



TENNESSEE TRAILS

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July 1983

SE Trails Conference Cancelled - Due to a conflict with a conference in Atlanta planned by the US Forest Service, the SE Trails Conference announced in last month's newsletter has been cancelled. The Atlanta conference is to be held on the same weekend and will have the same theme - Volunteers and Trails. TTA members are urged to attend the Atlanta conference, October 21-22. More later.

Announcing 3rd Quarter Board Meeting - August 19th, 1983, Prentice Cooper State Forest, in conjunction with Chattanooga Chapter's weekend rally. Mark your calendar. More details later.

Notice - Nashville Chapter's lakeside camp and swim, and Cumberland Mt. Chapter's Frozen Head hike have been cancelled.

The TCWP Newsletter, published monthly by the TN Citizens for Wilderness Planning, is one of the most comprehensive conservation-news publications in Tennessee. Subscriptions are \$3.00 for corresponding members, and \$10.00 for full membership. TCWP will send a free trial copy for the asking. Write to TCWP, 130 Faber Road, Oak Ridge, TN, 37830. You'll be glad you did.

A group is making plans to go to Maine leaving Aug. 6th. They expect to camp each night, see the sea, eat lobster and hike. There may be room for you. I have maps, a book on camp sites and optional travel dates. If you are interested call Gayle Douglas 297-1435.

HIKES

CEDARS OF LEBANON (WILSON COUNTY)

JULY 23 and 24, 1983

Join the Memphis Chapter for camping, swimming, hiking, and a country cookout. Memphians will be camping Friday before a 10 a.m. hike on Saturday morning to start from the Cedars of Lebanon Park Office. Cool off with a swim and add to your appetite as a cookout has been planned for 6:30 p.m. on Saturday evening. The cookout will be at the home of O. G. and Joy Barnett located in the country between Lebanon and Gallatin. Complete directions to the cookout will be provided at the hike and a nominal fee of \$1 will be charged to offset some expenses. If a bargain like this exists anywhere else in North America, please tell one of the Barnetts before you leave the cookout. Sunday plans are not definite at this time. The Memphis Chapter does extend a sincere invitation to all TTA members to join in the fun. If you are coming to the cookout, please give a call or drop a line to:

Before July 22

Bob Barnett
4294 Goldie
Memphis, TN 38122
901-767-9347

After July 22

The Barnetts
Route 4, Box 232
Lebanon, TN 37087
615-449-4012

Laurel Falls Trail

Savage Gulf Natural Area (Grundy Co.)
30-31 July, 1983

This 14-mile backpack is sponsored by the Murfreesboro Chapter. Meet at the MTSU Murphy Center parking area in Murfreesboro at 9 a.m. (central time), or the Great Stone Door ranger station at 11 a.m. (central time). Saturday night the group plans to camp at the Big Creek backpack campsite.

LEADER: Arthur Yates 615-459-2095
Smyrna 615-741-5013 x41
(work)

CARPOOL COORDINATORS:

Memphis - Gene Jacobson 901-755-9073
Nashville - Evelyn Tretter 615-859-0566
Murfreesboro - Maryedith McFarlin
615-896-1344
Chattanooga - Dot Lingerfelt
615-842-8043
615-751-3292
(work)

Send material for TENNESSEE TRAILS to:
David Stidham, Editor
1015 Hitt Lane
Goodlettsville, TN 37072

The deadline is the 20th of each month. If possible, submit material camera ready, typed in a full 4½ inch column. Artwork is welcomed.

Chapter News

Cumberland Mountain

Special Meeting and Bar-B-Que - July 9, (Saturday) 4 p.m. at Pickett State Park. Call Steven Burke (615-879-7770) for details.

Murfreesboro

The chapter meeting in May brought about some changes that need to be noted here. First, Dwaine VanVactor, Chapter Chairman for last two years, resigned due to pending changes in his professional life. Secondly, he was replaced by Arthur M. Yates, and thirdly, the chapter would not meet again this year until 9 August, 1983. We would at that time resume meeting at 7:00 p.m. in Room 105 of Murphy Center, MTSU. Hope to see each of you at that time. There will be a meeting of the chapter's board on 12 July, 1983 at 7:00 p.m. at a place to be announced in the next Fun & Sun Letter. Please plan to attend, we need you...At our May meeting our guest speaker was Mr. Bob Richards from the TN Dept. of Conservation. He presented us with a marvelous slide show of the Savage Gulf area and informed us of some of the activities that his department is currently involved in. It was very informative. We enjoyed Poppyseed Cake and Apple Juice during the break, thanks to Miss Vicki Hillis. Mrs. Bertha Chrietberg was hospitalized for a couple of days in May for some tests. She is home at this time and we hope she is soon well enough to return to her daily routine. (Ed. - Bertha was back in the hospital in June for an operation. Bertha...hope to see you back on the trail real soon.)

Chattanooga

Chapter Approved - At the last TTA board meeting, the Board of Directors officially approved the Chattanooga Chapter. This newest chapter of TTA will represent TTA members in the 11 southeast TN counties. Officers are Everett Kidder, President; Max Thomas, Vice President; Susan Garvey, Secretary-Treasurer.

Memphis

MEMPHIS CHAPTER - Several members of the chapter asked me to share my recipe for a trail mix with all hikers (and peanut butter lovers) in TTA. It is very filling and nutritious, but possibly unsafe to carry into bear country. Ray Burkett

PEANUT BUTTER BALLS

Mix the following dry ingredients in a large bowl:

3/4 cup powdered milk
1/2 cup of each of the following-
oatmeal
wheat germ
chopped pecans
lecithin granules
high protein powder
chocolate or carob chips
unsalted sunflower seeds
2-3 pkgs. chocolate instant breakfast
Add 3/4 cup peanut butter and 3/4 cup honey (and/or molasses. Stir until thoroughly mixed, press into 1" diameter balls and refrigerate, if desired.

Other ingredients, such as raisins, dates, sesame seeds, etc. may be added, or any above ingredients may be altered to fit personal taste.

Nashville

July Meeting - The Nashville Chapter will meet on July 28 at the home of Gayle Douglas, 923 South Wilson Boulevard. A potluck supper will begin at 6:30 p.m. Gayle will demonstrate grilling fish. After supper, camping food ideas will be exchanged. Each person may have five minutes to share a recipe, menu, or ideas on storage, etc., or demonstrate. Each person should bring one dish for supper and a chair or blanket. From downtown Nashville go West End to Woodmont; go left one mile to Wilson; go left to second house on left. Please do not park in driveway. Gayle's phone - 297-1435.

Serpent on Loose - On the TTA Waterfall-Camping weekend in June, John Hart captured a six-foot black snake which he planned to give to the Cumberland Museum's live animal room. But John's security was not tight enough, and as we go to press, the snake has established private, secret quarters in John's house.

TRIP REPORTS

TWIN FORKS TRAIL - WORKDAY - was a marvelous success. On 30 April 1983, 19 persons were present to perform work on the Bluff Section of Murfreesboro's Chapter adopted trail.

Five members of the local chapter, four members of Girl Scout Troop #556, three members of Girl Scout Troop #474, three members of Girl Scout Troop # 932, Girl Scout Director Nancy Speck, along with 5 visitors made up the work crew whom completed a 32 ft. bridge cleared new trail, performed general maintenance and enjoyed a large lunch of hotdogs, chips and drinks furnished by the local chapter. Fun things are happening in Murfreesboro people. Come and join in the fun!
Arthur M. Yates: (615)459-2095

TRILLIUM GAP, BULLHEAD, MT. LECONTE CHIMNEY TOPS. Just names on a map of Great Smokies Nat'l Park until they became reality for 14 members of the Memphis Chapter of TTA and 5 members of the Nashville Chapter on May 13th and 14th. We met at Sugarlands Visitors' Center on Friday, May 13th and hiked Trillium Gap Trail to the top where we spent the night at Mt. LeConte Lodge, taking Bullhead Trail down the next day. There were many wildflowers in bloom, waterfalls, breathtaking views, and giant hemlocks. Some of the flowering trees were Mountain Silver Bells and Fraser Magnolia. Mrs. Mann, a wildflower expert from Nashville, helped members identify wildflowers and a painted trillium was found. There were Spring Beauties, Squirrel Corn, Fringed Phacelia and Jack-in-the Pulpit. Some of us made the hike to Chimney Tops, a rugged, steep trail, but the view from the top is worth the discomfort as the entire Sugarlands Valley is visible on a clear day. All too quickly the trip was over but the memories will last a lifetime.

Jerri Bull - Memphis Chapter

BEARWALLER GAP TRAIL, May 21st (Nashville Chapter),
This hike proved that you can have an exciting day in the rain. Intrepid hikers would be a fitting description of the 3 that forged along the 6 miles from Defeated Creek to Taker Knob. We climbed slick hills, waded two gushing streams, crossed another by inching over a fallen tree trunk, skirted a coiled rattler, spied 3 deer, 1 polecat and a ground hog - most of it during a downpour. The trail has all types of terrain from level grassy spots to steep paths, marsh to boulders. The rains have washed the trail down to tree roots in many places. We three agreed that the hike was an unforgettable adventure.

Gayle Douglas

Memphis Chapter - Memphis Historical Hike
May 28, 1983

A ten mile trek, mostly on concrete, caused some participants to scramble for the rare grassy spots along the way. The weather was nearly ideal as it was mostly overcast and temperatures stayed in the low 80's. A cool breeze even invigorated us as we first started our trek among the historical and architectural

delights of downtown Memphis. Bob Barnett, Anne Lindholm, Nell Mobley, and Betty Porter completed the hike and were rewarded with a patch that sprouted a BIG M cotton boll in a field of blue(s) that would do the Chamber of Commerce proud.

--Bob Barnett, Leader

TWIN FORKS TRAIL CHATTER - Work day was the 28th of May and a great deal was accomplished by the two people who showed up to work. Grass was cut, new growth was trimmed back, more of the trail was opened up along with a relocation near Colemans Bluff and just general maintenance was performed. This section of the trail is looking real good. Why not hike it this next weekend? The Corps of Engineers contacted us this past month and informed us that they had some beams and wire cable available if we wanted them. Plans are being made to pick this up in the near future. We sure appreciate the support this group of fine people are giving us...The Twin Forks Trail appears to be receiving quite a lot of usage, as the base tread is now well defined between Walter Hill and Colemans Bluff. We still have a lot of work to do and a long way to go. Could we depend on you and your support?...Many thanks to Don Magee, Stones River National Battlefield, for the new NPS Trails Management Handbook. It will be used and appreciated.

Cumberland Trail-Crystal Falls, June 4. Pat Anderson, John Hart and Joanie Becker carpoled to Walden Ridge in search of Crystal Falls. Our bushwack of "following the creek" became a compass walk lasting three hours to cover one lunch and one and a half miles. Remember that the red end of the compass needle is the end pointing north. But what a Falls, unspoiled, dropping forty feet in free fall with fifteen feet of cascades at the bottom. All voted it worth the effort, and forthwith sent the leader and Pat Anderson hiking on the road to bring back the car.
Gene Curp

Spring River Canoe Trip, June 11 (Memphis Chapter) - The next best thing to hiking is canoeing, and eight of us proved it on an eight mile trip down the Spring River near Hardy, Arkansas. The water was just high enough to provide a choice of passages down the rock ledges, and most of the time we picked the right spot. It was a most enjoyable day for all of us. Although we didn't see much wildlife, we did see plenty of evidence of destruction from the flood last December.

Middle Tennessee Waterfalls, June 18-19, 1983 (Nashville Chapter) - 24 members and guests enjoyed a great weekend of "progressive hiking", with only one brief shower and otherwise great weather. Saturday, in the Roaring River-Spring Creek-Blackburn Fork region, the group visited Cummins, Falling Sticks, Great Falls at Waterloo, Johnson's, and the upper Mill Creek Falls. Several intrepid hikers bushwhacked in search of the lower Mill Creek Falls but were turned back due to time; it will wait for another trip. After an exceptionally peaceful night at Ragland Bottoms camping area, the over-nighters explored the falls of Center Hill Lake, including Cul-Car-Mac and Fanchers. Only a few climbed down the face of the falls but the view from the rim of the gorge was enjoyed by all...
Stidham

Calendar of Events

July 9 - Cumberland Mt. Chapter meeting and bar-b-que, Pickett State Park.
 July 11 - TEC Board meeting 1-4 p.m., TSU downtown campus.
 July 12 - Murfreesboro Chapter board mtg.
 July 23-24- Memphis Chapter - Cedars of Lebanon State Park.
 July 28 - Nashville Ch. meeting and potluck supper.
 July 30-31- Murfreesboro Chapter - Savage Gulf Natural Area.
 August 6 - Memphis Ch. - Elmwood Cemetery Tour (Carol Walton-901-754-4664).
 August 9 - Murfreesboro Ch. meeting, 7 p.m., RM 105, Murphy Ctr., MTSU.
 August 13-21- Murfreesboro Ch. - Appalachian Trail (Glen Hanley (615-890-4113/898-2104)).
 August 14- Cumberland Mt. Ch. - Savage Gulf Natural Area (George Minnigh-615-879-5785).

August 19- TTA Board meeting - Prentice Cooper State Forest.
 August 19-20- Chattanooga Chapter - weekend rally at Prentice Cooper State Forest
 August 25- Nashville Ch. meeting & potluck.
 August 27- Stones River Nat'l Battlefield Night Hike (Evelyn Tretter-615-859-0566).
 August 28- Memphis Chapter - Shelby Forest State Park (Jill Norvell-615-876-5529).
 Sept. 9-11- Smoky Mt. Trek, sponsored by American Lung Association.
 Sept. 14-18- TVA Barge, Nashville.
 Oct. 12-23- TVA Barge, Memphis.
 Oct. 14-16- TTA Annual Meeting, Pickett St. Pk.
 Oct. 21-22- US Forest Trails Conference, Atlanta, GA.
 Oct. 28-30- TCWP Annual Meeting, Fall Creek Falls State Park.

TENNESSEE TRAILS ASSOCIATION, INC.

OBJECTIVES: To promote, construct, and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective. Sponsor for the Cumberland Trail. Regular dues are \$8.00 per year: \$3.00 for students and family dependents.

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