



# TENNESSEE TRAILS

OFFICIAL PUBLICATION OF THE TENNESSEE TRAILS ASSOCIATION, INC.

VOLUME XVII, No. 6

JUNE 1986

## TTA ADOPT-A-TRAIL PROGRAM

As discussed in the last issue of TENNESSEE TRAILS, the formation of TTA evolved from a number of persons' desire to create the Cumberland Trail as an alternative to the Appalachian Trail. In the years since then, five chapters of TTA have been formed and the number of members increased considerably. Because of the additional members and a growing need by state parks, chapters and individual members have adopted additional trails.

The following excerpts have been taken from the TTA Adopt-A-Trail Inspection and Maintenance Manual which is given to each TTA member who volunteers to help with an adopted trail. If after reading this, you would like to help keep Tennessee's trails beautiful, please contact your chapter's representative as listed following this article.

Trails are a key part of many outdoor recreation experiences, but many trail travelers take them for granted. Most trails are built and maintained by land management agencies that are short on dollars and people.

The purpose of the TTA Adopt-A-Trail program is to encourage lay hikers to assist in the maintenance of the hiking trail system in Tennessee. By periodically hiking these trails, performing minor maintenance tasks (such as picking up limbs and litter), and reporting to park rangers on the trails' condition, volunteers will help agencies whose reduced natural resource budgets preclude comprehensive trail maintenance programs. Above all, the purpose of the Adopt-A-Trail program is to involve people in caring for their recreational environment and to accept a degree of responsibility in maintaining the quality of that environment.

When looking to participate in the Adopt-A-Trail program, select a trail you feel you will be able to hike and inspect at least twice a year. The trail may be on local, state, federal, or private property. However, TTA encourages the adoption of Tennessee and National Recreation Trails, and/or segments of the longer Tennessee Scenic Trails.

If your chapter has already adopted a trail, and you wish to be a part of that effort, you may do so by contacting your chapter's coordinator to specify which month's you would like to be responsible for the inspection and clean-up of the trail. If, on the other hand, you prefer a different trail, let your coordinator know so that she/he can notify the appropriate management agency of your intentions.

Once you have expressed your commitment, you will be sent the Trail and Maintenance Manual which explains in detail how to maintain a trail, including blazing, trimming overgrown branches, plus much more. Many of the trails managed by state or federal agencies are happy to provide you with the equipment you will need, though you should arrange for use of these tools prior to your visit.

Also provided with your manual are Trail Inspection Forms. To insure the success of the Adopt-A-Trail program, it is essential for each adopter to complete one of these forms after each trail visit. A copy should be sent to the trail's management agency and to your chapter's Adopt-A-Trail coordinator. These forms when completed, allow the management agency to easily locate and correct trouble spots on the trail and at the campsites. It also gives them a sense of the overall condition of the trail and of its use.

As Howard Ray Duncan said in last issue's report on the Cumberland Chapter's work trip on the Middle Creek Trail, over a period of years, TTA members will save the park services hundred of dollars in trail maintenance money. This is one trail and one chapter alone. Combined with all the TTA chapters and members, this savings amounts to thousands of dollars. More importantly, though, your involvement insures Tennesseans and our visitors of well-kept, clean, and beautiful trails for years to come.





## Adopt-a-Trail CHAPTER COORDINATORS

CHATTANOOGA -- Jeri Shuttters  
CUMBERLAND MOUNTAIN -- Howard  
Ray Duncan (615-879-8245)  
MEMPHIS -- Bob Barnett  
(901-767-9347)  
MURFREESBORO -- ??  
NASHVILLE -- Pat Anderson  
(615-383-2355)

## SEASONAL TRAIL MAINTENANCE CHORES

By Elizabeth D. Levers  
Submitted by David Stidham

LATE WINTER/EARLY SPRING: Remove downed trees and fallen branches from the trail; repaint blazes as needed.

MAY OR EARLY JUNE: Clip early growth; where areas are open to the sky, growth continues and must be cut back up to late July.

FALL TO NOVEMBER: After leaves have fallen and before hunting season begins, clear out waterbars, so that they will function in spring run-off; final clipping and blazing as needed, to be ready for spring, but also to make the trail in good shape over the winter.

YEAR-ROUND: Be alert at all times for problems of erosion, misuse of the trail, etc., and report these at once.

## WEST TENNESSEE TRAIL REPORT

- Bob Barnett -

Charlie Norvell told me recently that the Turkey Call Trail at Big Hill Pond State Environmental Area is in need of being adopted. The trail is about 3 1/2 miles long and runs along the ridge between Cypress Creek and the Tuscumbia River along the marshes near the creek. The trail is overgrown in a place or two and the greatest need that exists is that more hikers use it. If interested in adopting or procuring more information, contact Big Mill Pond, Route 1, Pocahontas, TN 38061 (901-645-9275).

Rumor has it that the state trails crew is going to be in Meeman-Shelby Forest State Park soon. This writer and the rest of the Memphis Chapter have not done all that they could have in terms of trail maintenance in this hiking home base. I propose a month-by-month inspection system for the Chickasaw Bluffs Trail like the Nashville Chapter has for the Volunteer Trail in Long Hunter State Park. I'll put my name up front and volunteer to inspect the Chickasaw Bluffs Trail during the summer months of June, July, and August. It is hoped that individuals will volunteer for the rest of the months of the year. There will be more on this effort in upcoming newsletters.

## NORTH CAROLINA'S VERSION OF ADOPT-A-TRAIL

From SOUTHERN LIVING, April 86

North Carolina Department of Natural Resources and Community Development has received funding to continue two of its most successful programs -- "Stream Watch" and "Adopt-A-Park."

The Stream Watch program began in 1983 and encourages citizen groups to take an active part in caring for a local river, creek, or stream. The groups are involved in a variety of projects, including monitoring the quality of the water, cleaning up the stream, and generally looking after its welfare. So far, more than 90 conservation organizations have participated.

Likewise, the Adopt-A-Park program engages local citizens and groups to take an active interest in local state parks by seeing to the parks' needs. They also receive money for educational activities.

Information on these programs is available by writing the North Carolina Division of Environmental Management, 512 North Salisbury Street, Raleigh, North Carolina 27611.

## PERNICIOUS BEETLE

From SOUTHERN LIVING, April 86

The pine beetle is small and nondescript, but it is tenacious, has a voracious appetite, and can be deadly to a thriving pine forest. Alabama is the latest Southern state to proclaim a Pine Beetle Alert, urging land owners to take the necessary precautions of cutting and discarding trees that show the presence of pine beetles. There is good reason for concern: in Texas alone, pine beetles have already done more than \$50 million worth of damage. The beetles have also infested Louisiana's pine forests and are in Alabama in force, spread over 48 counties. Things are so bad in 26 of those 48 counties that state foresters claim the infestation has reached epidemic proportions.



The following was submitted by Pat Anderson which she found in the Florida Trail Association's newsletter, THE FOOT-PRINT. It is dedicated to all of you dedicated volunteers.

### THE VOLUNTEER'S HEAVEN

Many will be shocked to find  
When the day of judgement nears  
That there's a special place in heaven  
Set aside for Volunteers.

Furnished with big recliners  
Satin and footstools;  
Where there's no committee chairman  
No group leaders or car pools.  
No bazaar and no bakesale;  
There will be nothing to staple  
Not one thing to fold or mail.  
Telephone lists will be outlawed  
But a finger snap will bring  
Cool drinks and gourmet dinners  
And rare treats for a king.

You ask, "who'll serve these privileged  
few

And work for all they're worth?"

Why, all those who reaped the benefits,  
And not once Volunteered on earth!

- Anonymous



### CARPOOL COORDINATORS

CHATTANOOGA - Dot Lingerfelt  
(615-842-8043 or 751-3292, wk.)  
CUMBERLAND MTN. - ??  
MEMPHIS - Gene Jacobson (901-755-9073)  
MURFREESBORO - Maryedith McFarlin  
(615-896-1344)  
NASHVILLE - Evelyn Tretter (615-859-0566)



### CUMBERLAND TRAIL NEWS

Cumberland Scenic Trail  
Eagle Bluff Hike  
July 4, 1986

Time: 10:00 a.m. (EDT) to 3:30 p.m.

Place: Cumberland Trail Office, Cove Lake State Park

Bobby Harbin, Park Manager of the Cumberland Scenic Trail, has scheduled and publicized a July Fourth hike to a desti-

nation fitting the occasion - Eagle Bluff on the Cumberland Trail, overlooking Jacksboro. A shuttle will take hikers from Cove Lake State Park past an ancient Indian burial mound and past Eagle Bluff Lake to the foot of Cumberland Mountain. The hike will be along the historic Kentucky Road to Eagle Bluff at the top, thence along the Cumberland Trail to a gap just short of the southern end of Cumberland Mountain, where the CT leaves to descend to Cove Lake.

A side trip of approximately 1 mile will be made to the actual end of the mountain where, atop the "Pinnacles" there is a spectacular view of Bruce Gap through which passes I-75. The descent to Cove Lake on the CT passes varied and interesting ecosystems, both natural and manmade. For more information, contact Bob Brown (615-748-4816 wk.).

### MORE INFORMATION ON THE CUMBERLAND TRAIL

Excerpts from Dept. of Conservation, Div. of Parks and Recreation literature...

The Cumberland Trail is one of the eight Scenic Trails included in Tennessee's Scenic Trails System which was passed by the Legislature in 1971. To qualify, a trail must be (relatively) isolated, require at least three days to hike and possess scenic or natural characteristics.

Starting in Cumberland Gap National Historic Park, near Middlesboro, Kentucky, at Tri-State Peak, the CT follows the eastern edge of the Cumberland Plateau escarpment southward to Chattanooga. The trail is broken into four major

sections.

Section 1, called the Cumberland Mountain section, is 41 miles long and runs from Cumberland Gap National Historic Park southward to Cove Lake State Park at Caryville. This section is the most rugged with miles of the trail running through and across the boulder strewn crest.

Section 2, called Walden Ridge, is 30 miles long. Section 2 travels from Cove Lake State Park at Caryville southward to Oliver Springs. While not as challenging as Section 1, there is plenty here to excite the hiker's imagination.

Section 3, called Catoosa, covers about 45 miles from Oliver Springs through Catoosa Wildlife Management Area to just east of Crab Orchard. Because of routing the trail through the management area, it may be necessary to limit hiking during the hunting season.

Section 4, called Grassy Cove, starts at I-40, just east of Crab Orchard and then climbs and crosses Black Mountain, Brady Mountain; skirts around Grassy Cove and then travels down the eastern rim of the Sequatchie Valley to State Route 30; continuing down the eastern rim and crosses over to the eastern edge of the Cumberland Plateau escarpment and finally descends into Prentice Cooper State Forest where the trail ends. Total length will be between 200 and 255 miles.

## NEWS FROM OUR PARKS



### LONG HUNTER STATE RECREATION AREA

- May 23 Night Hike & Campfire Program, 8:00 p.m. to 10:30 p.m. Meet at park office by 8:00 p.m. Bring fluids. Marshmallows and darkness will be provided.
- May 24-25 Overnight Backpacking Trip, Volunteer Trail -- Limited number allowed so call to make reservations on Thursday, May 22 or Friday, May 23. Provide your gear and food. Meet at park office at noon, May 24. You should be out by 3:00 p.m. Sunday. For more details call 885-2422.
- May 31 Bird Day -- Bill Troup, Long Hunter's Naturalist, will be hosting a special day for all bird enthusiasts. The schedule is as follows:

8:00 a.m. Bluebird walk  
3:00 p.m. Live birds of prey on display  
8:30 p.m. Film  
9:30 p.m. Owl Prowl (night hike)

The details have not been finalized so, if interested, call the park office (615-885-2422).

## BIG SOUTH FORK TRAIL UPDATE

- Howard Ray Duncan -

If you are in the vicinity of Pickett State Park and looking for a delightful new trail to hike, consider the nearby Middle Creek Loop Trail. This 3.5 mile loop offers a variety of scenery and plant life. Along this trail one may visit large "rock houses" once used by prehistoric Native Americans. The trail also has some nice groves of eastern hemlock and white pines. The Middle Creek trail is well marked for easy strolling (Class I) and has a variety of wildlife to be seen, such as whitetail deer, gray squirrel, rabbits, and various birds. The trailhead is located on the Fork Ridge Road, 0.7 miles from Highway 154. The Fork Ridge Road is well signed and is located two miles north of the 154-297 intersection or 3 1/2 miles south of the Pickett Park Office. Next month, information on Slave Falls... Happy Trails!

## CHEROKEE NATIONAL FOREST

### LAND AND RESOURCE MANAGEMENT PLAN

In April of this year, the Final Plan and Environmental Impact Statement for the Cherokee National Forest was released for review and comment by the public. Excerpts of this plan have been submitted for this issue of TENNESSEE TRAILS by David Stidham, TTA president. Highlights of this plan include the following:

- o Parts of the National Forest considered suitable for timber production are reduced from the Draft Plan. Of the 625,000 acres in the Cherokee National Forest, 39% are considered unsuitable for timber production.

The 39% includes wilderness areas, special and scenic areas, cultural areas, unproductive sites, administrative sites (offices, etc.), developed recreation sites, national trails, highly-sensitive visual areas, etc.

- o The Cherokee will build an average of 34 miles of roads per year. In the past, the Cherokee has averaged building 40 to 50 miles of roads per year.

Most new roads (which will not be designed for general public travel) will be controlled by gates to provide



backcountry recreation, promote remote wildlife habitats and protect the roads from damage during wet times of the year. These roads will be accessible for foot traffic and horseback riding.

- o The areas recommended for wilderness study have increased. The Forest is recommending an additional 33,735 acres. Two areas, Little Frog Mountain and Big Frog Extension are recommended for wilderness since Congress has already designated them as wilderness study areas. Additional areas are recommended for wilderness study and include: Sampson Mountain, Unaka Mountain, Pond Mountain, Pond Mountain Addition and Big Laurel.
- o Areas recommended for special designations have increased. Recommended scenic areas include Coker Creek, Doe River Gorge, Bald Mountain Ridge, Rock Creek Gorge, Buffalo Mountain, and Gentry Creek. In addition, Roan Mountain will have a special set of management guidelines.
- o Additional trails and recreation areas have been recommended, budget permitting.

For additional information, contact Cherokee National Forest, P.O. Box 2010, Cleveland, TN 37311 (615-476-9700).

## TTA SUPPORTER NEWS

### BIG SOUTH FORK HIKING CLUB UPCOMING ACTIVITIES

Donald Thompson, president of the Big South Fork Hiking Club, would like to extend a welcome to each of you to attend any of their upcoming hikes.

- June 7 Rainbow Trail from Laurel boat dock to Cumberland Falls. Meet in parking lot at Cumberland Falls at 9:00 a.m.. Will leave Whitley City Motel at 8:30 a.m. or in Somerset, will leave from Burger King at 8:15 a.m.
- July 25 Overnight on Mt. LeConte in Great Smoky Mountains. Meeting time and place will be decided at a later date.

For more information on any of the Big South Fork Hiking Club's trips, call or write Donald W. Thompson, 944 Monticello Road, Somerset, KY, 42501, 606-679-7563.

## APPALACHIAN TRAIL CONFERENCE VOLUNTEER TRAIL CREW

If you are 18 or older, enthusiastic, in good health, physically fit, and adaptable, this may be for you.

Join the Appalachian Trail Crew! Help build and preserve the world-famous Appalachian Trail working with public natural resource agencies and Appalachian Trail maintenance clubs (such as the Smoky Mountain Hiking Club, TTA supporters). The program will operate from June 6th until August 28th. Crew members can work for one weekend or as long as the whole summer. Trail crews of 4-6 volunteers with a skilled leader will work on projects from Thursday to Monday and return to the base lodge for Tuesday/Wednesday "weekends".

Work may include new trail design and construction, rock work, log work, shelter construction, rebuilding eroded trail, vista clearing or a variety of other resource management projects along the Appalachian Trail.

For more information, contact Southern Trail Coordinator, Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, WV 25425 (304-535-6331).

## TENNESSEE ENVIRONMENTAL COUNCIL

The Tennessee Environmental Council's Annual Meeting will be held on June 9th at the Warner Park Nature Center on Hwy. 100. Visitors are welcome. The schedule includes the Bd. of Directors Meeting (2-5 p.m.), nature hikes (5-6 p.m.), dinner (\$5/adults, \$2/children from ages 6-12, under 6/free) from 6-7 p.m., an auction (7-7:30 p.m.), and entertainment (Conservation Trivia Game Show) from 7:30-8:30 p.m. Being auctioned off will be a 16'6" tandem Blue Hole Starburst canoe (retail \$900.00). To place your bid or to obtain more information, contact the TN Environmental Council, 1719 West End Avenue, Suite 227, Nashville, TN 37203 (615-321-5075).

## GRASSMERE

Grassmere, a 200-acre farm in South Nashville, is slated to become a nature center. The Cumberland Museum and Science Center will operate the project, which will be called Grassmere Nature Study Center. When completed, perhaps as early as 1988, it will display native Tennessee animals and aquatic life, offering hiking trails and picnic areas.

## CHAPTER NEWS

### CUMBERLAND MOUNTAIN CHAPTER

CHAPTER MEETING  
July 12, 5:00 p.m.  
Pickett State Park

The Cumberland Mountain Chapter of TTA will hold its July meeting at Pickett State Park. This is a super, special event. We will meet at 5:00 p.m. to begin the COOKOUT! After eating, there will be a short HIKE around the Pickett Lake. When finished with the hike, we will be treated to HOMEMADE ICE CREAM!! While enjoying the ice cream, we will be able to view a special PROGRAM. It isn't guaranteed that a great deal of business will be conducted but we can guarantee lots of food, fun, and fellowship. If you miss this one, you'll surely regret it. P.S. Everyone is welcome to attend.



**It's Tennessee  
Homecoming  
'86!**

HOMECOMING '86 ACTIVITIES  
June 14, Rugby, TN

In keeping with the Homecoming '86 celebrations, the Cumberland Mountain Chapter will be hosting a special TTA Homecoming on Saturday, June 14 at Rugby, TN. The event will begin with a special hike to the Gentlemen's Swimming Hole at 3:00 p.m. (CST) for those who wish to arrive early.

A special, covered dish supper will begin at 6:00 p.m. in the Community Room of the new Rugby Lending Library. Everyone attending is requested to bring some type of covered dish. Beginning at 7:30, there will be a slide presentation of the history of the Cumberland Mountain Chapter. While not definite, we may be able to see a special presentation on the history of Rugby as well.

Plan now to attend this one-time-only event. For further information, please contact one of the following:

Howard Ray Duncan	615-879-8245
Dean Pittman	615-879-8724
Tom Sells	615-879-7759
Steven Burke	615-879-7770

### MAY CHAPTER MEETING REPORT

The Cumberland Mountain Chapter held its regularly scheduled meeting on May 13 at the Fentress County Chamber of Commerce in the new TTA room. During the meeting, the Big South Fork Wildflower Pilgrimage was discussed. Everyone agreed that this year's was successful. Also discussed were future hikes and activities. The next scheduled meeting will be on July 12 at Pickett State Park (see announcement earlier in this section). Thanks to all who attended.

- Howard Ray Duncan

### TRIP REPORT:

#### Big South Fork Wildflower Pilgrimage

This year's Big South Fork Wildflower Pilgrimage was considered to be very successful and enjoyable. Approximately 100 persons attended the various hikes and tours in the area. In spite of the worst drought in recorded history, over sixty different species of flowering plants were identified. A special thanks to all the folks who worked so hard to make the Pilgrimage possible, especially the trip leaders. We're already planning for next year's event.

- Howard Ray Duncan

### TRIP REPORT:

#### Weekend-of-Fun at Pickett

The Cumberland Mountain Chapter's annual Weekend-of-Fun at Pickett State Park was moderately successful this year. Chapter members made approximately seven gallons of delicious chili and prepared vegetable trays, cookies, cakes and other treats. Unfortunately, attendance was much lower than usual and most of the goodies went back home.

The approximately 25 persons that were able to attend, enjoyed all they could eat and had fun looking at slides of the past year's activities. A heartfelt thanks to those of you who went to so much trouble to prepare the food. Also, a special thanks to those who came from out of town.

- Howard Ray Duncan

### MEMPHIS CHAPTER

#### JUNE CHAPTER MEETING

June 19, 7:30 p.m.

Kingsway Christian Church

Meet us at 7:30 p.m. on June 19 at the Kingsway Christian Church, 6310 Poplar Ave. Betty Porter will show slides and talk about her trip to wildlife refuge areas along Florida's coast with the Lichterman Nature Center in February. Some



places visited were the Everglades and Key West.

SPRING RIVER CANOE TRIP  
Saturday, June 14

John Parrish will be our leader for this trip which will feature a change of pace from our regular events. The carpool will leave Memphis from Kingsway Christian Church no later than 6:30 a.m. as it will take approximately 3 1/2 hours to make the drive. If you prefer, you can meet the group at 10:00 a.m. at Many Islands Campground near Hardy, Arkansas.

We will canoe from Dam 3 to Many Islands Campground, which is about four to five hours on the river. This is not a whitewater river, but it does have waterfalls and enough right angle bends to provide some excitement. Camping is available at Many Islands for those who do not want to make the trip back to Memphis that night. For more information, call John at 901-795-7510. There will be canoes for rent at Many Islands.

BLED SOE CREEK STATE CAMPING PARK  
June 13-14

Superstitious? We will swap superstitions on this Friday the 13th campout in this small, but pretty park just outside of Gallatin.

When morning comes, we will hike around five miles which will allow for strolling along a creek and for hiking along and above the embankment of Old Hickory Lake. After the hike, we will tour one of the nearby historic sites (Cragfront or Wynnewood, depending upon group consensus).

After that, swimming and a picnic will be in order at the nearby LaGuarda Recreation Area unless a better site can be arranged between now and then. To get to Bledsoe Creek State Park, take state highway 25 out of Gallatin and follow the signs to the park. For more information, contact Bob Barnett, 901-767-9347 (on Thursday the 12th, call 615-449-4012 to reach me).

TRIP REPORT:  
Spring In the Forest  
May 3, 1986

It was the kind of day on which you could confidently leave your raingear at home. The cool, clear, breezy weather (perfect for hiking) was atypical for Memphis in May, and the recent drought and subsequent lack of free-standing water, left Shelby Forest miraculously devoid of its usual horde of biting insects.

Eight TTA "old-timers" showed up to be joined by six newcomers, including three terrific kids whose enthusiasm never flagged, and 9-month-old James Norvell, who despite his classy little hiking boots is still leaving the driving to mamma, Jill. From the recreation center, we walked up the bike trail to the Woodland Shelter, then circled back on the Chickasaw Bluffs Trail, covering a total of about 5 miles.

Sweet-william and buckeye had almost disappeared, and the trail was now lined with bedstraw and butterweed. Also blooming were solomon's seal, wake-robin, and the wahoo bush (not the bright red fruits, but the delicate brownish flowers). For nature lovers, the highlight of the trip was watching a fat opossum lumber up a tree to assume a precarious perch, from which he stared sleepily down at us.

The hike was over by noon, giving people a chance to participate in the day's other events. We were pleased that, for a change, spring in Shelby Forest had been not merely tolerable, but enjoyable.

-- Debbie Gilbert

TRIP REPORT:  
FALL CREEK FALLS STATE PARK  
May 9-11

Friday, May 9th, I meandered among the short but scenic day-use trails in this beautiful park. I even had the view of Fall Creek Falls to myself when I arrived there in late afternoon. After a mostly peaceful night in the campground, we reconvened at the Nature Center on Saturday morning.

What started out as a group of 12 people inadvertently became two groups of six. Both groups hiked on the Cane Creek Overnight Trail with one group hiking mostly on the high ground of the upper loop while the other group rock hopped down the gorge.

Able leadership was provided by Gretchen Bayless, but the group was not fully prepared for the challenge of rock hopping so we parted company with the Cane Creek Gorge to ascend to the Fall Creek Falls overlook. Special thanks to Richard Sapp who went to a lot of trouble to try and reunite the two groups of hikers, but to no avail.

Julie Barham celebrated a birthday that was fun for all in the campground Saturday night. This writer had a Mother's Day date to keep, so people were on their own on Sunday. Hope everyone got their tents packed away before the rains came. I enjoyed the company of Anne, Bert, Betty, Bill, Gene, Glenda, Gretchen, Jo, Julie, Mary, and Richard. My special thanks again to Gretchen and Richard.

### TRIP REPORT:

#### NATHAN BEDFORD FOREST STATE HISTORICAL AREA

April 19-20

Although the weather forecast was not promising, Saturday turned out to be a great hiking day. Boy Scouts had done a lot of trail maintenance so that the 9 mile Tennessee Forest Trail was in very good condition. This park is beautiful in April with wildflowers blooming everywhere. A special thanks to Betty Tabatabai for identifying so many flowers and ferns that we wouldn't have seen without her help. She was surprised and pleased to see yellow Lady Slipper for the first time in West Tennessee. Ray spotted a tree with a swarm of Ichneumonid Wasps doing their thing; that was a most unusual and interesting sight.

We spent some time enjoying the park's Homecoming 86 Celebration (exhibits, speakers, and demonstrations) which was held in the building on top of Pilot Knob. This is a wonderful spot to view the Tennessee River and land to the east.

The rain held off until after supper and stopped for Sunday breakfast and the breaking of camp. We drove to the east side of the river to walk the 3-mile Johnsonville Redoubts Trail. This trail is evidently not used much and needs marking as well as maintenance. However, we were able to follow it without too much trouble and only got a little wet as the rain moved back in. This part of the park is also very pretty with lots of wildflowers (we saw Dutchman's Breeches) and opportunities to get close to the water. We had a most enjoyable weekend.

- Betty Porter

### NASHVILLE CHAPTER

#### JUNE CHAPTER MEETING

June 26, 7:30 p.m.

Cumberland Museum

We are pleased to have Ms. Lib Roller, Coordinator for Environmental Outdoor Education, as our June speaker. Ms. Roller will be talking to us about the Indian tribes of Middle Tennessee and will bring Indian relics and artifacts. Ms. Roller is also well-versed in pioneer foods and life. This should be a fascinating look at the Middle Tennessee of yesteryear. Be sure to attend and bring a friend!

#### THE VOLUNTEER TRAIL

#### LONG HUNTER STATE RECREATION PARK

June 28

The Nashville Chapter is sponsoring a work day on the Volunteer Trail this month. This six-mile trail has been

adopted by the Nashville Chapter and is located beside the southeast shore of J. Percy Priest Lake (Rt. 1 Hobson Pike, Hermitage). Designed to be a backpacking trail for the city dweller, this trail provides a beautiful and peaceful escape from the city rat race while only a few miles away.

To participate in the June 28th work weekend, meet at the park office at 9:30. Tools will be provided, but bring a lunch and fluids. For more details, contact Paul Smith in Columbia, TN (1-388-3628 wk., 1-388-0215).

### APRIL MEETING REPORT

Reggie Reeves kept a good turnout of TTA members interested as he spoke to us about Long Hunter State Recreation Park. Slides were shown, future plans revealed, and questions answered. Judging by the number of questions and the number of people hanging around after the meeting to talk to Reggie, his talk was a big success. Thanks again, Reggie!

## THE LEGEND OF THE PUSSY WILLOW

Once, many years ago, an unkind farmer pitched a litter of soft gray kittens into the river to drown. Much distraught, the mama cat paced the riverbank, weeping so loudly and so long that the willows nearby took pity on her: they dipped their long branches into the cold, rushing water, and the kittens took hold, clung dearly and were saved. For their great act of kindness, Spring declared that the soft velvet buds of the pussy willow would evermore be the first sign of her entrance - the rebirth of Spring.

- Polish Folk Tale

## NEW HIKERS

- By Anne Thurmann -

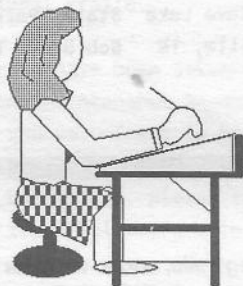
The Nashville Chapter is happy to welcome a new member, BOB DAY. Bob works at Telco Research as a Technical Software Installer. His interests include conservation, walking, reading, and nature photography. Bob doesn't own a car so he puts in a lot of miles each week walking. He says he often enjoys a pleasant walk to Radnor Lake or Cheekwood from his home in the Belmont College area. For those of you who don't know Nashville, that's a good three hour walk!



Better yet, Bob is interested in working on the Cumberland Trail! Hallelujah! Another volunteer! Welcome, Bob!

WAYNE DETWEILER attended the April meeting of the Nashville Chapter, and after Reggie Reeves' great presentation on the Volunteer Trail, I think we've got Wayne hooked! Wayne hiked the Volunteer Trail back in the winter (a snow hike), and so he already had a taste for TTA, its trails, and its members. Wayne and his wife have started a Mennonite church, what I think he called a "modern" Mennonite church as opposed to the simple Mennonite church. Look for Wayne on the trail and I'll bet you'll have as nice a conversation with him as I did, and learn something about the Mennonites!

Not just an ordinary hiker, CHRIS STAHL is now part of a whole society of hikers! Chris ventured up to Jamestown for the Wildflower Pilgrimage Weekend, and was a star ("chickweed?") wildflower spotter. When Chris is not listening to Jimmy Buffett tunes or getting in a game of tennis, she is busy at IBM as an Account Marketing Representative. Thanks, Chris, for joining us!



EDITOR'S TIDBITS

- Dot Fowler -

June is bustin' out all over! Mr. Rogers and Mr. Hammerstein asked me to pass that along to you hardy hikers.

#### First the news:

How do you like our pretty, blue ink? We have David Lepley of Budget Rapid Printers to thank. Through our own friendly Pat Anderson, David has become a friend of TTA and has agreed to do our printing at a considerable savings for us. Hurrah, David!

Rhonda Turner and whitewater extraordinaire (according to Rhonda), John Snyder, were married in the Cheekwood Gardens on May 10. Rhonda's new address is, 106 Carson Street, Jefferson City, TN 37760. Rhonda will remain a member of TTA and would love to hear from you.

If you have photos to be included in TENNESSEE TRAILS, please send them to Alan Stokes, P.O. Box 111778, Nashville, TN 372221778. Photos should be accompanied by your name,

address (so that we can return the photo, if requested) as the subject of the picture.

#### Now the request:

Thanks to all of you for your active roles in consistently helping me produce an interesting and informative newsletter. You have been very cooperative and I appreciate it tremendously. I would like to start a series of articles on our various parks and natural areas. Next month I'll be focusing on Long Hunter State Recreation Center. However, I would like your help by sending me writeups or literature on your favorite spots. I'd like information on the history of the area, special attractions or items of interest, the trails (length and class, if available), etc. Please send all such information to:

Dot Fowler

5319 E207 Nolensville Road  
Nashville, TN 37211  
615-834-2654



## TRAIL COOKING

### CAMP STOVE TOP COBBLER

2 Cups fresh berries	2 Tbs. cornstarch
1 Cup sugar	1/4 stick butter
1/4 tsp salt	1/2 Cup cold water
1 pkg. plain muffin mix (mixed according to directions)	

In deep dish pan, mix berries, salt, sugar, and butter. Cook on top of whatever you are using for a burner. Mix cornstarch into water and pour into berry mix as it warms. Stir constantly till thickened. Place muffin dough in big dollops all over top and baste well with butter. Cover top tightly (allowing room for dough to rise to top) with pot lid. Cook until done over fairly high heat. The pot lid will brown the dough.

## HIKE LEADERS

When scheduling a hike:

- A. Submit a detailed description of your upcoming hike in time for its inclusion in the preceding newsletter (deadline - 15th of month). Please include the following:
  1. Date of hike
  2. Time and place to assemble
  3. Number of miles to be traveled and/or length of time involved in reaching the trailhead
  4. Length of hike itself in miles and/or hours
  5. Difficulty rating (1-5, where 5 is most difficult)
  6. Suggested clothing & footwear
  7. Suggested provisions &/or equipment
- B. Submit a trip report for the newsletter following the hike.
- C. Mail a list of all participating hikers' names to:

Bob Barnett  
4294 Goldie  
Memphis, TN 38122

## SCHEDULED MAY HIKES

### CUMBERLAND MOUNTAIN CHAPTER:

June 14 Homecoming '86 Activities

### MEMPHIS CHAPTER:

June 14 Canoe Trip, Spring River, Arkansas - John Parrish (901-795-7510)

June 13-14 Bledsoe Creek State Camping Park, Gallatin - Bob Barnett (901-767-9347)

### NASHVILLE CHAPTER:

June 21 Window Cliffs Hike CANCELLED

June 28 Volunteer Trail Work Weekend, Long Hunter State Recreation Park -- Paul Smith (1-388-3628 wk., 1-388-0215 hm.)

### TTA CUMBERLAND TRAIL WORK/PLAY WEEKEND:

May 30-June 1 Cove Lake State Park, Cumberland Trail Office, Caryville, TN Bob Brown (615-748-4816 wk.)

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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