Registration Info: TEHCC Fall Dinner, Friday, October 25, 2019

Please join us on the evening of Friday, October 25, to hear the Club’s own Hal Yungmeyer present his experience hiking on vacation in Switzerland. Hal and his family recently stayed in a historic hotel located in a high altitude valley in the Swiss Alps. The hotel became the base for a series of breathtaking hikes.

Dinner will be provided by Bare Bones BBQ at a price of $8 per person. Attending just the program is free. However we’ll need a paid headcount to properly size the food order; so please let William Werner know who is planning to eat dinner by Monday, October 21. Checks payable to William can be mailed to his attention at B-280, PO Box 431, Kingsport, TN 37662-0431.

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Fall Dinner Meeting</td>
<td>5:30pm</td>
<td>Location: Eastman Lodge, Main Banquet Hall 404 Bays Mountain Road, Kingsport, TN</td>
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<tr>
<td>Happy “Trails” Hour</td>
<td>5:30pm-6:30pm</td>
<td>Donations accepted for beer and wine, or BYOB</td>
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<tr>
<td>Dinner – Bare Bones BBQ</td>
<td>6:30pm-7:15pm</td>
<td>Menu: Pulled Pork, Buns, Sauce, Baked Beans, Mac &amp; Cheese, Coleslaw, Banana Pudding Price: $8 per person</td>
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</tbody>
</table>
| Club Business                 | 7:15pm-7:30pm| - Update of club activities  
|                               |              | - ATC Awards                                                            |
| Program: Hiking in the Swiss Alps | 7:30pm-9:00pm| Hal Yungmeyer (TEHCC)                                                   |
TEHCC Welcomes Our New Members

Kimberly Davis  Danny Marshall  Charles Darnell

Event Schedule – Next Two Months

For the latest, up-to-date information, see tehcc.org/schedule.
For additional information on APEs/TEHCC paddling events, see http://regions.worldkayak.com/tri-cities/category/regional-events/ or http://www.riverapes.org/calendar.html

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Contact</th>
<th>Telephone</th>
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</thead>
<tbody>
<tr>
<td>October 5</td>
<td>A.T.: Little Rock Knob</td>
<td>Andy Steffan</td>
<td>919-928-4738</td>
</tr>
<tr>
<td>October 5</td>
<td>APE’s Lower Watauga Jamboree</td>
<td>Shawn Stanley</td>
<td>423-823-7448</td>
</tr>
<tr>
<td>October 10</td>
<td>Steering Committee Meeting, 11:30 am</td>
<td>William Werner</td>
<td>423-229-2253</td>
</tr>
<tr>
<td>October 19</td>
<td>3rd Saturday, Hiking with Tools!</td>
<td>Kim Peters</td>
<td>423-336-0128</td>
</tr>
<tr>
<td>October 25</td>
<td>TEHCC Fall Dinner!</td>
<td>William Werner</td>
<td>423-229-2253</td>
</tr>
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<td>November 14</td>
<td>Steering Committee Meeting, 11:30 am</td>
<td>William Werner</td>
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<tr>
<td>November 16</td>
<td>Whitehouse Cliffs Trail, Rocky Fork State Park</td>
<td>Vic Hasler</td>
<td>423-239-0388</td>
</tr>
<tr>
<td>November 16</td>
<td>3rd Saturday, Hiking with Tools!</td>
<td>Kim Peters</td>
<td>423-336-0128</td>
</tr>
</tbody>
</table>

Details of Upcoming Events

Recurring Events

TEHCC Steering Committee Meeting - On the Second Thursday of the Month, 11:30 am – 1:00 pm
Contact: William Werner, 423-229-2253
Location: Eastman Chemical Company, Kingsport, TN; Bldg 75 Room 402
The Steering Committee guides the general program for the club. The Committee normally meets at lunchtime on the second Thursday of each month. Meetings are open to all TEHCC members. Bring your lunch or grab a bite at the B-75 cafeteria. Members who are not current Eastman employees need to contact a member of the Steering Committee at least three days prior to arrange for a temporary visitor’s pass.

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 fellowshipping with other paddlers. 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 Wesley for any other questions or comments you may have. 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.

Most Thursdays: Weekly A.T. Trail Maintenance
Contact: Carl Fritz, 423-477-4669, gtvolunteer@tehcc.org
Join a group of maintainers who work somewhere on our 133.8-mile section each week, usually on Thursdays.
Thursday Evenings: Kayak Session, Kingsport Aquatic Center, 7 – 9 pm
Contact: Ryan Shealy, 423-963-6066
Interested in kayaking but don’t know where to start? Basic kayak training and practice is available in Kingsport on Thursdays at the Kingsport Aquatic Center! Admission is $3 for two full hours of fun; Aquatic Center members may attend free! If you have equipment, you may drop it off at the door closest to the indoor 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 Ryan Shealy (423-963-6066). For additional event details, click here.

3rd Saturday, Hiking with Tools!
Contact: Kim Peters, 423-366-0128
Hiking with Tools! is an opportunity to enjoy a day hike on our beautiful section of the A.T. while helping out with some routine maintenance such as cleaning out waterbars and steps, lopping rhododendron, breaking up fire rings, and painting blazes or shelters. All tools will be furnished and no prior experience required! We typically have four to five people on each trip. The more folks who show up, the less work each individual has to do... so the trip becomes a nice hike - with tools! Contact Kim Peters (atmaint@tehcc.org) for hike details, including meeting time and place.

Scheduled Events

A.T.: Little Rock Knob, Saturday, October 5, 2019
Leader: Andy Steffan, 919-928-4738
Rating: Moderate 4.4 miles round-trip, about 825’ elevation change
This hike begins in Unicoi near the NC/TN border. The trail follows the A.T. through hardwoods on a slow elevation climb and eventually reaches a rock outcropping with 180° views. The picture shown is one I took around this time last year, so I am hopeful that there will be some leaf color change. The hike back will be all downhill.

Let’s leave Colonial Heights (now Ingle parking area) at 10 am for a roughly hour drive towards Unicoi. Please let the hike leader know if you plan to attend and your interest in carpooling, or pick-up points if on the way. Due to the small parking area, let’s carpool and avoid meeting at the trailhead to leave space for others. Plan to hike until mid-afternoon. Pack a lunch or snacks and plenty of water.

APE’s Lower Watauga Jamboree, Saturday, October 5, 2019, 12 Noon – 6 pm
Trip Coordinator: Shawn Stanley, shamrocknatural@yahoo.com, Tel: 423-823-7448
Join us to celebrate the end of an awesome season on a paddle trip down a different section on the Lower Watauga. We will paddle from Little Wilbur Dam to the ball field in Riverside Park, Elizabethton. We plan on having a downriver race and an attainment race as part of the river trip for those who want to participate. The downriver race will be a mass start from the put in. Finish line will be the first old bridge pylon. Paddling spectators will leave first with group leader and stage at the finish line to cheer on the finishing racers. We can have separate classes if there is enough interest. The attainment race will be at the takeout at the end of the river trip from the ballpark up to the Bristol Hwy Bridge (M SGT Jefferson Donald " Donnie" Davis Memorial Bridge) and back. Don’t let the race hype keep you away. We are making options for river fun for many skill levels. The main focus is a laid back class 2 river trip with delicious BBQ afterwards. Going to have BBQ from Bob’s Dairyland at the take out. Meet at Wilbur Dam Put-In, Wilbur Dam Rd, Elizabethton at 12:00 pm to drop boats and set shuttle. Be prepared; this water is cold! I will need to get a solid number of participants and folks that are eating, so please let me know. We will accept donations to help cover food cost.

A.T.: Carvers Gap to US 19E, Saturday, October 12, 2019
Leader: Jonathan Shumaker, 417-389-6987
Rating: Difficult 12-mile hike
This is a difficult hike that will require shuttling. We will park a car at the 19E end of the hike and then all ride together up to Carvers Gap. We will want to get on the trail early because it will be a long day of hiking. This is one of the sections of the trail that I have heard a lot about, but have never been able to hike the whole thing. I hope to leave Kingsport at 6:30 am to be able to drop the car off and be at Carvers Gap by around 8 am. Bring a lunch, snacks, and plenty of water for the hike. If you are interested in the hike, get in contact with the hike leader so we know who to expect.
Whitehouse Cliffs Trail, Rocky Fork State Park, Saturday, November 16, 2019
Leader: Vic Hasler, 423-239-0388
Rating: Medium 3-mile in-and-out hike with strenuous climb to reach top
We’ll be a bit after fall color, but this will be a leaf-crunching hike winding up a small peak to an overlook. A group of regional maintainers have been working on this trail, so we’ll see how improved the path is with their efforts.

Let’s leave from Colonial Heights (now east side of Ingles parking area) at 8am, swing by Johnson City at 8:30am, and meet at the small Rocky Fork parking area by 9am. We’ll take a slow pace to enjoy the cascading stream along the main gravel roadway, then proceed on forest road with a final climb up the ridge to the peak area. This short hike will have us back to the vehicles before lunch – unless we decide to explore more of the park. Could grab lunch at group choice.

Sturdy footwear and hiking poles are recommended. Pack water to stay hydrated. For further information and for headcount and carpooling, please call/e-mail the hike leader.

For the Record

A.T: Unaka Mountain, Saturday, September 14, 2019
Jonathan Shumaker reporting
We had a great hike up to Unaka Mountain. The weather was great for a late summer morning. We started on the Beauty Spot side of Unaka mountain by driving a little ways up the gravel road until we got close to Beauty Spot. The fog was just lifting as we got on the trail. We hiked just under 4 miles up to the wooded area on top of Unaka mountain. It was the first time either of us had been up there. We had a snack and some water before heading back to Beauty Spot. Joining me on the hike was Josh Boggan.

A.T. Maintenance Reports

A bit of praise for TEHCC from Mike Hopson:
“I just hiked from Greasy Creek Gap to Hughes Gap and return. First time since 1973. Just wanted to complement TEHCC on the fine job on the Little Rock Knob re-route. I remember this segment being very steep, especially around the cliff face on the Little Rock. Kudos to TEHCC!”

Reporting: Greg Kramer
Date: 7/29/2019
Purpose: Cut weeds
Location: Section 5, TN 91 to Iron Mountain Shelter
People: Greg Kramer
Summary: I cut weeds from Iron Mtn Shelter to about halfway back. The worst of the weeds are cut back, but there are still more to do before fall.

Reporting: Tim Stewart  
Date: 8/24/2019  
Purpose: Attack rhodos  
Location: Section 11b, Canute Place to Bitter End Bitter End  
People: Tim Stewart  
Summary: I went in from Bitter End and hiked to the point where I turned around the last time out, about 2.5 miles in. On the way back, I aggressively lopped rhodos and removed two minor blowdowns.

Reporting: Jim Foster  
Date: 8/28/2019  
Purpose: Cut back annual growth  
Location: Section 16a, Hughes Gap to Little Rock Knob  
People: Bruce Darby, Jim Foster  
Summary: Bruce and I finished up a task that I started a few weeks ago. We did a major cut back of rhodos and other trailside growth.

Reporting: Carl Fritz  
Date: 8/29/2019  
Purpose: Rehab Trail  
Location: Section 14c, Round and Jane Balds  
Summary: On Round Bald, Paul and Ted primarily repaired the barb wire fences and added fence stays to stiffen the wires between posts. On Jane Bald, we improved a major water diversion on the south side. Then we added a number of water diversions and a couple of steps on the south side. We also widened the trail in a number of places by digging back the encroaching sod and vegetation. We destroyed a couple of social trails. What a beautiful day!
Reporting: Paul Benfield  
Date: 8/30/2019  
Purpose: Mow  
Location: Section 4b, Osborne Farm  
People: Paul Benfield, Ted Mowery, Ed Speers  
Summary: We mowed and cut weeds along the A.T. and Accessible Trail. We also painted blazes. The last spraying did a good kill of the grass on the trail.

Reporting: Paul Benfield  
Date: 8/30/2019  
Purpose: Mow  
Location: Section 14b, Overmountain Shelter  
People: Paul Benfield, Ted Mowery  
Summary: We mowed and cut weeds at the camping area and trails as needed. We also removed rocks from the camp area and piled up logs and brush found in the camping area. A board is missing from the privy. A strip about 25 to 30 feet wide has been cut in an arc about 60 feet deep from east of the house site to almost the shelter. Other trees have been cut below the campground, out past the shelter, to about even with the privy. We met four horses and riders as we entered the access road. It appeared they had gone up to the trail and watered the horses in the spring. There were horse droppings in front of the shelter, which we removed.

Reporting: Kevin Sedgwick  
Date: 8/30/2019  
Purpose: Repair trail from root damage and do routine maintenance  
Location: Section 12d, Campbell Hollow Road to US 19E southern end of section  
People: Kevin Sedgwick  
Summary: I re-built about 29 feet of trail from where blowdown roots had damaged it. I set a few steps and cut back rhododendron. A fire ring by Bear Branch Rd was full of trash. I filled a trash bag and dismantled the fire ring.

Reporting: Kim Peters  
Date: 8/31/2019  
Purpose: Campsite assessment  
Location: Sections 2a and 2b, Backbone Rock Trail to McQueen's Gap  
People: Phyllis Cairnes, Rolla Wade, Kim Peters  
Summary: We conducted campsite inventory on these two sections.
Reporting: Michael Watts  
Date: 9/2/2019  
Purpose: Remove blowdowns  
Location: Section 15b, Cloudland Hotel to Hughes Gap  
People: Greg Kramer, Mike Watts  
Summary: We removed one larger blowdown and several smaller ones, including two on the blue-blaze trail close to Hughes Gap. We also did some lopping.

Reporting: Kim Peters  
Date: 9/4/2019  
Purpose: Campsite assessment  
Location: Section 12a, Bitter End to Walnut Mountain Road  
People: Kat Johnson, Kim Peters  
Summary: We conducted the campsite inventory.

Reporting: Carl Fritz  
Date: 9/5/2019  
Purpose: Rehab Trail  
Location: Section 14c, Carver's Gap to North of Grassy Ridge  
Summary: We did some rehab from the southern approach to Grassy Ridge to about 0.6 miles south of Stan Murray Shelter. We installed or reset some rock steps, cut back encroaching sod and removed a couple of mountain ash trees that were breaking down into trail. We repositioned the waterbar/step at the sharp turn on the northern approach to Round Bald and blocked a social trail. The primary crew did a wonderful job of resetting some steps and side logs plus recovering all the gravel which had washed into water diversions and pits from Carver's Gap to hamburger rock.

Reporting: Kim Peters  
Date: 9/6/2019  
Purpose: Campsite assessment  
Location: Sections 12b and 12c, Walnut Mountain Road to Campbell Hollow Road  
People: Phyllis Cairnes, Rolla Wade, Kim Peters  
Summary: We conducted the campsite assessment on both sections.

Reporting: Vic Hasler  
Date: 9/9/2019  
Purpose: TEHCC A.T. Committee meeting  
Location: Eastman Employee Center  
People: Dan Firth, Carl Fritz, Vic Hasler, Ted Mowery, Bob Peoples, Kim Peters, Steve Wilson  
Summary: The TEHCC A.T. Committee met to celebrate accomplishments (rehabs at Hump Mtn, Jane Bald, and Cloudland) and to consider the dozen upcoming special projects. All section maintainers have done exceptionally well this year. The new cordless hammer drill and hedge trimmer have both proven their investment. The campsite survey has been completed for 72% of the club's trail miles. Overall, many thanks to the many volunteers who have spent over 8,000 hours for the Appalachian Trail in this region during the past year.

Reporting: Greg Kramer  
Date: 9/10/2019  
Purpose: Cut weeds with string trimmer  
Location: Section 5, TN 91 to Iron Mountain Shelter  
People: Greg Kramer  
Summary: I finished cutting weeds down to Cross Mountain Road.

Reporting: Carl Fritz  
Date: 9/12/2019  
Purpose: Rehab Trail  
Location: Section 14b, Blue-Blaze Trail to Overmountain Shelter  
Summary: We harvested a truck load of locust waterbars from Birdhouse Cabin. Then we carried many up the blue-blaze trail towards Yellow Mountain Gap and installed them, plus a few steps. We also installed a new board on the privy pit side wall.

Reporting: Gayle Riddervold  
Date: 9/12/2019
Purpose: Routine Maintenance
Location: Section 8, US 321 to Wilbur Dam Road
People: Gayle Riddervold, Becky Kinder
Summary: We cut back thorny bushes and weeds around the lake from US 321 to the iron gate. Three small bags of trash were also collected.
Reporting: Paul Benfield
Date: 9/16/2019

Purpose: Trail Maintenance
Location: Section 4b, Osborne Farm
People: Paul Benfield, Ted Mowery
Summary: We mowed and cut weeds along the A.T. and Accessible Trail across the Osborne Farm. The spraying and drought has done a truly outstanding job of killing the grass growing on the trail.
Reporting: Eric Middlemas
Date: 9/16/2019

Purpose: Remove blowdowns
Location: Section 18, Indian Grave to 1/4 mile north of FS230
People: Judy Middlemas, Eric Middlemas
Summary: We removed two blowdowns between Indian Grave Gap and Beauty Spot. The largest blowdown was about 12 inches in diameter. Also, it was reported to me by another hiker that both springs at Cherry Gap Shelter were flowing well, in spite of the dry conditions.
Reporting: Gayle Riddervold
Date: 9/17/2019

Purpose: Brush and remove blowdowns
Location: Section 7, Vandeventer Shelter to Wilbur Dam Rd
People: Scotty Bowman, Mason Boring, Casey Quarterman, Warren Carver
Summary: This was Day 1 of a 3-day SAWS maintenance trip. On this day, we hiked up to Vandeventer Shelter to take care of needed brushing. Along the way, we brushed 1.25 miles and cleared one blowdown. Also, I replaced the mileage sign on the southbound trailhead on Wilbur Dam Rd and the sign at Vandeventer Shelter. The spring at 3.7 miles north of Wilbur Dam Rd has two small pools to dip water out of and the spring at Vandeventer is about the same with a little bit more flow. A couple of SOBOs reported that Iron Mountain Shelter spring is dry and the one between the shelters is dry also.
Reporting: Scotty Bowman
Date: 9/18/2019

Purpose: Brush and remove blowdowns
Location: Section 6, Vandeventer Shelter to 4 miles north
People: Scotty Bowman, Mason Boring, Casey Quarterman, Warren Carver
Summary: Day 2: We brushed out this section with swing blades and loppers cutting back the summer’s growth of vegetation and rhododendron. Along the way, we cut out 13 downed trees in the 4-mile stretch. It was a long day, but we completed all we set out to do.
Reporting: Scotty Bowman
Date: 9/19/2019

Purpose: Brush and remove blowdowns
Location: Section 7, Vandeventer Shelter to spring 1.7 miles south
People: Scotty Bowman, Mason Boring, Casey Quarterman, Warren Carver
Summary: Day 3, The Hike Out: We worked our way out, brushing and cutting back the rhododendron for 1.7 miles. Along the way, we cut out another blowdown and cleared a slew of falling limbs and branches from the trail.
Reporting: Carl Fritz
Date: 9/19/2019

Purpose: Rehab Trail
Location: Section 14b, Bradley Gap to Stan Murray Shelter, Yellow Mtn Gap
People: Paul Benfield, Elzear Lemieux, Tony Messina, Ted Mowery
Summary: They blocked the first downhill trail to water at Overmountain Shelter at request of ATC, SAHC and ARD because of Gray’s Lily. This site is normally dry anyhow, except in very wet conditions. They fastened the stakes to new waterbars with screws. They continued installing water diversions north of Yellow Mountain Gap.

Reporting: Carl Fritz
Date: 9/19/2019
Purpose: Rehab Trail
Location: Section 14c, Stan Murray Shelter and 1.5 miles south
People: Carl Fritz, Greg Kramer, Joe Morris, Bill Murdoch, Kim Peters, Kevin Sedgwick
Summary: We cleared three dead trees. We mostly set new rock steps beneath steps that had become too high. Some additional steps are needed.

Reporting: Kim Peters
Date: 9/20/2019
Purpose: Campsite assessment
Location: Section 5, TN 91 to Iron Mountain Shelter
People: Kim Peters
Summary: I conducted the campsite inventory on this section. While at the shelter, I also painted the graffiti board. The water source at the shelter is completely dry, there is not even any wet dirt. In addition to there being no water, the blue-blaze trail is completely blocked by blowdowns. The water source near the Grindstaff Monument is also dry. There is water at the piped spring though.

Reporting: Carl Fritz
Date: 9/20/2019
Purpose: Inspect Trail
Location: Section 14b, Yellow Mtn Gap to Little Hump
People: Dan Firth, Carl Fritz
Summary: We did some minor brushing as we made our journey from Overmountain Shelter to Little Hump Mountain. The water diversions recently installed north of Yellow Mountain Gap are looking good. More are needed higher up. The southern approach to Little Hump Mountain could use some water diversions to better protect the trail. The trail is generally looking good.

Reporting: Dan Firth
Date: 9/23/2019
Purpose: Routine Maintenance
Location: Section 4a, US 421 to Double Springs Shelter
People: Dan Firth
Summary: I celebrated the first day of autumn with mamma bear and two cubs working on the A.T. I cut one 8-inch blowdown, cleaned some water diversions, and cut back briers. Water is flowing at Double Springs Shelter and at US 421.

Reporting: Carl Fritz
Date: 9/23/2019
Purpose: Rout Steps
Location: Section 14c, Round Bald
People: John Beaudet
Summary: John skillfully routed "STAY ON TRAIL PLEASE" on six locust logs that will be installed on Round Bald this fall.

Reporting: Craig Haire
Date: 9/24/2019
Purpose: Inspect and clear trail
Location: Section 20a, Nolichucky River to Temple Hill Gap
People: Craig Haire
Summary: I walked through the entire section. It is in excellent shape. A note at the north end warned of a hornet swarm near the first overlook, but I didn’t see any there. However, there was a hole with ground wasps above the fifth switchback where the trail levels off before the final climb to the ridge. I ran into and chatted with two game wardens coming up from Temple Hill Gap. I also noted some erosion where people are short-cutting the switchbacks. I will try to block those off on a later trip.

Reporting: Carl Fritz
Date: 9/24/2019
Purpose: Inspect and discuss Trail possibilities
Location: Section 9a, Shook Branch Area
People: Dan Firth, Carl Fritz, ATC-Morgan Sommerville, USFS-Keith Kelley, Chad Ingle
Summary: We painted some initial blazes north of US 321. Our primary objective was to look at trail possibilities for crossing US 321. We agreed to reroute the trail on the upper part of the Atwood property so that the six switchbacks could be eliminated. The trail will still use Shook Branch Road. We will consider other alternatives for the longer term. The Watauga Ranger District will proceed with installing two road gates so the Atwood property will be protected from unauthorized vehicle traffic.

Reporting: Paul Benfield
Date: 9/25/2019
Purpose: Mow
Location: Section 14b, Overmountain Shelter
People: Paul Benfield, Ted Mowery
Summary: We mowed and cut weeds at the camping area at Overmountain Shelter. We also checked the water source and found the water is running well. We picked up trash and cleared rocks and brush from the camping area. We also cut the elderberry bushes near the shelter.