



TENNESSEE TRAILS

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MOVE IS MADE TO RENAME BIG SOUTH FORK NATIONAL RIVER AND RECREATION AREA

Recently, a bill was introduced to the U.S. Senate by Senator Howard Baker and Senator Walter Huddleston of Kentucky to rename the Big South Fork National River and Recreation Area in honor of retired Kentucky Senator John Sherman Cooper. The bill passed the Senate by voice vote just before Congress adjourned for the holidays, and is scheduled to go before the House of Representatives sometime in January. The people, along with their local governments in adjacent areas, on both sides of the bi-state area have gone on record as strongly opposing the name change of the Big South Fork National River and Recreation Area, and have fought the measure. The renaming of the Big South Fork National River and Recreation Area to the John Sherman Cooper National Recreation Area has people upset for several reasons: (1) It would set a dangerous precedent, as no other national area such as the Big South Fork bears the name of an individual. (2) It is feared that dropping "River" from the title will downgrade the area to just a recreation area. (3) It would cost the taxpayer and surrounding businesses untold dollars because it would require the placing of new signs, publications, etc. (4) It would be unfair to name an area, which lies in two states after a politician from either state. (5) It would be a great loss to the regional heritage. The area has always been referred to as "Big South Fork". It is not too late to stop the renaming of the Big South Fork National River and Recreation Area, but action must be taken now, and by as many people as possible. The Cumberland Mountain Chapter urges everyone to write their congressmen and senators to voice displeasure at this action that has been denounced by citizens of both Kentucky and Tennessee...Cumberland Mountain Chapter.

Backyard Wildlife Rally 21 January 1984

What: This is not a hike! But, as an outdoor person, it's a workshop you don't want to miss. It's all about wildlife and how we can help.

When: 9 a.m. Eastern Time

Where: Signal Mountain Town Center, Signal Mt. Tennessee (near Chattanooga)

Subject: Attract wildlife to your backyard.
Bird migration and identification.
Importance of urban greenbelts.
Building designs for benefit of wildlife.

Speakers: Aelred Geist, Patuznet Wildlife Research Center, Laurel, MD,
Dr. David Pitts, UT at Martin,
Bob Hatcher, TWRA,
Sam Radgers, Landscape Architect, et. al.

Sponsors: Chattanooga Chapter, TTA; TCS; TWRA.

Contact Person: Sam Howell (TTA)-615-386-2689
or Coffey 1-800-262-6707

Preregister Now for the June Joyce Kilmer Trail

If you are interested in taking the June 16th and 17th trip to the Joyce Kilmer Memorial Forest, reservations **must** be made this month. (January) We will stay at Snowbird Mountain Lodge at Robbinsville, N.C. (about a 6 hour drive from Nashville) Hiking will be in the Joyce Kilmer Slickrock wilderness area. Room rate (\$38-\$43) include three meals a day (lunch can be packed for hike). We will spend the night the 15th and 16th (Friday and Saturday).

Make Reservations with:

Carol Shelton
121 A Route 10
Blackman Rd.
Murfreesboro, TN 37130

Phone: (615) 896-2269

HYPOTHERMIA

Hypothermia season is upon us and a quick review of hypothermia, its prevention and treatment could save a life - perhaps your own. Remember that no one is exempt from the dangers of hypothermia! Here's a reminder of the causes, symptoms, & treatment of hypothermia:

Three basic factors contribute to hypothermia - cold, wetness and wind. The temperature doesn't have to be all that low for hypothermia to occur. Even summer hikers should be conscious of the dangers.

Remember that although wetness can occur as a result of rain, snow or immersion in water, fog and excessive perspiration can also lead to chilling. Although one usually thinks of high winds leading to hypothermia, a 2-mile per hour breeze can chill you as effectively as a gale.

The best protection against hypothermia is an awareness that it can occur. Always be prepared, especially if you will be outside in damp weather for several hours. Dress in layers. Never skimp on food. Carry high-energy foods, such as chocolate and dried fruit and be especially careful not to become overly tired. Stop often to rest or snack. If the weather is chilling, try to stay out of the wind and continue moving to produce body heat, however, avoid strenuous exercise that will produce excessive sweating.

Hypothermia treatment involves three key measures.

1. Get victim into shelter and warmth. Remove wet clothing.
2. Use external heat sources to rewarm body.
3. Supply victim with hot foods and fluids as long as he's conscious. High-energy foods are excellent.

Remember that the rewarming process is slow and may take 6-8 hours. The victim shouldn't be left alone during this time.

HIKES

NORTHROP FALLS HIKE (Fentress County)

Sunday, January 1, 1984

This hike will be an excellent opportunity for some to walk off the wooziness from the night before. It will take the hikers around the Northrup Falls Loop trail, which was constructed by the Cumberland Mountain Chapter. Some of the focal points of the hike will be Northrup Falls itself, which falls some 50 feet into the gorge, beautiful high cliffs, and a forest with some of the largest hemlocks in the area. Northrup Falls and the surrounding 75 acres where it is located will soon become a State Natural Area bearing the name Colditz Cove Natural Area. We will meet at Allardt Elementary School at 2:00 p.m. C.S.T. Miles-2, Class-II.

LEADERS: Steven Burke 879-8017 (7:00 a.m. - 5:00 p.m.)
Howard Ray Duncan 879-8245

Eagle Watch, Tennessee National Wildlife Refuge
07 January 1984

This is planned as a half-day outing, leaving from the Cumberland Museum in Nashville at 12:15 central time. wear warm clothes and water proof foot gear.

IMPORTANT: Please pre-register before Jan. 6th with the leader, since there is a possibility the trip may have to be modified or cancelled, depending on the weather.

LEADER: Margaret Mann (615) 883-6212
P.O. Box 240038
Nashville, TN 37214

January 7 - REELFOOT LAKE STATE PARK

The Memphis Chapter is going back to see the eagles at their TN winter residence. This is our third annual trip and one of the most popular. We will meet the bus at Air Park Inn at 10:00. There is a 50¢ charge so bring your change. We will eat lunch at yummy Boyett's and then walk through the Management Area to look for more eagles, waterfowl, or anything else that bounds across our trail. And if you spend the night at the Inn, be sure to come to Charlie Norvell's evening program on migratory waterfowl. Meet the carpool at Kingsway Church at 7:30. Bring lots of warm clothes, snacks, binoculars, and a friend!

Leader: Carney Calcutt 901-286-1510

CALENDAR OF EVENTS

- Jan 01- Northrup Falls Loop Trail (see this Newsletter)
- Jan 07- Reel foot State Park (see this newsletter)
- Jan 08- Tennessee National Wildlife Refuge Eagle Watch (see this newsletter)
- Jan 21- Backyard Wildlife Rally (see this newsletter)
- Jan 22- Devils Cave (see this newsletter)
- Jan 31- Deadline for reservations, Joyce Kilmer trip (see this newsletter)
- Feb 05- Wolf River trip (Ray Burkett 901-528-6748)
- Feb 11- Cave trip (Robbie Krampf 901-454-5600)
- Feb 12- Angle Falls, Big South Fork NRR (George Minnigh 615-879-5930)
- Feb 18- Winter trail ride, Cedars of Lebanon State Park (Sandy Suddarth 615-444-9394 or 444-4566)
- Feb 25- Chickesaw State Park hike
- May 26 - NTC Biennial Meeting & Seventh National Trails Symposium - Russellville/
- June 3 - Petit Jean State Park. 3 days of workshops and panels to finalize recommendations regarding trails and make plans for 1984-6, 5 days to explore AR trails and get to know trail users from around the country.

January 28 - WATERFOWL WATCH

Join Ranger-Naturalist Charlie Norvell at Poplar Tree Lake, Shelby Forest State Park for a walk and talk about the migratory waterfowl. Hot coffee will be served in the Craft Center at the Lake. Charlie will be there all day so come out when you thaw.

Leader: Charlie Norvell 876-5201

February 5 - MISSISSIPPI RIVER HIKE

Take a winter wonderland walk through Shelby Forest's Management Area to the River with the Memphis Chapter! Meet at the Check-In Station (follow the signs through the Park) at 9:00a.m. This should be a walk to remember! Bring lunch, warm clothes, and a friend.

Leader: Ray Burkett 528-6748

DEVIL'S CAVE HIKE (Scott County) Sunday, January 22, 1984

Hike with the Cumberland Mountain Chapter on Sunday, January 22, 1984. We will meet at the Big South Fork NRR visitor center, 1½ miles east of Big South Fork River on Leatherwood Ford Road, at 1:00 p.m. est. This 2½ mile, class V, hike will tour a vista into the river gorge.

LEADER: George Minnigh 879-5930
Jamestown

January 22 - WAPANOCCA NATIONAL WILDLIFE REFUGE

Wapanocca is always filled with geese, ducks, and other interesting creatures. T.O.S.'s Jeff Wilson will have his spotting scope set up again to view eagles and waterfowl. Meet Jeff and T.O.S. at 8:00 a.m. at the Refuge Office. Take I-55 north from West Mphs, exit to Turrel. The refuge is before you get to the town. Bring binoculars, warm clothes, and a friend.

Leader: Jeff Wilson 388-6482

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)

TRIP REPORTS

Blanchard Springs Caverns, Arkansas
October 8-9 (Memphis Chapter) We had a most enjoyable, successful, invigorating, splendid two days in Arkansas's great outdoors. A remarkable turnout to be 180 miles from our home Chapter. October 8th we had 13 people to tour the 1 1/2 hour, .7 of a mile underground cavern; which in itself would have made the trip worthwhile. October 9th we had 9 hikers begin and complete a 10 mile round trip hike. The weather was perfect, no mosquitoes, but 2 people got a sweat bee sting; a little painful and annoying but no adverse reactions. Thanks to everybody that showed up.Jim Drum

Totally awesome is the only way to describe Memphis Chapter's weekend Oct. 22-23, at Savage Gulf State Natural Area. Just the drive itself would have been sufficient without the excitement of climbing the rocks at Great Stone Door. Seldom have we seen such an array of brilliant colors in the trees. The staff at Confrontation Point started our instruction with a 30 foot climb on a boulder. Then some of us went on to conquer 60 feet of the Monster while others mastered climbs on the 40 foot Bull Pen and 50 foot Tree. The day was climaxed by rappelling the 100 feet down from the top of the Monster. The high wind and intermittent rain did not make for ideal conditions but did not dampen the enthusiasm of the 11 people in our group. Sharing culinary skills and clean up made for good fellowship and fun and plans for a trip back again when we have time to also hike some of the trails in this beautiful and unspoiled area.

A. L and B. P.

Chewalla Hike - Holly Springs
Nat'l Forest - Nov. 5th (Memphis Chapter)

A crisp Fall day, blue skies, colorful trees, and twelve hikers provided a perfect combination for our Chewalla Hike Nov. 5th. We squished thru marshy lowlands, walked thru stands of hardwood & pine, and crossed streams on logs which gave some members a chance to see if their boots were indeed waterproof. Wildflowers are scarce now, but colorful mushrooms were seen along the trail. Lunch and refreshing break were enjoyed by a quiet lake before we returned to the beginning of the hike.

Jerri Bull

No Business Loop Hike, November 6 (Cumberland Mountain Chapter) - Fourteen TTA members turned out for the No Business Loop Hike. The hike began as a 4x4 trip some five miles through the Big South Fork NRR and Pickett State Forest, to a location known as the Jump-up Rock. The hike took the group along the old Terry Cemetery Road, before descending into the No Business Valley, which was once a well populated community with its own post office. But, today No Business is a wilderness, populated by wild boar and deer, and the only evidence of human occupation is the remnants of old rock walls, barns, houses, and an old 1938 Chevrolet truck. The day was cloudless and the weather was crisp. It was a perfect day for an excellent hike. Everyone had a great time...Tom Sells.

Stones River Canoe Trip, November 5, (Murfreesboro Chapter). Nineteen persons turned out for the 8-mile float on the Stones River. Conditions could not have been more perfect. A much needed two inches of rain fell on Thursday and Friday, followed by a beautiful sunny, perfect fall day on Saturday. The abundance of water gave us the opportunity to put in further up stream at Readyville Mill, and float to the old log mill dam at Hall's Hill.

In addition to the beautiful fall colors, wildlife were out in abundance. Three owls were sighted, several red-tailed hawks, many pileated woodpeckers, blue heron, an abundance of ducks, and other birds. Be sure to join us next year.

- - - Bertha Chrietzberg

CUMBERLAND TRAIL November 12th, 1983

Crystal clear blue skies and a nip in the air greeted the 36 people that turned out for the hike on Section 1 of the Cumberland Trail. With only the expected minor confusion, the group left Cove Lake for the Mountain. The first stop, 1/2 mile out (or rather up) was a rock overlook that provided a spectacular view of the Great Valley and Smokies. About half the group ventured down the mountain-side to the first big rockhouse and waterfall (well, water-trickle). At mile one the group rested and enjoyed the natural bridge (notice, I didn't say the only natural bridge in East Tennessee). Lunch was taken at the front face of Koker Knob.

About 2pm, the clouds moved in and the temperature took a big drop. In fact, a feel sleet pellets and snow flakes started to fall. The group made it to McClain's Rock about 3:15. Most of the folks went down to Alum Cave Rockhouse. The general consensus was of what a spectacular place it was.

Unfortunately, the trip was marred at this point. Our shuttle vehicle were late. In fact, they were so late that over half of the group decided to walk off the mountain and make their own way back to their vehicles. When ~~the~~ shuttle showed up, about 5:30, we discovered they had been held up by a train at the coal mines. We offer our deepest apology to those folks who were inconvenienced. It was unplanned, unavoidable and unfortunate. Special thanks go to Bobby Harbin, Grimes Slaughter and Ruth Slusher who volunteered to walk out and try and locate the shuttle vehicles. Also to Frank Snyder, the CT Ridgerunner and Terry Gross, who is one of the crewmen building the trail, for providing the shuttle. Most of all, I want to thank the entire group for remaining calm in the face of the unexpected. The folks who remained behind all pitched in to locate a shelter (rockhouse), build a fire and collect wood.

In building the trail we are sort of like an only child with a new toy; it's not as much fun if there is no one to share it with. We all shared this weekend and it was truly great. Thanks-- Mike Dahl

What a nice day for a hike! About 50 eager people walked along the Chickasaw Bluff Trail for our third annual Thanksgiving Day November 26. New faces met old faces as we walked with Charlie, Ranger/Naturalist. He pointed out many interesting features along the way and historical tid-bits. We learned about the four Chickasaw Bluffs, their formation, and where they are located. We stopped for lunch at Woodland Trail shelter, visited an old Model-T Ford with a tree growing up the middle, and watched the springs bubble up at Pioneer Springs and Thousand Springs. It was another nice hike along our adopted trail.

Tennessee Trails Association, Inc.
P.O. Box 4913
Chattanooga, Tennessee 37405

1984 Dues

Date _____

Please register me as a member for the calendar year 19____ (Jan. through Dec.) with the type of membership checked:

_____ Student (fulltime undergraduate and high school) \$ 3.00
_____ Individual \$ 8.00
_____ Family dependent (one who resides with an individual member) \$ 3.00
_____ Supporting \$ 15.00
_____ Life \$150.00

Student members do not have voting privileges. Supporting members may be organizations or individuals. Each organization should designate a representative to cast its vote and up to three addresses to receive the newsletter. Family dependent members do not receive a separate newsletter.

Cut and mail today!

NAME _____
ADDRESS _____
PHONE NO. _____ (home) _____ (work)

Chapter News

Cumberland Mountain

CUMBERLAND MOUNTAIN CHAPTER MEETING - JANUARY 7, 1984

The Cumberland Mountain Chapter will hold their regular chapter meeting at the cabin of Ken and Dean Pittman, on Saturday, January 7 at 6:00 p.m. C.S.T. This cabin is an original log house which was built around the turn of the century and was recently relocated to a beautiful spot near the home of the Pittmans. The meeting will be held in totally nostalgic surroundings by the light of kerosene lamps. Refreshments of coffee, hot chocolate, dried apple stack cake and fried apple pies will be served. The theme of the meeting will be "Our Mountain Heritage". Everyone is urged to dress up in "old timey" clothes and bring an "old timey" item such as a tool, utensil, gun, or even a old story to share with the group. This meeting promises to be one of our most enjoyable yet. So come on, and enjoy a time when we can at least temporarily go back to an age when life was much simpler. Everyone is requested to meet at the home of Ted Brooks, where we will go on to the cabin. For those needing additional information call Ken or Dean Pittman at 879-8724.

Nashville

January Meeting - The Nashville Chapter will meet Jan. 26 at the Cumberland Museum at 7:30 p.m. Chapter member Warren Dixon will show slides of his hike into the Grand Canyon last summer, some of which he showed at the TTA annual meeting in October.

Memphis

Memphis Chapter's January meeting will feature Martha Waldren, Tennessee Ornithological Society member, and worker with eagle hacking project at Reelfoot Lake State Park. She will tell us about the project and get us "geared up" for our visit to Wapanocca. We will meet January 19 at Kingsway Church, Poplar and Massey, at 7:30, so be there or be square.

The Memphis Chapter's Second Annual Christmas Party was FUN. We had plenty of food, drink, and friends to share it. After dinner, Jill gave "fun awards" to deserving people. Anne Lindholm received the award for the best case of poison of the year, Ray Burkett won the best snacks on the trail award, and Barbara and John Grimm won the happiest hiking couple of the year award, to name a few. Our more serious awards for outstanding dedication and contributions to Memphis Chapter went to Jerri Bull and Bob Barnett. They deserved it. Next on the agenda was the door prize give-away. We had enough prizes for everyone! That was great! Our evening was topped off by singing Christmas carols.



Mack Prichard
Dept. of Conservation
701 Broadway
Nashville, TN 37203

