## THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

March 2004 www.tehcc.org

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

- Next Two Months
- TEHCC Spring Dinner Meeting, March 26
- Chainsaw Certification/Recertification Class, March 12-13
- ATC Southern Regional Management Committee Meeting, March 19-21
- Introductory Whitewater School Instructor/Safety Boaters Needed
- Introductory Whitewater School, June 3-6
- Wilderness First Aid Course, July 17-18
- APE's/TEHCC Swiftwater Rescue Course, July 24-25
- TEHCC 2003 Accomplishments
- Reminder to Potential Eastman Chemical Company Retirees
- Hiking, Paddling, and Trail Maintenance Opportunities (*Future*)
- Special Activity and Trip Reports (Past)
- A.T. Section Maintenance and Special Project Reports (Past)

	NEXT TWO MONTHS						
<u>Date</u>	<u>Description</u>	<u>Rating</u>	<u>Contact</u>	<u>Phone</u>			
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/C	Garry Luttrell	423-239-9854			
Mar 26	Spring Dinner Meeting	Fun	Vic Hasler	423-239-0388			
Apr 3	Beauty Spot/Joe Lewis Fields at Flat Top Mountain	C/3/B	Vic Hasler	423-239-0388			
Apr 22-25	Lakeside Trail, Smokies (S900M)	AA/3/B	Garry Luttrell	423-239-9854			
Apr 24	Pinnacle State Park (Virginia) Wildflower Hike (Rain Date 5/8)	C/4/C	Kathy McDavid	423-349-4901			

# TEHCC Spring Dinner Meeting March 26, 2004

Submitted by Terry Oldfield

Su	ubmitted by Terry Oldfield	
When:	Friday, March 26 <sup>th</sup> , 2003	
Where:	Eastman Lodge, 404 Bays Mountain Road, Kingsport, TN	
Agenda:	6:00 pm Social, 6:30 pm Dinner, 7:15 pm Program	
Program:	□ Echoes from the Summit □ presented by Ted Cross.	
	Ted will highlight a trip into the Tonquin Valley on the Alberta/British Columbia border during the peak color changes of the fall season from a trip in 2003. You□ll see a high sub-alpine valley known for the big game that lives there including mountain or woodland caribou and then view a mountain pass that is one of the best places in the Rockies to see Bighorn Rams. The final phase of his trip covers backpacking into Mt. Robson, the highest peak in the Canadian Rockies, and ends up in Banff in a backcountry area called Skoki, a place known for its alpine lakes and a haunted cabin.	
Social:	Silent auction of club equipment: tents and backpacks. T-shirts & patches for sale.	
	To encourage creative writing in hike trip reports, there will be a penny vote to determine which TEHCC hike trip report during 2003 was the most interesting (and would likely entice you to participate next time!). Prize for the winner!	
	Soft drinks \$0.50, beer or wine for \$1.	
Dinner Menu:	Garden salad, baked chicken breasts, turkey and dressing, macaroni and cheese, Italian cut green beans, seasoned new potatoes and dessert. (Catered by Wrights Cafeteria)	
Dinner Price:	Adults: \$10.50 (tax & tip included)	
	Children 10 and under: \$6.50 (tax & tip included)	
D	There is no shound for ettending the magnetic sub-	
Reservations:	There is no charge for attending the program only.  Please fill out the form below and send it with a check made out to <u>Kim Peters</u> to:	
	Kim Peters 347 Set Point Drive Piney Flats, TN 37686	

Or via Eastman Plant Mail to: 1	Kim Peters, B-150B
<b>IMPORTANT NOTE:</b> The check and reserv	ation form must be received by <b>March 19</b> .
REGISTRATION FORM	☐ Spring Dinner Meeting
Names of all attending (please print):	
Name:	Name:
Name:	Name:
<del></del>	
Name:	Name:
Number of Adult's Meals: x \$10.50 =	
Number of Children's Meals: x \$6.50 =	 :
TOTAL =	
Attending Meeting Only (Indicate Number):	

## 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.

## ATC Southern Regional Management Committee 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 ).

## Introductory Whitewater School Instructor/Safety Boaters Needed

Submitted by Rebekah Morrow

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 Morrow at home at (423)245-8045 or by e-mail at . Thanks in advance.

## Introductory Whitewater School June 3-6, 2004



#### Submitted by Rebekah Morrow

The  $32^{nd}$  annual  $\Box$ Canoe School, $\Box$  sponsored by the Tennessee Eastman Hiking and Canoeing Club in association with the Appalachian Paddling Enthusiast $\Box$ s (APEs), will be held June  $3^{rd}$ ,  $5^{th}$ , and  $6^{th}$ . 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 3rdLecture and films.

(Thur) 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 5th Lake and River Trip, (Sat) 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 6th River Trip, class II.

(Sun) 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 Morrow, 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 Morrow, 1900 Madison Ave., Kingsport, TN 37665.** Feel free to call for more details.

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

REGISTRATION FORM	☐ Introductory Whitev	vater School
Name:		Date:
Address:		
Home Phone:	Work Phone	<u> </u>
 E-mail:		
Craft (please check one): Solo Canoe Experience: Beginner Novice	Tandem Canoe	Kayak
My tandem partner's name: List previous clinics taken:	Ne	eed partner
List up to five rivers you have paddled and	d their levels (if applica	able)
Do you have any health related conditions course? If so, please explain (this info will you would feel more comfortable talking w do so):	only be made availab	le to the instructor(s) but if

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



#### Submitted by Rebekah Morrow

The Appalachian Paddling Enthusiasts (APE□s) 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):

□...Very fewfirst 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:

En	VĪ	ro	nme	enta	I	Ξn	nei	rge	n	cies	;
Fra	C	tui	es/l	Disl	00	ca	tio	ns			
_				_							

☐ 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 Morrow**, **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

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

course when your payment has been received.

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:		

APE's / TEHCC Swiftwater Rescue Course July 24-25, 2004 (note change of date)

Submitted by Mike Morrow

APE s and TEHCC are offering an ACA Format Swiftwater Rescue Course taught by Mike Morrow. This is a full weekend course and covers a lot of topics in Swiftwater Rescue tailored to recreational paddlers. This course should be a must take for anyone who regularly paddles our streams and rivers. The course is very physically demanding. So, you must be fit enough to participate. I guarantee that you will be tired and winded even if you think you are in shape. **Location:** Saturday session will be at Eastman Chemical

Company □s Lodge at Bay □s Mountain. Sunday □s river location will be determined Saturday and depends on water level.

**Description:** This is an intensive course involving classroom instruction, dry land practice and in water drills. The topics covered are: Accident Prevention, Rescue Philosophy, Rescue Equipment (ropes, carabineers, pulleys, rescue pfd, etc.), Swimming Skills in rapids (you will learn to ferry, catch eddies and peal out without your boat), Wading Skills, Rope Handling, Foot Entrapment Release Techniques, Mechanical Advantage, Tag Lines, Stabilization Lines, Zip Lines, Releasing Boat Pins, and some Useful Knots.

**Prerequisites:** The course is open to ADULT (18 years old or older) APE and TEHCC members. All paddling skill levels are welcome. Remember, this will not be a paddling weekend. It is a physically strenuous weekend so you must be fit and be able to swim competently. It will also be a very fun weekend! You will be amazed how much fun you can have swimming in rapids.

How to Register: Please mail the following registration form and a check made out to Mike Morrow for the amount of \$65.00 to 1900 Madison Ave., Kingsport, TN 37665. (Note: course fee has increased due to increased costs from ACA.) The course will be limited to twelve students but a waiting list will be started if needed. If you do not get into the course, your money will be returned. You are registered when the items listed above are received. Your registration information must be in no later than June 25, 2004.

Two to three weeks prior to the course, you will receive a packet of information about the course. If you have any questions about the course, feel free to contact Mike Morrow by phone at (423) 245-8045 (evenings before 10:00pm, please) or by e-mail at

Nama:	<b>REGISTRATION FORM</b> □ Swiftwater Rescue Course				
Address:					
Work Phone:	Home Phone:				
E-mail:   Experience (check one): Beginner  Novice   Average number of times paddle per year:	_ Intermediate Ex	pert			

I paddle (check one): Year Round Warm Weather Only
List previous SWR courses taken:
List up to five rivers you have paddled and their Classes (I, II, III, IV, V, if applicable):
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):
<del></del>

#### **TEHCC 2003 Accomplishments**

Submitted by Steve Perri

The approximately 600 members of TEHCC had a very full year of hiking and paddling activities in 2003. We hosted 25 outings for hikers, and 15 for paddlers during the calendar year. Trail maintenance volunteers increased to 491, who worked a total of 10,524 hours on 130 miles of the AT. These volunteers included students from area colleges in addition to our own members. Safety training for the year included Canoe School, Whitewater School, and several others for paddling and hiking. For a complete copy of the report that was sent to AT Headquarters by Steve Perri, please click here.

#### **Reminder to Potential Eastman Chemical Company Retirees**

Submitted by Richard Colberg

If you plan to retire from Eastman and would like to continue receiving the TEHCC newsletter, please send Richard Colberg () an e-mail note with your home e-mail address (if you have e-mail at home) as well as your home street address. We prefer to

send the newsletter via e-mail to save us time and money, and so you can receive it (and any late hike notices) in a more timely manner. However, we would also like your street address so we can still reach you if your e-mail address changes. Thanks.

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

Hike: Guest River Gorge; March 20, 2004

Leader: Vic Hasler, 423-239-0388

Rating: B/3/D

This hike is to find a pair of containers called <code>geocaches</code> (waypoints GC5B04 and GC4B37) hidden along this Virginia <code>rails-to-trails</code> conversion. This hobby uses a GPS to find hidden items and/or unusual locations, thus is also like high-tech orienteering. This hike was last led in December 2000 by Collins Chew. It is an old railroad grade (including a tunnel) beside the rushing Guest River between Coeburn, Virginia and the Clinch River, thus the easy <code>D</code> terrain rating. It is an in-and-back so the group can determine how far the hike will be that day (minimum 5 mi; maximum 11.6 mi). Call 239-0388 if any questions. Meet at the usual spot by McDonalds in Colonial Heights at 8:30 AM for a 60 mile drive to the trailhead. A meeting location can also be arranged in Gate City. Wear appropriate clothing for the possibly cold, early spring weather. Hike will be postponed in case of heavy rain or icy roads.

Hike: Smokies 900 miler, BoogermanTrail; March 20, 2004

Leader: G. S. Luttrell, 423-239-9854

Rating: A/3/C

We'll leave from the usual Colonial Heights McDonald's parking area at 7:00 AM, and stop for breakfast in Newport. We'll spot one car at the Caldwell Fork Trailhead, then start the hike on the Big Fork Ridge Trail (built by the CCC in 1935). We'll follow the Caldwell Fork Trail to the upper end of the Boogerman Trail loop. We'll complete the Boogerman Loop then return to the Caldwell Fork Trailhead. Total hike distance is 12.5 mi. with less than 2,000 ft. of climbing. Contact the hike leader by phone or at to reserve your spot for this hike: there could be a last minute change due to bad weather.

Some trail history:

- The Caldwell Fork Trail is named for the second family, the Colwells, to settle in Cataloochee in 1841. The family later changed the spelling to Caldwell. Eric, a grandson, said of the early settlers, "When they came in there, they just brought their rifle and their ax and their pot to cook in. So they practically lived on wild meat and fish."
- The Boogerman Trail is named after Robert "Booger" Palmer. He refused to sell his land or timber rights to the lumber company. Later, in 1929, he sold his 255.5 acres to the national park for \$5,375 thus preserving his virgin forest.

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

No trip reports submitted.

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

Name: Steve Perri Date: January 28, 2004

**Purpose:** Discuss Open Areas with Agency Partners

Section: Other

Location: Unicoi USFS Office

Number: 2 Total Hours: 10

**People:** Darrol Nickels, Ray Hunt **Individual Hours:** 5 hrs each

**Summary:** Ray and Darrol met with Matthew Davis from ATC and several USFS personnel to discuss funding and maintenance of open areas in 2004. More or less the same level of grazing and bushhogging will be carried out in 2004 with an additional area being cut on the east side of the Elk River being a new area to include. The USFS is extending bids for grazing the Osborne Tract and have had several interested parties.

Name: Carl Fritz

Date: February 5, 2003

**Purpose:** Remove blowdowns **Section:** 12 - Bitter End to U.S. 19E

**Location:** Walnut Mt. Rd. to Highpoint at Buck Mt Rd

Number: 6 Total Hours: 47

People: Hueston Fortner, Carl Fritz, Garry Luttrell, Ed Oliver, Bob Peoples, Frank

Williams **Individual Hours:** 7 hrs (Bob Peoples) + 5x8 hrs (everyone else)

**Summary:** By splitting into three teams we covered this entire section and removed all blowdowns. There were only a half dozen that were six inches or larger. We lopped back all bending rhododendrons. There was still a full covering of snow and ice at the higher elevations.

Name: John Arwood for SOFG Sierra Club

Date: February 7, 2004

**Purpose:** Scout section for problems

**Section:** 7 - Big Laurel Branch Wilderness boundary (north) to Watauga Dam Road

**Location:** Watauga Dam Rd at Iron Mtn Gap to Vandeventer Shelter

Number: 2 Total Hours: 14

**People:** John Arwood, Cathrine Batts

**Individual Hours:** 2 X 7 hours

**Summary:** The trail is clear from Watauga Dam Rd to Vandeventer Shelter. We

removed numerous small blowdowns & checked out the shelter.

Name: Joe DeLoach Date: February 8, 2004 Purpose: Cut blowdowns

**Section:** 8 - Watauga Dam Road to U.S. 321 **Location:** Shook Branch to Watauga Lake Shelter

Number: 2 Total Hours: 10

**People:** Craig DeLoach and Joe DeLoach

**Individual Hours:** 5 hours each

**Summary:** Acting on a report from the Johnson City Hikers we removed several blowdowns, none of which were major obstructions, between Shook Branch and the shelter. We left one dead pine draped over a couple of small hardwoods about five minutes in from Shook Branch; it was not an obstruction and is easy to duck under, but should be removed. This could be done with a chainsaw or an axe, with a hand saw to cut the small hardwoods if needed (they may pop back up out of the way). The streams were high and one between the boat ramp and the gate entering the white pines was out of its banks and in the Trail; not too bad, but getting a few obstructions out of the main channel would solve the problem. Everything else was OK, including the shelter although someone had marked on a sign inside "Damn the TEHC; Konnarock does all the work and they take all the credit". We rubbed some of this out.

Name: Joe DeLoach Date: February 14, 2004

**Purpose:** Cut blowdowns and clip rhododendron **Section:** 8 - Watauga Dam Road to U.S. 321

**Location:** Watauga Dam Road to Watauga Lake Shelter

Number: 2 Total Hours: 16

**People:** Darrol Nickels and Frank Williams

**Individual Hours:** 8 hours each

**Summary:** Darrol and Frank cut 2 blowdowns and clipped rhododendron between Watauga Dam Road and the shelter, then drove to Shook Branch and removed a blowdown a short distance from the recreation area. Trail is clear and in good condition.