



The Tennessee Eastman Hiking and Paddling News

February 2012

tehcc.org

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From the Chair

Vic Hasler, Steering Committee Chair

What are your favorite hikes in the region? A year ago, starting at the end of February 2011, Tim Schaefer assembled the web components to create our [Trail Wiki](#). Its stated goal is to “provide an easy way to find useful information about trails in our area so you can figure out where you want to go, how you’ll get there, what to look for, and then provide a place to come back and update what you experienced for everyone’s benefit.” Pages for over 80 trails have been created during the past year – and it is still definitely a work-in-progress. Here’s where you can help... Take a look at your favorite hikes that you know well or where you have hiked recently. Is the presented information (such as the driving directions) correct? Does it give an accurate representation of the hike? Is there something to see that has not been mentioned? Finally, do you have a couple of photos that would help illustrate what is there? The Trail Wiki is a forum to share your experiences, thus will continue to evolve through the incremental contributions of many hikers. Adding or editing text on the existing trail pages is straightforward; thus the intent of this request to the club. Take a look sometime.

Membership Renewals

Tim Schaefer – Membership Coordinator

It’s that time of year again for renewals. If you’re an active Eastman employee, the good news is that renewal is automatically taken care of for you. Affiliates and retirees need to complete a [membership application](#) from our [website](#) and include the appropriate fee. For those on the fence on renewing this year, see Vic’s note in last month’s [newsletter](#). Well over half of our funds are used to provide tools and other assistance to our unpaid volunteers contributing many thousands of hours of work per year to maintain the AT. Even if you only hike once a year on the AT, if you consider it a “day use fee” that many state and national parks and trails require, it’s still cheap. Also don’t forget about our other benefits, such as discounts at local outfitters. Most offer a 10% discount with proof of current membership. For those of us who receive ERC cards each year, that will suffice as proof of membership. For those who don’t, please contact me at membership@tehcc.org and I will send you your membership card.

Spring Dinner Meeting – Friday, March 23rd - Save the date!

More details will be forthcoming via email and the newsletter, but we have a date and speaker. Frank de Nobriga will talk about the “Trials and Tribulations of a Thru-Hiker” as he trekked the AT from March 22 to November 12, 2011. See his on-line journal [here](#). Frank is planning to show pictures of the New England sections primarily, since many club members have hiked the AT in the lower states. The “Happy Trails Hour” will begin at 5:30 in the Eastman Lodge with dinner, awards, and program following. Hope to see you there!

Kayak Instruction and Safety Training

Deb Reynolds reporting

We live in an unbelievable area for kayaking, with water for those who want the challenge of Class III to IV rapids and for those who want to meander down The Holston with a fishing pole in one hand. Start planning now to learn to kayak and to do it safely. The dates have not been firmed up yet, but we can provide approximate times for you. Scott Fisher will again be the instructor. He has been providing this training for this area for several years and the accolades continue to come in. You will gain confidence and meet other paddlers with similar interests. Start rounding up some buddies who are interested and be on the lookout for more information in future newsletters. In the meantime, you can always go to the Johnson City Freedom Hall Pool on Tuesday nights from 7:30 to 9:00 and learn to roll. See the article in this newsletter for more information.

Course	Timeframe
Basic Swift Water Rescue	May/June
Beginner Kayak course	May/June
Advance SWR/Kayak combo	July/ August

Appalachian Trail Conservancy Offers Wilderness First Aid Certification

The Appalachian Trail Conservancy is accepting applications for their Wilderness First Aid Course at the Twin Creeks Science and Education Center in the Great Smoky Mountains National Park near Gatlinburg, Tennessee. The public is welcome to take this training opportunity alongside Appalachian Trail Ridgerunners. This two-day course will be held February 27th and 28th. The cost is \$150 per person. Overnight accommodations are available at no charge. If you are a day-hiker, backpacker or outdoorsman, this is a great way to be prepared and stay safe. Fast paced and hands-on, the agenda covers a wide range of wilderness medicine topics for people who travel and work in the outdoors. This course is pre-approved by such organizations as the American Camping Association, the United States Forest Service and other governmental agencies; and is recommended for avid hikers, teachers leading school trips, backcountry guides, canoe trip leaders, private expedition groups, college/university outdoor education programs, hiking club trip leaders, wilderness therapeutic programs, and adventure race safety personnel.

To enroll or for more information, please contact Andrew Downs with the ATC at 828.254.3708 or adowns@appalachiantrail.org.

Great Girl Scout Hike

The [Girl Scouts of the USA](#) are celebrating their 100th anniversary in 2012. To celebrate the anniversary and to encourage hiking on the Appalachian Trail, the [Girl Scouts of Virginia Skyline](#) council arranged the “[Great Girl Scout Hike](#)” from March 12 (the organization’s anniversary) through October 31 (founder Juliette Low’s birthday). The TEHCC Steering Committee discussed with Sara Hawk, a local GSA council employee, how TEHCC can support this endeavor. The consensus was for two actions. First, the club can arrange for knowledgeable hikers to attend Girl Scout Service Unit meetings to talk with GSA leaders about youth hiking on the AT. Second, we can schedule several basic hikes on the AT during the celebration dates and invite the GSA troops to join. The club would provide guides who know the trail, while the GSA troops would complete their own required permission forms and arrange adult leadership and transportation. Therefore, **this is a call out to the club to see who would be interested in assisting in these roles – Service Unit speaker and/or hike guide.** If willing, please contact a [Steering Committee](#) member so we can make the connection with the local Girl Scout organization.

Appalachian Trail Conservancy Recruiting Natural Resources Monitors

John Odell, ATC Resource Management Coordinator



Let's be honest...what makes the Appalachian Trail special is not the Trail itself. It is the bounty of natural splendor that fills the 250,000 acre AT corridor surrounding the 2,180 mile-long footpath. The forests surrounding the AT are home to unique, high elevation ecosystems, rare plant and animal species and unparalleled natural aesthetics. Despite the best efforts of ATC staff and agency partners to protect resources along the AT, much of this delicate natural majesty is in danger of being lost due to climate change, human impacts, and the spread of invasive exotic species.

Just as volunteers are a crucial component to maintaining the footpath, volunteers from Trail clubs, schools, and the general public play a major role when it comes to monitoring rare plants, invasive exotic plants, phenology, and other environmental indicators along the Trail. I'd like to thank all TEHCC members who helped with ATC's natural resources management in 2011 and previous years. Whether it was for an afternoon or a decade, these contributions have been extremely valuable in furthering our understanding and protection of the AT corridor as we know it.

If you have participated in monitoring efforts before and need a refresher, or if you are interested in volunteering for the first time, this is an invitation to attend one of several workshops this year addressing natural resources management. In the spring and summer of 2012, ATC will hold workshops to train volunteers to monitor high priority rare plant sites using the most current protocols. There will also be workshops to train volunteers in phenology monitoring. The term phenology refers to the recurring life cycle stages, such as leafing and flowering. Phenology monitoring can be done at any point along the Trail, and involves observations of the same group of plants to track when they leaf out, flower, go to seed, lose their leaves in fall, etc. Finally, there will be periodic workshops to monitor and control invasive exotic plants within the AT corridor to prevent their spread along the Trail and lessen their impacts on native biodiversity.

If you are interested in attending a workshop, filling a leadership role for Club monitoring efforts, or if you have questions about natural resource management on the AT, please contact John Odell, ATC's Resource Management Coordinator.

Once again, thank you for all of your efforts in protecting the AT and the AT corridor.

John Odell
Resource Management Coordinator
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Asheville, NC 28801
(828) 254-3708
jodell@appalachiantrail.org

Request for Paddling Scheduler for Spring/Summer 2012

Deb Reynolds reporting

I was originally planning to set up a monthly schedule for different paddling locations on the Clinch this year along with a few favorite routes on the Holston River. The good news is that I get to work in the Netherlands for 3 to 6 months starting in April. The bad news is that I won't be able to develop the paddling schedule or lead trips. If anyone is interested in stepping up to develop a schedule, find leaders or lead trips yourself, and possibly do an occasional trip report, this is the time to volunteer. Please call me at 723-7017 or send an email to debreynolds0@gmail.com.

Mount LeConte Lodge (Smoky Mountains), Sat-Sun, July 7-8, 2012

For the past 35+ years TEHCC has organized a summer weekend trip to Mount LeConte Lodge in the Great Smoky Mountains National Park. This lodge (elevation 6593 ft) can only be reached by hiking trails. Even supplies are brought in by llama train once a week. The hiking distance to the lodge is 5.5 to 7.8 miles one-way depending on the route. The package price this year is \$133 per person which includes supper on Saturday, lodging for the night, and breakfast on Sunday. We have four reservations in a five-person cabin (double bunk beds and a single). If you are interested in one or more of these reservations please contact Steve Falling, 423-239-5502, for availability. You must be a TEHCC member to participate in this outing. You can find out more about Mount LeConte Lodge at www.leconte-lodge.com/about.html.



TEHCC Welcomes New Members

Mark E Cox
Benny Vermillion

Josh Earley

Event Schedule – Next Two Months

For the latest, up-to-date information, see tehcc.org/schedule

Date	Description	Leader	Contact
Feb 21	Annual Maintainers' Dinner	Kim Peters	423-538-7665
Mar 3	AT Maintenance with ASU Trail Crew	Carl Fritz	423-477-4669
Mar 23	TEHCC Spring Dinner Meeting	Vic Hasler	chair@tehcc.org

Details on Upcoming Events

Recurring Events

Most Tuesdays: Weekly AT Trail Maintenance

Join a group of maintainers who work somewhere on our 135-mile section each week, usually on Tuesdays. Contact Carl Fritz (atvolunteer@tehcc.org) for dates and meeting places.

Tuesdays Evenings: Johnson City Roll Practice

Come join the Jackson Action Wagon (J.A.W.), APEs, and other paddlers from around our region at the Freedom Hall Pool in Johnson City, TN from 7:10 to 9:10 pm every Tuesday for tips and tricks about basic kayaking and for learning how to roll. Have you already mastered the basics and have a bomb proof roll? There is still a lot of fun to be had at our pool session by practicing your flat-water freestyle moves and fellowshiping with other paddlers in a nice warm-water environment. Admission to the pool is \$2; rolling advice is free! Contact the pool office (423- 461-4872) for session confirmation or questions regarding the facility. Please note: The J.A.W. provides the current fleet of boats for demo at the pool session, but neither the pool nor the J.A.W. provides paddling equipment (paddle, spray skirt, etc.). If you do not have your own equipment, please post a message on the APEs yahoo group site or send [Wesley](#) an email asking other members to bring extra equipment. We will try our best to get you outfitted for the night!

Fridays: Friday Hikers

Join members of the TEHCC and other hiking enthusiasts for Friday hikes in the northeast Tennessee, western North Carolina and southwest Virginia areas. Trips typically leave from the parking lot between McDonalds and State of Franklin Bank in Colonial Heights at 8 am. Trips to places farther away leave at 7:30 am. Contact [Collins Chew](#) to be added to the distribution list.

Scheduled Events

Annual Maintainers' Dinner, February 21, 2012

Eastman Lodge, Banquet Room, 5:30-8:00pm

Contact: [Kim Peters](#), 423-538-7665

We will have our annual dinner to kick off the primary maintenance season on Tuesday, February 21 at the Eastman Lodge.

5:30 Social Time

6:00 Dinner

6:30 Meeting and Open Discussion

Ed Oliver and Mary Cunningham have again graciously volunteered to provide the dinner. If you have been before, you know you can't beat the quality for the few dollars in cost. Please contact [Kim Peters](#) if you plan on coming so we can plan accordingly for the meal.

AT Maintenance with ASU Trail Crew, March 3, 2012

Contact: [Carl Fritz](#), 423-477-4669

We have the opportunity to work with ASU Trail Crew on this Saturday. They will probably bring 15 to 20 students and are a fun group to work with. We will either work on the relocations on south side of Pond Mt. or at Hughes Gap. Naturally, site and times will be weather dependent. Exact plans will be communicated by email as we get closer to events. If you are interested in participating, please contact Carl.



For the Record

Friday Hikers: AT – Chestoa south, January 6, 2012

Bob Harvey reporting

This hike was on the Appalachian Trail from Chestoa to the south, and return. After about three miles one party, Kathy and Jerry Case and Carol Dunham, ate their lunch and then returned. The Guinn family, Faye and Howard, also turned there. The third party -- Andrew Cleland, Bob Harvey, Heather Jacob and Susie Seiler --- continued on for a mile or so, where they ate lunch and then turned around. The weather was just right and the air was crisp and clear, making for spectacular views of the Nolichucky Gorge from a number of points along Cliff Ridge. Except for one minor blowdown, the trail was in tiptop condition.

Friday Hikers: Wallen Ridge, January 21, 2012

Bob Harvey reporting

This hike was to have been near Big Stone Gap, along Roaring Branch to High Butte; but thinking that the crossings of the creek might be chancy because of high flow, I changed it to a hike along the crest of Wallen Ridge. This was fine with those who came out, namely Olin Babb, Phyllis Cairnes and Dick Orr. We began the walk at Lovelady Gap and walked along the crest of the ridge to a point that looked like a good lunch location, then after lunch we continued on the ridge to the one place where we had an unlimited view to the northwest, something made possible by recent logging activity. From there we returned to the car. The total distance covered was 10.1 miles.

It was overcast all day and rain was predicted, but luckily for us, it held off until we were seated in the Duffield McDonald's, enjoying treats.

Friday Hikers: Rattlesnake Ridge Trail, January 27, 2012

Collins Chew reporting

We had a pleasant but chilly hike in very soggy woods today. Fortunately, we had only a few minutes of misty rain, but we were in clouds for the upper half of the hike which precluded most of the views. The round-trip hike was about 7.5 miles with a significant climb of 2,600 feet. Because of the forest service gate, we hiked from the highway through Rock Creek Recreation area and up Rattlesnake Ridge to the old Pleasant Garden Recreation Area on the side of Unaka Mountain. We lunched at the only surviving picnic table from the old days. Hikers were Olin Babb, Bob Harvey, Heather Jacob, Susie Seiler, and Collins Chew.



AT Maintenance Reports

Reporting: Steve Perri

Date: 1/2/2012

Purpose: AT Committee Meeting

Location: Kingsport

People: Paul Benfield, Bruce Cunningham, Joe DeLoach, Dave Dunham, Carl Fritz, Mike Hupko, Ted Mowry, Ed Oliver, Steve Perri, Tim Stewart

Summary: The AT Committee met to discuss and make decisions on several AT issues. We discussed footbridge designs and materials of construction based on feedback from a hiker whose dog was injured from a sharp edge of lathe. We discussed other

alternatives and due to the expected performance of these surfaces in snow and icy conditions, we recommended that the current design be maintained and inspected more frequently for repairs. These bridges now have about 10 years of service and we might consider using more corrosion resistant materials in the future. TEHCC will be submitting grants for Hardcore support and for gravel support for the Round Bald reinforcement project this year. We have received approval to plan for removing the Apple House Shelter. We need to request if any additional info from TEHCC is needed to execute the field work, whether all at once or in stages. Konnarock schedule is being discussed to fit club needs and requirements. TEHCC has several dates we need to work around due to other active projects and events near the work sites. The new USFS Volunteer Service Agreement was discussed in significant detail. Some of the requirements and language have changed since the last version. For some of our larger group outings, we need to be sure we have the correct PPE and we need to include a session to discuss the JSA's before field work. We agreed to sign the agreement and to include the ATC JSA sheet as part of the safety tail gate training and work release form. Working with the USFS on a continuing basis will be required to be sure we have the necessary PPE for our large outings.

Reporting: Carl Fritz

Date: 1/6/2012

Purpose: Rehab trail

Location: Section 20b, Spivey Gap to Chestoa

People: Daryel Anderson, John Beaudet, Paul Benfield, Ken Buchanan, Jim Chambers, Dave Dunham, Carl Fritz, Ted Mowery, Bob Peoples, Tim Stewart, Jack Tarlin

Summary: We covered almost all of Spivey Gap to Chestoa. We removed about 26 blowdowns with most being handsaw size. Two large ones near Spivey Gap were removed with a chainsaw. Two wet areas near Oglesby Branch were significantly improved with large stepping stones. Much sloughing and root-filled trail was redug near Oglesby Branch and between Devil Creek Gap and No Business Knob Shelter.

Reporting: Carl Fritz

Date: 1/10/2012

Purpose: Dig relocation

Location: Section 15b, Just north of Hughes Gap

People: Daryel Anderson, Ken Buchanan, Carl Fritz, Ted Mowery, Bill Murdoch, Ed Oliver, Bob Peoples, Kim Peters, Tim Stewart, Jack Tarlin, Ted Mowery

Summary: It was a great winter day to dig trail. Many side logs were installed as we are still headed towards the switchback. Some work was also completed at the switchback. We completed close to 300 feet.

Reporting: Carl Fritz

Date: 01/20/2012

Purpose: Rehab trail

Location: Section 20b, Spivey Gap to No Business Knob Shelter

People: Daryel Anderson, Richard Carter, Jim Chambers, Carl Fritz, Ed Oliver, Kim Peters, Bob Peoples, Tim Stewart, Jack Tarlin, George Thorpe

Summary: We mostly worked on trail sections with roots and sloughing. In some cases we redug trail and in others we buried the roots after installing side logs. The crew also delivered a shovel, broom and log book to the shelter. The fire pit was cleared of ashes and the original pit was uncovered. One of the bridges at Oglesby Branch was leveled to reduce a twisting effect.

Reporting: Faye Guinn

Date: 01/20/2012

Purpose: Cut tree blocking trail

Location: Section 20a, About one mile in from Nolichucky River

People: Howard Guinn, Faye Guinn

Summary: We cut a 12-inch tree that was blocking the trail and hard to get over. We rolled the stump over the bank and repaired the hole in the trail. We then walked another half-mile up the trail and cut another blowdown.

Reporting: Carl Fritz

Date: 1/24/2012

Purpose: Dig Relocation

Location: Section 15b, North of Hughes Gap

People: Paul Benfield, Ken Buchanan, Richard Carter, Jim Chambers, Dave Dunham, Carl Fritz, Ted Mowery, Ed Oliver, Bob Peoples, Kim Peters, Amy Renfranz, Tim Stewart, Jack Tarlin, Katie Thomson, George Thorpe, Roman Wall

Summary: This was probably a record number of people to dig trail in January. We are within a day or two of reaching the switchback. The switchback is already done as well as some of the upper leg.