

THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

February 2003

www.tehcc.org

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NEXT TWO MONTHS				
Description	Rating	Leader	Date	Phone
A.T. Circuit: South from Va. 603 (Pine and Stone Mountains)	A/2/B	Mary Ellen Ress	Feb 1	423-279-2786
Third Saturday Maintenance		Joe DeLoach	Feb 15	423-753-7903
SB6000: Leader's Choice	A/3/A	Garry Luttrell	March 8	423-239-9854
Third Saturday Maintenance		Joe DeLoach	March 15	423-753-7903
A.T.: Cross Mountain to Watauga Dam Road	AA/3/B	Collins Chew	March 22	423-239-6237
Elrod Falls (Sneedville, Tenn.)	C/3/C	Vic Hasler	March 29	423-239-0388

Club Training Opportunities for 2003

By Steve Perri

ATC Sponsored Workshops

There are several workshops coming in 2003 sponsored by the Appalachian Trail Conference.

TEHCC has expressed interest in two specific workshops to be held close by. These are tentatively scheduled as follows:

Back Country Sanitation - Feb. 14, 2003, Sugar Grove, Virginia

Crosscut Saw Training - March 14-15, 2003, Elizabethton, Tennessee



CPR/First Aid Training

Maintaining CPR/First Aid training is a requirement in order to be USFS and ATC certified for Chainsaw and now Crosscut Saw certification. If you are need of getting either CPR or First Aid certification, please let me know and the club will organize some training opportunities during the Jan-March time frame. ATC usually has picked up these costs up to \$200 per club. So if you have interest in getting trained to be certified, turn in your request to Steve Perri (phone 423-349-5091, email , along with your specified need for First Aid and/or CPR by Feb. 1.

Hot Springs Trailfest 2003



Trailfest 2003 in Hot Springs, North Carolina has been scheduled for April 11-12, 2003.

Trailfest is a low-key approach in celebration for A.T. hikers and friends with music, food and fun. Hot Springs is the first trail town for northbounders and a nice respite after their first few weeks on the trail - as well as a really nice mountain town.

Come join the town of Hot Springs and help spread the word to our fellow hikers, trail alumni, club members and friends. For more info contact Jack Dalton (Pipsissewa - ☐93) at 828-622-3704 or .

T-shirt Orders



By Steve Perri

All the TEHCC t-shirts that had the problem with the ink coming off the shirt in pieces have been collected. We are providing replacements starting in mid-December. If you haven't purchased a t-shirt yet, we have them available now (without the ink problem mentioned above!) in the following sizes. Shirts have been reduced in price to \$6.00 each. The shirts are forest green with a tan image of the club patch on the front and the A.T. symbol on the sleeve. Contact Steve Perri at 423-349-5091 or send an email to him at perri@tehcc.org if you are interested in purchasing a t-shirt.

Medium

Large

X-Large

APE's TEHCC 2003 Clinic Schedule



By Mike Morrow

APE's and TEHCC will co-sponsor three clinics this summer. I am excited to bring SOLO's Wilderness First Aid clinic to the area. See related article in this newsletter. Please mark the following dates on your calendars:

- June 5th, 7th and 8th - Introduction to Whitewater School
- July 12th and 13th - SOLO Wilderness First Aid Course
- August 23rd and 24th - ACA Swiftwater Rescue Course

I am excited to be bringing these courses to you this year. I cannot do this without help from people in the club. I will need assistants to volunteer for the June and August courses. So, please mark your (Students and assistants) calendars today. Watch for registration information in future newsletters.

S.Y.O.T.R.,
Mike Morrow

ATC Biennial Meeting



By Steve Wilson

ATC Biennial Meeting - Waterville Valley, New Hampshire - July 25 - August 1, 2003

This year's meeting location near the White Mountains in New Hampshire has a lot of promise for mixing trail interests with a family vacation.

TEHCC Volunteers Needed



By Steve Perri

TEHCC has the need to fill some positions that are turning over or are new. Here are some descriptions of current needs:

Rental Equipment Coordinator - the coordinator works with the Steering Committee to order new equipment and to keep track of necessary repairs. The Coordinator has a working dinner meeting once a year to assess the equipment suitability with the Steering Committee and orders new or replacement equipment. For more info or to volunteer, contact Steve Perri (phone 423-349-5091, email) or Carl Fritz (phone 423-477-4669, email).

Recruitment Committee - TEHCC is looking to put in place a committee to actively seek ideas and execute plans to improve our new membership recruitment plan. We

really haven't had a formal process in place for years and so we need to reinvigorate our program. There are things we have been doing to educate the public about our club and what we do, but we need the follow up plan to get a personal communication plan in place to bring new members in. We seek both new and experienced member inputs to make this work. For more information or preferably to volunteer, contact Steve Perri (phone 423-349-5091, email).

Southern Regional Management Committee Meeting



By Steve Perri

The Southern Regional Management Committee Meeting (SRMC) has been scheduled for March 21-23 at the Pinebridge Inn and Pinebridge Center in Spruce Pine, North Carolina. This is an annual meeting of the Southern maintaining trail clubs, ATC, and the other agency partners to review policies, recent events and trail protection/management issues. Several discussion groups will be held on contemporary management issues, the ATC partnership, how the A.T. should look or be managed, and other current programs in the Southern region. Since this is so close by, the club may take on a more active role in participating in the meeting. More information regarding the meeting will be forthcoming, so mark your calendars.

Wilderness First Aid Course



By Mike Morrow

July 12-13, 2003

The APE's, TEHCC and I are sponsoring a Wilderness First Aid course taught by Stonehearth Open Learning Opportunities (SOLO). The course will be tailored to the needs of the group. That is if the group paddles, hikes, etc. I believe there is a great need for this training in our local paddling, hiking and outdoors enthusiast community. Red Cross First Aid is not enough for the situations we place ourselves in for recreation. Below is an explanation of the course from SOLO's website (www.stonehearth.com).

"Accidents can and do happen on ropes courses, along country roads, or in the backcountry, and all too often members of a group are not capable of dealing with the emergency. Not only does this lead to improper care of the patient, but it also endangers the entire group.

Studies have shown that many recreational accidents are preventable, and that improper care of trauma can compound even the simplest of injuries. Through our involvement in

emergency medicine and rescue efforts, we at SOLO feel there is a need for training for all outdoorspeople - training which stresses preparedness and prevention; training which encompasses all phases of off-road emergencies; training which focuses on extended care issues and on prolonged transport situations. Very few first aid programs actually address the issues of providing emergency care in a rural, wilderness, or extended care setting.



This is SOLO's twenty-fifth year offering its workshops in Wilderness First Aid. Designed specifically for groups and their leaders, this 16-hour program covers topics ranging from preparation and prevention to assessment and treatment. All SOLO instructors are experienced rescue personnel with extensive outdoor experience and have been selected not only for their expertise in emergency medicine and rescue, but also for their teaching skills.

Classroom lectures and discussions are supplemented by practical work and problem-solving exercises. The emphasis is always on hands-on experience. Scenarios are an important part of this training.

Day 1:

- Patient Assessment System
- Shock
- Long-Term Patient Care
- Soft Tissue Injuries

Day 2:

- Environmental Emergencies
- Fractures/Dislocations
- Splint Improvisation
- Preparedness

While much of the material appears to be standard emergency care information, the backcountry emphasis with long-term care and evacuation complications makes this course unique. Course material can be somewhat modified to meet the specific needs of a group, i.e. cycling, kayaking, climbing, etc. Since the principles of first aid are taught, this program is really applicable to any emergency situation."

APE's is paying the \$400.00 deposit for the course. The deposit must be made by early May to confirm the course. The deposit is not refundable. Therefore, I must receive your (non-refundable) course fee no later than May 5th, 2003. The fee for the course is \$115.00. Please make checks payable to Mike Morrow. The fee includes the course registration fee, mailing and travel expenses for the instructor(s). We must have a minimum of 15 people signed up for the course by May 5th. The course will be held all day Saturday, July 12th and Sunday July 13th. Plan on an early start and a long day. We will hold the course at the Eastman Lodge in Kingsport, Tennessee. An equipment list and other information will be sent out to each confirmed student about a month prior to the course.

You are confirmed for the course when I receive your payment. Please include the

following items with your registration fee:

- List of outdoor activities you participate in
- Home mailing address
- Home phone number
- E-mail address, if available

After May 5th, your payment is not refundable. You are responsible to find a replacement if you cannot attend for any reason. Of course, I will assist you in this situation in any way possible.



I look forward to participating in this class with you. I am sure it will be fun and very educational. Obtaining this knowledge is a very important element in safety regardless of the activity you participate in. This information could help save your friends and your own life!

If you have any questions, feel free to contact me.

Mike Morrow
(423) 245-1201

Swiftwater Rescue Practice Sessions



By Mike Morrow (TEHCC)

I have scheduled a series of Swiftwater Rescue (SWR) practice sessions this winter/spring. The sessions will be held at the Eastman Lodge Banquet room from 6-8pm on the following dates: 1/27, 2/24 (Sorry for the long gap between sessions but I

will be paddling in Ecuador for two weeks in February.), 3/10, 3/24, 4/7 and 4/21. All of the sessions are on Monday nights.

Let's face it, we do not spend a lot of time practicing these skills (even those of us that have had SWR training). This is a good thing as it means accidents are infrequent. But, when the time comes to use these skills, they must be done quickly and well. This will only come from practice! Taking a course is not enough. You have to practice the skills to be able to do them quickly and correctly. The better you can react as a team with minimal leadership the more efficient the rescue will be. It seems that recently I have been with groups that needed to use these skills. In all of the situations, the people involved had taken a SWR course and had done some practicing. I was amazed at the efficiency we had as a team in dealing with the situations. It was great to be paddling with people that knew what to do without instruction.

The sessions are free and open to all. You do not have to have previous SWR training to attend a session. We will practice rope work, z-drags, cinches, knots, etc. Think of it as roll sessions for SWR skills. Please bring a throw rope and any other safety equipment that you have (prusiks, carabiners, pulleys, tubular webbing, etc.). Also bring your paddle and life jacket. We can use a few boats to demonstrate pins and have something to tug on with the mechanical advantage systems. Please call or e-mail me to sign-up for the practice sessions. I just want to know how many to expect or whether or not to show up myself. Also, my plans may change, so I need to be able to contact you if you are going to be there. My home number is (423) 245-1201. My work e-mail is . Please provide a daytime phone number and e-mail address if possible.

See you at the practice sessions

Mike Morrow

Conservation Buyers Program



By Rita Rudolf (ATC)

Thanks to all clubs who ran our ad for the ATC Land Trust Conservation Buyers Program. We received many inquiries because of those ads. A few individuals completed our Conservation Buyer Questionnaire indicating their genuine interest in the program. Our Conservation Buyers Program is very important to the Land Trust mission. Currently, we have nearly 200 active properties in our database and many are suitable for conservation buyer purchase. In 2002 alone, conservation-minded folks have protected several properties including 314 acres in Virginia/West Virginia, 7.5 acres in Pennsylvania, and 38 acres near Waynesboro, Virginia.

We are asking you to continue to publish this message in your club newsletter. If your club did not have time or space last issue, please consider finding a corner in an upcoming issues.

We need your help to attract serious buyers to this program. Thanks again.

Sincerely,
Rita Rudolf

Trust Assistant



**Do You Want to Be a Landowner
Along the Appalachian Trail?
And Have a Home in the Woods!**

Are you in a position to become a Conservation Buyer through the Appalachian Trail Conference Land Trust? Our program matches conservation buyers - people like you --with people who are selling land along the A.T. You locate your home or cabin out of sight from the Trail. All we ask is that you donate a conservation easement on the rest of the property. A conservation easement "runs with the land;" that is, no present or future owner can develop it!

AND, because an easement is an irrevocable gift of a property right, you get a nice income tax deduction equal to the value of the easement. Contact Bob Williams, Director of Land Trust Programs, at , (304) 535-6331, or write to P.O. Box 807, Harpers Ferry, WV 25425.

Open Invitation



This is a reminder to all TEHCC members, that they are welcome to attend any meeting of the TEHCC Steering Committee. If you have an issue that you would like the Steering Committee to address, you can either contact a committee member or bring it up yourself at a meeting. If you are wondering just what it is exactly that the Steering Committee does anyway, then come to a meeting and find out. Steering Committee

meetings occur on the forth Monday of each month at 5:15pm, and are held in the Employee Center.

TEHCC Welcomes New Members

Judith A. Foster

Tom Hanlon

Cindy Light

Jack Young

Each of these new members is eligible for a free dinner at the next Dinner Meeting!

Special Activity and Trip Reports (*Past*)



Hike Report: A.T., Va. 601 to Elk Garden and Return, January 11, 2003

Leader: Mary Ellen Ress

The day was a bit cold - a brisk 16 degrees at the Rt. 601 start, but the sky was a crystal clear blue so we had fantastic views from Buzzard Rock and Whitetop. The mountain was appropriately named because we hiked in snow almost the entire 11.4 miles, with 6-8 inches of the white stuff on the north side of the summit. Phyllis did a great job breaking trail most of the way. The brilliant blue sky framed rime ice on the tree branches, making a pretty sight. The wind was at gale force across the open areas, adding a lot of chill factor to the already cold temperatures, and lunch even out of the wind was a "standup, grab a bite before you freeze" ordeal. We hiked to Elk Garden and back without seeing any other hikers, although tire tracks on Whitetop Road indicated other life forms were there recently. We had a new club member/hiker from Bristol, Tom Hanlon, hike part of the way before he had to return to family duties. Hiking with Tom, were the three Mt. Washington survivors, Kim Peters, Phyllis Cairnes and Mary Ellen Ress.



Hike Report: Laurel Fork Falls, January 25, 2003

Leader: Collins Chew

The snowy path and mountains and ice-covered Laurel Fork provided beautiful scenery for this hike from Braemar to Laurel Fork Falls and Potato Top. There was a strong flow in the stream, and the Falls were about three-quarters covered in thick ice, with large piles of ice laying on the frozen pool at the base of the Falls. Fortunately most of the snow was powdery and did not cause a lot of sliding, although a sheet of clear ice on the rocks at the narrow part of the blue-blaze trail did force us out on the frozen creek surface to successfully test its ability to hold us. Some wanted to go to Potato Top and all went. I was very specifically instructed to include the thrilling scramble up the snow-covered rocks as a very exciting part of the trip. The descent proved to be even more breath-taking but all was negotiated safely. Many other people were visiting the Falls as usual, although a few were discouraged by the aforementioned ice sheet and the inch of slush on the creek surface, which developed in the afternoon. All in all, a fine day with much stimulating conversation over the 6 mile hike and the drive. Hikers were Judith Foster, Harold Hale, Nancy and Kent Wilson, Brenda Whitt, and Collins Chew.

Additional photos from this hike (courtesy of Nancy Wilson):













Scheduled Hiking, Paddling and Trail Maintenance Opportunities (Future)

A.T. Hike Notice: Va. 603 to Stone Mountain and return, February 1, 2003

Leader: Mary Ellen Ress

On February 1, I'll lead a hike on the A.T. south from Va. 603 to Pine Mountain and Stone Mountain and return. This is a 10.4 mile hike, with some climbing. It would be either A/2/C or A/2/B. There's about 1520' of climbing to Pine Mountain. Meet in the parking lot between McDonalds and State of Franklin Bank in Colonial Heights along Ft. Henry Drive at 8:00 A.M. departure. I'd like people to call or email me if they plan to go, since winter weather may be a factor. My phone number is 423-349-6536 and my email address is .

**Appalachian Trail Section Maintenance and Special Project
Reports (Past)**



TEHCC Maintenance Hours for 2002

By Jeff Sirola

Last year we put in 10,943 hours (the difference being a very successful project in 2001 with over 100 Appalachian State freshman students that did not happen this year).

Data for the last 11 years for which we have detailed records:

1992 - 3995 hours

1993 - 7457

1994 - 6779

1995 - 5857

1996 - 5638

1997 - 6835

1998 - 6880

1999 - 8069

2000 - 8332

2001 - 10943

2002 - 10067 (through 23 December)

The trend is definitely encouraging.



Submitters Name: Carl Fritz

Maintenance Date: December 31, 2002

Purpose: Tidy up on north end of Elk River Relocation

Section: 12 - Bitter End to U.S. 19E

Location: Trail South of Walnut Mountain Road

Number of People: 10

Total Person Hours: 100

Names of People: Paul Benfield, Jim Baliff, Bruce Cunningham, Hueston Fortner, Robin Fought, Carl Fritz, David Gibson, Darrol Nickels, Ed Oliver, Frank Williams

Individual Person Hours: 10x10

Summary: On this New Year's Eve, the temperatures were in the mild 50's. Bruce and Ed set a routed 4x4 post in concrete at Mountaineer Falls to signify its name. Paul, Robin and David filled many rocky areas with soil and tapered several steep inclines. Jim, Frank and Carl connected the two-log locust bridge with threaded rod and installed the metal lathe on the surface to improve traction. Darrol and Hueston cut off many of the stumps and lopped rhododendron. We also blocked an old road that could provide ATV access to the trail and installed a couple of water bars.

Submitters Name: Carl Fritz

Maintenance Date: January 9, 2003

Purpose: Continue tidying up Elk River Relocation

Section: 12 - Bitter End to U.S. 19E

Location: Trail North and South of Splash Dam Falls on Elk River

Number of People: 11

Total Person Hours: 99

Names of People: Paul Benfield, Jim Baliff, Bruce Cunningham, Hueston Fortner, Robin Fought, Carl Fritz, David Gibson, Ed Oliver, Bob Peoples, John Thompson, Frank Williams

Individual Person Hours: 11x9 hrs

Summary: What a grand January day with sunshine and the temperature in the 50's. John, Hueston and Bruce lopped and cleared about 3/4 mile of trail. Paul, Ed and Frank dug trail and repaired a number of unfinished places. Jim, Robin, David, Bob and Carl constructed a turnpike with locust side logs and fill dirt in a boggy area. About 25 feet of geotextile was used. There are about three more wet areas and a stream crossing in this area to remedy. Plus there still remain several other wet areas and lopping to deal with on the entire seven mile relocation. The remaining sidehill digging on the entire section is down to about one day's worth.



Submitted by: C. B. Willis, Secretary, Old Timers Hiking Club

Date of activity: January 13, 2003

Place of activity: Section 18, Indian Grave Gap to Beauty Spot

Total hours worked: 50 (10 x 5)

Individuals working: Rick Culbertson, Gil Derouen, Howard Guinn, Daryl Lloyd, David McMillan, Bob Miller, Ed Schell, Bob Spencer, C.B. Willis, and Malcolm Wolf.

Summary: We cleared the trail of several blowdowns, picked up litter at the trail crossing of USFS Road 233 and installed signage at the trail crossing and at Indian Grave Gap. We walked in north from Indian Grave Gap about 200 feet before placing the mileage signs hoping to save them from destruction.

We wanted to go on to Low Gap and get the blowdown Ed Oliver told us about but the road was very icy. We got a member's truck in a ditch and had a tussle getting it out. We will cover our entire adoption in March and April, as we can get there.

Submitters Name: Carl Fritz

Maintenance Date: January 14, 2003

Purpose: Dig trail and repair wet areas on Elk River Relocation

Section: 12 - Bitter End to U.S. 19E

Location: Trail North and South of Splash Dam Falls on Elk River

Number of People: 11

Total Person Hours: 110

Names of People: Paul Benfield, Jim Baliff, Bruce Cunningham, Bill Elderbrock, Hueston Fortner, Robin Fought, Carl Fritz, David Gibson, Dan Miller and his Great Dane Ballast, Ed Oliver, and Bob Peoples

Individual Person Hours: 11x10 hrs

Summary: It was only in the 30's, but it was pleasant for working. Paul, Jim and Hueston installed a sign made by Paul at the blue blaze trail to indicate a water source and Jones Falls later. They also finished spiking the final step at the falls. They then returned to near the old pavilion to help Ed dig some trail. Bruce, Bill, Robin, Carl, David, Bob, Dan and Ballast worked on wet areas by trenching and turnpiking. We still have another full day of work to complete the wet areas here. Slight snow in the afternoon almost prevented Bob from getting home. He had to use low range, 4 wheel drive to slip-slide up his mountain.



Name: David Gibson

Date: January 16, 2003

Purpose: Flag additional shelter sites

Section: 12 - Bitter End to U.S. 19E

Location: Mountaineer Falls

Number of People: 2

Total Person Hours: 8

People: Robin Fought, David Gibson

Individual Hours: 4 hours each

Summary: On a cold, windy and frozen day we scouted the Mountaineer Falls area for potential shelter sites, locating and flagging 3 new sites for consideration.

Name: Bruce Cunningham

Date: January 22, 2003

Purpose: Build new trail and find new shelter site

Section: 12 - Bitter End to U.S. 19E

Location: North and south of Walnut Mountain Road

Number of People: 12

Total Hours: 96

People: Paul Benfield, Jimmy Bailiff, Hueston Fortner, Bruce Cunningham, Ed Oliver, Bill Elderbrock, Frank Williams, David Gibson, Robin Fought, Bob Peoples, Morgan Sommerville, Bob Patterson

Individual Hours: 8 hours each

Summary: Four of the group found three possible future shelter sites near Mountaineer Falls --- the remainder of the group constructed about 350 feet of new trail -- trail north of Walnut Mountain Road.