

1996 CELEBRATING TENNESSEE EASTMAN HIKING & CANOEING CLUBS 50th ANNIVERSARY

OCTOBER, 1996

THE TENNESSEE EASTMAN

HIKING & PADDLING NEWS

Contents:

- [Next Two Months](#)
- [Fall Dinner Meeting](#)
- [1996 Anniversary Hike Reports](#)
- [Working on the A.T.: Maintenance Update](#)
- [For The Record](#)
- [Upcoming Events](#)
- [The Well Stocked First Aid Kit](#)

<u>NEXT TWO MONTHS</u>			
Oct 12	A.T. HIKE #14, INDIAN GRAVE GAP TO NOLICHUCKY RIVER	M	R. Hunt
Oct 12	Leaders Choice	IV-V	D. Fuller
Oct 15 - 16	A.T. Hike, Va. 623 to Va. 42	M	R. Kilby
Oct 19	THIRD SATURDAY MAINTENANCE	Worthw hile	T. Malone
Oct 19	A.T. in Virginia, Va. 42 to I-81 at Groseclose, Virginia	M	C. Chew
Oct 26	A.T. HIKE #15, NOLICHUCKY RIVER TO SPIVEY GAP	M	S. Perri
Nov 2	FALL DINNER MEETING	Fun	C. Moorehouse
Nov 9	Smokies Day Hike	M	K. Edgar
Nov 16	THIRD SATURDAY MAINTENANCE	Worthw hile	T. Malone

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ALL DINNER MEETING: Saturday, November 2, 1996. Pratt's will cater our meal at the Eastman Cabin. Social hour will begin at 5:30 PM, eat at 6:30. The menu is pulled chicken barbecue and pork barbecue with the traditional side dishes. Those five and under eat free, everyone else \$9.00. I need your check and reservation by Wednesday October 30, 1996. Please make check payable to Cris Moorehouse.

TEHCC FALL DINNER MEETING, NOV. 2, 1996

Name of Party (Please Print): _____

Phone No. _____

Total No. In Party: _____

Names of people 6 and older:

Names of children 5 and under (Free):

**Please mail completed form and check so it is received by
Wed. October 30, 1996, to Cris Moorehouse.
Make checks payable to Cris Moorehouse.**

1997 ANNIVERSARY HIKES REPORTS

A.T. HIKE #8, HWY 19E TO BITTER END: July 27, 1996, Distance 9.4 miles, Emmett Dougherty reporting. After we spotted our car at 19E, we started our hike at Bitter End. The four of us enjoyed a pleasant summer day hike with the temperature around 70. We hiked through some stinging nettles near the former Don Nelson shelter. The shelter had been burned by vandals in 1990. All that was left were some pieces of the tin roof. We finished our hike around 2:30 p.m. Participants were Lois Mansfield, Richard Colberg, Gary Luttrell, and Emmett Dougherty.

A.T. HIKE #11 - CARVERS GAP TO HUGHES GAP: August 17, 1996. Hiking distance 4.6 miles. Kent Wilson reporting: Three hardy souls decided that this was a good day to continue our trek of the Eastman Hiking Club sections. We had a friend help us spot our car at Hughes Gap, then started hiking at Carver's Gap. We had lunch at the Roan Highlands shelter. The trail was in pretty good shape except for the jewel weeds which in many places were taller than head high and almost obliterated the trail. Near Hughes Gap we met two hikers that had driven up to the top of Roan and had planned to hike to Carvers Gap. They had turned the wrong way on the trail. After about 2 hours of hiking we found our car safe and sound. Making the hike were Kent and Nancy Wilson and Kathleen Kitzmiller.

A.T. HIKE #12, HUGHES GAP TO IRON MOUNTAIN GAP:

Sunday August 18, 1996

Cris Moorehouse reporting

We met at Burger King in Colonial Heights at 8 AM and left for Iron Mountain Gap. After dropping a vehicle off there we drove to Hughes Gap and started our hike. It was a nice day to be in the woods; even though it was hot in Kingsport we were comfortable hiking. Our hike was again delayed as we stopped to sample blackberries and huckleberries. At some of the high points we found them big and plentiful. We did remove several trees from across the trail, but some were too big for our folding saw. We encountered a lot of stinging nettles while hiking the last three miles. This section of trail could use some attention. Just before ending our hike we began to hear noises which seemed to be coming from below the A.T. Soon we were approached by five or six people riding horses, but they moved off the trail so we could pass. Some were carrying guns. At the road crossing seven or eight large horse trailers were parked. We were back home at 4:30 PM. Joining me for the hike were Derrick and Bill Stowell, and Theona Moorehouse.

A.T. HIKE #14, INDIAN GRAVE GAP TO THE NOLICHUCKY RIVER: Saturday, Aug. 24, 1996. Four X 6.5 hours. Cris Moorehouse reporting. Joining me for this pleasure/maintenance hike were Bill and Derrick Stowell and Theona Moorehouse. We selected a perfect hiking day, some fog, but cool in the mountains. This is one of our favorite sections and everyone enjoyed the hike. Some trail repair is needed but the trail was clear to the shelter. Between the shelter and the Nolichucky were several blowdowns. We removed the ones we could. We appreciate the time spent on the new bridges across Jones Branch from which we watched several trout.

A.T. HIKE #12, CARVERS GAP TO HUGHES GAP: August 24, 1996, Steve Wilson Reporting. This was a pleasant 4.6 mile hike across the top of Roan Mountain. The weather was cool and cloudy. We visited Roan High Knob Shelter and since we had heard that the shelter's upper windows need coverings, we took some measurements. When we finished hiking, we shuttled Steve Perri's vehicle while he hiked from Carver's Gap to 19E. He must have been setting a good pace, because he hiked 13.5 miles in 5.5 hours. Completing the hike were Jill and Steve Wilson at relaxing 4 hour pace.

A.T. HIKE #11, CARVERS GAP TO 19-E (13.4 MILES): August 24, 1996. Steve Perri reporting. I worked out a car shuttle with the Wilsons since I had to make this hike up due prior vacation plans that coincided with the Anniversary Hike in the schedule. This Hike began at 10:00AM from Carvers Gap heading trail north. This was the first time I had seen the treadway repair on the balds under experimentation. Portions of the trail between the balds and Stan Murray Shelter were overgrown with weeds. The multitude of things in bloom made the trail like walking thru a Bee gauntlet in some areas. There were two tree obstructions between the balds and Stan Murray Shelter. I ate at Yellow Mt. Gap then hiked up to Bradley Gap just prior to rain show. My timing was fortunate since Big Hump had been collecting dark clouds before my arrival and had cleared up by the time I reached the summit. It was the first time I had been over the rest of the Section since the Konnarock Crew worked on this portion of the trail. Some really nice work in the rocks. I had worked on the lower portion of the trail some time ago, but never saw it completed thru Wildermine Hollow. I reached Apple House Shelter as the skies were threatening to rain again. So I reached 19-E just before the heavy rains hit at 3:30. I kind of cruised thru this Section to beat the predicted rain. I was rather fortunate to make it without a bee episodes, but probably due to the caution I used making my way thru portions of the trail. I suppose if someone else were hiking behind me, they would have suffered the consequences of the first person stirring up the bees.

A.T. HIKES 13 & 14 - BEAUTY SPOT TO NOLICHUCKY RIVER: August 31, 1996 Hiking Distance 10.6 miles, Kent Wilson reporting. The first of 3 Labor Day hikes started at Beauty Spot and went to the Nolichucky River. We saw mushrooms of most every color of the rainbow and several nice Fall wild flowers. The weather was nice and the trail was in very good condition except for a couple of blowdowns (one about a mile below the shelter and the other on the bluff above the river). The only problem we encountered was the detour around a train blocking the trail near the end. Making the hike were Kent, Nancy, and Ben Wilson and Kathleen Kitzmiller.

BEAUTY SPOT TO IRON MOUNTAIN GAP: September 1, 1996. Hiking Distance 8.5 miles. Kent Wilson reporting. After spotting a car at Iron Mountain Gap we headed for Beauty Spot. Several people visiting Beauty Spot questioned our sanity about hiking "all the way to Iron Mountain Gap". We were asked if we knew how far it was. We enjoyed blueberries on the climb up to the top of Unaka Mountain. The trail was in pretty good shape except for three blowdowns (one between 1.2 and 1.5 miles from Iron Mt. Gap, 1 between Cherry Gap shelter and Low Gap, and 1 between the spring on the North side of Unaka Mt and the summit). Making the hike were Kent, Nancy, and Ben Wilson.

A.T. HIKE #12 - HUGHES GAP TO IRON MOUNTAIN GAP: September 2, 1996 Hiking Distance 8.1 miles. Kent Wilson reporting. For the last of our Labor Day weekend hikes, we started at Hughes Gap in a light drizzle. We met a lady who had started at the River with her husband. They were headed for Roan Highlands for the night and eventually to Hampton. The rain cleared up as we started hiking. After lunch at the shelter (the roof here needs repair, it looks like a limb had fallen on the right eave and broken some of the plywood), we continued hiking under cloudy skies. The rain held off until we reached our car at Iron Mt. Gap. Making the hike were Kent, Nancy, and Ben Wilson.

A.T. HIKE #15 - SPIVEY GAP TO NOLICHUCKY RIVER: September 7, 1996, Kent Wilson reporting. Hiking Distance 10.8 miles. In spite of the dire predictions of foul weather from Hurricane Fran, we decided to continue our trek of completing the Eastman Hiking Club Anniversary Hikes. After spotting a car at Chestoa, we started hiking at Spivey Gap. We met a troop of Boy Scouts from Erwin, who were backpacking from Spivey to Indian Grave Gap. We had lunch at No Business Knob Shelter where we met a couple from Morristown who had hiked from the river. The weather was beautiful all day. Making the hike were Kent, Nancy, Alan, and Ben Wilson.

WORKING ON THE A.T., MAINTENANCE UPDATE

WORK ON RELOCATION TRAIL SOUTH OF WATAUGA DAM ROAD: Saturday, Aug. 24, 1996. Ed Oliver Reporting. Two people X eight hours = 16 total. Participants Frank Williams and Ed Oliver. We continued the work on the relocation trail south of Watauga Dam Road. We worked our way through the root field and arrived at the rock field. We made some progress through the rock field. So far it looks like we should be able to get through the rocks without too much trouble. It will take one or two more trips to complete this relocation.

WORK ON TRAIL RELOCATION, TRAIL SOUTH OF WATAUGA DAM ROAD: Saturday, August 31, 1996. Ed Oliver reporting. Two workers X 9 hours = 18 hours. Frank Williams and I constructed approximately 85 feet of new trail. We are within about 50 feet of the existing trail on the trail south end. We should be able to complete the relocation in one more trip if we can get at least four people to help.

WORK ON RELOCATION TRAIL SOUTH OF WATAUGA DAM ROAD: Sunday, September 8, 1996. Ed Oliver reporting. Frank Williams and I completed the second of three relocations planned for the Appalachian Trail between Watauga Dam Road and Watauga Dam. We celebrated the occasion with a can of root beer. Thanks to all the people who have helped on this relocation for the past year or so. We will start the third relocation late this fall or early next spring. Let me know if you want to be contacted when we work on the third relocation.

FOR THE RECORD

MULTI-CLUB, HOSTED BY NANTAHALA HIKING CLUB: August 30 to September 1, 1996. Cris Moorehouse reporting. We enjoyed the multi-club very much. Having the meal preparation certainly made the weekend more pleasant and relaxing. Appletree Campgrounds is an idea spot and has been used many times. I enjoyed meeting people from the other clubs and learning how they deal with issues at their home clubs. We made some new friends that we look forward to seeing again at future multi-club meetings. I loved being so far from "nowhere" Food was served when the schedule said it would be and there was little waiting in lines. The club did a fantastic job on logistics. I think multi-club is good for the A.T. Not so much for us as keeping informed but more so that it makes a cohesive group in support of the trail. These were only a few of the comments received from TEHCC members who attended the multi-club. We were also proud to be able to announce that TEHCC had eleven people who earned Konnarock shirts, total shirts earned from all 13 clubs was 40. We were also pleased to find we were second to Nantahala Hiking Club in the number of attendees. We would encourage many more club members to consider attending the next multi-club. Attending were Charlotte and Collins Chew, Carolyn and Jud Barry, their son Sam, daughters Emily and Alice, Steven Halsabeck, Derrick and Bill Stowell, Jill and Steve Wilson, and Theona and Cris Moorehouse.

UPCOMING EVENTS

APPALACHIAN TRAIL - VIRGINIA 610 (NEAR VIRGINIA 42) TO I-81: Leader: Collins Chew. This 10 mile hike will cover the section of the Appalachian Trail just north of I-81 at Groseclose, Virginia. It crosses Big Walker and Gullion Mountains with Crawfish Valley between. The total climbing is about 2100 ft. so the hike is moderate to difficult, particularly considering the short autumn day. The leaves should be getting pretty by then. The driving distance will be about 250 miles total because of a rather long car shuttle. Bring lunch, water, appropriate clothing and meet between Burger King and McDonalds in Colonial Heights at 8:00 AM on October 19, 1996. Call trip leader for details and to let me know your interest.

WHITETOP MOUNTAIN. VIRGINIA - VIRGINIA 600 TO U.S. 58: Monday, November 11, 1996. Leader Richard Kilby. This hike on the A.T. is 6.9 miles long, and offers good view's at Elk Garden Gap, and the Bald on Whitetop Mountain. Call the trip leader for meeting place, and hike details.

The Well Stocked First Aid Kit Some suggestions for a first aid kit and how to store it. Keep your first aid kit

supplies in a moisture-proof container. Moisture may cause certain items to deteriorate. Check your supplies regularly and replace any that are used up or outdated. Whether you purchase an already-assembled kit or put together one of your own, keep the following list of phone numbers and addresses inside the box when you cannot get lost:

- 911 or your local emergency number
- Physician
- Hospital
- Poison Control Center
- Paramedics
- Police
- Fire Department
- Dentist

Include a list of the contents and the dates supplies were purchased so they can be replaced when needed. Local emergency numbers if you are hiking or traveling out of your local area.

The following supplies would be appropriate for a basic first aid kit for car, home, boat, or backpack. Only small amounts of each item are needed. This list will help you assemble your kit.

- Antacid
- Antibiotic ointment and methiolate
- Antiseptic bandages and plastic bandages - various sizes.
- Adhesive tape
- Aspirin and acetaminophen
- Alcohol (70%)
- Roll bandages - 1 inch and 2 inch widths
- Sterile cotton
- Sterile gauze
- Cotton-tipped applicators
- Calamine lotion
- Elastic bandage
- First Aid Book
- Flashlight, with extra bulbs and fresh batteries
- Hot water bottle
- Hydrogen peroxide, 3%
- Instant cold pack
- Sterile gauze pads
- Square cotton bandage, 40 inch
- Syrup of ipecac (do not use without advice from physician or poison control center)
- Scissors and small tweezers
- Safety pins and a needle
- Matches

To contribute an article to the TEHCC News, contact the editor, C. S. Moorehouse.

All items should be received by the 15th of the month to be included in the following month's News.

ERC HIKING AND CANOEING CLUB

THE TENNESSEE EASTMAN HIKING AND CANOEING CLUB WELCOMES YOU AND ENCOURAGES EVERYONE TO PARTICIPATE IN THE NUMEROUS ACTIVITIES. THE CLUB HAS AN ACTIVE SCHEDULE OF EVENTS INCLUDING HIKING, CANOEING, CAMPING, BACKPACKING, CAVING DINNER MEETINGS, AND TRAIL MAINTENANCE. THE CLUB IS A MEMBER OF THE APPALACHIAN TRAIL CONFERENCE AND HAS RESPONSIBILITY FOR A 125 MILE SECTION OF THE TRAIL BETWEEN SPIVEY GAP AND DAMASCUS, VIRGINIA. EIGHTEEN VOLUNTEER CREWS FROM THE CLUB MAINTAIN THIS PORTION OF THE TRAIL IN ONE OR TWO DAY TRIPS EACH YEAR. THIS WORK IS VITAL FOR THE ENJOYMENT AND SAFETY OF HIKERS AND VISITORS TO THE APPALACHIAN TRAIL.

YOU DO NOT NEED TO BE AN EASTMAN EMPLOYEE TO RECEIVE THE MONTHLY CLUB NEWSLETTER AND HIKING SCHEDULES. COMPANY RULES, HOWEVER, RESERVE FULL MEMBERSHIP AND VOTING RIGHTS FOR EASTMAN EMPLOYEES AND RETIREES. TO HAVE YOUR NAME PUT ON THE OUTSIDE MAILING LIST, FILL OUT YOUR NAME AND ADDRESS BELOW AND RETURN WITH THE POSTAGE FEE TO THE ADDRESS LISTED BELOW. THE NEWSLETTER SUBSCRIPTION RUNS FROM JANUARY THROUGH DECEMBER. REGARDLESS OF THE MONTH THAT YOU SIGN UP FOR THE NEWSLETTER, YOUR SUBSCRIPTION WILL EXPIRE IN DECEMBER OF THAT YEAR. PLEASE RENEW YOUR NEWSLETTER SUBSCRIPTION AS SOON AS POSSIBLE TO AVOID ANY INTERRUPTION IN SERVICE. **IF YOU DO NOT RENEW BEFORE THE END OF THE CURRENT YEAR, YOUR NAME WILL NOT BE CARRIED OVER TO THE JANUARY MAILING LIST**

PLEASE CHECK ONE OR MORE OF THE FOLLOWING IF YOU ARE INTERESTED IN CONTRIBUTING YOUR TIME AND TALENTS TO HELPING THE APPALACHIAN TRAIL AND OUTDOOR RECREATION IN OUR AREA.

____ TRAIL MAINTENANCE

____ ART (DESIGNS, POSTERS)

____ HIKE LEADER

____ SPECIFIC PROJECTS

____ CANOEING LEADER

____ OTHER (DESCRIBE)

____ PUBLICITY

TO RECEIVE THE MONTHLY NEWSLETTER. PLEASE FILL OUT THE FOLLOWING INFORMATION AND MAIL BACK WITH YOUR POSTAGE FEE.

NAME _____

ADDRESS _____

PHONE # _____

CITY _____

STATE _____

ZIP _____

PLEASE CHECK ONE: _____ OUTSIDE MAILING LIST \$5.00

_____ RETIREE FEE \$5.00 _____

PAYROLL # _____

MAIL TO: ERC. HIKING CLUB. EASTMAN RD. B-89, KINGSPORT, TENNESSEE 37662

MAKE CHECKS PAYABLE TO "ERC".

