



# The Tennessee Eastman Hiking and Paddling News

February 2015

[tehcc.org](http://tehcc.org)

## In this Issue

[From the Chair](#)

[Wilderness First Aid Course](#)

[New Rental Items Added to TEHCC Rentals](#)

[Save the Date! Spring Dinner Meeting](#)

[Save These Dates! Bluestone River Trip and](#)

[Nolichucky Cleanup](#)

[TEHCC Welcomes New Members](#)

[Event Schedule – Next Two Months](#)

[Details of Upcoming Events](#)

[A.T. Maintenance Reports](#)

## From the Chair

*Steve Ankabrandt, Steering Committee Chair*

While hiking along the A.T., have you ever wondered how often a blaze should appear? What's a waterbar? The ATC has come up with trail design standards to address those and many other trail maintenance requirements. Our Club does a tremendous amount of work to maintain our 132-mile section of the A.T. and comply with the standards. Come learn about the standards while helping our Club on one or more of the Thursday or 3rd Saturday maintenance hikes. Carl Fritz and Kim Peters will be glad to instruct you and provide you with hands-on learning opportunities. Check the Club schedule on our website for details (<http://tehcc.org/schedule/>).

## Wilderness First Aid Course, Saturday - Sunday, March 28 - 29

The Appalachian Paddling Enthusiasts (APEs) and TEHCC will host a Wilderness First Aid (WFA) course taught by NOC/SOLO on March 28-29, 2015. Fast paced and hands-on, this two day course covers a wide range of wilderness medicine topics for people who travel and work in the outdoors. If you plan to spend time in the backcountry this training will provide you with the tools to provide patient care in remote settings where assistance may not be readily available. Training will include both classroom instruction and structured scenarios. All levels of training and experience are welcome. Minimum age is 18 years old (or 12 years old if accompanied by a chaperone). This class can be used to recertify WFR for an additional \$15.

Optional CPR Class: NOC/SOLO has offered to conduct an optional CPR class on Saturday evening, March 28th, for those wanting to become CPR certified or re-certified, at a cost of \$35. This is a separate class and participation in one is not required to take the other. CPR is a recommended certification for outdoor professionals and when provided immediately after cardiac arrest may double a victim's chance of survival. This 2-hour class teaches you adult and child CPR and choking rescues using the American Safety and Health Institute (ASHI) curriculum.

Obtaining this knowledge is a very important element in safety regardless of your recreational activity. This information could help save your own or a friend's life!

Times: WFA: 8:30 am to 5:00 pm both days ; CPR: 5:30 pm to 7:30 pm Saturday

Location: Eastman Lodge, 404 Bays Mountain Park Rd, Kingsport, TN 37660

Contact: Scott Fisher, [tfisher1@its.inj.com](mailto:tfisher1@its.inj.com) or 276-698-4644

Course fees are \$115 for WFA and \$35 for CPR. For current TEHCC members, a limited number of \$50 and \$20 scholarships are available for the two classes (rebate upon successful completion). Contact a Steering Committee member to apply. Registration form available [here](#) must be sent to Scott Fisher by March 20 with check payable to APEs. Note there is a 30-day prior cancellation policy as stated on the registration form.

---

## New Rental Items Added to TEHCC Rentals

---

A Pocketrocket ultralight, fast burning, canister stove has been added to the TEHCC rental equipment. The stove requires the user to provide a MSR type canister of compressed gas fuel. Any unused fuel cannot be returned to Eastman Recreation.

Also, a SteriPEN UV disinfection system is now available. A pint of clear water can be disinfected in 48 seconds. About 40 pints can be processed before recharging the battery is required. The weight of the unit is 74 g.

---

## Save the date! Spring Dinner Meeting – Friday, March 20, 2015

---

Arrangements are underway for the Spring Dinner Meeting. Michael Watts will be speaking about his recent trek up Mount Kilimanjaro. Please plan to join several TEHCC members, spouses and friends as Michael recounts his exciting trek. More details will be forthcoming via e-mail and March newsletter as they develop.

---

## Save these dates! Bluestone River Trip and Nolichucky Cleanup

---

The Bluestone River Trip (36th year) will be May 22-24, 2015 at Pipestem Resort State Park, Pipestem, WV. The trip leader has reserved a block of rooms. To reserve your room call 800-CALL-WVA and ask for Pipestem State Park / Mountain Creek Lodge. To secure one of the club's block rooms, reservations must be made by May 8. Other options include family camping at the state park campground. We plan to paddle the scenic Bluestone River both days. This is a Class III trip the first day and Class I the second day.

APes are hosting their 14th annual Nolichucky River Cleanup event on Saturday, June 20, 2015. We will meet at U.S.A. Raft, 2 Jones Branch Rd, Erwin, TN starting at 11 am.

---

## TEHCC Welcomes New Members

---

Steven Adams	Jennifer Micklewright	Richard Broadwell
Brendan Abolins	Niisham Dave	Matthew Head
David Odum	Laura Adduci	R. Travis Estes
Benjamin Meade	Jeffrey Edds	Stacy LaBare
Dennis Ashford	Jeremy Klug	

---

## Event Schedule – Next Two Months

---

For the latest, up-to-date information, see [tehcc.org/schedule](http://tehcc.org/schedule).

Date	Description	Leader	Contact
Feb 17	11:30 am, Steering Committee Meeting	<a href="#">Steve Ankabrandt</a>	
Feb 20	TEHCC Maintainers Dinner	<a href="#">Kim Peters</a>	423-366-0128
Feb 27	APes Paddlers' Winter Meeting	<a href="#">Andrea Ramsey Gass</a>	
Mar 18	Rental Equipment Check-Out	<a href="#">Terry Dougherty</a>	
Mar 20	TEHCC Spring Dinner Meeting	<a href="#">Steve Ankabrandt</a>	
Mar 21	3 <sup>rd</sup> Saturday Maintenance – Hiking with Tools	<a href="#">Kim Peters</a>	423-366-0128
Mar 28	CPR Course	<a href="#">Scott Fisher</a>	276-698-4644
Mar 28-29	Wilderness First Aid Course	<a href="#">Scott Fisher</a>	276-698-4644

---

## Details of Upcoming Events

---

### Recurring Events

#### **Tuesday Evenings: Johnson City Roll Practice, 7:30 – 9:00 pm**

Contact: [Wesley R. Bradley](#), 423-647-1321

Come join the [J.A.W.](#), [Mahoney's Outfitters](#), [APEs](#), and other paddlers from our region at Freedom Hall Pool for tips about basic kayaking skills. 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. 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.

Click [here](#) for more information.

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 are just starting out in the sport and do not have your own equipment, please post a message on the [APEs yahoo group site](#) or contact [Wesley R. Bradley](#). We will try our best to get you outfitted for the night! Also feel free to contact me for any other questions or comments you may have.

#### **Most Thursdays: Weekly A.T. Trail Maintenance**

Contact: Carl Fritz, 423-477-4669, [atvolunteer@tehcc.org](mailto:atvolunteer@tehcc.org)

Join a group of maintainers who work somewhere on our 133.6-mile section each week, usually on Thursdays.

#### **Thursday Evenings: Kayak Session, Kingsport Aquatic Center, 7 – 9 pm**

Contact: [George Mauger](#), 864-414-0296

Interested in kayaking but don't know where to start? Basic kayaking training and practice is now available in Kingsport on Thursdays at the [Kingsport Aquatic Center](#)! During the winter months (October-April), the indoor pool is sectioned off specifically for kayakers to practice basic paddling techniques. Admission is only \$3 for 2 full hours of fun and Aquatic Center members may attend free! If you have equipment, you may drop it off outside the door closest to the pool then enter the main door to pay at the front desk. The pool does not provide paddling equipment, but if you are just starting out and do not have your own gear please contact [George Mauger](#) (864-414-0296). For additional event details, click [here](#).

#### **3rd Saturday, Hiking with Tools!**

Contact: Kim Peters, [atmaint@tehcc.org](mailto:atmaint@tehcc.org), 423-366-0128

Come out for a day hike somewhere on our beautiful section of trail on the 3rd Saturday of each month and help out on some routine maintenance needs, such as cutting annual growth, cleaning out water bars and painting blazes. All tools will be furnished and no prior experience required! Contact [Kim](#) for details and meeting time and place.

### Scheduled Events

#### **TEHCC Steering Committee meeting, Tuesday, February 17, 2015, 11:30 am – 1:00 pm**

Contact: Steve Ankabrandt, [chair@tehcc.org](mailto:chair@tehcc.org)

Location: Eastman Chemical Company, Kingsport, TN; Bldg 75 - Room 407

The Steering Committee guides the general program for the club. Meetings are held monthly at lunchtime and are open to all TEHCC members. Members who are not current Eastman employees need to contact a member of the Steering Committee at least the day prior to arrange for a temporary pass.

#### **TEHCC Maintainers Dinner 2015, Friday, February 20, 2015, 5:30 pm**

Contact: Kim Peters, 423-366-0128, [atmaint@tehcc.org](mailto:atmaint@tehcc.org)

The weather may not be cooperating to allow us to do trail maintenance, but we can certainly talk about it!

The 2015 annual dinner to kick off the primary maintenance season will be held on Friday, February 20, at the Eastman Lodge in the banquet room. The event will start at 5:30 pm with a social time followed by dinner at 6 pm. After the meal we will present awards and discuss various issues related to maintaining TEHCC's section of the A.T. All maintainers or individuals interested in maintaining are invited to attend.

Ed Oliver has again graciously volunteered to provide the dinner. This year's meal will again feature barbecue from Phil's Dream Pit and the cost will be \$5. You can pay for the dinner at the event.

If you haven't already done so, please contact me at 423-366-0128 or [atmaint@tehcc.org](mailto:atmaint@tehcc.org) by Friday, February 13, to let me know how many people will come for dinner. Hope to see you there!

### **APEs Paddlers' Winter Meeting with Guest Speaker, David Ramsey, Friday, February 27, 2015, 7:00 pm**

APEs will have its annual Winter Meeting at the Eastman Lodge on February 27 from 7 pm to 9 pm. All APEs and TEHCC members and affiliates are invited to attend. The meeting will be a potluck, so bring a side dish and a beverage if you plan to eat. APEs will provide meat and bread. We will discuss 2015 paddling events and elect APEs officers.

In addition to the regular business meeting, David Ramsey will give a presentation on Rocky Fork State Park. David was instrumental in leading the conservation effort that led to the preservation of the Rocky Fork wilderness area. The Rocky Fork is a pristine, 10,000-acre tract of mountain forest that straddles the border between Unicoi and Greene counties in Tennessee along the North Carolina state line. The A.T. skirts the southern border of this area for about 12 miles between Jerry Cabin and Hogback Ridge shelters. The Rocky Fork tract adjoins the federally-designated Sampson mountain wilderness area, and is the centerpiece of a prime black-bear habitat. It contains the Rocky Fork River and miles of native southern Appalachian brook trout habitat. Thanks in large part to David's efforts the Rocky Fork is in the process of being designated as Tennessee's 55<sup>th</sup> state park. Please join us and listen to David discuss this great local conservation success story.

### **Rental Equipment Checkout, March 18, 2015, 11:00 am – 1:00 pm**

*Contact: Terry Dougherty, [rental@tehcc.org](mailto:rental@tehcc.org)*

*Location: Eastman Employee Center, Rm 112 and Lobby*

It's time to ensure the Club's rental gear is ready for another year. We will evaluate all the equipment and propose necessary repairs or replacements. A light lunch of pizza, veggie tray, cookies, soft drinks and bottled water will be provided. This is a great opportunity to become familiar with available rental equipment. Come and go as your time permits. Many hands make light work. Please help if you can...



---

## **A.T. Maintenance Reports**

---

**Reporting:** Carl Fritz

**Date:** 12/3/2014

**Purpose:** Checkout No Buisness Knob Shelter

**Location:** Section 20b, Temple Hill Gap to Spivey Gap, No Buisness Knob Shelter

**People:** Jim Foster

**Summary:** Jim assessed No Business Knob Shelter for a possible Eagle Scout project and located an access.

**Reporting:** Carl Fritz

**Date:** 12/5/2014

**Purpose:** Assess No Buisness Knob Shelter

**Location:** Section 20b, No Buisness Knob Shelter

**People:** Jim Foster, Thomas Merriman

**Summary:** Jim Foster and Thomas Merriman, a Boy Scout working on his Eagle Scout project, explored some possible routes to the shelter.

**Reporting:** Carl Fritz

**Date:** 12/13/2014

**Purpose:** Repair No Buisness Knob Shelter

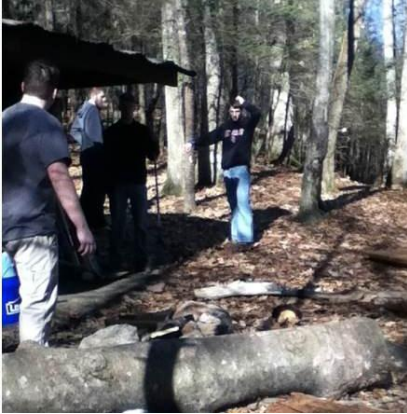
**Location:** Section 20b, No Business Knob Shelter

**People:** Jess Anderson, Micheal Vicary, John Burns, Kevin Stanhope, Seth Douthat, Thomas Merriman, Joe Klug, Aaron Webb, Carolyn Merriman

**Summary:** Thomas Merriman, Boy Scout from Troop 240, is working on his Eagle Scout project. Therefore, he organized and led the other Scouts in some much needed improvements to No Business Knob Shelter. They installed a picnic table, cleaned up the area in front of the shelter, concreted some of the blocks back into the knee-high front wall, and installed hardware cloth under the front of the sleeping platform. (See photos next page.)



Thomas Merriman's Eagle Scout Project: Improvements to No Business Knob Shelter



**Reporting:** Carl Fritz

**Date:** 12/22/2014

**Purpose:** Paint No Business Knob Shelter

**Location:** Section 20b, No Business Knob Shelter

**People:** Jess Anderson, Seth Douthat, Thomas Merriman

**Summary:** Thomas Merriman took advantage of the warm weather and led his fellow scouts in painting the inside and outside of the shelter as well as the shelter roof. Lowe's donated the paint and painting supplies. They also donated the picnic table and supplies for installing hardware cloth that the Scouts installed on December 13. These improvements to No Business Knob Shelter will hopefully earn Thomas an Eagle Scout Award.

**Reporting:** Craig Haire

**Date:** 12/27/2014

**Purpose:** Clear blowdowns

**Location:** Section 20b, Temple Hill Gap to No Business Knob Shelter

**People:** Craig Haire, Adeoluwa Solesi

**Summary:** We cleared 5 or 6 blowdowns between Temple Hill Gap and No Business Knob Shelter. The chainsaw motor started smoking as I was on the last cut, and I had to finish with a handsaw. I'm afraid the motor has "given up the ghost."

**Reporting:** Carl Fritz

**Date:** 12/30/2014

**Purpose:** Rehab trail

**Location:** Section 10, Blue-blaze trail beside Laurel Fork

**People:** Paul Benfield, Ken Buchanan, Carl Fritz, Vic Hasler, Bill Murdoch, Bob Peoples, Kim Peters, Kevin Sedgwick, Tim Stewart, George Thorpe

**Summary:** On our last group work day of the year, the weather was damp and in the lower 30's. We kept ourselves warm by transporting rocks and logs, chipping rock off the cliffs and building trail. We continue to improve this trail significantly.

**Reporting:** Bill Fuller

**Date:** 1/1/2015

**Purpose:** Clear blowdowns

**Location:** Section 9a, US 321 to Pond Flats

**People:** Bill Fuller

**Summary:** I hiked up to Pond Flats and cleared two blowdowns with my small handsaw (mostly branches of upper ends of trees). I also cleared a lot of low hanging and encroaching rhododendrons, laurel, and other small underbrush. It was a cold day! The spring at the flats is flowing great.

**Reporting:** Bob Peoples

**Date:** 1/3/2015

**Purpose:** Remove blowdowns

**Location:** Section 10, Dennis Cove to Laurel Fork Shelter

**People:** Bob Peoples, Jack Tarlin

**Summary:** We removed four blowdowns reported by a hiker. The A.T. to Laurel Fork Shelter and the high-water blue-blaze are clear.



*Thomas Merriman and No Business Knob Shelter*



**Reporting:** Kim Peters

**Date:** 1/3/2015

**Purpose:** Check trail and shelter

**Location:** Section 5, TN 91 to Iron Mountain Shelter

**People:** Phyllis Cairnes, Kim Peters

**Summary:** We checked the trail and shelter, cleared a couple of small blowdowns, picked up trash at the shelter and cleaned out the fire-pit. This section is in good shape.

**Reporting:** Carl Fritz

**Date:** 1/6/2015

**Purpose:** Rehab trail

**Location:** Section 10, Blue-blazed trail along Laurel Fork

**People:** John Beaudet, Paul Benfield, Ken Buchanan, Carl Fritz, Benjamin Jack, Pat Loven, Ted Mowery, Bob Peoples, Kim Peters, Kevin Sedgwick, Tim Stewart, George Thorpe

**Summary:** We continued and completed the rehab on the blue-blaze trail along Laurel Fork. We now have a solid two-foot wide graded trail. This was probably the most difficult trail rehab we have done. The 300-foot rehab took six work days with usually ten volunteers. We moved about 25 tons of rocks and locust logs several hundred feet to construct the new trail. Some rocks and logs were so heavy they could not be carried by six people. Ken and crew shaved many rocks off the cliff to increase the trail width.



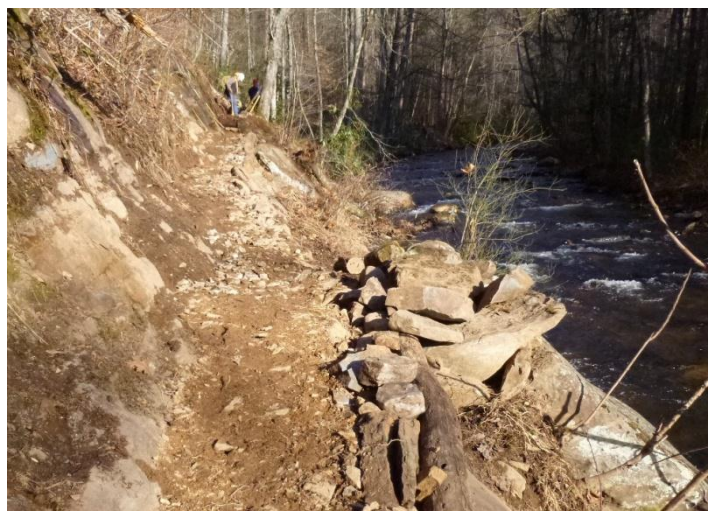
*Jim Chambers, Paul Benfield, and Bob Peoples placing initial rocks*



*Tim Stewart, Kevin Sedgwick, Bob Peoples, and Carl Fritz*



*Tim Stewart with finishing touch*



*Laurel Fork blue-blaze, southern section*



**Reporting:** Bill Fuller

**Date:** 1/11/2015

**Purpose:** Routine Maintenance

**Location:** Section 14a, Doll Flats to Bradley Gap

**People:** Bill Fuller

**Summary:** I hiked from Dolls Flats to the summit of Hump Mountain and cleared a couple of small blowdowns, while also working some more on a large blowdown that I cleared last year, but was still encroaching slightly on the trail. I also cut back a lot of small limbs and brush. It was a beautiful day!

**Reporting:** Carl Fritz

**Date:** 1/11/2015

**Purpose:** Inspect No Business Knob Shelter

**Location:** Section 20b, Chestoa to Shelter

**People:** Thomas Merriman, Rob Martin

**Summary:** Rob Martin, Unicoi County ATC Ambassador, accompanied Thomas Merriman to No Business Knob Shelter to inspect and approve Thomas's Eagle Scout Project. Thomas led the project to improve No Business Knob Shelter by providing a picnic table, cleaning the area, repairing the front knee wall, installing hardware cloth under the front of the sleeping platform and painting the inside and outside of the shelter including the outside of the metal roof.

**Reporting:** Carl Fritz

**Date:** 1/15/2015

**Purpose:** Rehab Trail

**Location:** Section 10, Hampton Blue-Blaze Trail

**People:** Paul Benfield, Ken Buchanan, Richard Carter, Carl Fritz, Greg Kramer, Pat Loven, Joe Morris, Ted Mowery, Bob Peoples, Kim Peters, Kevin Sedgwick, Tim Stewart, George Thorpe

**Summary:** We did a couple of minor cleanup tasks at the relocation we had been working on for weeks. We also fixed a muddy area near there and installed some rock steps and crush and fill near the cherry tree with large roots near the ford. Primarily we installed about fourteen steps and three water diversions as the trail goes down to Laurel Fork. There are probably four or more steps to install.

**Reporting:** Steve Perri

**Date:** 1/15/2015

**Purpose:** ATC Norovirus Communication Teleconference

**Location:** Raleigh, NC

**People:** Steve Perri

**Summary:** I participated in a call with ATC and several others including CDC from TN and VA to capture our learnings from last year and what we need to do in 2015. We revisited last year's communication plan which included passing out posters to hostels and posting info on websites. The number of reported infections was significantly lower in the SORO region, which we attributed to better education. However, more incidents were reported in VA and areas north. VA is more involved this year in the communication phase. One of our major efforts was an online reporting system. It turns out hikers weren't actively reporting incidents through the hot line or email. We actually had more reports from friends of hikers and from Ridge Runners since they were on the trail and wrote up trip reports each week. Hiker education using posters was planned again for this year, with broader distribution north of the TN/VA state line. As a trail club, we are asked to help disseminate the posters and to report incidents to ATC as we hear about occurrences.

**Reporting:** Lynn DiFiore

**Date:** 1/19/2015

**Purpose:** Routine maintenance

**Location:** Section 14b, Overmountain Shelter to Stan Murray

**People:** Lynn DiFiore, Eilidh (canine)

**Summary:** I performed some minor maintenance on the barn, attempting to remove some graffiti and re-attaching a siding board that had been removed. I cleaned leaves out of the waterbars and cut out a half-dozen blowdowns across the trail. I also hauled out a large amount of trash from Stan Murray, including a double sleeping bag, plastic canteen, numerous containers of snacks from Trader Joes, glass bottles, and beer cans. I was very glad that I brought my dog and her pack as she was able to help carry the load!



**Reporting:** Carl Fritz

**Date:** 1/22/2015

**Purpose:** Rehab trail

**Location:** Section 10, Hampton Blue-Blaze Trail

**People:** Paul Benfield, Ken Buchanan, Carl Fritz, Mike Hupko, Pat Loven, Joe Morris, Ted Mowery, Bob Peoples, Mike Price, Kevin Sedgwick, Tim Stewart, George Thorpe

**Summary:** Today we finished the rehab on the blue-blaze trail out of Hampton. We added another 14 steps on the hill for a total of 28. We are hoping that this will complete the major rehab of this trail for some time.

**Reporting:** Carl Fritz

**Date:** 1/22/2015

**Purpose:** Cut blowdowns

**Location:** Section 8, Watauga Dam to Shook Branch

**People:** Richard Carter, Kim Peters

**Summary:** Kim and Richard removed six blowdowns scattered between the dam and Shook Branch. The trail was in good shape otherwise.



*Total of 28 steps added on the blue-blaze trail*