

TENNESSEE TRAILS

THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION

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.

SUPPORTING THE CUMBERLAND TRAIL



Evan Means Small Grants Program Deadline

In February 2021, TTA's Board of Directors will award small grants memorializing Evan Means. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources. Project proposals are due no later than December 31, 2020.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application for the February 2021 Evan Means Small Grant Program Award.

Grant requests in the range of \$300-\$600 are encouraged. However, if a project requires additional grant money, considerations will be made.

For additional information and an application, please write to: TTA Grants Administrator P. O. Box 41446 Nashville, TN 37204

The small grants program was established in February 1999 to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of the Cumberland Trail, and co-founder of the Tennessee Trails Association. Mr. Means won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.

PRESIDENT'S CORNER

TTA has remained on solid ground because you have been faithful in this very different year. Before the pandemic our chapters met regularly, we hiked more often and socialized much more closely. However, our members have been respectful of the state guidelines and have been an example to many other hikers. For those members who have stayed at home and left their hiking boots in the closet, the trails have missed you and hopefully 2021 will bring needed trail time. I want you to know how much your membership and support for Tennessee Trails Association is appreciated, that we are working hard to stay connected, and we want each of you to remain safe.

As we head into 2021, my desire is to maintain things as steady as possible but look at ways of growing our organization, fostering a closer relationship with the Tennessee State Parks and Friends Groups, provide support to nurture our chapters, continue to grow and publicize our Evan Means Grants and enjoy our new website and logo. YEAH! Kudos to Doug Burroughs, Mark Hubbard and committee for their countless hours. I would be remiss if I failed to acknowledge and thank Jim Poteet for his tireless dedicated service in this capacity for many years. TTA thanks you.

A Special Organizational Meeting of the Board of Directors' was held on October 27, 2020 via Zoom. A report by the Nominating Committee was presented with the following slate of Board officers:

Mary Etta Ward, President
Libby Francis, Vice-President
David Bowling, Treasurer
Melinda Pearson, Secretary

A motion was made by Terry Warren and seconded by Jane Coffey to elect the Board as submitted. Motion carried.

Looking forward to 2021. Keep hiking.

Mary Etta Ward



Cumberland Trails Conference

Office Location: 409 Thurman Avenue, Ste 102
Crossville, TN 38555
Office Hours: Tuesday – Friday
10 am – 3 pm CT
Phone: 931-456-6259
Office Staff: Teresa Kemmer
Email: ctcoffice2014@gmail.com
Website: www.cumberlandtrail.org

A word of thanks – to all those who volunteer their valuable time and expertise to further the mission of the Cumberland Trails Conference; to our active Board of Directors; to Shauna and our able trail crew who are out there every possible day laboring to complete the trail; to the volunteers who come out and labor with the crew to help complete the Cumberland Trail; and to Bob Fulcher and his able staff who give direction and focus to the overall effort to complete the trail.

Strategic Planning – Many of you have received a memo asking for your opinion of CTC's Strengths, Weaknesses, Opportunities and Threats. If you haven't responded, I hope you will right away because this is a first step toward development of a longer-term strategic plan for our organization. Eventually, we intend to address how we can improve our organizational structure, our efficiency and ultimately determine the future for CTC. The fact is that we are a service organization for the benefit of the Cumberland Trail. We have outstanding expertise, knowledge and resources to offer. The question is how should we deploy that expertise and knowledge to the most benefit now and in the future when the trail is complete.

Frank Jamison
CTC Chairman

The November edition of the CTC newsletter is available. If you would like a copy, please contact the CTC office or visit <https://www.cumberlandtrail.org/november-2020-newsletter/>. This issue highlights the trail crew work at Ozone Falls and the end of trail construction on the Black Mountain to Ozone Falls section of the trail.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Philip Anderson 931-561-0925
clarksville@tennesseetrails.org
VICE-CHAIR and CHAPTER REPRESENTATIVE:
Paul Schwab 931-801-9484
clarksville@tennesseetrails.org
TREASURER: Mary Schwab 931-645-9068
clarksvilleteas@tennesseetrails.org
SECRETARY: Mary Ann Harris 931-647-9321
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-801-9484
clarksvillehikes@tennesseetrails.org
(call Paul & volunteer to lead an outing)
Monthly Meeting Canceled because of Covid

Please call hike leaders to confirm hike time and meeting place.

Dec 5 - Stones River Greenway from Wave Country Trailhead to Kohl's Trailhead. 5.0 miles. Easy. Add 0.5 miles if you want to walk across the Cumberland River Pedestrian Bridge. Paul Schwab 931-801-9484. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 42 miles to trailhead.

Dec 12 - McGregor Park to Ft. Defiance and back. 2.7 miles. Moderate. Eat breakfast after the hike at Wendy's on Riverside. Paula Sanders 954-993-5541. Meet 9:00 am CT at McGregor Park on Riverside Drive.

Dec 19 - Dunbar Cave SNA, Discovery Trail. 2.5 miles. Moderate. Phyllis Haddock 931-206-6245. Meet 9:00 am CT at the trailhead near the picnic table.

Dec 31 - New Year's Eve Hike. From McGregor Park Pavilion through downtown Clarksville. 3.5 miles. Moderate. After the hike we will meet at the Blackhorse Pub and Brewery for a New Year's Eve Toast. Lionel Senseney 931-551-6738. Meet 7:00 pm CT, McGregor Park Pavilion on Riverside Drive.

"Between every two pine trees there is a door leading to a new way of life."

John Muir

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CO-CHAIR: Jane Coffey 615-516-6551
columbia@tennesseetrails.org
CHAPTER CO-CHAIR AND BOARD REPRESENTATIVE:
Marvin Caine 931-486-1632
HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org
MEETS QUARTERLY: Meets quarterly at the Barnabas Center at
506 Fair Street, Franklin, TN 37064. The Barnabas
Center is located behind St. Paul's Episcopal Church.
Social hour from 6:00 - 7:00 pm. Meeting at 7:00 pm.

Please check the TTA website for updates on our hikes.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
easttennessee@tennesseetrails.org
WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Dec 12 - Round Top Trail, GSMNP. This hike traverses the crest of Roundtop, a 3,077 foot mountain straddling the park's northern boundary. This trail also passes through a thick forest of pine and oak and provides vistas of the valleys to the north and the mountains to the south. We will climb 800 ft in the first 2.8 miles and turn around at approximately 3 mile mark, to return to our cars. Let's meet in Townsend (place to be determined) at 9:00 am ET and tailgate to the trailhead. This trail has the reputation of being the "least-used" trail in the Smokies. Please preregister with Rosie 865-985-9144 or *rosemary_l@hotmail.com*.

REMINDER

Many chapters elect new officers, board representatives and hike coordinators in January.

Please check your chapter masthead this month. If there are updates needed, please include that information with your next chapter submission so that your chapter contact information can be updated. Be sure to include phone numbers and e-mails for any change in personnel for your chapter so that we can post the correct information in the newsletter and on the TTA website.

If there is any change in chapter meeting days, locations or times, please include that in your next chapter submission.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CHAIR: Tom Bentley 931-455-5849
highlandrim@tennesseetrails.org
TREASURER/MEMBERSHIP: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org
**OUTINGS & PROGRAM COORDINATOR & NEWSLETTER
CONTACT:** Tom Hartvigsen 931-962-0811
highlandrimhikes@tennesseetrails.org
(contact Tom & volunteer to lead an outing)
No meeting this month

Dec 5 - Big Creek Gulf Trail to Alum Gap back on Big Creek Rim Trail. South Cumberland State Park. Savage Gulf North. Stone Door Ranger Station, 1183 Stone Door Road, Beersheba, TN. 9 mile loop. 700 ft elevation change. Rocky footing on the gulf trail. Highlights include Stone Door Overlook, Ranger Creek Falls and the sinks of Big Creek. Contact Marietta Poteet at *nannietta@blomand.net* or 931-924-7666 to register.

Dec 12 - South Rim Trail. South Cumberland State Park. Savage Gulf East. Savage Gulf Ranger Station 3157 TN Hwy 399, Palmer, TN. 9 miles out and back. Little elevation change. Highlights include Savage Creek, Savage Falls and six overlooks of outstanding gorge views and old-growth forest. Meet at 8:00 am CT at Savage Gulf Ranger Station. Bring water, lunch, hiking sticks and a bright headlamp. Wear sturdy hiking boots. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811.

Dec 15 - North Chickamauga Creek segment of the Cumberland Trail, Barker Camp Road to Stevenson Branch Campsite. 8.5 miles. Difficult. We'll hike the less-traveled section of this trail, with views of the river, waterfalls, beautiful forests, rock formations and overlooks. We'll break at Stevenson Branch Campsite, one of the most picturesque campsites on the Cumberland Trail, before returning to the Barker Camp Road trailhead. There are multiple creek crossings and a moderate elevation gain on this hike. Meet at 8:30 CT at the Barker Camp Road trailhead (GPS coordinates N35 16.308 W85 17.116). Please call or text Dawn Quarles at 423-443-7602 to register.

Dec 26 - Foster Falls/Climbers Loop plus a trip on the Fiery Gizzard Trail to Laurel Gorge and return. Joint hike with the Murfreesboro Chapter. About 5 miles. Steep descent and ascent. South Cumberland State Park. 498 Foster Falls Road, Sequatchie, TN. Entrance to Foster Falls is about 7.5 miles south of Tracy City on US Hwy 41, on your right, marked with a large brown park sign. This very scenic hike includes overlooks of Foster Falls and a hike down to the plunge pool at the foot of Foster Falls. The trail then follows Little Gizzard Creek on the left and towering bluffs on our right. After we climb back up to Fiery Gizzard Trail we will continue to Laurel Gorge, then retrace our steps to the trailhead. Meet at 9 am CT at the trailhead. Bring water, lunch, hiking sticks and bright head lamp. Wear sturdy hiking boots. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811.

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293
jackson@tennesseetrails.org
TREASURER: Anne Goodson 731-664-1556
jacksontreas@tennesseetrails.org
SECRETARY: Terry McCoy 731-535-0625
jacksonsecy@tennesseetrails.org
HIKE & FACEBOOK COORDINATOR:
Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org
(call Glen & volunteer to lead an outing)
MEETS MONTHLY: Currently meeting via Zoom

Dec 7 - Monthly meeting by zoom. 6:00 pm.

Dec 12 - Red Leaves Trail, Natchez Trace State Park, Wildersville, TN. This will be the second hike of the series. We will meet at the park headquarters at 8:30 and drive to the trailhead. The loop hike will begin near Corinth Road. It will meander through the woods to Pin Oak Lake skirting the edges of the lake returning into the woods and hiking near the banks of Browns Creek Lake winding back to the starting point. This hike is approximately 10.85 miles and is considered moderate due to the length. It should last 6-7 hours. Please wear hiking boots, comfortable weather appropriate clothing and bring snacks/lunch & water. **YOU MUST REGISTER FOR THIS HIKE BY CONTACTING TERRY WARREN AT 731-535-0625 or *terrymccoy832@yahoo.com* by December 10.** If there is inclement weather, the hike will be postponed.

Looking Ahead:

Jan 9 - Red Leaves Trail, 3rd Section
Feb 6 - Red Leaves Trail, 4th Section

GO GREEN

Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Cheryl Heckler at *membership@tennesseetrails.org* and please include your email address.

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Dec 5 - Big River Crossing Bridge, downtown Memphis. We will hike over the pedestrian bridge to the West Memphis side and exit on farms roads on the north side of the bridge. Then follow farm roads parallel to the Mississippi River with great views of downtown Memphis. We will follow gravel roads back to Big River Crossing bridge. We will hike about six miles. Bring water and snacks and pen for signing in. You must register for the hike, call Charlie Bright 901-573-6689.

Dec 12 - Woodland Trail, Meeman-Shelby Forest. 4 miles. There are 5 steep hills and two possible stream crossings on this trail. Time Frame 2.5 to 3 hours. Sturdy shoes/boots, hiking stick, plenty of water and a snack suggested. Bring a pen for signing in. You must register for the hike: leave a message or text Marion 901-482-8640 or email *mquinlen@gmail.com* no later than 6:00 pm., Thursday, Dec. 10. Be sure to leave your name and phone number. Rain will cancel hike.

Attention: Hike Coordinators (aka Hike Leaders)

A TTA Release of Claims & Hold Harmless Agreement form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our website: www.tennesseetrails.org/release.php.

MURFREESBORO CHAPTER

CHAPTER CO-CHAIRS: Jeanne Conatser 615-971-8894
Sara Kennedy 615-692-9057
murfreesboro@tennesseetrails.org

TREASURER/HIKE COORDINATOR/BOARD REP:
Sara Pollard 615-714-3610
murfreesborotreas@tennesseetrails.org

MEMBERSHIP COORDINATOR: Jennifer Zahn 615-648-0607
murfreesborohikes@tennesseetrails.org

BLOGMASTER Craig McBride 615-394-6121
murfreesboroblog@tennesseetrails.org

MEETS MONTHLY (except Jan, Feb, Jul, Aug)
BLOG: www.tennesseetrails.org/blog/murfreesboro

Dec 11 – Chapter Christmas Celebration. Friday evening at 6:00 pm. This year we will have a “Yogi Bear Christmas Picnic” outside at Sara Kennedy’s house in Regency Park. Bring your own dinner, drink and lawn chair to this socially-distanced picnic around a warm fire pit. As always, invite your family and friends to join us in this celebration of the holiday. Please RSVP by email or text to Jeanne Conatser at 615-971-8894 or jconatser@comcast.net.

Dec 12 – “Pick a Park” series. Henry Horton State Park. Chapel Hill, TN. 3 miles. Easy. Jeanne Conatser will lead an easy stroll down part of the Hickory Ridge Loop, cut over to the observation deck, then along the River Trail. Meet at 10:00 am CT in the parking lot by the trailhead. Wear appropriate shoes and bring water. Bring your Tennessee State Parks Passport book to get stamped. Please email or text Jeanne to register ahead of time in case the hike is cancelled due to weather. Contact Jeanne at 615-971-8894 or jconatser@comcast.net.

Dec 26 – Foster Falls Climbers Loop and Laurel Gorge on the Fiery Gizzard Trail. South Cumberland State Park. 5 miles. Moderate. Joint hike with the Highland Rim chapter. Trailhead is about 7.5 miles south of Tracy City on Highway 41. From the Foster Falls observation deck with scenic views, we will descend to the base of the 60 foot Foster Falls. The trail follows Little Gizzard Creek on the left and towering bluffs on the right. Then we’ll ascend to the top of the bluff and turn left on the Fiery Gizzard trail. From here we will continue to Laurel Gorge and retrace our steps back to the trailhead. Bring lunch, snacks and water. Meet at 9:00 am CT at the Foster Falls trailhead. For more information or to register contact Sara Pollard at 615-714-3601 or sarabpollard@gmail.com.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-283-0507
nashville@tennesseetrails.org

OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org

(email Nancy & volunteer to lead an outing)

MEETS MONTHLY: 4th Tuesday at 7:00 pm CT in the REI Community Room, 261 Franklin Road, Brentwood. For directions, visit: www.tennesseetrails.org/nashville.php

BLOG: www.tennesseetrails.org/blog/nashville

Dec 4 – Laurel Woods Trail, Beaman Park Nashville. 6 or 12 miles. Moderately strenuous to strenuous for terrain and length. Everyone’s talking about Nashville’s latest trail which features terrain similar to that at Radnor and Warner. We’ll enjoy hiking ridgetops, switchbacks down to and back from a few creek crossings, and more gentle slopes. Meet at the Highland Trailhead parking lot in time for a prompt 8:30 am step off. This 12-mile loop has a shortcut midway which yields an alternate 6 mile loop. Plan for 3-1/2 or 7-1/2 hours trail time correspondingly. Contact Mark Hubbard for details: mark.hubbard@mhhub.us or 615-715-1517. *Alternate date for inclement weather: Thursday, December 10.*

Dec 12 - Franklin Greenway, Franklin, TN. 5 miles roundtrip. Easy. The Franklin Greenway begins near downtown Franklin at the end of 2nd Ave. N., and goes along the Harpeth River for part of the way before turning toward the Williamson County Rec Center, where we do a loop around the track and then take the Greenway back. It is mostly flat with slight ups and downs. Meet in front of McGavock Coffee Shop located as part of the Harpeth Hotel near Northeast corner of Main St and 2nd Ave. N in Franklin at 7:30 am. Park in the free public parking garage located on the Southwest corner of Main St. and 2nd Ave. S. caddy-cornered across the street from the meeting spot. The entrance to the garage is on 2nd Ave. S., across from the St. Phillips Catholic church. After the hike, participants may decide to have breakfast at McGavock’s, The Bake House at the corner of Main St. and 1st Ave. N., or at Ruby Sunshine on the Square a block or so from McGavock’s. To register contact Amy Sutton at 615-525-1573, amy109@gmail.com or Barbara Bennett at 202-236-0880 blbennett@comcast.net.

Dec 19 - Long Hunter State Park, Mt. Juliet, TN. Volunteer Trail. 11 miles. Moderate. The longest trail at Long Hunter follows the shore of Percy Priest Lake for most of its run and leads to a pair of primitive backcountry camping sites. Various species of shorebirds, ducks and geese are heard and seen frequently along this route. Though most of Long Hunter’s trails are relatively flat, this trail has a slight increase in elevation as it leaves the shore and climbs up the bluffs overlooking the lake. Rocky jumbles, mossy hillsides, scenic lake views, majestic trees and abundant spring wildflowers are common sights along the trail. This area is home to red fox, bobcat and deer. We will hike this trail in and out. Bring lunch, snacks, water, and dress appropriately for the weather. Contact Nancy Juodenas at 615-319-8811 or njlj1011@gmail.com to register.

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Norm Brinsley 931-202-2338
plateau@tennesseetrails.org
TREASURER: Clark Zedric 217-520-9889
plateautreas@tennesseetrails.org
BOARD REPRESENTATIVE: Bob Oboboski 931-456-4282
boardplateau@tennesseetrails.org
MEETS MONTHLY: 2nd Thursday at 6:00 pm CT
Website: <http://ttaplateauchapter.blogspot.com>

Come take a GUIDED hike with us. We offer a short 5 mile or less and a long 8+/- mile hike every Wednesday and two Saturdays a month. For additional information contact the hike coordinator plateauhikes@tennesseetrails.org. For a list of monthly hikes, visit the Plateau Chapter website. Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking. Instead of carpooling to trailheads our hikers may opt to drive themselves.

Dec 2 - Big South Fork, Watson Branch, KY, and Bald Knob Cemetery Trails, KY. SHORT HIKE: 3.6+ mile moderate in/out on the Bald Knob Cemetery Trail. Hikers will drop off long hikers driving all cars to Bald Knob. **LONG HIKE:** This is a 7.2 mile moderate loop hike starting on Watson Branch Trail to Kentucky Trail to Bald Knob Cemetery Trail meeting up with the short hikers. Depart 7:30 am CT, due to length of drive on dirt road, from the Crossville Cracker Barrel real lot. Carpool cost is \$7. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

Dec 5 - South Cumberland State Park, Fiery Gizzard and Dog Hole Trails, Tracy City, TN. LONG HIKE: 6.9 miles. Moderate to strenuous. We will do a loop of 4.3 miles down Fiery Gizzard descending 400' and returning on the 2.6 mile 400' ascent Dog Hole Trail to Yellow Pines Falls passing 3 other falls along the way. **SHORT HIKE:** In/out 5.2 mile moderate to strenuous Dog Hole Trail with all the water falls. We begin at the Fiery Gizzard parking lot. Bring lunch to eat on the trail. Depart from Trinity Tabernacle Church on 127 South in Crossville at 7:30 am CT, due to length of drive. Gas cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

Dec 9 - SCSP Denny Cove/Foster Falls SNA, Tracy City, TN. Short Hike: Denny Cove is a 3 mile strenuous in/out hike due to rock scrambling to a fabulous waterfall and rock climber cliffs. **Long Hike:** 8 miles total: Denny Cove Plus Foster Falls 5 mile moderate loop. First we will hike down to view Foster Falls (if there is any water), then on along the bottom of the cliff (used for climbing or rappelling). Depart 7:30 am CT, due to length of drive, Trinity Tabernacle Church on Hwy 127 South. Carpool cost is \$6. Pack water, lunch and snack.

Dec 16 - Cloudland Canyon, Rising Fawn, Georgia (Northwest GA). Located on the western edge of Lookout Mountain, this is one of the most scenic parks in Georgia, offering rugged geology and beautiful vistas. The park straddles a deep gorge cut into the mountain by Sitton Gulch Creek with elevations from 800 to 1,980 feet. The driving time from Crossville is a little over 2 hours.

Plateau Chapter – con't.

Gas cost \$9. Bring water, lunch, and snacks. Depart 7:30 am CT from Trinity Tabernacle Church on Highway 127. **Short Hike:** 5 mile moderate to strenuous loop hike on West Rim and Waterfall trail. **Long Hike:** This is a moderate to strenuous 8 total mile hike. The hike is along the West Rim and Waterfalls Trail and includes a 600-step staircase on the way to two waterfalls cascading over layers of sandstone and shale into pools below. Plus the 3 mile Overlook Trail in/out.

Dec 17 - Chapter Meeting and Christmas Party. 6-9 pm potluck with \$15 Dirty Santa gift exchange (nice gifts only). No alcohol allowed. Location Dorton United Methodist Church 3405 HY 70E. One mile east of Peavine. We can use the Church's dishes and silverware. Please RSVP Norm cell 772-529-9243 home 931-202-2338.

Dec 19 - Walls Of Jericho, AL Trailhead, Estillfork, AL. SHORT HIKE: 4 miles in/out, rated moderate. **Long Hike:** This is an 8 to 9 mile in/out strenuous hike with some rock hopping and scrambling but a great waterfall at the end of a box canyon. It will be a long day as it is about a 2-1/2 hour one-way drive. Depart 7:30 am CT at Trinity Tabernacle Church on Hwy 127S, due to length of drive. Carpool cost is \$9. Pack water, snacks and lunch. Don't forget tick/bug spray and sunscreen.

Dec 23 - Cumberland Trail, Black Mountain to Ozone Falls, Crossville, TN. Short Hike: 4 miles in/out moderate starting at Ozone Falls. Drivers will drop long hikers off half way up Black Mountain then take all cars to Ozone Falls. **Long Hike:** 6 miles moderate, downhill, hike to Ozone Falls. Depart 8 am CT from Dorton United Methodist Church 3405 Hwy 70 E, one mile east of Peavine Rd. Gas cost \$3.

Dec 30 - Frozen Head State Park, Wartburg, TN. Short Hike: 3.6 miles easy loop on Judge Branch returning on South Old Mac. Drive one mile to the Panther Branch Trailhead for a 1.1 easy in/out to Debord falls. **Long Hike:** 6.5 mile moderate loop on Judge Branch, South Old Mac, Chimney Tops and Spicewood Trails. Depart 8 am CT from Crossville Vanity Fair Outlet Mall at. Bring lunch, water and snack. Don't forget tick/bug spray and sunscreen. Gas cost is \$5.

Looking ahead:

Jan 9 - Joint hike with Soddy Daisy Chapter. Flats Mountain Trail in Cherokee National Forest, Citgo Creek Wilderness, Tellico Plains, TN. 6.1 miles. Moderate. The trail begins at Eagle Gap on the Cherohala Skyway and ends at Bee House Gap on Citgo Rd. Most of the trail is downhill except for 1 short steep section. The trail offers spectacular views of the entire Citgo Creek Wilderness. Depending on the weather, The Plateau Chapter may spend the night in Tellico Plains then thru hike Bald River Falls trail or a new trail on Sunday. There are numerous rental cabins near Tellico Plains. Contact John Doyal cell 423-315-0965 or baldie052@yahoo.com. If interested in the overnight option please email plateauhikes@tennesseetrails.org.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: Jean Smith 423- 596-7681
soddydaisy@tennesseetrails.org
TREASURER: Robertson (Bob) McGavock 423-667-2960
soddydaisytreas@tennesseetrails.org
HIKE COORDINATOR: Patricia Appleton 423-332-6517
soddydaisyhikes@tennesseetrails.org
MEETS QUARTERLY: Tuesday of the week following the TTA Board Meetings in Feb, May, Aug and Oct at 6:00 pm ET at Burk's United Methodist Church, 6433 Hixson Pike, Hixson
*Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/soddydaisy>*

Hike information unavailable at press time.

SUMNER TRAILS CHAPTER

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Jenny Fitzgerald 615-517-8185
sumner@tennesseetrails.org
TREASURER: John Jones 615-533-0127
sumnertreas@tennesseetrails.org
BOARD REPRESENTATIVE: Duane Frichtl 309-830-9720
boardsumner@tennesseetrails.org

Dec 12 - Sumner Trails Christmas in the Park 2 pm. Bledsoe Creek State Park. 1 mile. Easy. You are invited to join us for a short hike, followed by a socially-distanced outdoor party that includes refreshments and light snacks, plus a nature-themed ornament exchange! We will leave from Pavilion #2 (located beside the open field/playground area behind nature center) at 2 pm to stroll along the Bledsoe Creek State Park shoreline trail. This trail is a flat, natural surface trail that follows the shoreline. We will walk down to the boat ramp and back. When we return to the Pavilion we will have a warm fire waiting for us, hot apple cider and Christmas cookies to share. If you wish to participate in the ornament exchange please bring a wrapped, nature-themed Christmas ornament for the swap! **PARKING:** Please park at Pavilion #2 or any open picnic spots nearby or you can also park at the nature center and take a very short stroll across the field to the Pavilion which you can see from the back of the nature center. Please contact Marcia and Jenny with questions! Jenny Fitzgerald 615-517-8185/*mrzfitz@gmail.com* or Marcia Powell 217-855-3013/*mpow1221@gmail.com*.

Sumner Trails Chapter – con't.

Dec 29 – Cumberland River Greenway, Metro Center Section. 5.5 miles. Easy. Our trailhead will be Freeland Station, 766 Freeland Station Road and we will exit at Morgan Park in Germantown. The entire walk is on the Levee which follows the river. Despite the urban setting the river's natural features are still in evidence. There is no shade or protection from the elements so dress for the weather. My son and I "shuffled along" the levee back in May on a warm sunny day and we just about burned up. We saw goats along the river bank and some good ole boys drinking Whisky and Rye and heard "music and song". If it is sunny that day you might want to bring sunscreen. You won't need your hiking boots or poles but do bring water. After we exit at Morgan Park (where we will have left a car to take the drivers back to the trailhead) in Germantown we will have lunch/brunch at Butchertown Hall nearby. Meet at 9:30 CT for caravanning at First Presbyterian Church, 172 W. Main Street in Hendersonville. For further info or if you want to meet us at the trailhead contact Owl at *ballallenger@aol.com* or call/text at 615-454-7673.

Dec 31 -Lock-In a Happy New Year, Hendersonville Greenway. Easy. 3 miles. 10 am. Paved stroll leaving from the Hendersonville Library (140 Saundersville Rd.) to the Lock bridge and back. Please join us and bring a lock to leave behind on the Bridge so we can all leave our best wishes to Lock-In a terrific New Year 2021! You can pre-decorate/write on your lock that you bring if you wish. Pets on leash are welcome. We hope you can join us for a fun filled walk with friends to bid farewell to a challenging 2020! Contact Jenny Fitzgerald at 615-517-8185 or *mrzfitz@gmail.com* with any questions.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Cynthia Karrington 931-303-3409
uppercumberland@tennesseetrails.org
HIKE COORDINATOR: Cathy Moran 931-544-2764
uppercumberlandhikes@tennesseetrails.org

Please check online calendar for updates.

Avoiding Hypothermia

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 temperature as you exercise. And since it's as important not to get overheated, 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

Joining TTA as a New Member? Membership Up For Renewal? Your Generosity Benefits All !

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues.

Supporting Member donations support the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

TIP

Dressing in layers will allow you to adjust to different levels of exertion. Weather can change unexpectedly in the spring, fall and winter, and proper layering will help keep you comfortable, warm and dry.

TIP

Avoid cotton clothing as "cotton is rotten" and "cotton can kill" when outdoors in cooler temperatures. Cotton dries slowly and won't keep you warm when you get wet, while wool, fleece and other synthetics will. Reconsider wearing jeans if rain is predicted – they weigh too much and take forever to dry.

“In every walk with nature one receives far more than he seeks.”

John Muir

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ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor

LouAnn Partington 931-393-4835
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2021 TTA Board of Directors Meetings

All members are invited to attend board meetings
Contact Libby Francis for the link to join Zoom meetings

Tuesday, Feb 2, 6 PM Zoom Video
Conference

TBD, May Zoom Video
Conference

TBD, Aug Zoom Video
Conference

Annual Meeting Date, time and format
TBD

***"Of all the paths you take in life, make sure
a few of them are dirt."***

John Muir

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10th of each month for the following month's newsletter.

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:
editor@tennesseetrails.org

Please note: Newsletter submissions to the "editor" address are automatically copied to the webmaster for inclusion on the TTA website.

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

ADDRESS SERVICE REQUESTED



NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below.

PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .

- ☐ **A NEW MEMBER**
☐ **RENEWING MY MEMBERSHIP**

Dec 20

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.
Gift Memberships are also available. Contact our Membership Director,
Cheryl Heckler 931-200-7436 membership@tennesseetrails.org

PLEASE, PRINT CLEARLY.

____ Individual \$25.00
____ Family \$35.00
____ Student (FULL TIME) \$15.00
____ Supporting (\$50.00, \$100.00 or more)
____ Life Member (Individual) \$500.00
____ Life Member (Family) \$750.00

Name _____
Address _____
City _____ State _____
Primary Phone (____) _____ Zip _____ -- _____
Alternate Phone (____) _____
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For privacy, please do not list the following in
the TTA Annual Membership Directory

- ☐ E-mail addresses
☐ Mailing address
☐ Telephone numbers

☐ I would like to receive my newsletter by
mail.

Please list me with the following chapter:

____ Clarksville	____ Murfreesboro
____ Columbia/Franklin	____ Nashville
____ East TN (Oak Ridge/Knoxville)	____ Plateau (Crossville)
____ Highland Rim (Manchester/Tullahoma)	____ Soddy Daisy
____ Jackson	____ Sumner Trails (Sumner County)
____ Memphis	____ Upper Cumberland (Sparta/Cookeville)
____	____ At Large

When you become a TTA member, you will receive: (1) TTA's Annual Membership Directory and Hiking Handbook, listing members by chapter and how to reach them and including a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes/overnight trips, volunteer opportunities, chapter meeting announcements. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

As a member of TTA, you are welcome to attend any/all TTA hikes or functions.
Not a member yet? Please check out one of our hikes or meetings soon!