



# TENNESSEE TRAILS

Official publication of the  
Tennessee Trails Association, Inc.

Volume XIV, No. 8

August 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.

**SPECIAL SNAKE ISSUE** - look for the snake first aid insert in this issue, and other snakey items!

How about Horseback Riding? - TTA member Andra Fuson announces the riding stables at Cedars of Lebanon State Park are now open for business.

**August 6 - Elmwood Cemetary Walking Tour**  
Join the Memphis Chapter for this 1½ hour walking tour through Memphis' past. Step back in history as you visit former mayors of Memphis, soldiers, governors, and other pioneers, patriots, and patriarchs of Memphis. The Cemetery is shaded by beautiful tall trees on rolling hills. Bring a snack, water, and a friend.

Leader: Carol Walton 754-4664

## STONES RIVER NATIONAL BATTLEFIELD NIGHT HIKE (HUFFREESBOPO) Aug. 27, 1983

Meet at visitor center, Old Nashville Highway northwest of town (sign on I-24, follow markers), at 7 p.m., to go through visitor center and see slides. This is easy hike, 1-1½ miles, level ground (Class I), short stretch has boulders. Flashlights may be carried but please use only where necessary, to allow enjoyment of the night. If night is clear, we may later drive out in countryside to look at stars. Bring binoculars or telescope.

LEADER: Evelyn Trotter 615-359-0566  
Goodlettsville

## SAVAGE FALLS DAY LOOP TRAIL (Grundy Co.) August 28, 1983

On August 28 the Cumberland Mountain Chapter will sponsor a hike to Savage Gulf. Meet at 9:00 a.m. C.S.T. at the Savage Gulf Ranger Station for a

## MARK YOUR CALENDAR

October 1, 1983 - TTA will co-sponsor with TVA-Land Between the Lakes, the annual Fall Hike Day for TTA, scouts, local hikers, etc. The day will feature hikes on the Fort Henry Trails at LBL, and trailside hiking skill workshops led by TTA members. If you can lead a workshop on some aspect of hiking (equipment, ethics, cooking, wild edibles, photography, wildflower ID, etc.), call Arthur Yates (615-459-2095). Otherwise, plan to attend.

October 14, 15, 16 - TTA annual meeting at Pickett State Park is planned this year to have more fellowship, fun and hiking, and less indoor meetings. The Cumberland Mountain chapter is planning some great hikes at Pickett and the Big South Fork. We will be headquartered at the group camp, and meals will be catered. Look for door prizes and another fun auction.

## HIKES

*leisurely hike along the Savage Falls Day Loop Trail. We will hike the four mile loop and then we will drive to the Stone Door Ranger Station where we will walk approximately 3/4 mile to enjoy the view at the Great Stone Door. Cumberland Mountain Chapter members are to meet at Hammond Motor Parts parking area at 7:00 a.m. to carpool to the Savage Gulf Ranger Station.*

LEADER: Terry Bonham 228-3664 (home)  
742-6681 (work)

## August 28 - SECOND ANNUAL SUMMER FUN PICNIC AND FROLIC

The Memphis Chapter is doing it again, this time at the Girl Scout's Kamp Kiwani near Middleton. Be prepared to have lots of fun eating (potluck style), swimming and cooling off in their lake, canoeing (\$2.50/boat), fishing, and hiking to Soap Stone Falls and Gulleys. We expect all of Memphis TTA to be there or be square from 1:00 p.m.-until. Just follow hiway 57 to Middleton, turn north on hiway 125. The turnoff to the Kamp is about 5 miles from Middleton. Look for the Memphis TTA sign on the right. Then follow the gravel road to the end and through Kamp Kiwani. We'll meet you at the lake! call Jill Norvell for more info. 876-5529

**Improve Your Clevis Pins.** Instead of the usual cheap wire rings that can snag or uncurl, use small spring-steel key rings. They're durable and less likely to snag when securing the clevis pins.

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

During the weekend of July 2, 3, and 4, four Cumberland Mountain Chapter members backpacked into the Big South Fork NRA for what proved to be a full weekend of hiking and fishing. Tom Sells, Ron Qualls, James Ladd, and Steven Burke began the trip on Laurel Fork Trail and made their way to Parch Corn Lodge, which is located on Station Camp Creek. The fishing was good and provided the group with an excellent fish dinner with all the trimmings. On the morning of July 4 we were joined by Terry Bonham. Terry had started hiking in on the previous afternoon, however, it got dark and he was forced to spend the night at the Twin Arches alone. On departure from the Parch Corn Lodge, the group hiked the Twin Arch Trail back to the Fire Tower Road where our ride home awaited us. Our only regrets being that, we wished we had more time...Steven Burke.

On Saturday, July 9 forty people were present for the Cumberland Mountain Chapters meeting and barbeque which was held at Pickett State Park. Everyone enjoyed barbequed hamburgers and hotdogs, along with a variety of covered dishes. After eating we walked off our meal with a short hike around the Lake Trail. The TTA gained six new members at this meeting...Pamela Burke.

We would like to thank Pat Anderson for the fun weekend at Rugby. We all had a great time and a beautiful hike on Sunday. Thanks again! Steven, Pam, & Elaine.

### Nashville

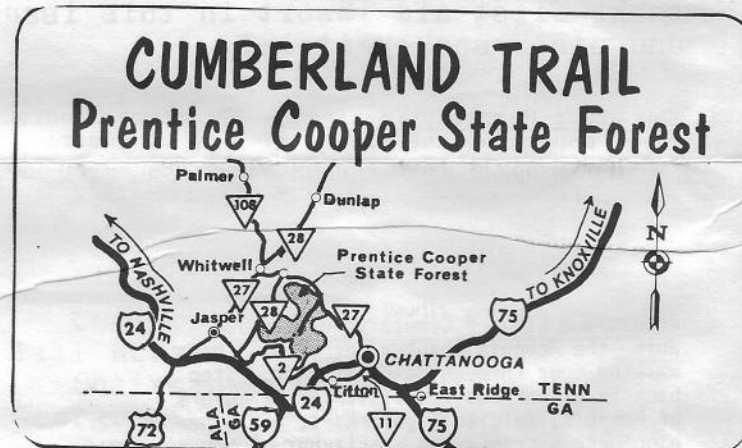
August Meeting - The Nashville Chapter will meet Aug. 24 at Lock 2 Park on the Cumberland River. Go Briley Parkway to McGavock Pike, go east to first road on left (Pennington Bend Road), turn left on Pennington Bend, go about two miles, then right at Lock 2 Road. Potluck picnic at 6:30. Utensils will be furnished. Each person should bring one dish and his own drinks. After supper it is tentatively planned for a group of members going camping to Maine to report on their trip.

Snake Finds Home - John Hart's six-foot black snake, reported on here last month, after hiding in John's house and later in the empty radio compartment of his car, has been turned over to the personnel at Edwin Warner Park visitor center, who planned to give him a check-up and turn him loose in the park. In the meantime, John's snake was borrowed by a naturalist and became the center of attraction during a nature program presented in Murfreesboro.

### Chattanooga

Don't forget the Weekend Rally sponsored by the Chattanooga Chapter of the TTA. August 19-21 at Prentice Cooper Forest. There will be music, demonstrations and a good time for all attending! Everyone bring your own food and water.

EVERYONE IS WELCOME, BRING YOUR FRIENDS!!



For more information, Contact Everett Kidder 875-0378

### Memphis

The program for the Memphis' August 18 meeting will focus on YOUR FAVORITE CAMP/HIKE FOOD. Bring your favorite dish for everyone to sample. This can include your best hiking snack, your favorite lunch on the trail, or campfire treat. Be sure to bring recipes and your appetite!!! See you at Kingsway Church at 7:30 , AUGUST 18!!!!

### Murfreesboro

The August 9th meeting will be in the shelter directly behind Murphy Center, MTSU. It starts at 7 p.m. (central time).

If anyone has any suggestions for a Nashville chapter hike or outing for 1984, or wants to lead a trip, contact Vic Canada (615-868-1072)



# first aid for snakebite

## SYMPTOMS

The symptoms of snakebite can be divided into two categories:

1. **Mild-to-moderate.** Mild swelling or discoloration, mild-to-moderate pain at the site of the wound, tingling sensations, rapid pulse, weakness, dimness of vision, nausea, vomiting, and shortness of breath.
2. **Severe.** Rapid swelling and numbness, followed by severe pain at the site of the wound. There may also be pinpoint pupils, twitching, slurred speech, shock, convulsions, paralysis, unconsciousness, and no breathing or pulse.

## FIRST AID

The victim of a snakebite must have prompt medical attention. The most important step is to get the snakebite victim to the hospital quickly. Meanwhile, take the following first aid measures:

1. Keep the victim from moving around.
2. Keep the victim as calm as possible and preferably in a lying position.
3. Immobilize the bitten extremity and keep it at or below heart level.

If the victim can reach a hospital within 4 or 5 hours and if no symptoms develop, no further first aid measures need be applied.

4. **If mild-to-moderate symptoms develop,** apply a constricting band 2 to 4 inches above the bite, but not around a joint—elbow, knee, wrist, or ankle—and not around the head, neck, or trunk.  
The band should be  $\frac{3}{4}$  to  $1\frac{1}{2}$  inches wide, not thin like a rubber band. The band should be snug but loose enough for a finger to be slipped underneath. Watch for swelling. Loosen the band if it becomes too tight, but do not remove it. Periodically check the pulse in the extremity beyond the bite to insure that the blood flow has not stopped.
5. **If severe symptoms develop,** keep the victim lying down and comfortable and maintain his body temperature. If breathing stops, give mouth-to-mouth resuscitation. If there is no pulse, perform cardiopulmonary resuscitation (CPR)—if you have been trained to do so.

As soon as possible make an incision over each fang mark and apply suction immediately. Apply a constricting band if that has not already been done, and make cuts in the skin through the fang marks. Use a sharp, sterilized knife. Cuts should be no deeper than just through the skin and should be  $\frac{1}{2}$  inch long, extending over the suspected venom deposit point. (Because a snake strikes downward, the deposit point is

usually lower than the fang mark.) Cuts should be made along the long axis of the limb. **Do not make cross-cut incisions. Do not make cuts on the head, neck, or trunk.**

Apply suction with a suction cup for 30 minutes. If a suction cup is not available, use your mouth. There is little risk to the rescuer who uses his mouth, but it is recommended that the venom not be swallowed and that the mouth be rinsed out.

**If the hospital is not close — that is, if it cannot be reached in 4 or 5 hours — take the following measures:**

1. Keep trying to obtain professional care, either by transporting the victim to a place where medical care is available or by using an emergency communications system to obtain medical advice.
2. **If no symptoms develop,** keep trying to reach the hospital and give the general first aid described above in steps 1, 2, and 3.
3. **If any symptoms at all develop,** apply a constricting band, make incisions, and apply suction immediately, as described above in steps 4 and 5.

## Other Factors To Consider

**Identifying the snake.** If you can kill the snake without risk or delay, bring it to the hospital for identification, but exercise extreme caution in handling it.

**Cleaning the bitten area.** You may wash the bitten area with soap and water and blot it dry with sterile gauze. You may apply dressings and bandages, but only for a short period of time.

**Medicine to relieve pain.** Do not give the victim alcohol, sedatives, aspirin, or any medicine containing aspirin. Some painkillers, however, may be given. Consult a doctor or other medical personnel for specific medications that may be used.

**Snakebite kits.** Keep a kit accessible for all outings in primitive areas or areas known or suspected to be snake infested.

**It is not recommended** that cold compresses, ice, dry ice, chemical ice packs, spray refrigerants, or other methods of cold therapy be used in the first aid treatment of snakebite.

The information on this poster is based on a report prepared for the American Red Cross by the National Research Council of the National Academy of Sciences.

**American Red Cross**



Snakebite prevention practices that can eliminate needless illness and worry may be learned in a Red Cross first aid course. Call your chapter to enroll.

# TRIP REPORTS

## TRAIL RIDE AT CEDARS OF LEBANON STATE PARK REPORT

We were overwhelmed concerning the terrific turnout of horse enthusiasts for the first trail ride sponsored at Cedars on June 25th. Sixty people and their horses were present. Riders came from all over the state. The first park ranger at Cedars of Lebanon, Dick Huddleston, who began working January 1935, rode four miles from his home to join us. The first lifeguard of Cedars, Jesse Doe, rode too. These two people shared stories and talked of history which enriched us all; indeed, a sentimental event. After the trail ride and lunch, Terry Davis of Lebanon led a road stroll along several of the county's nearby country roads. We are planning on conducting another ride in the fall.

*Andrea Turner*

Northrup Falls Work Trip - On May 22 five Cumberland Mountain Chapter members began work on a new trail at Northrup Falls. The group cleared approximately 1/4 mile of trail corridor, through dense growths of rhododendron and laurel. The work was extremely difficult, however it was made much easier when Tom Sells and his son David arrived with a chain saw. We hope to have this section of trail completed by summer's end. Others participating were: Howard Ray Duncan, and Steven and Pamela Burke...S. Burke.

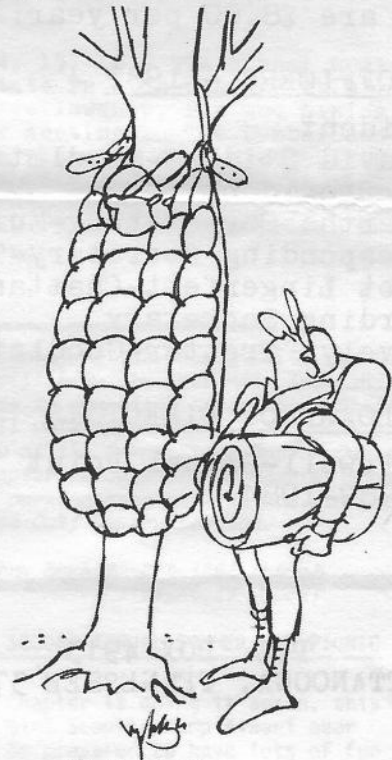
Sheltoee Trace - On June 12, forty-one people turned out for what proved to be the largest group that the Cumberland Mountain Chapter has hosted for a hike to date. The hike began at Coffee Overlook, in the Pickett State Park, and wound along Rock Creek on a recently built section of the Sheltoee Trace to Great Meadow Camp Ground, in the Daniel Boone National Forest. The group, which was led by Tom Maddox, enjoyed the many highlights along the way, which consisted of, watching the trout and small mouth bass in Rock Creek, two natural salt licks, and a small patch of Yellow Lady Slippers, just to name a few. It was a beautiful, but hot day. Upon arrival at Great Meadow Camp Ground some of the hikers cooled off with a swim in Rock Creek and everyone enjoyed ice cold watermelon...Steven Burke.



Meet our most recent TTA Board member, the Chairman of the newly formed Chattanooga Chapter:

My name is Everett C. Kidder, Jr. I was born in Boston, Massachusetts, July 5, 1940. Grew up in Plymouth in the Cape Cod area. My father was a career Air Force Officer. Attended three different high schools--Florida, Georgia, and Japan. Graduated from high school in Tokyo. Received a Bachelor's degree in Industrial Engineering at Georgia Tech. Worked for Eastern Air Lines in Miami as a Facilities Design Engineer, building airport terminals. While in Florida, I was a member of the Florida Trails Association and worked toward making that organization one of the top trail organizations in the country. Graduated from Florida Atlantic University in Boca Raton with a Master's degree in Business Administration. Taught business operation research while at Florida Atlantic and was awarded a graduate assistantship to prepare environmental impact studies and computer analyses of the effects of urban development on the ecological system. Came to Chattanooga in 1975 to develop a purchasing information system for TVA. I am now supervisor of Economic Analysis and Planning for TVA's purchasing function. I have served as a Girl Scout leader in the Chattanooga area. My wife's name is Helga and I have two daughters--Galen, age 13, and Lauren, 1-1/2 months' old.

Did Someone Mention Snakes? - Here's another snake tale: Recently while working on the Cumberland Trail on Black Mountain, Bob Brown stepped over a 3 foot timber rattler! Dave Stidham, following close behind rudely stepped on its tail! What did the snake do? Nothing, bless its heart. It's a good thing 'cause Bob didn't need to make another trip off that mountain to round up the Cumberland Co. Rescue Squad like he did ten years ago.



"You're afraid of snakes?!"

### 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)



## Calendar of Events

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|---|---|
| <p>Aug. 6 - Memphis Elmwood Cem. Tour (see this nl).</p> <p>Aug. 9 - Murfreesboro Ch. meeting (see this nl).</p> <p>Aug. 13-21 - Appalachian Trail hike (reservation only. Call Glen Hanley-615-890-4113 or 989-2104 if interested).</p> <p>Aug. 18 - Memphis Ch. meeting (see this nl).</p> <p>Aug. 19-21 - Weekend Rally, Prentice Cooper State Forest (see this nl).</p> <p>Aug. 24 - Nashville Ch. meeting (see this nl).</p> <p>Aug. 28 - Savage Falls Trail, Savage Gulf Natural area (see this nl).</p> <p>Aug. 27 - Stones River National Battlefield, (see this nl).</p> <p>Aug. 28 - Shelby Forest State Park (see this nl).</p> <p>Sept. 10-11 - Fall Creek Falls St. Park Overnight (Bucky Crowell 615-269-6579).</p> | <p>Sept. 10 - Mousetail Landing State Park (Charlotte Zerfoss 901-424-4321).</p> <p>Sept. 11 - Campbell Cave (Howard Ray Duncan, 615-879-8245).</p> <p>Sept. 12 - Cumberland Mt. Ch. meeting.</p> <p>Sept. 13 - Murfreesboro Ch. meeting.</p> <p>Sept. 14-18 - TVA Barge, Nashville.</p> <p>Sept. 15 - Memphis Ch. meeting.</p> <p>Sept. 17 - Radnor Lake State Natural Area, (Evelyn Tretter 615-859-0566).</p> <p>Sept. 23 - Nashville Ch. meeting.</p> <p>Sept. 24 - Village Creek State Park, AR, (Larry Lohman).</p> <p>Oct. 1 - Fall Hike Day, LBL (see this nl).</p> <p>Oct. 12-23 - TVA Barge, Memphis.</p> <p>Oct. 14-16 - TTA Annual Meeting, Pickett St. Pk.</p> <p>Oct. 28-30 - TCWP Annual Meeting, Fall Creek Falls St. Pk.</p> |
|---|---|

### 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.

#### TTA OFFICERS - 1983

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Everett Kidder-Chattanooga  
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#### TTA BOARD OF DIRECTORS

Sam Powell-Signal Point  
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Nashville, TN 37203

