

# THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

February 2004

www.tehcc.org

**Note:** the deadline for submitting articles and photos for next month's newsletter is the 15th of the month!

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NEXT TWO MONTHS				
Date	Description	Rating	Contact	Phone
Feb 16-17	American Red Cross Adult CPR & Basic First Aid Class	-	Rebekah Dotson	423-245-8045
Feb 18	Rental Equipment Inspection	-	Lauren Huffman	423-349-9999
Feb 21	Third Saturday Maintenance	-	Joe DeLoach	423-753-7903
Mar 12-13	Chainsaw Certification/Recertification Class	-	Steve Perri	423-349-5091
Mar 19-21	ATC Southern Regional Management Committee	-	Steve Perri	423-349-5091
Mar 20	Guest River Gorge	B/3/D	Vic Hasler	423-239-0388
Mar 20	Boogerman Trail, Smokies (S900M)	A/3/B	Garry Luttrell	423-239-9854
Mar 26	Spring Dinner Meeting	Fun	Vic Hasler	423-239-0388

**American Red Cross Adult CPR and Basic First Aid Class**  
**February 16-17, 2004**  
**Eastman Lodge □ Room A2**



*Submitted by Rebekah Dotson*

American Red Cross certified instructor and fellow kayaker Hank Mullins has offered to teach an Adult CPR & Basic First Aid Class for Appalachian Paddling Enthusiasts (APE□s) and Tennessee Eastman Hiking and Canoe Club (TEHCC). The dates for the class are February 16<sup>th</sup> & 17<sup>th</sup> from 6:00 to 9:00 pm at the Eastman Lodge in Kingsport, Tennessee. The cost for this two night class will be \$25/person made payable the first night of the class. This class should be a good precursor to the Wilderness First Aid Course being offered in July.

If you are interested in participating in this class, please fill out the form below and send it to **Rebekah Dotson, 1900 Madison Ave., Kingsport, TN 37665**. There will be a limitation of 15 students for this class and students will be admitted on a first come/first served basis. However, if a lack of interest is shown, the class will be canceled. Also, if anyone is interested in taking a CPR recertification class, please contact Rebekah Dotson. If enough interest is shown in recertification only, a date/time/location will be determined for this class as well. For questions or concerns, you may contact Rebekah Dotson by phone (423)245-8045 or e-mail at .

**REGISTRATION FORM □ Adult CPR and Basic First Aid Class**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

List of Previous First Aid Courses taken and/or First Aid Experience:

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**Wilderness First Aid Course**  
**July 17-18, 2004**  
**Eastman Lodge □ Kingsport, TN**



*Submitted by Rebekah Dotson*

The Appalachian Paddling Enthusiasts (APEs) and Tennessee Eastman Hiking and Canoe Club (TEHCC) are sponsoring a Wilderness First Aid (WFA) course taught by Stonehearth Open Learning Opportunities (SOLO). The course will be tailored to the needs of the class participants. For example, if the participants consist mainly of hiking enthusiasts, the instructor(s) will gear the class towards the needs of hikers. 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 outdoor enthusiasts place themselves in for recreation. Below is an explanation of the course from SOLO's website ([www.soloschools.com/wfa.html](http://www.soloschools.com/wfa.html)):

*□...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. □*

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!

**The fee for the course is \$115.00.** This fee includes the course registration fee, mailing, and travel expenses for the instructor(s). Once received, this fee is non-refundable. However, if an emergency arises, a substitute may be found to take your spot in the class.

**Location:** The course will be held all day Saturday, July 17<sup>th</sup> and Sunday, July 18<sup>th</sup> from 8:00 am

until ~6:00 pm and will be held at the Eastman Lodge in Kingsport, TN.

**How To Register:** Please mail the attached registration form along with a check made out to **Rebekah Dotson, 1900 Madison Ave, Kingsport, TN 37665**. The deadline for registration is **May 1, 2004**. 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 your payment has been received.

**If you have any questions**, you may contact Rebekah Dotson by phone at (423)245-8045 (before 10:00 pm, please) or e-mail at .

**REGISTRATION FORM  Wilderness First Aid Course**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

List of Outdoor Activities you participate in:

\_\_\_\_\_  
\_\_\_\_\_

List of Previous First Aid Courses taken and/or First Aid Experience:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Rental Equipment Inspection**

**Wednesday, February 18, 2004  5-7PM**

**Eastman Recreation Center, Room 115**

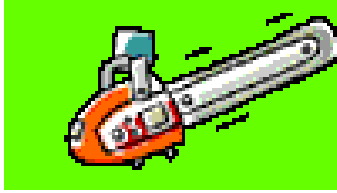


*Submitted by Vic Hasler*

Yes Spring is coming and the opportunities to enjoy the outdoors. One benefit of TEHCC membership is ability to rent some gear, such as that extra/lighter/bigger tent needed for an outing or a backpack to check out a frame design. Each February the Steering Committee sets up all of the tents and looks over all of the other rental stuff to ensure that it is ready to go for another year. So if you want to see all the equipment that the club has for rent actually set up (but not all at the same time), then come help us out this evening. Let Lauren Huffman (Rental Equipment Coordinator) (423-349-9999, ) know beforehand, since pizza and drinks will be provided.

**Chainsaw Certification/Recertification Class**

**March 12-13, 2004**



*Submitted by Steve Perri*

The Appalachian Trail Conference has recently announced chainsaw certification courses as part of their 2004 Workshops. It will soon be time for the people who were certified 3 years ago to get recertified or there may be others who need first-time certification. The USFS has recently revamped the training to make the curriculum consistent up and down the trail corridor for volunteers to now have the same level of training through a homogeneous curriculum. The training is primarily for club members and adopters, but may be made available for those who would like to have the training for their personal benefit. Priority for the class will be given to regular maintainers if the courses fill up. As a reminder, in order to be covered by Volunteers in the Forest (VIF), you must have current USFS chainsaw certification and valid first aid and CPR certification. VIF covers your cost of medical expenses as a result of an injury while doing trail maintenance. Let Steve Perri know if you are interested in taking the certification or recertification class by calling 423-349-5091 or e-mailing .

A registration form needs to be filled out by attendees in advance of the class. Steve can send this to interested parties by e-mail or FAX. **There are several courses scheduled, but we will work to fill up the nearest one located in Elizabethton, TN offered on March 12-13.** This course will be taught by Roby Phillippi from the Watauga Ranger District. Courses consist of an in-class course which is usually a Friday evening followed by an in-the field course and test on Saturday.

*For information on other training opportunities, please see the [article below](#).*

## ATC Workshops Available in 2004



*Submitted by Steve Perri*

Each year ATC helps sponsor workshops to assist clubs with training to carry out their management activities on the AT. We currently have a list of courses that will be available for AT maintaining club members to take as needed or desired based on the published workshop schedule. If you are interested in any workshop training, please let Steve Perri (423-349-5091) know or if you have a specific course question, you can contact Matthew Davis at ATC in Asheville, NC by calling 828-254-3708 or e-mailing .

Most courses are free with the exception of those courses where a special outside instructor will be required (First Aid, CPR & Wilderness Medicine). The locations of the training courses are different for most of the workshops, please see the [ATC brochure](#) (Adobe Acrobat document) for specific details. The published dates of these workshops are as follows:

	<u>Date</u>	<u>Workshop</u>
	February 7-8	Chainsaw Certification
	February 14-15	Crosscut Certification
	February 20	First Aid/CPR
	February 21-22	Chainsaw Certification
	February 27-28	Crosscut Certification
	February 27-28	Chainsaw Certification
	March 5	First Aid/CPR

	March 5-6	Crosscut Certification
	March 6-7	Chainsaw Certification
	March 12-13	Chainsaw Certification
	March 13-14	New Trail Design
	March 13-14	Chainsaw Certification
	March 27	First Aid/CPR TBA
	March 27-28	Leave No Trace (Trainer)
	April 3-4	Leave No Trace (Trainer)
	April 3-4	Crosscut Certification
	April 24-25	Chainsaw Certification
	April 25-30	Leave No Trace (Master)
	April 30-May 2	Wilderness First Aid/CPR
	May 1-2	Trail Assessment and Repair
	May 8	GripHoist
	May 9	Rockwork
	May 22	Rockwork (emphasis on drainage)
	May 23	Tool maintenance
	June 18	Rock Cribbing
	June 26-27	Privy Building Workday
	TBA	Crosscut Certification (in Georgia)
	TBA	Chainsaw Certification (in Tennessee)
	TBA	Chainsaw Certification (in North Carolina)

Be sure to check the web site or call ATC to check up on workshops with dates listed as TBA. For information on chainsawcertification, please see the [article above](#).

### **A.T. Museum Logo Designs Wanted**

The Appalachian Trail Museum committee is accepting designs for an Appalachian Trail Museum logo. Guidelines for the design:

1. It should include a component that implies the "A.T."
2. Ideally, it should include a component that implies "museum".
3. All components must be easily identifiable when the logo is reduced to a small size, as it will be used on a letterhead.
4. The deadline for entries is February 29, 2004.

A prize of a cap with the logo will be awarded to the author of the selected design. In addition, the original submission will be displayed in the museum. So, put on your thinking caps and start designing! Submit designs to:

Henry and Carla Lafleur  
11 Sunset Lane  
Montgomery, Massachusetts 01085-9827  
Email:

## Introductory Whitewater School Instructor/Safety Boaters Needed

*Submitted by Rebekah Dotson*

The 32<sup>nd</sup> annual TEHCC/APE's Introduction to Paddling Clinic is quickly approaching. The clinic is the weekend of June 5<sup>th</sup> and 6<sup>th</sup>. **Several people have been turned away from the clinic in past years due to a lack of volunteers. (This is absolutely pathetic!)** Volunteers are needed to help instruct and safety boat. The clinic will only be successful if Mike has your help. PLEASE volunteer to help at this year's clinic. I need to know if you can volunteer by April 30, 2004. If you are willing to help on one or both days, contact Rebekah Dotson at home at (423)245-8045 or by e-mail at . Thanks in advance.

## Introductory Whitewater School June 3-6, 2004



*Submitted by Rebekah Dotson*

The 32<sup>nd</sup> annual Canoe School, sponsored by the Tennessee Eastman Hiking and Canoeing Club in association with the Appalachian Paddling Enthusiast's (APEs), will be held June 3<sup>rd</sup>, 5<sup>th</sup>, and 6<sup>th</sup>. The school is targeted for beginner and novice solo and tandem whitewater canoeists and kayakers, and consists of an evening of lecture and videos plus two days on the water. As in the past, there will continue to be a strong emphasis on river safety. Participants will be responsible for providing their own gear and transportation.

**Minimum required gear:** Whitewater canoe w/ one paddle per paddler plus one spare per boat and helmet, or a whitewater kayak w/ paddle, sprayskirt and helmet. One PFD (life jacket) per person. Canoes should have bow and stern lines. All boats must have air bags. Rain jacket. Knee pads. Lunch. Change of clothes in a waterproof bag.

**Schedule:**

June 3 <sup>rd</sup> (Thur)	Lecture and films. 6:00-9:00 PM. Eastman Lodge, Room A2 Eastman Recreation Area, Near Bay's Mountain Students must attend this meeting to participate on Saturday.
June 5 <sup>th</sup> (Sat)	Lake and River Trip, class I-II. 9:00 AM Duck Island Parking Lot Warriors Path State Park, Kingsport, TN Students must participate on Saturday to participate on Sunday.
June 6 <sup>th</sup> (Sun)	River Trip, class II. 10:00 AM T.B.D.

**Note:** Instructors reserve the right to exclude anyone if they believe safety will be compromised. Participants must be a member of TEHCC or APE's. Applications will be provided on Thursday night. If you are a member of the American Canoe Association (ACA), please bring your membership card and member number. This will save you \$5.00.

**Cost:** \$25.00 per student payable by April 30<sup>th</sup>. (Make checks out to Rebekah Dotson, see address below). Plus membership fee, payable at the Thursday evening lecture.

**Registration:** Complete and return the form below and mail it along with your check by **April 30<sup>th</sup>** to **Rebekah Dotson, 1900 Madison Ave., Kingsport, TN 37665**. Feel free to call for more details.

**Questions:** Contact Rebekah Dotson at (423) 245-8045.

**REGISTRATION FORM**  **Introductory Whitewater School**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Craft (please check one): Solo Canoe \_\_\_\_\_ Tandem Canoe \_\_\_\_\_ Kayak \_\_\_\_\_

Experience: Beginner \_\_\_\_\_ Novice \_\_\_\_\_

My tandem partner's name: \_\_\_\_\_ Need partner \_\_\_\_\_

List previous clinics taken:

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List up to five rivers you have paddled and their levels (if applicable)

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Do you have any health related conditions the instructor should be aware of during this course? If so, please explain (this info will only be made available to the instructor(s) but if you would feel more comfortable talking with them in private about your condition, please do so):

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## Open Invitation Steering Committee Meetings



*Submitted by Vic Hasler (Steering Committee Chair)*

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 second Thursday of each month (skipping April due to Good Friday) at 5:15-6:30 pm, and are held in the Eastman Employee Center in Room 221.



## TEHCC Welcomes New Members

Don Davis

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

# Scheduled Hiking, Paddling and Trail Maintenance Opportunities (*Future*)

ATC Southern Regional Management Committee Meeting

March 19-21, 2004



*Submitted by Steve Perri*

The 2004 Southern Regional Management Committee Meeting (SRMC) has been scheduled for March 19-21 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 and 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. This year's focus will involve discussions around ATC's new strategic direction, how it should be shaped and other important feedback to the ATC Board of Managers. The deadline for registration is Feb 23, 2004. For more information, contact Steve Perri (423-229-1484 or ).

## Special Activity and Trip Reports (*Past*)

No trip reports submitted.

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

**Name:** Joe DeLoach

**Date:** December 22, 2003

**Purpose:** Cut Large Blowdowns

**Section:** 9 - U.S. 321 to Hampton Trailhead

**Location:** About 1 mile south of Shook Branch

**Number:** 1

**Total Hours:** 4

**People:** Joe DeLoach

**Individual Hours:** 4 hours

**Summary:** Two large blowdowns reported by the section adopters, Frank Williams and John Thompson, were removed.

**Name:** Carl Fritz

**Date:** December 30, 2003

**Purpose:** Rehab trail

**Section:** Other

**Location:** Sections 8 & 9 at Watauga Lake near 321

**Number:** 5

**Total Hours:** 30

**People:** Bruce Cunningham, Hueston Fortner, Carl Fritz, Ed Oliver, and Frank Williams

**Individual Hours:** 5x6 hrs (everyone)

**Summary:** We planned to work at Walnut Mt. Road but found it very slippery. Therefore, we back tracked to Watauga Lake at Route 321. We repaired a switchback on south side of 321 by installing a 24 foot log and backfilling. After eating lunch at the lakeside picnic tables we picked up trash along lake and removed a locust blowdown. The log foot bridge just north of the picnic grounds has almost been washed out. One pier and the hand rail have been damaged. We will try to repair this bridge before March.

**Name:** Carl Fritz

**Date:** January 8, 2003

**Purpose:** Remove blowdowns

**Section:** 20 - Nolichucky River to Spivey Gap

**Location:** No Business Knob Shelter to Devils Creek Gap

**Number:** 7

**Total Hours:** 49

**People:** Paul Benfield, Ken Buchanan, Hueston Fortner, Carl Fritz, Mike Hupko, Ed Oliver, Bob Peoples

**Individual Hours:** 7x7 hours (everyone)

**Summary:** We removed the two blowdowns identified by Bill Berry. There were about four other blowdowns that we also removed on this section. They had just come down recently. It was a good day for blowdown removal because the ground was too frozen for any digging work.

**Name:** Bill Stowell

**Date:** January 11, 2004

**Purpose:** Cut blowdowns

**Section:** 19 - Indian Grave Gap to Nolichucky River

**Location:** Indian Grave Gap to Curley Maple Shelter

**Number:** 2

**Total Hours:** 18

**People:** Craig Deloach, Bill Stowell

**Individual Hours:** 9 hours each

**Summary:** Hiked in on a cold morning with much hoar frost. Cut numerous blowdowns along the way. Checked shelter. Shelter needs broom and rake as the others have broken.

**Name:** Steve Perri

**Date:** January 12, 2004

**Purpose:** Discuss Impact of ATC Strategic Plan

**Section:** Other

**Location:** Employee Center Meeting of AT Committee

**Number:** 14

**Total Hours:** 31

**People:** Ed Oliver, Frank Williams, Frank Oglesby, Ray Hunt, Joe DeLoach, Bob Peoples, Steve Wilson, John Thompson, Bruce Cunningham, Carl Fritz, Kim Peters, Darrol Nickels, Morgan Sommerville, Steve Perri

**Individual Hours:** Morgan Sommerville 5 hrs, everyone else 13 x 2 hrs

**Summary:** Morgan visited TEHCC's AT Committee to discuss some preferences and priorities the club had in certain aspects of activities coordinated by ATC. We also discussed potential organizational changes and future plans.

**Name:** Joe DeLoach

**Date:** January 16, 2004

**Purpose:** Inspect Trail and Bridges Along Jones Branch near Nolichucky River

**Section:** 19 - Indian Grave Gap to Nolichucky River

**Location:** Jones Branch above Nolichucky River

**Number:** 2

**Total Hours:** 8

**People:** Craig DeLoach, Joe DeLoach

**Individual Hours:** 4 hours apiece

**Summary:** We inspected the condition, height, and length of the bridges on Jones Branch to fulfill a new NPS database of bridges constructed of engineered materials that are at least 20 feet long and 5 feet above the stream bed. The second bridge heading upstream (the first being the one above the normally dry streambed close to the road) is 22 feet 5 inches long and 5 feet 5 inches above the bottom of the stream bed. It is the only one that meets the length and height requirements. All bridges were in good condition, and there were no blowdowns along this stretch of trail.

**Name:** Carl Fritz

**Date:** January 17, 2004

**Purpose:** Rebuild pier on Shook Branch Bridge

**Section:** 8 - Watauga Dam Road to U.S. 321

**Location:** Foot Bridge at Shook Branch Recreation Area

**Number:** 11

**Total Hours:** 87

**People:** Bill Elderbrock, Hueston Fortner, Carl Fritz, Ed Oliver, Bob Peoples, Steve Perri, Mary Ellen Ress, John Thompson, Robert Vitous, Frank Williams, Allen Wonders

**Individual Hours:** 7 hrs (Bob Peoples) + 10x8 hrs (everyone else)

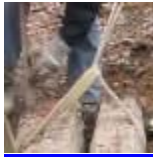
**Summary:** It turned out to be a reasonably warm winter day. With a truck load of 6x6's, tools and grip hoists, we set to work on the pier that had partially washed out last year. We dug into bank, constructed a stacked 4'x4'x4' cube, and filled it with rock. We used one grip hoist to lift the bridge onto the new pier while pulling on other end of bridge with a second grip hoist. The new pier raised the bridge about a foot. We installed new bracing on the hand rail and tacked down metal lathe on the two logs to improve traction. Everyone had a hand in this bridge renovation. A good portion of the crew walked trail north and removed four large blowdowns. They also picked up large quantities of trash including old propane cylinders and a vehicle gas tank. Bruce's van showed up

for the outing even though Bruce was unable. We thank Bruce and Frank for donating all the 6x6's for this project.

*Click on the small photo or hyperlink to see a larger photo. All photos courtesy of Carl Fritz.*



[Old bridge](#) (236 KB).



[Lifting old bridge](#) from pier (176 KB).



[Construction crew](#) posing on new bridge (228 KB).

**Name:** Carl Fritz

**Date:** January 22, 2004

**Purpose:** Lopping plus bridge, shelter and rock work repairs

**Section:** 10 - Hampton trailhead to Dennis Cove Road

**Location:** Dennis Cove Road to Laurel Fork Shelter

**Number:** 5

**Total Hours:** 35

**People:** Paul Benfield, Carl Fritz, Ed Oliver, Bob Peoples, Robert Vitous

**Individual Hours:** 5x7 hrs (everyone)

**Summary:** This wintry day was great for some minor repairs. We replaced some 2x4s on the Koonford bridge hand rail. We trimmed back the rhododendrons from trail north of the bridge to Dennis Cove Road. We patched the Laurel Fork Shelter floor where a campfire had been set. Just north of the falls we did some temporary rock work to repair the mortared rock trail that was washed out. The falls were beautiful with ice and water. However, the cold temperatures were unforgiving for camera batteries.