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*)

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### NEXT TWO MONTHS

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Rating</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 12-13</td>
<td>Chainsaw Certification/Recertification Class</td>
<td>-</td>
<td>Steve Perri</td>
<td>423-349-5091</td>
</tr>
<tr>
<td>Mar 19-21</td>
<td>ATC Southern Regional Management Committee</td>
<td>-</td>
<td>Steve Perri</td>
<td>423-349-5091</td>
</tr>
<tr>
<td>Mar 20</td>
<td>Guest River Gorge</td>
<td>B/3/D</td>
<td>Vic Hasler</td>
<td>423-239-0388</td>
</tr>
<tr>
<td>Mar 20</td>
<td>Boogerman Trail, Smokies (S900M)</td>
<td>A/3/C</td>
<td>Garry Luttrell</td>
<td>423-239-9854</td>
</tr>
<tr>
<td>Mar 26</td>
<td>Spring Dinner Meeting</td>
<td>Fun</td>
<td>Vic Hasler</td>
<td>423-239-0388</td>
</tr>
<tr>
<td>Apr 3</td>
<td>Beauty Spot/Joe Lewis Fields at Flat Top Mountain</td>
<td>C/3/B</td>
<td>Vic Hasler</td>
<td>423-239-0388</td>
</tr>
<tr>
<td>Apr 22-25</td>
<td>Lakeside Trail, Smokies (S900M)</td>
<td>AA/3/B</td>
<td>Garry Luttrell</td>
<td>423-239-9854</td>
</tr>
<tr>
<td>Apr 24</td>
<td>Pinnacle State Park (Virginia) Wildflower Hike (Rain Date 5/8)</td>
<td>C/4/C</td>
<td>Kathy McDavid</td>
<td>423-349-4901</td>
</tr>
</tbody>
</table>
**TEHCC Spring Dinner Meeting**  
**March 26, 2004**  

*Submitted by Terry Oldfield*

<table>
<thead>
<tr>
<th>When:</th>
<th>Friday, March 26th, 2003</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where:</td>
<td>Eastman Lodge, 404 Bays Mountain Road, Kingsport, TN</td>
</tr>
<tr>
<td>Agenda:</td>
<td>6:00 pm Social, 6:30 pm Dinner, 7:15 pm Program</td>
</tr>
</tbody>
</table>

| 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 will 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. |
|---|---|

<table>
<thead>
<tr>
<th>Dinner Menu:</th>
<th>Garden salad, baked chicken breasts, turkey and dressing, macaroni and cheese, Italian cut green beans, seasoned new potatoes and dessert. (Catered by Wrights Cafeteria)</th>
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</thead>
</table>

| Dinner Price: | Adults: $10.50 (tax & tip included)  
Children 10 and under: $6.50 (tax & tip included) |
|---|---|

| 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 Kim Peters to:  
Kim Peters  
347 Set Point Drive  
Piney Flats, TN  37686 |
Or via Eastman Plant Mail to: Kim Peters, B-150B

IMPORTANT NOTE: The check and reservation form must be received by March 19.

REGISTRATION FORM □ Spring Dinner Meeting

Names of all attending (please print):
Name: ________________________________ Name: ________________________________
Name: ________________________________ Name: ________________________________
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 32nd annual TEHCC/APEs Introduction to Paddling Clinic is quickly approaching. The clinic is the weekend of June 5th and 6th. 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 32nd 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 3rd, 5th, and 6th. 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 3rd (Thur) 6:00-9:00 PM. Lecture and films.
Eastman Lodge,
Room A2
Eastman Recreation
Area, Near Bay's Mountain
Students must attend this meeting to participate on Saturday.

June 5th (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 6th (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 30th. (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
Questions: Contact Rebekah Morrow 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:
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

List up to five rivers you have paddled and their levels (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):
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

Wilderness First Aid Course
July 17-18, 2004
Eastman Lodge √ Kingsport, TN
Submitted by Rebekah Morrow
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):

...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 17th and Sunday, July 18th 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 course when your payment has been received.

**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 .

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**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:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

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**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’s 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, carabiners, 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 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 .

**REGISTRATION FORM**

☐ Swiftwater Rescue Course

Name: ___________________________________________________  Date: ______________________

Address: ____________________________________________________________

Work Phone: ___________________________ Home Phone: __________________________

E-mail: ________________________________

Experience (check one): Beginner ____ Novice ____ Intermediate ____ Expert ____

Average number of times paddle per year: _____
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):
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

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 geocaches (waypoints GC5B04 and GC4B37) hidden along this Virginia rails-to-trails 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 D 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 McDonald's 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, Boogerman Trail; 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.