

## New Youth Program for ODATC



ODATC’s Board of Directors approved to sponsor a new Venture Crew. What is a Venture Crew? Venturing is a youth program of the Boy Scouts of America. The crew’s membership is made up of boys and girls between 14 and 21 years old. This crew would be a high adventure based group. Their focus would be on backpacking, trail maintenance, biking, rock climbing and more – all the activities we like to do.

The venturing program was created about 10 years ago to meet the needs of older youth in Boy Scouts and Girl Scouts. It is open to any youth between 14 and 21 years old. The youth do not have to come from a scouting background. Adult leadership of the crew has an advisor, asst. advisors, both male and female, committee chairperson and committee members. The youth members will operate the crew and the adults are there to advise them. The crew will elect a president, vice president, secretary and treasurer. The crew will operate under the guidelines of the Boy Scouts of America and ODATC.

The crew will meet twice a month and an outing about every other month. The crew will participate at the club meetings and in club events.

We are looking for a few more adults to serve on the committee and at least one more female advisor.

Once we get the paperwork done and sign up the youth, we can start having fun out on the trails. I think that this program can introduce young people to the club and them to a lifetime of outdoor adventures.

## Wilderness Skills Help Save Hiker!

On April 10, 2004, Greg and I began our flip-flop thru hike in Damascus, Va. Three days into our hike we reached Thomas Knob. The weather was beautiful. Winter snows were melting and spring was coming. When we arrived at the Thomas Knob shelter in late afternoon, the wind had picked up and clouds were rolling in. There were already three hikers at the shelter. They had pitched their tent inside the shelter and did not leave much room for other hikers so Greg suggested we sleep in the top level.

Shortly after we arrived it began to rain and within the hour, started to sleet. The wind became stronger and the temperature dropped rapidly. More hikers came in and soon a family of four with their elderly mother arrived. Both levels of the shelter were eventually full. As the evening progressed, the sleet turned to snow and the wind became stronger. All through the night, the wind howled and the snow poured into the front of the shelter. The next morning revealed Greg's decision to stay on the second level to be a good one as the hikers on the first level were completely covered with snow

The family of four and the grandmother rose early and decided to set out for their return to Grayson Highlands State Park. Within an hour of departing, the mother of the family returned to the shelter with the grandmother. She approached Greg and me and literally said, "Here's my mother. ....continued on page 5

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We have lined up Theresa Duffy – Institutional Head; Ed Beach (Scout leader), Committee Chairman; Richard Brett, Advisor; Mark Dimmick, Asst. Advisor; Jenni Pendergrass, Asst. Advisor.

### ODATC MISSION

- The construction & maintenance of foot trails for hikers, including the trail between Reeds Gap and Rockfish Gap
- The provision of excursions on such trails or in other areas
- The offering of educational activities related to the need for preserving the great outdoors

**P R E S I D E N T ' S L E T T E R**

Greetings, Club Members!

I hope the summer treated everyone well and that you had some wonderful vacation opportunities! This was a great summer for me with a 2 week trip to Alaska. Unfortunately, not a lot of hiking but I saw lots of beautiful scenery and wildlife. Of course I have visions of going back again, and again, and again! Surprisingly, there were actually several club members who made a trek to AK this summer. Hopefully, someone got some great photos to perhaps share in the future.

As most of you know, the Virginia Journeys 2011 conference occurred from July 1 – 8. We had around 47 club members attend the conference, most of whom volunteered to assist in some capacity at the conference. That might well be record attendance for our club. I can't say enough about the great coordination efforts of Sue Kropp, Howard Davis, Jenni Pendergrass, and Barbara Stewart. Because the conference was hosted by the South Central Virginia AT clubs and the ATC, we should receive a portion of the proceeds. In the past, for small clubs such as ours, this has been an opportunity to enhance the club's coffers. The final tally is yet to be determined.

Couple of administrative or business items to share: Please check the website in early September for proposed changes to the Club's By Laws. Although the By Laws were just updated in the fall of 2009, some recommended changes have been noted. If you are unable to access via the website, please let me know and I will email a copy. Copies will not be mailed due to cost to print and mail. We will accept comments until October 2<sup>nd</sup>. The Board will review and consider any comments at the October 4<sup>th</sup> board meeting. The final By Laws will be posted again in early November, barring unforeseen circumstances. The proposed changes to the By Laws will require a vote of approval by the membership at the November 15<sup>th</sup> club meeting.

Don't forget nominations are still being taken for all Board positions except the Website and Trail Maintenance positions. Please contact Vice President Mark Dimmick if you have an interest in serving on your club's board of directors. We will be voting on the slate of nominees at the November business meeting also.

Many of you may not be aware of how our club fits into the greater scheme of managing in the Appalachian Trail. We have as an element of our mission to maintain our trail 19.1 mile section from Rockfish Gap to Reed's Gap. These efforts are coordinated by Lori Ando, our trail maintenance chair. Our responsibilities also include boundary monitoring of the AT corridor, which is coordinated by Karl Huber, our land management chair. In addition to these "on-the-ground" functions, we are also part of the southern regional partnership committee (RPC) which is comprised of the Deep South and south central AT clubs. Twice a year, club representatives attend RPC meetings to discuss issues and policies related to the management and maintenance of the AT impacting our specific regions. Presently, the RPC chair is Mark Wenger, who happens to be a life member of ODATC as well as Tidewater ATC. I was selected as the RPC vice chair at the spring 2011 meeting. I hope to do a far better job over the next several months of sharing with the club issues that are going on that impact us as well as the AT in general. I realize not everyone finds this sort of info particularly interesting but at least it will be there in case something does pique your interest. Enough for now!

Fall is coming!! Please join us on the trail whether maintaining or hiking!! The AT belongs to us all!!

Theresa

This list of activities was current at the time *The Walker* was published. The **full description** of all events may be found at [www.odate.net](http://www.odate.net). **Check the website** for additional events such as films, lectures, workshops, etc. that may be of interest. Also, frequently refer to the **Events** page on the website for changes to events or to see new activities posted after *The Walker* publication deadline. At any time, events may be closed or canceled while others may be updated with important information. Please remember the suggested guidelines for carpool donations: (Charlottesville area - \$10 and beyond 75 miles - \$15).

**September 2 – 5 (Friday evening – Monday) Tuscarora Trail: Gore, VA to Hancock, MD. (A/1)**

Wenger (Animal) 757-253-0056 (H) [markwenger@cox.net](mailto:markwenger@cox.net) We will leave from Williamsburg at 4:00PM Friday and pick up anyone in Richmond at the Wal-Mart parking lot off I-95 in Ashland exit 92 on the way. We will eat a quick supper on the road and drive I-95 north to 17 then north to I-66 west to I-81 north to exit 310 north on 37 to 50 west to Gore and find a place to camp. On Saturday we will shuttle the vehicles or arrange a shuttle and begin the hike at Gore trying to cover at least 20 miles that day. Sunday and Monday will be 10 miles and 20 miles respectively. We will drive home that Monday evening. I am trying to section hike this trail and this is the next section for me. It is 50 miles in three days with camping and water few and far between. However, if you are up for adventure this is the hike for you.

**September 6 (Tuesday) ODATC Board Meeting**

Contact club President, Theresa Duffey ([taduffey2054@comcast.net](mailto:taduffey2054@comcast.net)), for more details.

**September 13 (Tuesday) Riprap Hollow Trail (B/3)**

Jack Martin (804/678-8083 or [rjmartiniii@yahoo.com](mailto:rjmartiniii@yahoo.com)) This 9.5 mile circuit hike in Shenandoah National Park connects Wildcat Ridge Trail with the AT. Excellent views of Cavalry Rocks and Chimney Rocks, descends along Meadow Run through Cold Springs and Riprap Hollows. Bring a lunch. Meet at Oilville Park & Ride (I-64 West) at 9:00 am.

**September 17 (Saturday) Trail Maintenance Work Trip**

Lori Ando (804-397-5306 or [llo43022@gmail.com](mailto:llo43022@gmail.com)). Trail maintenance on the ODATC section of the AT. Call Lori or Fran Leckie (270-6908) for details.

**September 20 (Tuesday) ODATC General Membership Meeting**

Club members Emily Kimball and Barbara Stewart will share one of their recent adventures in southern England. Plan to arrive around 6:30 at Trinity Lutheran Church – 2315 N. Parham Rd. to chat with other club members before the meeting starts at 7:00.

**September 21 (Wednesday) Maymont Park - Richmond (D-4)**

Ted McGarry (218-1238) Today is the first of the Wednesday morning hiking season and we start with Richmond's crown jewel. Meet at 10:00 am at the Spotswood Rd. entrance parking lot (near Dogwood Dell) to enjoy this 4 mile walk through Richmond's loveliest park. Maymont and the weather should be beautiful in mid-September and the bears are always happy to see us. Optional lunch at a Carytown eatery.

**September 23 - 25 (Friday evening – Sunday) Rafting the Gauley River (Moderate/Strenuous)**

Mark J Wenger (Animal) 757-253-0056 (H) [markwenger@cox.net](mailto:markwenger@cox.net) We will leave from Williamsburg at 12 noon on Friday and pick up anyone in Richmond at exit 173 commuter lot on I-64 on the way. We will take I-64 west to Beckley, West Virginia then 19 north to Oak Hill, West Virginia. We will be camping Friday and Saturday night at ACE Adventures we will also be booking our rafting trip through them. There are several trips available but most of us book the marathon which is 23 miles, 110 rapids and both the upper and lower Gauley all in one day. I will be making the reservation June 1st at which time you can make your payment. Go to their web site for more details. The trip is not cheap but this is one of the top white water rivers in the world so you got to be there.

**September 24 (Saturday) Family Hike Day**

Asseyah (AK) (804-382-6186 or [solitude1957@hotmail.com](mailto:solitude1957@hotmail.com)). Introduce your family to our section of the AT. Bring your kids, grandkids, boots and picnic basket. We'll enjoy Humpback Rocks and then have a picnic lunch at the Humpback Rocks picnic area. Optional backpack into the Paul Wolf Shelter for the evening to meet with our Tidewater ATC neighbors.

**A C T I V I T I E S****October 4 (Tuesday) ODATC Board meeting**

Contact club President, Theresa Duffey ([taduffey2054@comcast.net](mailto:taduffey2054@comcast.net)), for more details.

**October 5 (Wednesday) Hike Coordinator's Choice - Richmond D/4**

Ted McGarry (218-1238) Two hour morning hike with optional lunch. Call and propose a hike.

**October 8 (Saturday) Three Falls (Rose River, Dark Hollow & Lewis Spring) (B/2)**

Jenni Pendergrass (264-1633 or [jennipendergrass@aol.com](mailto:jennipendergrass@aol.com)). This will be a 9.3 mile circuit hike that passes 3 of the most beautiful falls in SNP. We'll start near Big Meadows. Be prepared for lots of ups and downs. There will be an option to shorten the hike down to 6.1 miles if needed. Meet at 8:00 a.m. at the I-64 Rockville-Manakin exit.

**October 11 (Tuesday) Bear Creek Lake State Park (A/3)**

Jack Martin (804/678-8083 or [rjmartiniii@yahoo.com](mailto:rjmartiniii@yahoo.com)) This 14 mile loop trail weaves through 16,233 acre Cumberland State Forest and Bear Creek State Park. Bring a lunch. Meet at Cumberland State Forest Parking lot (where "muti-use" trailhead is located) at 10:00 a.m.

**October 15 (Saturday) Trail Maintenance Work Trip**

Lori Ando (804-397-5306 or [l1a043022@gmail.com](mailto:l1a043022@gmail.com)). Trail maintenance on the ODATC section of the AT. Call Lori or Fran Leckie (270-6908) for details.

**October 19 (Wednesday) Rural Plains House - Hanover County (D/4)**

Jim Hunt (730-2363) This hike is in a new national park with new trails added this fall. From I-295 exit Pole Green Road East, go 1/2 mile, left turn into the Food Lion S.C. at 8319 Bell Creek Rd and meet in front of the Subway at 10:00 am. Rural Plains House is where Patrick Henry got married.

**October 21 – 23 (Friday evening – Sunday)**

Mark J Wenger (Animal) 757-253-0056 (H) [markwenger@cox.net](mailto:markwenger@cox.net) Weekend backpacking trip to be determined

**October 23 (Sunday) Doyles River Day Hike (C/3)**

Randy Wendell (794-7833; [Randy.Wendell@verizon.net](mailto:Randy.Wendell@verizon.net)) Join Randy for this classic 8-mile loop within the southern section of the Shenandoah National Park. The hike parallels parts of both the Doyles River and Jones Run, and features two waterfalls along with numerous cascades. Contact Randy for more details.

**October 25 (Tuesday) Jones Run/Doyles River Falls (C/3)**

Jack Martin (804/678-8083 or [rjmartiniii@yahoo.com](mailto:rjmartiniii@yahoo.com)) This 7 mile circuit hike in Shenandoah National Park features majestic cascades along Doyles River and Jones Run. Finish with 1-1/2 miles on the AT. Bring a lunch. Meet at the Oilville Park & Ride ( I-64 West) at 9:00n a.m.

**October 29/30 (Saturday/Sunday) Annul Halloween Hoot at Paul Wolfe Shelter (D/3)**

Mike Shelor (264-8308) or [trailguymike@aol.com](mailto:trailguymike@aol.com). It's time again for the club's annual Halloween Hoot. Treats or beverages to share are always welcome (costumes optional). Contact Mike if you plan to go and find out about carpools.

**October 30 (Sunday) Hoover Camp Loop (B/3)**

Hank Harman, 804-347-3744 or [hharman8@verizon.net](mailto:hharman8@verizon.net) A moderate 7.3 mile loop hike in Shenandoah National Park from Milam Gap, two miles south of Big Meadows. We descend directly three miles to the famous Hoover Camp and return by Laurel Prong Trail and the A.T. over Hazeltop Mtn.

**November 4 – 6 (Friday evening – Sunday)**

Mark J Wenger (Animal) 757-253-0056 (H) [markwenger@cox.net](mailto:markwenger@cox.net) Backpacking trip or Pumkin Chunkin, let me know.

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### Skills Save Hiker

She has hypothermia and we are going to hike down to the State Park and see if we can get help." She then left. I looked at Greg and he looked at me. We were now in possession of an elderly adult we knew nothing about and she had hypothermia, a potentially life-threatening condition.

The only others left in the shelter were a young couple, also preparing to leave. Greg and I worked to get the grandmother up to the shelter's second level to shield her from the wind and cold. She was confused and very uncooperative! We were able to get the grandmother into a sleeping bag and thankfully, the young couple stayed and used their stove to heat water for bottles which we then put into the sleeping bag with her. We also made warm soup and hot tea for her to drink and after about two hours, she began to cooperate and talk more reasonably. She told us she was a former backcountry ranger and knew she should never have attempted the hike, but at the insistence of her daughter, she came along with the family. She grew tired and wanted to rest. We continued to monitor her condition by checking her breathing and pulse every fifteen minutes for the next several hours. The young couple finally got on their way, but throughout the day, other hikers came in seeking shelter.

Late afternoon, we heard snowmobiles coming in the distance. There was no road into the shelter and the EMTs and Rangers had to hike in from where they were able to park the snowmobiles. The rescuers immediately checked on the grandmother when they reached the shelter. She was pretty well recovered by then and two of the EMTs were able to help her down to the first level of the shelter for the ride out. One EMT then checked on each person who remained in the shelter and asked if any wanted a ride out with them - they had no takers.

What is the message of this story? I was a healthcare professional for 35 years, worked in ICU, then went on to become a Nurse Practitioner. However, when we decided to make our thru hike, I thought it was very important for me to take a Wilderness First Aid course and for Greg to become certified in CPR, as I was. A medical emergency on backcountry trails or in wilderness areas could be hours and perhaps days from professional medical assistance and presents circumstances that are very different from an urban or rural setting where help is a 9-1-1 call away. You may need to make decisions and provide care for an

other person or for yourself - decisions and care that could make the difference in surviving a serious medical emergency until rescue help can be summoned and arrives.

ODATC has been chosen to be the recipient of 10% of the fee for the Wilderness First Aid Class being taught at BMRS on September 17 and 18, 2011. Signing up for the class is a good way to help the club receive a nice donation while doing something for yourself and for others with whom you may hike. Think seriously about taking this class. For more information and to sign up, go to [www.solowfa.com](http://www.solowfa.com)

- Claudia Hambacker

### Meetings and Programs: Join us for our September Program

Our September 20<sup>th</sup> program will feature guest speakers, Emily Kimball and Barbara Stewart. They will talk about their hike through southern England. Our snack will be very simple—Cookies. Hopefully we will also hear about our new partnership with the Boy Scouts of America and Venture Scouting.

### Plan to Attend November Program!

Our November 15<sup>th</sup> meeting is one that no club member should miss. It will be election night of some new board members and our annual club business meeting. There should be opportunity for a bit of discussion and final reports for those rotating off of the board. There will be a program though. We will have our old faithful "Travel Log" program. Club members are asked to submit 5 photos of trips they have taken over the past two years. You may submit photos for more than one trip. The photos will be placed onto a disc and will be shown at the meeting. As your photos appear you will be asked to give a short narrative about the trip/photos. This usually turns out to be a really fun event. This will be appetizer night. Bring one of your favorite appetizers to share. Please submit digital photos to: [gandclaudia@verizon.net](mailto:gandclaudia@verizon.net) and if you do not have digital photos send your pictures to: Claudia Hambacker, 3915 Hickory Road, Richmond, Virginia 23235. Write your name on the back so they can be returned.

**Food Box:** Please do not forget to bring you donation of canned food for the church's food pantry.

**Name Tags:** If you happened to have taken your name tag home following the May meeting, please remember to bring it back at our September meeting. Thanks!



## Sunday Hunting on Horizon

There is a renewed interest in Virginia for allowing hunting on Sundays during hunting seasons. Currently Sunday hunting activities are limited to hunting fox with foxhounds, raccoons until 2 AM, and training bear hounds to track bear. These activities do not generally conflict with the kinds of activities our club members participate in, such as hiking, camping, trail maintenance, border monitoring, and mountain bike riding. Anyone who participates in these activities knows, however, that conflict is possible on hunting days. Many of us therefore limit our outdoor activities to non-hunting periods, Sundays during hunting periods, or limit ourselves to where we can safely go during a hunting season, such as well within state or national park lands. Should we be concerned about possibly losing some Sundays from our options?

Hunting seasons in Virginia vary by game, weapon, and location. In the Blue Ridge area the 2011-2012 hunting seasons include archery hunting for deer and turkey beginning Oct 1 and extending (for deer) to Nov 18 as well as a period from Dec 5 to Jan 7. Muzzle hunting of deer is within this period, from Nov 5-18 and Dec 17-Jan 7. There is a spring turkey season from April 14-May 5 and May 7-19. Muzzle hunting for bear is allowed from Nov 28 to Jan 7. There are longer seasons for other wildlife. For instance squirrel are hunted from Sept 3 to Jan 31 and June 2-16, coyote from Sept 1 to March 10, rabbit Nov 5 to Feb 29, and pheasant Oct 29 to Feb 11. Given these schedules and intended game, it would be reasonable to have safety concerns in the woods from sunrise to sunset Oct 1, 2011 to Jan 7, 2012 and from April 14 to May 19, 2012.

Legislative bills have been promoted over the years to allow hunting on Sundays, always to be shot down by a coalition of private landowners (primarily farmers), hikers, horse riders, and other outdoor recreationists. Sunday has been declared a rest day for wildlife.

Most states allow hunting on Sundays however. In addition, recent surveys show around 60% of Virginians support Sunday hunting. Furthermore, the Virginia Dept of Game and Inland Fisheries Board recently stated their support for Sunday hunting in Virginia. Interest in hunting has declined over the years. Allowing Sunday hunting is expected to aid in the recruitment of new hunters and generate more funds for the state from licensing fees as well as increased spending on associated activities. For all of these reasons Sunday hunting legislation is likely to pass next year.

So where do we sit, as an outdoor club, regarding this issue? When the legislation comes up should we express an opinion? If so, in support (it is time for this to happen) or opposition (the wildlife and non-hunters lose 19 days of peace each year)?

- Karl Huber



## Members Recognized for Years of Service to the Appalachian Trail

At the 2011 Biennial Conference, a number of members were recognized for their many years of service to the Appalachian Trail. **Hank Harmon** has been an active supporter and hiker of the AT for 70 years! He began his involvement with the trail back in 1941 with the Potomac Appalachian Trail Club. He continues to lead hikes for the club.

Also recognized were 5 club members who have 25 years of service as club members actively supporting the AT: **Roger Clifton, Pat Doyle** (life member and more active w/ PATC), **Ann McRee, Pete Tansill, and Mac Taylor**.

We actually have some other lifetime members who have been around for 25+ years but they have not been active.

### ODATC Hike Rating Codes

#### Terrain

- 1 = Very Strenuous
- 2 = Strenuous
- 3 = Moderate
- 4 = Easy

#### Distance

- A = More than 13 miles
- B = 9 to 13 miles
- C = 5 to 9 miles
- D = Under 5 miles

Hiking boots are strongly recommended for all hikes. Hikers must be properly equipped, aware of their limitations & hike within their ability. In the interest of safety, activity coordinators may refuse to allow participation by club members or their guests.



Please honor the following suggested donations to your driver when carpooling to and from hikes:

\$10 per rider for travel to and around the Charlottesville area (60-75 miles approx)

\$15+ per rider for travel beyond Charlottesville (over 75 miles)

### Discounts

Blue Ridge Mountain Sports, Appomattox River Company, Rockfish Gap Outfitters and Wilderness Adventure are big supporters of ODATC.

**Blue Ridge Mountain Sports** has a new location at 12020 West Broad St., Henrico, VA 23233 (in front of Hilton West of Short Pump Towne Center.) in addition to their locations at Chesterfield Towne Ctr. and 10164 Broad St.

**Rockfish Gap Outfitters** is on Route 250 in Waynesboro. They offer assistance with questions about hiking equipment.

**Appomattox River Company** extends a discount on all merchandise except boats and has locations in Farmville and Yorktown. Call 800-442-4837 for details or browse their website at [www.paddleva.com](http://www.paddleva.com).

**Wilderness Adventure**, located in the heart of Staunton, Virginia, now offering our members a 10% discount on most merchandise. Please visit the store the next time you are in Staunton. You will find Wilderness Adventure near the train station on 50 Middlebrook Avenue, or call 540-885-3200 for more information.

### Membership & Email Address

Be sure to check our website [www.odatc.net](http://www.odatc.net) and update your profile, especially if you have changed your email address! We want to be able to contact you regarding special events or current news!

Also, if you need to renew your membership, you can do it online! If you need any help, please contact our webmaster!

### Position Open on Board of Directors

We are looking for a new secretary! If you are interested, please contact a board member. This position can be filled immediately. Primary responsibility is taking minutes at all board meetings.

### Tee Shirts

We have a variety of Tee Shirts available for purchase: the blue shirts have the round logo; the grey shirts have the green embroidered ODATC logo; the olive shirts have white embroidered ODATC logo & are tailored for women!

- blue S/S \$14.00      Gray S/S \$16.00
- blue L/S \$16.00      Olive S/S \$18.00

Contact Greg ([sendit2greg@verizon.net](mailto:sendit2greg@verizon.net)) for more information.

## 2 0 1 1 O D A T C B O A R D O F D I R E C T O R S (area code 804)

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Secretary	Open (Lori Ando)	397-5306	<a href="mailto:llo43022@gmail.com">llo43022@gmail.com</a>
Treasurer	Greg Hambacker	323-0513	<a href="mailto:sendit2greg@verizon.net">sendit2greg@verizon.net</a>
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### ODATC and ATC

ODATC is a maintenance club and a member of the Appalachian Trail Conservancy (ATC). Annual ODATC dues are \$15 for individuals & \$20 for families. Lifetime membership is \$250. Renewals are due in January; forms can be found online. *The Walker* is published bi-monthly with submission deadlines by the 15th of the publication month.

### Club Meetings

Club meetings are held on the 3rd Tuesdays of September, November, January, March and May. The next meeting is **September 20th**, beginning at **7:00 p.m.** at Trinity Lutheran Church, **2315 N. Parham Rd., Richmond, VA 23229**. Bring a friend!



# **THE WALKER**

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ODATC

Newsletter of the Old Dominion Appalachian Trail Club

Richmond, Virginia

[www.odatc.net](http://www.odatc.net)