 feet long and 125 feet above the Appomattox River. The original bridge was built in 1853 as part of the South Side Railroad. The current steel-tower bridge was completed in 1914. It was originally made of wood, standing on 21 brick piers and included a pedestrian walkway next to the tracks

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

(Continued on Next Page ...)

Activities Schedule

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

and a nearby wagon bridge. During the American Civil War, both Union and Confederate forces attempted to destroy the bridge to their advantage. Confederates succeeded in setting the bridge on fire, but the fire apparently self-extinguished, and the bridge was not repaired until 5 months later. After the Battle of High Bridge and his surrender at Appomattox, Robert E. Lee told the very men who had destroyed the bridge – including civil engineer Major General William Mahone – to go home and start its rebuilding.

High Bridge Park website: http://www.dcr.virginia.gov/state_parks/hig.shtml

Description:

Day One Tuesday: We will meet at the Main Street Plaza Trail Head (Corner of 1st Street and N. Main), Farmville, VA at 10:00 for registration. The ride will start at 10:15. We will ride ~12 miles toward Pamplin, turn-around riding East to the High Bridge, tour the bridge and return to Farmville for a total of ~30 miles. Some may head home after the ride. We will eat our bag lunches at one of the picnic tables on the trail.

Day Two Wednesday: From the hotel we will drive ~7 miles to the Camp Paradise Parking lot, 1466 Camp Paradise Road, Rice. Bring your State Park Pass or \$5.00 for admission. From there we will ride our bikes to the High Bridge (~.3 miles) where we will tour the bridge. After touring the bridge, we will ride East toward Moran near the Eastern terminus of the trail (~10 miles each way), return to Paradise Parking Lot, load up our bikes and head home.

Bring: Bike in good working order, spare tube, helmet, lunch, snacks, sunscreen and PLENTY OF WATER. Pit toilets and picnic tables are placed every few miles along the trail; however, no services are available.

Wildlife: Deer roam freely along the Trail. We will need to be alert for them. Turkey and bear have been reported as well.

Lodging: We'll spend Tuesday night at the Hampton Inn, Farmville (<https://www.hilton.com/en/hotels/fmvvahx-hampton-farmville/>) (300 Sunchase Blvd, Farmville, VA 23901 434-392-8826) located a short drive from the trail. Everyone should make their own reservations. Farmville is a historically significant town (www.farmvilleva.com) with nearby Saylor's Creek Battlefield, VA Civil War Trails, Longwood University and Appomattox Courthouse. Appomattox River Company is nearby. The Inn itself has an exercise room, outdoor pool and complimentary breakfast. Rates (Approximately \$109/night plus tax). An after-ride victory celebration happy hour back at the Inn is anticipated. For dinner, there are several dining options available, but we may choose the local's favorite "Charley's Waterfront Cafe" (www.charleywaterfront.com).

Carpooling is encouraged. This is going to be a FUN trip!!! I encourage folks to sign up asap. Please note that in case of inclement weather ride will be cancelled. To sign up contact Ellis 757-285-1252(cell) mala-bad2@gmail.com

[Visit our TATC Calendar](#)

(Continued on Next Page ...)

Activities Schedule

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

Spring Maintenance

When: Friday, April 26th– Sunday 28th

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

Location: Williams Branch Picnic area of Sherando Lake

Maintenance: Saturday, April 27th

Camping: Friday, April 26th – Sunday, April 28th

Saturday Dinner: the club will be providing dinner on Saturday!

Description: This is a weekend for us to do what the club was set up to do! We'll maintain our assigned section of the Appalachian Trail, the Mau-Har Trail, the White Rocks Falls trail, plus more! Come out to our basecamp at Sherando Lake Recreation Area on Friday as early as noon; set up your tent at the Williams Branch Picnic Area, keeping in mind that the gate is usually locked at 10PM and opens on Saturday morning at 6AM. If the gate is staffed, let them know you are with TATC to help with AT maintenance and you will not be charged an entry fee. Crew signup sheets will be available Friday; Saturday organizational meeting at 7:45AM.

To sign up or for more information on maintenance, contact: John Sima - TATC Trail Supervisor, trailssupervisor@tidewateratc.com or Brittany Collins, TATC Asst Trail Supervisor, assistantts@tidewateratc.com

TATC Board Meeting

When: Wednesday, May 1, 7pm – 9pm

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

Description: TATC Board Meeting

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

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

TATC General Membership Meeting

When: Wednesday, May 8, 7pm – 9pm

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

Description: TATC General Membership Meeting

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

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

First Landing State Park Trail Maintenance Work Day

When: Thursday, May 16, 9am – 12pm

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

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

The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed. If you have one, please wear a hat, shirt, or jacket with the TATC logo when participating in FLSP work days to identify you as a member of the club.

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

[Visit our TATC Calendar](#)

(Continued on Next Page ...)

Activities Schedule

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

For Hikers and Jazz Lovers

When: Friday, May 17, - Sunday, May 19, 2024

Where: Deer Head Inn, 5 Main Street, Delaware Water Gap, PA 18327

Description: Let's go day hiking on the AT on Saturday and Sunday while relaxing at the Deer Head Inn afterwards. Arrive on Friday, May 17th, and have a fine dinner at the Inn with live jazz music. Wake up early Saturday morning for a 7-mile day hike. Refresh in your room at the Inn. Take a walk to the Village Farmer and Bakery located at 13 Broad Street, less than a mile away, for lunch. Get ready for a different jazz band that evening along with another fine meal at the Inn. Wake up again on Sunday morning for a 7-mile day hike on the AT back to the Inn. On Sunday after our hike another group of jazz players will entertain us in the early evening. Some may want to leave on Sunday after the morning hike but others will stay Sunday night and leave Monday morning. Please make your reservations now. There are only 10 rooms total. (There are two other hotels nearby but the AT does not go directly by them.)

Deer Head Inn in Delaware Water Gap, PA (known for live jazz music). The inn has great food, entertainment, and lodging. Make your reservations on-line now before all the rooms are taken. <https://deerheadinn.com/>

Distance: 7.2 miles Level of difficulty is Intermediate Elevation highest/lowest points: 1506' high and 341' low Cumulative elevation gain/loss: 421' gain and 1469' loss. AT: Wilmington Trail Club (PA) Hiking Trail, Stroudsburg, Pennsylvania (hikingproject.com). Contact Lelia Vann if you have questions: leliavann@gmail.com or (757) 247-9048.

Trail Magic at the Tye River

When: Saturday, June 1, 2024

Where: Tye River Trailhead, Tye River Bridge Area

Description: The club is looking at providing "Trail Magic" to hikers (targeting thru-hikers and section hikers) on National Trails Day by surprising them with food, drinks, and supplies. This event will probably be held at the Tye River Bridge area. Jim Newman has agreed to lead this effort, but we are looking for at least 5 others to help support the effort. Even if you cannot travel up to the mountains that weekend, you can help by donating cash, food, or drink (please coordinate with Jim before purchasing anything!). Items will be pre-staged at the Sexton's house prior to the event.

Contact: If you can help, please contact Jim Newman at jimnewman55@gmail.com.

[Visit our TATC Calendar](#)

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Activities Schedule

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

TATC Board Meeting

When: Wednesday, June 5, 7pm – 9pm

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

Description: TATC Board Meeting

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

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

Swingblade & Lopperfest 1

When: Friday, June 7th– Sunday, June 9th

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

Location: CCC Kitchen at Sherando Lake

Description: The fun starts by setting up and camping out in the Sherando Lake Recreation Area at the CCC Kitchen. On Saturday we will get out and cut back encroaching plant growth from trails using swing blades, loppers, and shears. Additionally, we will be removing any smaller blowdowns we encounter. Free Park entrance; Free camping; One day of work, what could be better? Friday & Sunday are travel days. Ten to fifteen people needed.

To sign up or for more information, contact: John Sima, TATC Trail Supervisor, trailsupervisor@tidewateratc.com or

Brittany Collins, TATC Asst Trail Supervisor, assistantts@tidewateratc.com

Paddle and Tour of ERP

When: Tuesday, June 11, 2024

Where: 1444 Morris Crescent, Norfolk, VA 23509

Description: Paddle & Tour of the Ryan Resilience Lab with Sharon "Sherri" McQueen <https://elizabethriver.org/ryan-resilience-lab/>

8:30 to 9am - Bakery, coffee, and orange juice at Sherri's place, 1444 Morris Crescent, Norfolk, VA 23509.

9:30am - Launch boats, Winona neighborhood launch (1 block from Sherri's house). PFDs REQUIRED. 1400 Ashland Cir, Norfolk, VA 23509.

11am - Take out at the dock of the Ryan Resilience Lab of the Elizabeth River Project (ERP) and receive an orientation and tour.

12:30pm – Lunch. Bring picnic lunch to eat outside on the ERP terrace or walk 2 blocks south for pizza. Cogan's Pizza North, 4311 Colley Ave, Norfolk, VA 23508.

1:30pm - Launch kayaks and paddle back to the Winona neighborhood launch on Ashland.

Bring: Boat & Paddle, Personal Flotation Device (PFD) REQUIRED, Sunscreen, Hat, Water, Lunch, Money for lunch if you choose pizza: OPTIONAL, Money for ERP T-Shirt/Membership/Donation: OPTIONAL.

Sherri McQueen will provide a continental breakfast at her Winona home in Norfolk, then lead us on a paddle of the Lafayette River.

[Visit our TATC Calendar](#)

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Activities Schedule

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

Included on the paddle will be the shoreline of the Virginia Zoo, the mouth of Wayne Creek, the Willow Wood & Granby Street Bridges, the mouth of Haven Creek, the Colonial Place neighborhood from the water (where we have ridden our bikes in the past), and Knitting Mill Creek, where we will stop at the Elizabeth River Project's (ERP) new Ryan Resilience Lab. There we will be given a staff-lead orientation and tour. Afterward, enjoy a picnic lunch on the dock or terrace, or walk two blocks south to Cogans Pizza North. At 1:30pm we will meet up to paddle back to the Winona neighborhood launch. If you wish to paddle on to the mouth of the Lafayette River, which flows into the Elizabeth River, or explore Wayne Creek, or paddle to the headwaters of the Lafayette (tide permitting) please let Sherri know. Please Note that Sherri will make a presentation for the full TATC of May 8th at the general meeting.

To sign up please email Sherri: Dr.SharonMcQueen@gmail.com

TATC General Membership Meeting

When: Wednesday, June 12, 7pm – 9pm

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

Description: TATC General Membership Meeting

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

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

First Landing State Park Trail Maintenance Work Day

When: Thursday, June 20, 9am – 12pm

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

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

The meeting location is the parking lot by the picnic area. At least 3 volunteers are needed. If you have one, please wear a hat, shirt, or jacket with the TATC logo when participating in FLSP work days to identify you as a member of the club.

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

Cabin Maintenance & Orientation Weekend

When: Friday, June 21st, thru Sunday, June 23rd, 2024.

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

This is the 2nd of 4 annual trips to do maintenance work and to provide orientation to members so that they can be qualified to rent the cabin. If you have questions or want to participate, please contact trip leader, Gregory Hodges, at cabin@tidewateratc.com or at (757) 439-1552. Call or text is fine.

[Visit our TATC Calendar](#)

TATC Officers & Board

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



Please visit our TATC Facebook group page.

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

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



Tidewater Appalachian Trail Club Group Page



[Visit our Facebook Page](#)

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

Please consider sponsoring a club event this Winter.



Giving Back to Sherando

Photos by Bill Bunch, Lisa Hall, Mary Crozier, Kari Pincus, Peter Burch and Kevin O'Hanlon



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Saturday evening around the stove in the maintenance center

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Cleaning out CCC kitchen storage area

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Doyle's River Cabin and Big Run Trail

Photos by Kevin Du Bois



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Volunteer for the 2024 Konnarock Volunteer Trail Crew

Link to sign up by session to join the Konnarock Trail Crew this Summer:

<https://appalachiantrail.org/get-involved/volunteer/trail-crews/konnarock-trail-crew/>

Konnarock is the Appalachian Trail Conservancy's flagship crew program, founded in 1983 and named after its original base camp in southwest Virginia. The crew works on the Appalachian Trail from Rockfish Gap, near Waynesboro, Virginia, to the Trail's southern terminus at Springer Mountain in Georgia. The program is a joint venture of the Appalachian Trail Conservancy, the 12 southern Trail Clubs, the U.S. Forest Service, and the National Park Service.

At Konnarock, volunteers of diverse ages, backgrounds, and experience levels work together to build durable trail that will last for generations. After a multi-day session working as a team, learning new skills, and living in the backcountry both the crew and the trail are transformed. No experience is necessary, but you must be 16 years or older to apply. If you are 16, you will need to be accompanied by a parent/guardian during the crew week. If you are 17, your parent or guardian will need to sign a release form prior to the work week. The Appalachian Trail Conservancy provides training, equipment, and room and board. Crews are transported in ATC vehicles from the base camp in Sugar Grove to a primitive, backcountry tent camp near the project site.

The Konnarock Crew is hosted by the Mount Rogers National Recreation Area at its Sugar Grove Work Center. The main building houses dining and recreation facilities, an office, and the crew's tool room. Separate buildings provide a large, institutional kitchen and two shower houses, with bathroom and laundry facilities. Crew members sleep in simple cabins ("pods") with beds and electricity.



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

Cave Mountain Lake Pavilion, VA

2024



Scope of Work

SCOPE OF WORK DIFFICULTY:



HistoriCorps is committed to educating and training volunteers in preservation skills, with an overarching mission of inspiring a preservation ethic in all those involved. Learning and working alongside expert HistoriCorps field staff, volunteers and applying the traditional skills necessary to restore the Cave Mountain Lake Pavilion:

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

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

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

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



TATC Volunteers Needed – April 20, 2024

Event: Virginia Beach Earth Day Celebration

Location: Mount Trashmore Park, 310 Edwin Drive, Virginia Beach, VA 23462

Date: Saturday, April 20, 2024

Time: 11:00 am - 3:00 pm

Need 3-4 volunteers needed per shift; morning shift 11-1, afternoon shift is 1-3.

Join us for this fun event to let potential members know about all the cool stuff we do.

To sign up, contact John Barnes at vbicb123@gmail.com

