

THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

April 2005

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](#)
- [Spring Dinner Meeting](#)
- [TEHCC Welcomes New Members](#)
- [Volunteers Needed for Appalachian Trail Conference](#)
- [Frank Oglesby Maintainer Award](#)
- [Introductory Whitewater School 2005](#)
- [Wilderness First Aid Course](#)
- [Scheduled Hiking, Paddling, and Trail Maintenance Opportunities \(Future\)](#)
- [Special Activity and Trip Reports \(Past\)](#)
- [A.T. Section Maintenance and Special Project Reports \(Past\)](#)

<u>NEXT TWO MONTHS</u>				
Apr. 2	Smokies Dayhike: Rich Mt. Loop	B/2/B	Neil Dotson	423-323-2393
Apr. 8	Spring Dinner Meeting	Fun	Vic Hasler	423-239-0388
Apr. 28- May 1	Third Southeastern Foot Trails Conference, Pickens, South Carolina	---	Steve Perri	423-349-5091

For an explanation of the hike ratings, see [Hiking Schedule](#).

Tennessee Eastman Hiking and Canoeing Club Spring Dinner Meeting April 8, 2005

Make your plans now to attend the Spring Dinner Meeting!

When: Friday, April 8th, 2005 starting at 6:00 pm
Where: Eastman Lodge, 404 Bays Mountain Road, Kingsport, TN
Program: "The Grandest Canyon"
 Brad Jones, Naturalist, Winged Deer Park, Johnson City, TN

Reservations need to be made by **April 1**. Click [here](#) to open printable form.

TEHCC Welcomes New Members

Jeannette
Ralston

Each new member is eligible for a free dinner at the next Dinner Meeting.

**Volunteers Needed for Appalachian Trail Conference
July 1 - 8, 2005**

SOUTHERN HIGHLANDS



Submitted by Steve Perri

TEHCC is one of the host clubs for the 35th meeting of the Appalachian Trail Conference (ATC) to be held Friday, July 1 through Friday, July 8, 2005, at East Tennessee State University. The Theme of this conference is "Remembering Our Past, Preserving Our Future". We expect nearly 1,200 hikers, volunteer trail maintainers ATC staff, and others interested in outdoor recreation, conservation, and the A.T. to attend this year's meeting. Many exciting activities are planned including daily hikes, excursions to nearby historical and recreational attractions, and a special children's program.

The planning committee, staffed by volunteers from TEHCC, Smoky Mountains Hiking Club, Carolina Mountain Club, Nantahala Hiking Club, and Georgia Appalachian Trail Club has been hard at work to ensure that this is a successful conference. As many of you know from working or attending past conferences, there is ample need for additional volunteers. Please consider volunteering for a day or part of a day to help make this a successful and memorable meeting.

Volunteer opportunities:

- Lead hikes (experienced hikers especially welcome!)
- Staff booths

- Staff registration tables
- Help with hikes parking and logistics

Many of our volunteers will receive a special token of appreciation. We are most appreciative of any and all volunteers - it is only through such assistance that we can offer the many activities for this conference.

For questions or to volunteer, please contact the following individuals:

Hikes: Collins Chew;

Booths and logistics: Kim Peters;

Registration: Van Hill;

Frank Oglesby Maintainer Award

Submitted by Vic Hasler

By a vote of 175 to 1*, the by-laws have been changed to establish the "Frank Oglesby Maintainer Award" in honor of the founder of the Tennessee Eastman Hiking and Canoeing Club. Thank you to all members who took time to vote by electronic ballot. This change has been put in place for the recognition to be given at this year's spring dinner meeting.

* The philosophical statement of the one nay vote was that there is a general tendency to name places, events, and things that should instead be left to reflect the original purpose. More than one individual has contributed selfless effort for the benefit of others who is never recognized.

Introductory Whitewater School 2005 June 2, 4, and 5



Submitted by Rebekah Morrow

The 33rd annual □ Canoe School □, sponsored by TEHCC in association with the Appalachian Paddling Enthusiasts (APEs), will be held June 2, 4, and 5. 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 before, there will 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 2 rd (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 4 th (Sat) 9:00 AM	Lake and River Trip, class I-II. Duck Island Parking Lot Warriors Path State Park, Kingsport, TN Students must participate on Saturday to participate on Sunday.
June 5 th (Sun) 10:00 AM	River Trip, class II. 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 APEs. 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 money.

Cost: \$40.00 per student payable by April 30th (**make checks out to Rebekah Morrow**); plus ACA event membership fee, payable at Thursday evening's lecture. Students will also be responsible for

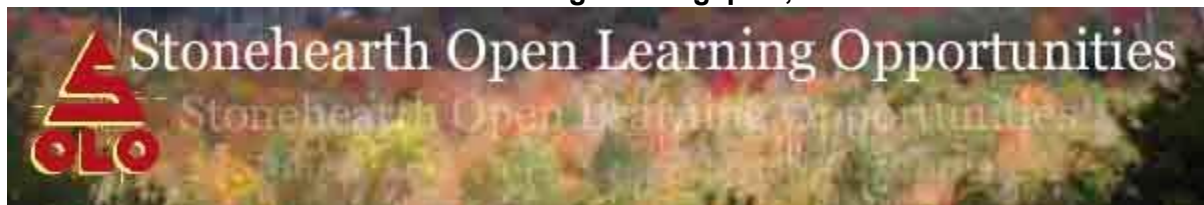
paying any river access fees for the Sunday river trip. All proceeds from the course will go towards Heff-Fest 2006.

Registration: (Click [here](#) for a printable form.) Complete and return the form and mail it with your check to Rebekah Morrow by April 30th, 1900 Madison Ave Kingsport, TN 37665. Feel free to call for more details.

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

Wilderness First Aid Course August 6 and 7, 2005

Eastman Lodge □ Kingsport, TN



Submitted by Rebekah Morrow

The Appalachian Paddling Enthusiasts (APEs) and 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 enthusiast place themselves in for recreation. Below is an explanation of the course from SOLO's website

(www.soloschools.com/wfa.html):

"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 outdoors people - training which stresses preparedness and prevention; training which encompasses all phases of off-road emergencies; training which focuses on extended care issues 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."

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 includes the course registration, and 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 place in the class.

Location: The course will be held all day Saturday, August 6th and Sunday August 7th from 8:00 am until ~6:00 pm at the Eastman Lodge in Kingsport, TN.

How To Register: (Click [here](#) for a printable form.) Please mail the registration form along with a check made out to **Rebekah Morrow to 1900 Madison Ave, Kingsport, TN 37665**. The deadline for registration is **June 1st 2005**. 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 (423)245-8045 (before 10:00 pm, please), Or e-mail: .

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

For an explanation of the hike ratings, see [Hiking Schedule](#).

Smokies Dayhike: Rich Mountain Loop, April 2 (postponed from March 5)

Leader: Neil Dotson, 423-323-2393

Rating: *B/2/B*

Rich Mountain is in the western part of the Smokies, lying on the north side of Cades Cove. This 8.5-mile loop uses the Rich Mountain Loop Trail, Indian Grave Gap Trail, and the Crooked Arm Ridge Trail to make the climb from 1900 ft to 3700 ft and back down again. This hike is somewhat complementary to Garry Luttrell's hike on December 4 from Cades Cove to the Wye. Where he went east from the Crooked Arm trail, this hike will explore the loop just to the west. (See his report and pictures in the January newsletter.) With leaves not yet out, we should enjoy more numerous and more expansive views □ and each of the three trails we use have advertised views even when the leaves are in place: views of the main spine of the Smokies to the south,

and of Cades Cove lying between. Closer at hand, we will see the several different forest types, Crooked Arm Falls, the John Oliver Cabin (from early 1800□s), and a fire tower site. We will meet in Colonial Heights in the parking lot between McDonalds and the bank at 7:30 a.m. Please call for more information as the time approaches. Dress appropriately for an early spring hike and bring lunch and adequate water. Depending on the hour we may eat out on the return trip.

3rd Southeastern Foot Trails Conference



Plan now to attend the third gathering of hiking trail advocates in the Southeast! American Hiking Society, the National Park Service's Rivers, Trail, and Conservation Assistance Program (RTCA), the Palmetto Conservation Foundation and the Foothills Trail Conference invite you to spend the weekend "*Building Skills and Strengthening Partnerships.*" There will be workshops, hikes, food, and entertainment. Register now to join in the fun, learn something new, network with other hiking organizations in the Southeast, and stretch your legs on the beautiful trail along the Blue Ridge Escarpment.

Mount LeConte Lodge (Smoky Mountains); July 9-10, 2005

Leader: Steve Falling (423-239-5502)

[Rating: B/3/B\(Moderate\)](#)

For the past 25+ years TEHCC has organized a summer weekend trip to Mount LeConte Lodge in the Great Smoky Mountains National Park. The hiking distance to the lodge is 5.5 to 7.8 miles one-way, depending on the route. The price this year is \$94.17 per person which covers supper on Saturday, lodging for the night (double bunk beds!) and breakfast on Sunday. We still have a few openings so if you are interested in taking this trip please contact the hike leader for availability.

Special Activity and Trip Reports (Past)

Walnut Mountain Road to 19E, February 26, 2005

Submitted by Mary Ellen Ress

What a great day for a hike! There was dense fog in Colonial Heights and it was a little cool at the hike start, about 30°, but it warmed up nicely under bright sunshine. Eight hikers shared a delightful day as we hiked a good many miles on the new relocation between Walnut Mountain Road and Buck Mountain Road, then finished on the old AT to 19E. The new section is beautiful! We marveled at the results of the many, many hours of hard work by the trail maintainers as we admired Mountaineer Falls and Jones Falls, as we hiked along remote sections of the Elk River,

as we climbed 27 steps painstakingly carved into the hillside with rock steps carefully placed to guide our footsteps, and as we crossed several creeks with confidence and ease because of artfully created bridges! Thank you, thank you, thank you maintainers! I couldn't help but compare this hike to the hike I led three years ago on the same section before it was relocated. There is just no doubt that the new trail is far superior and much more enjoyable - more scenic and with fewer PUDS (pointless ups and downs - our new acronym for the day). The 8 of us had first lunch (feast!) on a wooded but sunny hillside along the trail, and second lunch in a meadow overlooking Grandfather Mountain and Hump Mountain, with blue birds twitting about and airplanes painting the brilliant blue sky with their vapor trails. And it never got too warm, as evidenced by several skifts in hollows we passed (our new word for the day). A good day! Hikers were Debi Berry, J.G. Campbell, Ken Buchanan, Vic Hasler, Freda Kuo, Phyllis Cairnes, Kim Peters and Mary Ellen Ress.

(Click on small photo or text to see a larger photo)



[Freda and Kim](#) on the beautiful new trail. *(photo courtesy of Mary Ellen Ress)*



[Group poses at the Elk River](#) *(photo courtesy of Mary Ellen Ress)*



[Phyllis, Debi and Freda admire Jones Falls](#) *(photo courtesy of Mary Ellen Ress)*



[Second Lunch!](#) *(photo courtesy of Kim Peters)*



[Debi and JG discuss routes](#) *(photo courtesy of Mary Ellen Ress)*

Appalachian Trail Section Maintenance and Special Project Reports (Past)

Name: Joe DeLoach

Date: Feb. 11, 2005

Purpose: Annual Maintainers Dinner

Location: Eastman Lodge

People: John Arwood, Steve Banks, Steven Banks, Catherine Batts, Paul Benfield, Richard Colberg, Bruce Cunningham, Mary Cunningham, Craig DeLoach, Joe DeLoach, Carol Dunham, Dave Dunham, Jan Foster, Jim Foster, Mike Hupko, Garry Luttrell, Jimm Mann, Patricia Mann, Tim McClain, Darrol Nickels, Ed Oliver, Bob Peoples, Steve Perri, Kim Peters, Jeff Siirola, Bill

Stowell, John Thompson, Mike Watts, Thru Hiker Phil
Summary: Thanks to Mary and Ed for a superb dinner!



Maintainers line up for Mary and Ed's feast (photo courtesy of Kim Peters)

Name: Joe DeLoach

Date: Feb. 19 and Feb. 20, 2005

Purpose: Chainsaw Certification

Location: Watauga Work Center, Elizabethton

People: Steve Banks, Paul Benfield, Joe DeLoach, Steve Haynes, Mike Hupko, and David Ramsey
Summary: We had three first-time certified sawyers (Paul, Mike, and David) and three recertifications in this class, attended by four people not affiliated with TEHCC in addition to our other attendees. The course was taught by four instructors, including Roby Phillippi and Jim Stemic (sp?) from the Watauga and Unaka RD's and was very good.

Name: John Arwood

Date: March 10, 2005

Purpose: Check section for blowdowns & check shelter for trash.

Location: Watauga Dam Road north to Vandeventer Shelter & back.

People: Craig DeLoach, John Arwood

Summary: Walking the trail from Watauga Dam Road to Vandeventer Shelter, the snow made for slow going; so we went no farther than the shelter. We cut and cleared two large widowmakers from over the trail. Numerous rhododendrons were also cutback.

Name: Bill Berry

Date: March 12, 2005

Purpose: Clear blow downs

Location: Temple Hill Gap to No Business Shelter

People: Bill Berry

Summary: Had many blow-downs due to high winds. I think everything that will come down has come down. Need someone with a chain saw to cut six trees between Temple Hill Gap and No Business Shelter. Please e-mail if you can help. I can only go on a Saturday. Thanks!

Name: Carl Fritz

Date: March 15, 2005

Purpose: Work on trail relocations

Location: Trail north of Bitter End

People: Paul Benfield, Bruce Cunningham, Bill Elderbrock, Dave Dunham, Carl Fritz, Ed Oliver, Bob Peoples and HIKERS Mountain Man, Mountain Dew, Disney, Garrett Lang, Dan Fiedler, Brett Argentieri

Summary: We cleared a long relocation of all brush and blow-downs in preparation for the Hard Core project in May. Thanks especially to the help of these early hikers, a couple hundred feet of trail was dug for one of the other relocations in this area.

Name: Steve Wilson

Date: March 19, 2005

Purpose: Clearing Blowdowns on the AT

Location: From Iron Mountain Gap to Greasy Creek Gap

People: Phyllis Cairnes, Kim Peters, & Steve Wilson

Summary: We started this cold day with the expectation of it becoming warm, but it didn't happen. Luckily, we were prepared for a cool windy day and still had a wonderful hike. We cut six blowdowns with four being quite significant requiring good planning and multiple cuts with a chainsaw. The day ended with a pleasant surprise - a free ride back to Iron Mountain Gap from the owners of Greasy Creek Hostel. This relatively new hiker friendly hostel is well placed to serve AT hikers in this section, being less than a mile from Greasy Creek Gap. We look forward to visiting ☐CeeCee☐ and ☐PackRat☐ again. Contact info below:

Greasy Creek ☐Friendly☐ Hostel

Connie & Phillip Edmondson

1847 Greasy Creek Road

Bakersville, NC 28705

828-688-9948

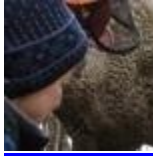
Click on the small photo or hyperlink to see larger photo. Photos courtesy of Kim Peters.



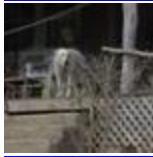
Kim inspecting a [complex blow-down](#)



Chop Chop, [Steve Wilson, sawyer](#) on newly cleared trail.



Rotten to the core. [Phyllis and Steve](#) inspect the fallen tree.



[The Greasy Creek Friendly Hostel](#)



[Cee Cee and Packrat](#)

Name: Ed Oliver

Date: March 19, 2005

Purpose: Treadway Improvements

Location: U.S. 421 (Low Gap) just south of Berry Fields

People: Ed Oliver, Bob Peoples, HIKER Robert Ellwanger, ASU Otto, Melissa McDermott f, Sean Long, Patrick Peacock, Brandon Owens, Mikkel Patterson, James D Smith, Damien Markiewicz, Sam Smith f, Matt Parsons, Courtney Hasty f, Walton Andrews, Denton Turner, Ryan Howard, Jonathan Williams, Crispy, Quick, Jeremy Jenkin

Summary: On March 19, 2005, nineteen students from Appalachian State Trail Maintenance Club, one hiker, two dogs and two Club members worked on treadway improvements trail south of US 421. It was a pleasure to work with this enthusiastic group. They plan to come back the first Saturday in April and work on the trail north of Bitter End. Thanks to all who helped with this project.

Name: OLD TIMERS HIKING CLUB, by CB Willis, Secy

Date: March 20, 2005

Purpose: To assure trail is ready for through hikers with winter blowdowns clear.

Location: Indian Grave Gap to Beauty Spot

People: Mike Hupko, Marsha Hupko

Summary: Mike and Marsha removed six small trees from the trail, cleared water bars and trimmed limbs along the trail. The trail looks reasonably good. We identified a waterbar location and drainage work needed between the power line and FSR 230.

Name: Carl Fritz

Date: March 22, 2005

Purpose: Clear blowdown, repair fence, remove trash

Location: Elk River and Bear Branch

People: Bruce Cunningham, Bill Elderbrock, Carl Fritz

Summary: We cut a large double blowdown between Elk River and Jones Falls. We also repaired the trail there. Last fall a couple of horse people pulled up some of fence posts at stile. We replaced posts and barbed wire. We added more wire and blocked all openings with cut rhododendron. Then we picked up trash at Bear Branch. Someone had already picked up eight large bags of trash. We collected another four bags and removed them all.

Name: Ed Oliver

Date: March 22, 2005

Purpose: Cut Blowdowns and Paint Blazes

Location: US 19 to Hump Mt.

People: Ken Buchanan, Dave Dunham, Ed Oliver

Summary: Cut two large and several smaller blowdowns. Painted blazes from Doll's Flat to 19E.