

TENNESSEE TRAILS

Mission: 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.**



Hypothermia occurs when a person's body temperature falls below normal. It usually happens on cold (55° and below), wet, windy days to people who are tired, poorly clothed and hungry. *It is very dangerous!!!* Often, a person doesn't realize what is happening. Mental confusion often accompanies hypothermia and may cause the person not to seek help. Death can occur in just hours.

Early Symptoms:

At first, uncontrolled shivering and pale skin. Then, confusion and dizziness, with slow, clumsy movements and walking. Extreme exhaustion/sleepiness is common.

Prevention:

- Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body

AVOIDING HYPOTHERMIA

temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.

- Eat high-energy foods frequently and drink plenty of fluids.
- Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.
- Stay warm, but avoid heavy sweating,

which will evaporate and overly cool the skin and body.

- In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

- Quickly get the person to a dry place that is not windy.
- Replace wet clothing with warm, dry clothing, making sure the head, feet, and hands are covered.
- If available, use a sleeping bag or blanket(s) to wrap around the person.
- Have the victim held by one or more people for the body heat.
- Give warm, sugared liquids. No alcohol! Give sweet things to eat such as candy or ripe fruit.

Avoiding Hypothermia was adapted from Dirk Schroeder, ScD, MPH and author of Staying Healthy in Asia, Africa and Latin America.

Tennessee Trails Board Meeting

February 19, 1:00 pm

Tennessee Department of Conservation
17th Floor Conference Room

L&C Tower
401 Church Street
Nashville, TN

All elected state officers and
Chapter Chairs are urged to attend.

All TTA members are welcome to
attend and participate.

VOLUNTEER ON THE CUMBERLAND TRAIL CUMBERLAND TRAIL CONFERENCE TRAIL TRAINING WORKSHOP FEBRUARY 26-27

CTC will be offering a Trail Training Workshop Feb. 26-27 for all of our volunteers and new folks too! This is an excellent opportunity to learn skills to help with the volunteer efforts during our March 5-25 BreakAway program.

Cabins have been reserved at Cumberland Mountain State Park in Crossville for Friday and Saturday nights. The workshop will be all day Saturday and that evening (no, we're not going to work on trails in the dark) we're going to have some really fun team building activities!

Look for additional information in The Cumberland Trail newsletter you recently received.

VOLUNTEER ON THE CUMBERLAND TRAIL

Letters from Libby...

February is the month for TTA's Quarterly Board Meeting. You might ask, "Well, what does that have to do with me, and what are you talking about? What does the Board do anyway?" I am so glad you asked that question. The TTA Board sets goals for the organization, discusses issues that affect everyone, sets a budget to meet the organization's needs, decides what programs and member services are to be offered, and tends to the affairs of the organization. They recommend by-law changes to meet the needs of a changing and growing club. This is an on going process. Each person in TTA is represented at these Board Meetings by their Chapter Chair or the Chapter's Elected Representative as well as an elected representative from the three regions of Tennessee--West, Middle, and East. There are elected Board Officers such President, Vice-President, Treasurer, Secretary, Membership Director, as well as representatives from affiliate organizations, Cumberland Trail Conference and Tennessee Rails-Trails Advisory Council. (You can read whom all these folks are in the back of your newsletter.) The two Past-Presidents are also there to give a hand and lend advice. But to me, the main purpose of a Board Meeting is communication. It gives each chapter and each person a voice in our club's policies and procedures. My favorite part of the Board Meeting is the chapter reports, where each chapter's representative reports trials and triumphs their chapter has experienced. The Board offers encouragement as well as rejoices over success stories. It is a chance for all chapters to come together and meet people from all over the state, make new acquaintances and greet old friends. When a person joins a chapter, they also join nine other chapters. Board Meetings are where the needs of all the members are discussed and the best way to meet these needs. If you have a concern or question, talk to your Board Representative. All elected officers and representatives need to attend as well as anyone who has an interest. All members are welcome. We want your voice to be heard.

Libby Francis

Calling all shutter bugs!!!

Fount Bertram (Murfreesboro) and Gloria Norrid (Memphis) are in the process of putting together a slide presentation for statewide TTA Chapter uses. This collection is being designed as an introduction medium about who we are and what we do. It can be used as a programming topic for a local chapters' monthly meeting or a presentation package when conducting programming meetings to other community organizations.

We have received some slides, thanks to those sending them, yet we want more, more, more, and have plenty of room for more, more, more.

As mentioned in the January newsletter, we would prefer slides, however will gladly accept photograph prints and negatives. We will return all negatives, prints, and slides submitted to their owners upon completion of this project, provided the owners request this and owners clearly identify submissions so we know who to return them to. The sooner we receive submissions the sooner we can finalize our selections, which we need to finalize by our Spring Quarterly Board Meeting.

Send all submissions to:

Fount Bertram
2100 Bradyville Hill Road
Bradyville, TN. 37026

Thank you in advance for your help!

THE AMERICAN CHESTNUT STORY

Reprinted by permission of The American Chestnut Foundation

Not too long ago, the American chestnut (*Castanea dentata*) was one of the most important trees of the forests from Maine south to Florida, from the Piedmont west to the Ohio valley. In the heart of its range only a few generations ago, a count of trees would have turned up one American chestnut for every four oaks, birches, maples and other hardwoods. Many of the dry ridge-tops of the central Appalachians were so thoroughly crowded with American chestnut that in early summer, when their canopies were filled with creamy-white flowers, the mountains appeared snow-capped.

In virgin forests, American chestnuts could be giant, mature trees averaged up to five feet in diameter and up to one hundred feet tall.

Native wildlife depended on the trees abundant crops of nutritious nuts. The American chestnut was a central part of eastern rural economics. As winter came on, attics were often stacked to the rafters with flour bags full of the glossy dark brown nuts. Smokehouses were hung with hams and other products from livestock that had fattened on the harvest gleanings. What wasn't consumed was sold. The American chestnut was an important cash crop for many Appalachian families. As the year-end holidays approached, nuts by the railroad car-full were shipped to big cities.

Then the chestnut blight struck. First discovered in 1904 in New York City, the lethal fungus - an Asian organism to which our native chestnuts had very little resistance - spread quickly. In its wake it left only dead and dying stems. By 1950, except for the shrubby root sprouts the species continually produces (which also quickly become infected), the keystone species on some 9 million acres of eastern forests had disappeared. The fungus killed approximately 3.5 billion trees nationwide. Today, researchers continue efforts to breed an American chestnut with resistance to this deadly invader.

You can visit the American Chestnut Foundation's website: www.acf.org

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER:

Eric Wilson 423-628-2817 ericavi@infoave.net

Feb 4 Monthly Meeting. Rob Weber will be our guest to answer any questions you may have about the Cumberland Trail. Meeting will start at 7pm EST at the Rugby Community Center.

REMINDER:

Work is under way on the new trail from Beacon Hill to Laureldale Cemetery in Rugby. If you would like to help build this trail, contact Eric or Vi Wilson 423-628-2817. We will let you know when workdays are scheduled.

CLARKSVILLE CHAPTER

CHAPTER OFFICER:

Suva Bastin 931-645-2849 stevjune42@aol.com

MEETS: 3rd Tues, 7pm, The Crow Community Center,
211 Richview Rd

Feb 5 Hike the Telegraph Rd. Civil War Trail at Land Between the Lakes(LBL) and hear about the history of this trail from Ron Ashley, hike leader. Call Ron Ashley at 901-644-0009 or Suva Bastin at 931-645-2849.

Feb 12 Montgomery Bell State Park...always a pleasure to hike this trail. This trail is rated moderate and we have the option to do 8 or 11 miles. Call Wade Winter 931-647-9659.

Feb 15 Monthly Meeting.

Feb 20 Dunbar Cave Trail (not inside a cave) "Life is an adventure or it is nothing" as quoted by Helen Keller. Full moon hike, if weather permits. If not, how about a flashlight hike? 8:30pm. Call Celia Flynn 931-648-9946.

Feb 26 Beautiful Radnor Lake. Anyone who has not hiked this area...DO IT!!!! 4.5 miles moderate. Call Jim Hampton 931-647-5899.

COLUMBIA CHAPTER

CHAPTER OFFICER:

Todd Horton 615-302-3336 todd1966@aol.com

Chapter Activity:

Jan 8 Hike and Business Meeting Report:

The Columbia Chapter met for its' first hike of the new year at the Meriwether Lewis Monument(ML) on the Natchez Trace. 5 'prospective' members joined five TTA members for a hike on the ridges and valleys over Little Swan Creek. At one of our rest spots, we conducted official business of the club (over shared snacks) and elected the following club officers:

Chapter Chair:

Todd Horton 615-302-3336

Hike Coordinator:

Amy Ledbetter 931-388-6363

Publicity Coordinator: (a.k.a. Minister of Propaganda)

Hugh Bullock 931-388-4653

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COLUMBIA CHAPTER (cont.)

After finishing a trail at ML and saying good-bye to those with pressing schedules, a zealous crew of 5, including one of our new prospects, launched an expedition along the Devils Backbone State Natural Area(DBSNA). Libby Francis acted as our guide for the first leg of the trip and then relinquished duties to Todd Horton and John Coleman to negotiate unfamiliar territory. To all our leaders, thanks for introducing us to this jewel near Columbia, we are sure to return for the wildflowers that Libby promises are beautiful in the Spring. A very pleasant hike over forested ridges and valleys with only a small creek crossing this trail has just become a new favorite for the "less than 1 hour drive" day trips.

Call Hugh 931-388-4653 if you want to coordinate an impromptu hike on an afternoon coming up, and we'll get a group together.

Also, watch for opportunities to volunteer on trail work at DBSNA since the project is still under construction!

FEBRUARY HIKE:

Feb 12-13 Virgin Falls Winter Camp Out. If you are unsure about this as an overnight and wish to try it as a day hike, with enough interest, John may be able to round up a volunteer to lead this as a day hike. This hike is about 8 miles round trip and leads to one of the most unique geologic features in Tennessee, a property protected by Bowater as a "Pocket Wilderness Area." Virgin Falls plummets over 100 ft. vertically from one cave opening to another and disappears back into the ground from which it emerged! This is a must see at a good water level. Other sights along the way include Sheep Cave and overlooks of the Caney River Gorge. Rated moderate to strenuous, the hike includes one stream crossing that can be rather formidable, so be prepared for a slip, dip, and drip (a change of clothes is a very good idea). This time of year also requires good planning with other gear; snow is possible and nights on the mountain will be cold. Many TTA groups hike this as a day hike, a long one I might add, but John plans to camp overnight near the cave. If you are interested, call John Coleman 931-388-9318 to pre-register.

Feb 26 Waterfalls Tour. Come see the magnificent waterfalls of Rock Island State Park and Burgess Falls Natural Area. There will be little to no walking involved (maybe as little as 2 easy miles, cumulative), as we'll be able to drive right up to the area to view the falls. Plan to set aside a good portion of the day for this trip so we can enjoy the beauty in the waterfalls we visit. Bring snacks, water and lunch. For meeting time and carpool location call Todd Horton: 615-302-3336.

UPCOMING HIKE TENTATIVELY SCHEDULED:

Mar 25-26 Fall Creek Falls camp out or day hike. Join the Columbia Chapter at Fall Creek Falls State Park, the most visited park in Tennessee, for either or both days of hiking. Fall Creek has a variety of trails and accommodations to suit everyone, from paved strolling and bike trails to overnight backpacking routes and cabins, the inn, and developed campgrounds with hot showers. Though the Chapter can't lead a trip on every trail, the park really does have something for everyone. The Nature Center and nearby falls provides great views and neat stuff just a few yards from the parking lot, and views around the lake are equally accessible. Wildlife abounds throughout the area, and for 'alternative outdoor activities', try golfing the 18-hole championship course! The Falls, for which the park is named, plunge 256 ft. into the pool below. One of the highest falls east of the Mississippi River. Call John Coleman for info 931-388-9318.

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COLUMBIA CHAPTER (cont.)

Apr 8-9 Sewanee, TN. Hike Saturday, Sunday, or both! John was so impressed with Jim Poteet's hike here in 1999 that he had to see it again and add to it an extra day in this fabulous area! On Saturday John will lead a hike on the Perimeter Trail. The plan is to spend the night so that on Sunday, we can hook-up and join the Nashville Chapter for Jim Poteet's hike on Shake Rag Hollow, then a hike in the Short Springs State Natural Area. An astonishing variety of wildflowers can be expected in these areas, and Jim knows them all; well, at least that's what John said! Call John Coleman 931-388-9318 for more info about the stay-over, or, if you prefer to hike only on Sunday, call Jim Poteet to arrange carpooling with the Nashville Chapter 615-824-7666.

Apr 22-May 7 Natchez Trace thru-hike. 454 miles from Nashville to Natchez, the Cumberland River to the Mighty Mississippi! John Coleman has put this off for too long, and now he has to make good on his boast! Join him for all or part of this odyssey, call John for more info: 931-388-9318.

May 20-21 Mount Mitchell, N.C. By now that the snow will have melted in the Appalachian highlands. Join us in a climb up the highest mountain in the eastern U.S. Obviously, not a day trip for anyone driving in from the Columbia area. This will require at least one overnight before or after the trip and may require an overnight on the trail. Plans are still coming together, and if you are committed to a real climb on a real mountain, call John Coleman: 931-388-9318 to help put the final touches on these plans.

Jun 10-11 Montgomery Bell State Park. Hike one or both days. Like the Fall Creek Falls weekend in March, only closer to home for easier day trips. If you want to hike both days; camp or get reservations to stay in the Inn. The Montgomery Bell hike was our best turnout last year and this more flexible schedule should make it even bigger in 2000. Trails will be determined at a later date, but call John Coleman 931-388-9318 for more info. In addition to the hiking trails, some of us also plan to enjoy the mountain bike trail, if it is completed and the archery range. Also, you may try fishing in the lake or taking a swim. This can be a great family outing for the late spring/early summer!

Jul 8 Dunbar Cave. We had a great time under ground in December, lets try it again to beat the heat! Call John Coleman 931-388-9318 for information.

Aug 12 Warner Park, Nashville. Well, as summer heats up, we can still enjoy a hike close to home. And in spite of the address, this is no concrete jungle. Warner Park is one of the largest urban parks in Tennessee and is home to an astounding variety of flora and fauna, from wild turkey and white tailed deer to the biggest patch of Jack-in-the-pulpits that one hike had ever seen! Call John Coleman: 931-388-9318 for info.

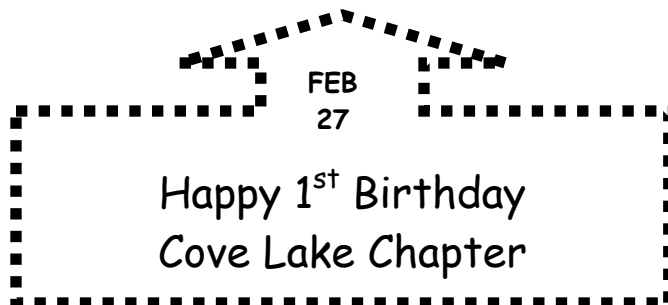
**...come when you can...
and happy trails!
Columbia Chapter**

COVE LAKE CHAPTER

CHAPTER OFFICER:

Siler McCarty 423-566-1291 emccarty@highland.net

Feb 19 Woodson's Gap. This 4-mile hike is rated moderate to difficult. The trail will intersect the Cumberland trail present have some great overlooks, rock formations and even a waterfall. Bring plenty of water, snacks and lunch. Meet 9am in the Food Lion parking lot on Hwy 63, east-end of LaFollette to carpool to the trailhead. For information and to pre-register call Phil Carr 423-562-7495



EAST TENNESSEE CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER:

Keith Mertz 865-376-4827 kmertz@compaq.net

Feb 19 Hemlock Bluff Hike. Moderate, 7-mile loop hike along the shore of Norris Lake near Point 19 (Loyston Point). Varied terrain, vegetation, old home sites, bluffs and rock outcrops. Excellent views of Norris Lake. A National Recreation Trail. Dress warmly, bring lunch and drink. Meet 9am Norris Commons to carpool. Questions? Or, to pre-register call Judith Bartlow: 865-632-1592.

Feb 26 Maryville-Alcoa Greenway hike. This will be an easy 9-mile hike on a paved greenway. We walk through both natural areas and city parks. The trail follows Pistol Creek between Sandy Springs Park in Maryville and Springbrook Park in Alcoa. We will stop mid-way for lunch at Los Amigos Mexican restaurant in Maryville. Bring money for lunch at the restaurant or pack a lunch to eat on the trail. Bring water and dress for the weather. We'll carpool from Foothills Elementary School in Maryville at 9am. School is on Sandy Springs Road off Hwy 411-South. A car shuttle is required, as this is not a loop trail. Call Ester Ruffner for information and to pre-register 865-281-0567

HIKE REPORT:

Jan 8 Marvin Shanks led 36!! hikers up House Mtn. It was a beautiful hiking day, the Smoky and Cumberland Mtns. were clearly visible in the distance. (Great to see you hiking with us again Marvin.)

MEMPHIS CHAPTER

CHAPTER OFFICER:

Ray Burkett 901-357-9183
rburkett@sscc.cc.tn.us

ELECTED BOARD REPRESENTATIVE:

Gloria Norrid 901-382-4227
gloria.norrid@spcorp.com

MEETS: 3rd Thur 7p, Germantown Library (Sept-May)

- Feb 5 Meeman-Shelby Forest, Chickasaw Bluff Trail, Memphis. Meet at the visitor center at 9am and bring water and lunch. Hike begins with a car shuttle to the north end of the trail for an 8-mile easy to moderate hike through the forest and ending at Poplar Lake with another car shuttle to the visitor's center. For information call: Freddi Felt 901-685-9915.
- Feb 12 Mousetail Landing State Park, Parsons TN. Here's a bonus hike. Join us for a combination hike with the Nashville Chapter. Meet at the park visitor center at 9am to hike the 8-mile Eagle Point/Overnight trail. Trail is rated moderate, with some steep and rugged hills. For information call: Gloria Norrid 901-382-4227.
- Feb 17 Monthly Meeting, 7pm, Germantown Library. Joe Royer, co-owner of Outdoors, Inc. will present a slide program on sea kayaking. Joe, an amateur photographer and worldwide traveler, believes one should enjoy their sport without having to travel great distances. He will show us how and where that can be done. The first half of the program will represent Memphis and the Mid-south area and the remainder of the program will focus on coastal regions from Baja to Alaska and from South Florida to Nova Scotia. Joe plans to bring a sea kayak and all related equipment, a hands-on experience for all. Come and hear this enthusiastic promoter of sport; and maybe, sea kayaking will be in your future.
- Feb 18-20(Fri-Sun) Mt. Magazine, Paris AR. Meet at Blakely Inn, 210 East Walnut at 8am in Paris, AR. Hike to the highest point in Arkansas on Saturday and a short hike on Sunday. For information call: Carol Haley 901-388-9163.
- Mar 4 Trail workday at Shelby Forest, Memphis. Meet at the visitor's center at 9am and bring water and lunch. Also, bring any equipment: gloves, shovels, clippers, saw, etc. Dress for the weather. For information call: Ken Novak 901-377-9127.

TENTATIVE HIKE SCHEDULE:

- Mar 12 River Bluff Walk, Memphis
John Martin 901-386-3722
- Mar 18 Johnson's Shutins State Park, Lesterville, MO
Carol Haley 901-388-9163
- Apr 1 Mousetail Landing State Park, Parsons, TN
Ray Burkett 901-357-9183
- Apr 15 Village Creek State Park, Wynne, AR
Freddi Felt 901-685-9915
- Apr 15-22 Great Smoky Mountains Natl Park, Gatlinburg, TN
Betty Porter 901-755-4740
- May 5-7 Buffalo National River, Harrison, AR (hike & canoe)-Carolyn Pierce 901-755-5635

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MEMPHIS CHAPTER (cont.)

TENTATIVE HIKE SCHEDULE: (cont.)

- May 26-28 Sipsey Wilderness, Hamilton, AL
Margaret Dixon 901-795-8634
- Jun 25 Spring River Canoe Trip, Hardy AR
Carol Haley 901-388-9163
- Jul 21-23 Current River & Eleven Point River, Missouri
Betty Porter 901-755-4740
- Aug 13 Memphis Chapter Annual Picnic
Regina Martin 901-386-3722
- Sep 23 Shiloh National Military Park, Pittsburg Landing, TN
Martye Burkett 901-357-9183
- Oct 6-8 Blanchard Spring, Mountain View, AR
Norma McMinn 901-785-1479
- Oct 21 Big Hill Pond State Park, Pocahton, TN
Ray Burkett 901-357-9183
- Nov 4 Trail Work at Meeman-Shelby Forest
Ken Novak 901-377-9127
- Nov 10-12 TTA Annual State Meeting, Brandon Springs, TN
John Martin 901-386-3722
- Nov 19 Arkabutla Lake, MS-Freddi Felt 901-685-9915
- Nov 25 Ft. Pillow State Park, Henning, TN
Gloria Norrid 901-382-4227
- Dec 1-3 Big South Fork & Pickett State Park, Jamestown, TN-Norma McMinn 901-785-1479
- Dec 10 Downtown Social Hike
Gloria Norrid 901-382-4227
- Dec 21 Memphis Chapter Holiday Party
Betty Porter 901-755-4740

MURFREESBORO CHAPTER

CHAPTER OFFICER:

Fount Bertram 615-765-5357 fwbertram@hotmail.com

MEETS: 2nd Tues, 7pm, St. Marks United Methodist, 1403 E. Main St

- Feb 13 Guntersville Lake, Alabama. Eagle Watch. Join Heloise for a one-day trip for the annual winter eagle watch. Also hundreds of coots and other waterfowl are prominent. This approximately 9 mile hike also goes by beaver colonies and other interesting attractions. Call Heloise: 615- 896-6278(h), 615-254-5461(w) or e-mail: hshilstat@hardaway.net
- Feb 19 Ashland City Rails-Trails. Pete Preston will lead this 7-mile, very level, rated easy hike, with lots of interesting scenery. Bring lunch and water and be prepared to have an interesting day. Call Pete: 615-895-5636(h), 615-563-2558(w), or e-mail: ppreston@hotmail.com

HIKE REPORT:

- Jan 1 On New Year's Day, 18 stalwart souls met at the trailhead at Frozen Head State Park and hiked to the top to Tubb's Springs. There we shared a traditional New Year's Day lunch of black-eyed peas and ham hocks, cornbread, turnip greens, salads and a variety of desserts. We toasted in the New Year right with champagne on the mountain-top. The weather was surprisingly mild for the time of year, and the layered look kept getting skimpier as the day went on. We had participation from Murfreesboro, Nashville and East Tennessee chapters.

NASHVILLE CHAPTER

CHAPTER OFFICER:

Anne Wesley 615-851-1052

ttahiker@juno.com

MEETS: 4th Tues, 7:30pm, Radnor Lake Visitor's Center,
Granny White Pike

HIKING HOTLINE

615-367-7045

- Feb 5 Come hike the "hollars" at Mammoth Cave NP. We will hike a 14-mile loop that will include the McCoy Hollow and First Creek trails. A variety of terrain will be experienced including "hollars", sandstone cliffs, First Creek Lake and views of the Green and Nolin Rivers. Wild turkey and deer may possibly be encountered. This hike is considered strenuous due to its length and some short but steep trail sections. We will meet in the Goodlettsville (Long Hollow Pike) K-Mart parking lot at 6:30am CST for a 6:45am departure. Please call Richard Horvath at 270-586-0178 for information or to register for the hike.
- Feb 6 Long Hunter State Park Day Loop. Meet 9:30am CST Mt. Juliet Cracker Barrel for this 4-mile hike. According to hike leader, Alicia Gray, this trail can be very beautiful in winter. We will stop for lunch at the Cracker Barrel after the hike. Call 615-453-5138 to register.
- Feb 12 Mousetail Landing State Park, Eagle Point/Overnight trail. Come meet some folks from the Memphis chapter, they'll join us for this combined chapter hike. This 8-mile trail is rated moderate, with some steep and rugged hills. Meet 6:30am CST Kroger parking lot, Charlotte Pike, one block off Whitebridge Road. Carpools leave at 6:45am. Warm clothing, sturdy hiking boots, snacks, plenty of water and lunch are needed for this full day of hiking. Questions and to pre-register call: Diane Manas 615-352-7777.
- Feb 13 Montgomery Bell State Park. Jennifer and Charlie Hann will be leading this hike of 11+ miles. We will meet 8am CST Toys-R-Us in Bellevue on Hwy 70. Call 615-941-1503 to register.
- Feb 20 Natchez Trace. Swan Creek Hike. Plan on this being an all day trip. Although this scenic hike is just 5 miles and rated easy to moderate, it'll take us a little time to drive to the trailhead at the Meriwether Lewis monument. Bring snacks, lunch, plenty of water and sturdy hiking boots. For carpool, meeting time and location call: Dave Walton 615-646-5355.
- Feb 20 Virgin Falls. If you did not see enough ice on Alicia Gray or Diane Manas' hike, join Jim Poteet on this 8-mile hike, rated moderate. Meet 8am CST at K-Mart on Donelson Pike. You can register by calling Jim: 615-824-7666.
- Feb 20 Beaman Park. "Winter Critters" hike. Naturalist David Withers will lead this hike. Beaman Park is not open to the public yet, hiking is by permit only. Pre-register early by calling Nancy Dorman at 615-299-9586. We'll meet at the spring on Little Marrowbone Road at 1pm CST. The hike will last about 3 hours.
- Feb 22 Monthly Meeting. Ready to visit Machu Picchu? Remember Malcom Photenhauer and his GREAT slide presentation of South Africa back in October? You won't want to miss his slide presentation of this sacred fortress city of the ancient Incas, located in a high saddle between two peaks NW of Cuzco, Peru. The journey to get there is a story on it's own, just wait until you see photos of this extraordinary pre-Columbian ruin; 5 square miles of terraced stonework linked by 3,000 steps. Unbelievable! You'd better mark this one in your calendar now: 7:30pm Radnor Lake Visitor's Center.

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NASHVILLE CHAPTER (cont.)

- Feb 26 Hike to the highest point in Polk County! We will hike to the top of Big Frog Mountain (4224 ft) and loop back via the Licklog and Rough Creek Trails. This will be a 13-mile hike with stretches up along knife-edge ridges and down into deep mountain valleys. This hike is considered strenuous with a 2000 ft elevation gain to the top of Big Frog Mtn. and a couple of climbs out of the Rough Creek drainage. Due to the length of the hike and the drive, we will meet at the Target on Bell Road at 6am CST (gasp) for a 6:15am departure. Please contact Richard Horvath at 270-586-0178 for hike information or to pre-register.
- Feb 27 Percy Warner Park, Warner Woods Trail. This 2½-mile trail is rated easy to moderate and really beautiful. Meet 8am CST at the stone gates at the end of Belle Meade Blvd. Questions and pre-registration: Doug Burroughs 615-292-9307
- Feb ?? Honey Creek. This hike was scheduled in January but the day was too wet for this trail. Jennifer and Charlie Hann are going to reschedule for sometime in February. Register, early in the month, if you want to be included. Their number is 615-941-1503.

HIKE REPORT:

- Jan 1 Frozen Head State Park. 18 hardy souls celebrated the new millennium by hiking the 3.6+ miles up the North Old Mac trail to Tubb Springs under the leadership of Murfreesboro Chapter member Heloise Shilstat. We hiked through misty clouds and fog adorned trees, but no rain fell to dampen our spirits. Though Frozen Head is a hard 2½ hour hike up, we were rewarded with black-eyed peas, salad, greens, cornbread, tasty desserts of all sorts (got to keep up our strength!), hot chocolate to ward off the mountain-top chill and a bit of the bubbly--both high-test and apple cider versions. Heloise managed to keep Louis and his rival friend civil, though they were "dog" (you had to be there) tired by the end of the day. This is why we do it, folks. Report submitted by tired but enthusiastic Jennifer Hann.

TENTATIVE HIKE SCHEDULE:

- Mar 4 Edwin Warner-Dan Brennan
Mar 5 Stone Door-Percy Rucker
Mar 11 Maude's Crack, Big South Fork-Richard Horvath
Mar 12 Honey Creek-Jim Poteet
Mar 18-19 Joyce Kilmer, Deep Creek & Hangover (overnight)-Richard Horvath
Mar 19 Fiery Gizzard-Charlie and Jennifer Hann
Mar 25-26 Smokies Backpack-Anne Wesley
Mar 25 Shelby Bottoms Greenway-Elizabeth Gerlock
Apr 1 Radnor Lake Newcomers Hike-Dan Brennan
Apr 2 Short Springs-Charlie and Jennifer Hann
Apr 8 Bowie Trail-Alicia Gray
Apr 9 Shake Rag Hollow & Short Springs-Jim Poteet
Apr 15-16 Smokies Hikes-Anne Wesley
Apr 29 Gregory & Parsons Balds-Richard Horvath
Apr 30 Piney River(Nashville/Clarksville hike)-Jim Poteet
Apr 30 Bowie Trail-Guerry Jameson
May 6-7 Joyce Kilmer, Straitgo Bald & Citico Creek (overnight)-Richard Horath
May 7 Twin Arches-Charlie and Jennifer Hann
May 13-14 AT Hike-Anne Wesley
May 14 Fiery Gizzard-Jim Poteet
May 20-21 Board Meeting
May 23 Annual picnic
May 27 Nashville City Hike-Guerry Jameson

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER:

Vicki Perdue 931-456-6466

MEETS: 3rd Thurs, 7pm CST, Crossville Housing Authority

- Feb 5 Burnt Mill Bridge Loop. 4 ½ miles, rated moderate. We will eat lunch at the Rugby Café afterwards. Meet in back of the Cracker Barrel restaurant at the I-40 exit in Crossville at 8am CST. Hike Leaders: Charles and Leigh Jones 931-277-3228
- Feb 17 Monthly Meeting. 7pm CST, Crossville Housing Authority.
- Feb 19 Brady Mountain. 7 miles, rated moderate. Meet at 8am CST, Cumberland Mtn. State Park Visitor Center. Hike Leaders: Arleen Scheller 931-707-8333 and Susan Weber 423-533-2620

HIKE REPORT:

Submitted by Carolyn Miller

- Dec 11 Seven TTA members representing 4 chapters; Plateau, Murfreesboro, Nashville, and East Tennessee, met to hike to Virgin Falls. They eschewed the pre-holiday shopping frenzy in order to take an 8-mile round trip to see the waterfall. 3 of the hikers had never been on the hike, so we also did the overlook loop. The overlooks are worth the climb up and down the ladders. Once off the overlook, downfalls, leaves over the trail, and a poorly marked trail had us using our orienteering skills in order to find the main trail. The men went one way, the women another, both groups found the main trail by following the stream. The men reached Big Laurel Falls before the women by going straight down the hill while the women made a more gradual descent. The falls were still impressive even though the dry weather had caused less water to be flowing than what we had seen in past hikes. We ate lunch at the falls, and then began the 4-mile hike back to the cars. Due to the short day length, we kept a steady pace on the return hike. A few of the group felt as though they had "survived" Virgin Falls.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER:

Denise Charvoz or Barbara Phifer 931-738-3595

- Feb 5 Collins River at Rock Island State Park. Allen and Lilyane Shapard, residents of Rock Island, have graciously agreed to lead the hike. Register for this hike by calling them at 931-686-2190. Meet at the Power Station at 9am. This is an easy three-mile hike, and we might also take another short hike in the park that day.
- Mar 18 Colditz Cove. There is a chance we may see wildflowers on this hike. Call Barbara Phifer with questions/to pre-register: 931-738-3595

HIKE REPORT:

Six people attended the Christmas party at Denise Charvoz. The food was great, the Pollyanna gift exchange was fun, and we enjoyed a leisurely stroll around Denise's lovely property with its beautiful views. Jack Cothran entertained us with some great guitar playing. Heard about quite a few spur-of-the-moment hikes, including Savage Gulf, the trail at Edgar Evins, and Laurel Falls. The mild January weather had been perfect for hiking.

ADOPT-A-TRAIL NEWS

ADOPT-A-TRAIL OFFICER:

Harold Draper 865-689-7757

hmdraper@knoxnews.infi.net

If you are interested in maintaining a particular trail or section of trail, please contact Harold Draper, Adopt-A-Trail Coordinator 865-689-7757

TENNESSEE RAILS- TRAILS ADVISORY COUNCIL (TRAC)

...future announcements...
will appear here

FINAL REMINDER....

to check your address labels
NEW MEMBERSHIP DIRECTORY
Coming March 2000

A new membership directory will be mailed to all current members in March 2000. Make sure your dues are paid up, as this will ensure your receiving the directory. Please verify that the information appearing on your newsletter mailing label is correct. Unless we hear from you about corrections or changes needed, your newsletter mailing label will be the information published in the directory. Please mail information about changes or corrections to:

Membership Director
P. O. Box 41446

Nashville, TN 37204-1446

Members with access to the internet can fill out and submit a change form at our web site:
www.tennesseetrails.org

CUMBERLAND TRAIL CONFERENCE NEWS

CUMBERLAND TRAIL CONFERENCE CONTACTS:

Executive Director.....Rob Weber
robweber@usit.net
Resource ManagerArleen Scheller
scheller@usit.net
Financial AdministratorSusan Weber
sweber1@usit.net
Office Location.....19 East 4th Street
Crossville, TN 38555
Office Hours.....8am – 5pm
Phone:931-456-6259
Fax:.....931-456-4934

website: <http://users.multipro.com/cumberlandtrail>

1999 Bob Brown and Cumberland Trail Award Recipients

The **Bob Brown Award** is presented to the Cumberland Trail Conference's "top volunteer" of the year, which is judged on days of service to the Cumberland Trail. This year's award was awarded to **Jim Schroeder**, of the Murfreesboro Chapter, at TTA's 1999 Annual Meeting. Jim, our CT Southern Bowater Trail Steward, has participated extensively in our trail building programs and site survey work this year, to the extent that we are not sure he has a home! **Thanks and congratulations to Jim for his efforts!**

The **Cumberland Trail Award** is presented to an individual or an organization for their outstanding contribution to the CT. This year's award is being presented to both an individual and an organization:

The **Cumberland Trail Individual Award** was awarded to **David Reister**, of the Harvey Broome Sierra Group and the Trail Steward for the Frozen Head and Smoky Mtn. Segments. David's leadership and enthusiasm has led to the creation of the second modern segment of the Cumberland Trail—the Smoky Mtn. Segment—a 25-mile segment of trail traversing the Cumberland Mtns. between Frozen Head and Cove Lake SP. **Thanks to David for his efforts!**

The **Cumberland Trail Organizational Award** was awarded to the Lyndhurst Foundation of Chattanooga for their outstanding support of our work. Their financial commitment will help CTC leverage funds from other foundations, individuals, and corporations towards the creation of the CT.

Our special thanks to the Lyndhurst Foundation and to Bruz Clark, Vice President, for believing in our work and his leadership in securing this commitment!

Spring BreakAway 2000 March 5-25th

**Volunteers Needed!
No Experience Required!**

Help build a new trail in the Smoky Mountain Segment of the CT within the Royal Blue Wildlife Management area near Cove Lake State Park. Volunteers will stay in cabins at Norris Dam State Park in Lake City, TN. See your current issue of The Cumberland Trail newsletter for additional information and sign up sheets. Or, **JUST DO IT!** call the CTC office to schedule your volunteer work dates. 931-456-6259.

VOLUNTEER ON THE CUMBERLAND TRAIL

First Annual Cumberland Trail Auction Saturday, April 8, 2000

Help Create the Trail of Dreams

The Cumberland Trail Conference and Tennessee Trails Association are hosting the very first auction dedicated to raising funds for the acquisition and protection of the 280-mile Cumberland Trail greenway in 13 counties in Tennessee.

The auction will be held at the Garden Plaza Hotel in Oak Ridge, TN, the birthplace of the Cumberland Trail dream in the late 60's. Tickets are \$25.00 per person (\$45.00 per couple) and include a buffet dinner. Professional auctioneer Bear Stephenson of Clinton, TN will conduct the auction.

Renowned nature artist Terry Chandler has agreed to donate an original painting of the Cumberland Trail and 1,000 prints for sale. The Auction Committee, hosted by Joni Lovegrove of Oak Ridge, has already gathered woodcarvings, copper sculptures, paintings and prints, vacations, quilts, pottery, framed nature photographs, birdhouses, and more.

If you would like to purchase tickets or donate an item for the auction, call Arleen Scheller at the Cumberland Trail Conference office: 931-456-6259 or by e-mail: scheller@usit.net

OFFICERS:

President
Libby Francis 615-889-5718
lfran99625@aol.com

Vice-President
Leigh Jones 931-277-3228
cejones@webtv.net

Treasurer
James Leiningr 615-309-8611
wjleiningr@aol.com

Secretary
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Past President
Jim Poteet 615-824-7666
jpoteet@genesco.com

Past President
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West TN Regional Director
Jerry Lenski 901-255-6574
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Middle TN Regional Director
VACANT

East TN Regional Director
Arleen Scheller 931-707-8333
scheller@usit.net

Membership
Ninez Giles 615-297-2281
ninez@juno.com

Cumberland Trail Conference Representatives
Barry & Sandra Spearman 931-839-2320
sandbar@usit.net

Other Chapter Officers:
Listed within each Chapters' header

RE M I N D E R

NEWSLETTER SUBMISSIONS ARE DUE BY THE 10TH OF THE MONTH

Please send all submissions to:

Diane Manas

MAIL: 5729 Stoneway Trail
Nashville, TN 37209
615-352-7777

E-MAIL: diane.manas@nashville.com

Adopt-A-Trail

Trail Maintenance Volunteers Needed!

If you would like to be placed on a call list for trail maintenance, contact Rob Weber 423-533-2620 for details.

If you are interested in maintaining a particular trail or section of trail, please contact Harold Draper, Adopt A Trail Coordinator 865-689-7757.

Tennessee Trails Merchandise Order Form

_____ Hiking Tennessee Trails, 5th Edition \$12.95
_____ TTA Adopt-A-Trail manual 3.00
_____ TTA Patch 3.00
_____ Round embroidered patch, sew it on anything.
_____ TTA Window Decal 1.00
A must for each car.

Name _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Work Phone _____

Mail your check payable to:
Tennessee Trails Association
c/o Marietta Poteet
324 Raintree Drive
Hendersonville, TN 37075
Please allow 4 weeks for delivery and
prices shown include postage.

Tennessee Trails Association
P.O. Box 41446
Nashville, TN 37204-1446

ADDRESS SERVICE REQUESTED

First Class Mail
U.S. Postage Paid
Nashville, TN
PERMIT NUMBER 4053



MEMBERSHIP FORM

YES, I want to join Tennessee Trails Association...

_____ Student	\$15.00	_____ Supporting	(\$200.00, \$100.00, \$50.00 or other)
_____ Individual	\$25.00	_____ Life Member	\$500.00
_____ Family	\$35.00		

Name: _____
Address _____ City: _____ State: _____
Zip _____ Home Phone: _____ Work Phone: _____
E-mail address: _____

Please list me with the following chapter:

_____ Big South Fork	_____ Plateau (Crossville)
_____ Clarksville	_____ Upper Cumberland (Sparta/Cookeville)
_____ Columbia	_____ At Large
_____ Cove Lake	
_____ East TN (Oak Ridge/Knoxville)	
_____ Memphis	
_____ Murfreesboro	
_____ Nashville	

Please Mail This Form To:
Membership Director
P.O. Box 41446
Nashville, TN 37204-1446

Memberships are for one
year, unless you have a
Lifetime Membership.