



TENNESSEE TRAILS

Official publication of the
Tennessee Trails Association, Inc.

Volume XIII, No. 3

February 1982

SPECIAL PROGRAM - February 4, 1982 - An introduction to hiking and backpacking will be demonstrated by Steve Pardue, West TN District Naturalist for the Dept. of Conservation, for the Memphis Chapter of TTA. The basics of hiking and backpacking will be discussed, followed by a demonstration of the various ways of backpacking. Steve, a connoisseur of the back country, will treat us to camp "eats and treats." This special program of the Memphis Chapter will be held in room 310 of the College of Education on the Memphis State Campus at 7:30 p.m. central time. Everyone is invited. For more information, call Jill Norvell, 454-2365.

HIDDEN SPRING TRAIL, CEDARS OF LEBANON STATE PARK
(WILSON CO.)

13 February 1982

This Nashville Chapter sponsored hike is an easy (Class I), 5 miler. Meet at the Nature Center in Cedars of Lebanon State Park at 9:00 a.m. central time. Joint trip with Cumberland Harpeth Audubon. Carpool with the Audubon group at 8:00 a.m. at the Cumberland Museum in Nashville.

LEADER: Sharon Patterson 615-444-4566
Cedars of Lebanon
State Park (work) 615-444-9394

LAKE SHORE HIKE, J. PERCY PRIEST LAKE, LONG HUNTER STATE PARK (DAVIDSON COUNTY)

27 February 1982

Join the Nashville and Murfreesboro Chapters on this jointly sponsored trip to observe water birds and gather driftwood along the shore of J. Percy Priest Lake. The hikers will walk along the drawdown zone (no trail) for about 3 miles (Class II). Bring a lunch and water. Meet at 10:00 a.m. central time at the picnic area near the ranger's residence. To reach the picnic area from the Mt. Juliet exit of I-40, take Mt. Juliet Road south about 6 miles to a fork. Take the left fork, (Couchville Pike) and follow the signs to Long Hunter State Park. Follow the main road in the park to the Picnic area (near the globe-shaped water tower).

LEADERS: Bertha Chrietzberg 615-896-1146
Murfreesboro

Reggie Reeves 615-459-8194
Long Hunter State
Park

NORTH RIM TRAIL BACKPACK, SAVAGE GULF NATURAL AREA (GRUNDY COUNTY)

*13-14 February 1982

Meet at 9:00 a.m. central time at the ranger's residence at south end of Savage Gulf Natural Area located about four miles north of Palmer, TN, the latter lying about 15 miles north of Whitwell, TN, on State Hwy 108. We will hike out to Hobbs Camp via the rim leg of the North Rim Trail loop on Saturday and return via the back country leg on Sunday. Hikers should be prepared to tent camp Saturday night if the cabin is full (cabin has 6 bunks). Windproof and waterproof cold weather gear and winter sleeping bags are required. Hike is 18 miles round trip - Class II. NOTE: Please pre-register with one of the leaders. Since this is to be a snow hike, you may want to call a leader if there is any doubt about the presence of snow on the 13th or 14th. *IF THERE IS NO SNOW, the hike will be postponed to the next weekend, February 20-21.

LEADERS: Bob Brown 748-4816
Nashville
Bob Richards 924-2956
Tracy City

SHILOH NATIONAL MILITARY PARK (HARDIN CO.)

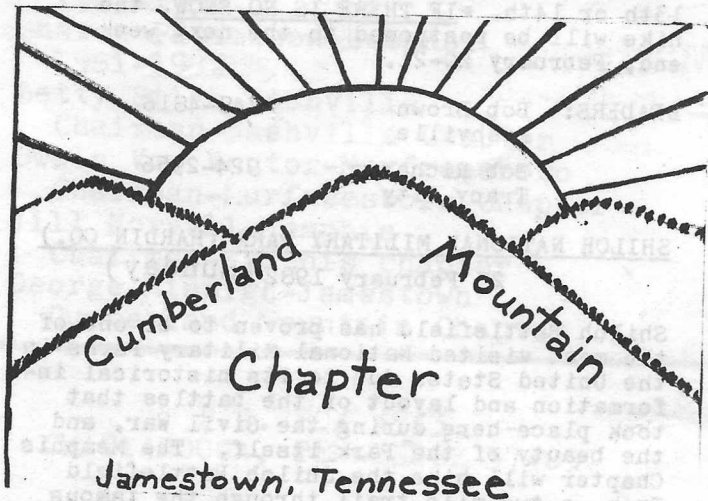
28 February 1982 (Sunday)

Shiloh Battlefield has proven to be one of the most visited National Military Parks in the United States due to its historical information and layout of the battles that took place here during the Civil War, and the beauty of the Park itself. The Memphis Chapter will hike the Shiloh Battlefield Trek, a two-mile trail through the famous Hornet's Nest, the Peach Orchard, and other landmarks, and hike the three-mile Shiloh Indian Mounds Trek which features Shiloh's mounds overlooking the Tennessee River. We will also drive through the Park on the Auto Tour. Shiloh is approximately 100 miles east of Memphis bordered by Hwy 64 to the north, and Hwy 57 to the south. Attend the February 18th Memphis Chapter meeting or call the leader to learn the meeting time and place.

LEADER: Betty Porter 901-363-0213

Cumberland Mountain

The Cumberland Mountain Chapter met January 4 in a lengthy session, lasting over two hours, with much business discussed. Subjects concerning chapter business, and issues to be discussed at the January 22 TTA Board of Governors meeting were on the agenda. A discussion was held pertaining to the construction of the Sgt. York section of the John Muir Trail. There are a few minor land owner problems involved, but construction is expected to begin in early spring. The chapter appointed Clyde (Tom) Maddox chapter Trail Coordinator. He is to be in charge of all trail construction done by this chapter. Tom has had much experience in building trails in the Big South Fork Recreation Area. Most subjects to be discussed at the TTA board meeting were new to this chapter, however ratification of this group as a TTA chapter was not. This group is eagerly looking forward to its official ratification as a TTA chapter. As a part of the TTA, this chapter sincerely hopes it will be able to contribute to this organization, and to take part in as many TTA activities as possible. The other eight items were briefly discussed however most of them were new to this chapter. Upon finishing other business, the meeting was adjourned and refreshments were served. . . Pamela Burke



TRIP REPORT- The Cumberland Mountain Chapter had their first outing January 1, 1982. The hike was coordinated by George Minnigh and Howard Ray Duncan, and took the group along a three mile section of the Mark Branch Trail in the southern portion of the Daniel Boone National Forest, near Bell Farm, Kentucky. The group of ten disembarked from Pickett State Park

Chapter News

office at 10:00 a.m. and drove to Hemlock Grove, where the walk began with an icy wading of Rock Creek. The group was then led by Howard Ray Duncan, while George Minnigh took the responsibility of moving the cars to the other end of the trail on Peter's Mountain, so everyone could travel in a single party. The hike took the group on a meandering trek that followed Mark Branch Creek through some of the most scenic terrain that anyone could see. The highlight of the scenery was the lush rhododendron vegetation along with outstanding rock formations, and escarpments. The group took a lunch break midway through the trail, at the most scenic point of the whole trail, a sixty foot waterfalls that was in full flow due to the recent rains. Upon finishing lunch the hike resumed and linked up with George Minnigh. The group then made their way to the crest of Peter's Mountain where George and Howard Ray gave the group a brief history of this trail and told of its significance in that it will eventually link up with the scenic Tenn. Trails System. Everyone then left for the drive back to Pickett State Park where the trip ended at 3:00 p.m. The Mark Branch Trail is highly recommended by this chapter, because of its easy accessibility, and its unique combination of almost all of the features that makes our area most unique in itself. Those participating in the hike were: Howard Ray Duncan, George Minnigh, Janet Minnigh, Brice Minnigh, Buddy Minnigh, Carl Cooper, Sheryl Cooper, Marta Lee Cooper, Steven Burke, and Pamela Burke. We would like to express our sincere appreciation for the service that George provided in moving vehicles to the end of the trail...Steven Burke.

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and to see if I could not learn what it had to teach, and not, when I come to die, discover that I had not lived.

- Henry David Thoreau

Nashville

Bill Hager writes - ...I did not send a report on my Mammoth Cave N.P. hike (1 November 1981) because no one showed up. Sorry other members missed out on the fine display of fall foliage and it was a nice day with lots of sunshine and a mild temperature. I didn't miss anything because I go there every October anyway and, also every April.

TRIP REPORT - 23 January - About 22 TTA and Audubon members joined over 100 people at the Dale Hollow Lake Eagle Watch. The weather was absolutely beautiful, and the group saw as many as a dozen bald eagles. Thanks to the Corps of Engineers and the local CB and Sportsman Clubs for making this an extremely enjoyable and successful outing. After the boat tours, 17 members and guests hiked the 5 mile Red Oak Ridge Trail on Dale Hollow Lake. The fine weather, beech nuts, tall timbers, grape vines, vistas, deer, loons (or was that a greebe?) Cheerios gorp, (and even the mud!), plus friends and fellowship at the cabin that evening, made the day. - Stidham

Memphis

As the 63rd person entered the already full room, I knew we would have to move to a bigger space. Even though the refreshments were left behind, we moved to a larger room in MSU's College of Education. Memphis Chapter of TTA was larger than I thought. The organizational meeting, held January 7, proved to be very productive, but many left eagerly awaiting the next one. Sharon Patterson, TTA Coordinating Chapters Chairperson, gave an excellent introduction to TTA and entertained us with a slide show further explaining the organization. The 1982 schedule was discussed briefly before we asked for volunteers in helping with management of our chapter. Fortunately, the Telephone Committee and the Outings Committee were supported by many volunteers. We discussed the need for a Carpool Coordinator, but no one took the responsibility (yet!). Later in the hour we decided we would meet at Kingsway Christian Church in Memphis every third Thursday of the month at 7:30. One highlight of our meeting was an introduction to the Historical Trails in West TN by Ken Humphreys. Ken was instrumental in developing these trails with his scouts and is still very active with the scout program and writing literature for the trails. Other business kept us overtime, but the questions and discussions were necessary for our chapter to be organized and successful. I eagerly

look forward to our next meeting and know Memphis' Chapter will have even more members next time we meet. Jill Norvell

TRIP REPORT - The 17° weather seemed to not interfere with the 35 explorers of Wapanocca National Wildlife Refuge. This joint trip with the Memphis Audubon Society proved to be well worth the cold. Not only did we see hundreds of ducks of all varieties, and thousands of geese in long strands stretched skyward, but we also saw seven bald eagles soaring or perched atop cypress snags. The spotting scope provided by Jeff Wilson, an Audubon member, gave us an opportunity to observe the waterfowl and eagles a lot closer. Our large group was divided into three smaller groups, each having the opportunity to hike to the observation platform at several intervals where Jeff had his scope set up. My group went to the swamp area where we saw many types of woodpeckers, and, of course, ducks. We were in a wooded area and were hidden fairly well from the low flying ducks and geese. What a racket they make! Our adventurous bunch decided to get off the "beaten track" so we took off thru the woods and followed the edge of a lake lined with cypress. We discovered a huge tree (probably cypress) that would have taken six of us to wrap our arms around it. Our group was the last to hike to the observation platform. We were greeted by thousands of geese taking off from the lake and climbing into the atmosphere. What a sight! I'm sure they were heading toward warmer climates. We followed their idea and headed home. Happy trails - Jill Norvell

EXTRA NOTE: Memphis Chapter will begin meeting regularly at Kingsway Christian Church on Poplar at Massey Road at 7:30 p.m. on every Thursday of the month beginning February 18, 1982. Everyone is welcomed!

Murfreesboro

The Murfreesboro Chapter of TTA met January 12. At this meeting Bertha Chrietberg, with a slide presentation, shared her experience on the Bicentennial Flat Boat Trip from Clarksville to Nashville. Due to the snow we decided to meet the following Tuesday, January 19, to discuss the trip to Dale Hollow Lake for the Eagle Watch. At this meeting, our guest speaker was Sharon Cole from the Tennessee Wildlife Resource Agency. She shared a slide presentation on the Tennessee Wildlife Resource Agency's Raptor Program; emphasizing Bald Eagles, to prepare us for Saturdays Eagle Watch. Our next meeting will be February 9, at 7:00, Room 221 of the Alumni Gym on the MTSU campus. Vickie Hillis

WORLDS FAIR (FROM the National Trail Council's Trail Tracks)

As another outcome of this trip, Doris Hammett, Evan Means and David Rhyne, NTC directors, have been asked to form a committee to provide an NTC exhibit at the Worlds Fair to be held in Knoxville in 1982. People from all over the country will be coming to the fair. It will be a wonderful opportunity to influence city fathers, county supervisors, corporate executives, landowners and developers in favor of trails and to tell people about what trails are available anywhere in the country. If you live within 100 miles of Knoxville, will you help Doris? Good ideas from everywhere must be represented. We will need slides and exhibits. Can you lend any?

Cherokee National Forest - The TTA Board of Directors has endorsed the "Citizen Compromise Wilderness Proposal" for wilderness designations in the southern half of the Cherokee National Forest. This proposal includes Citico Creek, Bald River Gorge, Little Frog Mountain; and Big Frog Mountain areas. These areas are already being managed as defacto wilderness areas, and designation by Congress would have little effect on the status quo. WHAT CAN YOU DO? You can join TTA, Sierra Club, Tennessee Citizens for Wilderness Planning, Smoky Mountains Hiking Club, Audubon, Tennessee Conservation League, et.al in endorsing the citizen proposal by personally writing to your Congressperson and urging him or her to cosponsor and support this proposal.

Another issue affecting wilderness and defacto wilderness areas in the Cherokee National Forest involves oil and gas exploration. The US Forest Service has received applications to do seismic exploration on much of the southern half of the Cherokee, including 32,000 acres within the following wilderness and wilderness study areas: Cohutta, Deep Creek, Big Frog Mountain, Slickrock Creek-Joyce Kilmer, Citico Creek, Bald River Gorge, and Gee Creek. Although a gross contradiction, the Wilderness Act does permit prospecting and extraction within designated wilderness areas. (No new application can be received after Dec. 31, 1983, but existing leases can be operated beyond that deadline). The USFS is preparing an environmental assessment to evaluate the effects of granting these exploration leases, and has asked for public comment. The TTA Board of Directors voted to unequivocally oppose exploration leases in wilderness and wilderness study areas because of the long term detrimental impacts from roads and activities related to exploration and possible future extraction activities. Such activities are contrary to the essence of wilderness! WHAT CAN YOU DO? To comment on the proposed leasing and provide input to the environmental assessment, write to the Forest Supervisor, Cherokee National Forest, PO Box 2010, Cleveland, TN 37311. Send a copy to your Congress representatives so they will know how you feel about this deficiency in the Wilderness Act.

Appalachian Trail - The Interior appropriations bill for FY1982 was signed into law on Dec. 23rd. Included in it are Land and Water Conservation Funds for Federal land acquisition, including \$5 million for the Appalachian Trail. This represents a compromise conference proposal. Reagan originally proposed zero funding; the House \$7,179,000; and the Senate \$10,200,000. Also included in the conference bill is \$130,000 for the Pacific Crest Trail.

Federal Bills-Status (as of 26 Jan. 1982)
S.1335 (Smokies Wilderness)-referred to Senate Energy Committee. No action.
S.1245 (Sagebrush Rebellion)-referred to Senate Energy Committee. No action.
S.842 (Anti wilderness)-referred to Public Lands and Waters Subcommittee of the Senate Energy Committee, which held three days of hearings. Pending.
H.R. 3364 (making mining dominant use of public land subject to discretion of the Sec. of the Interior)-Pending in the House Judiciary, Foreign Affairs and Ways and Means Committees. Also pending in the Armed Forces and Interior Committees, which have held subcommittee hearings.

H.R. 3655 (House version of the Sagebrush Bill)-Pending in the Public Lands Subcommittee of the Interior Committee. No action.

H.R. 861 (National Trails bill; designate Natchez Trace National Scenic Trail; provide assistance to volunteer trail groups)-Approved by the House Interior Committee and placed on calendar on Oct. 7th.

The Chickasaw Nature Trail on the Big Sandy Unit of Tennessee National Wildlife Refuge has been designated as part of the nation's National Recreation Trails System by the U.S. Department of the Interior.

The 1.1-mile trail meanders through mixed hardwood forest in various stages of maturity. The various habitat types and their importance to wildlife will be interpreted.



Big South Fork - As directed by Congress, the Corps of Engineers has studied future use of the abandoned 32 mile Oneida and Western railbed in the Big South Fork National River and Recreation Area. Alternatives that have been identified and their costs are as follows:
(1) No action-no cost; (2) bicycle path-\$8.4 million; (3) rubber-tired tram-\$12.1 million; (4) scenic railroad train-\$39.8 million; (5) commercial trains (to haul coal, etc.)-\$35.9 million; (6) Combination scenic and commercial train (haul tourists during the day, and freight at night)-\$40.0 million.

The Corps selected the last alternative and plans to recommend it to Congress for approval. The Corps feels the commercial-scenic RR will best meet the purposes of the Big South Fork NRRRA; that is, "...developing the natural recreational potential of the area for the enjoyment of the public, and for the benefit of the economy of the region". The TTA Board of Directors voted to support and recommend to the Corps the rubber-tired tram alternative. The Board felt any of the train options would be entirely unsuitable for the wild character of the gorge area, would be exorbitant in cost, and would create conflicts with other purposes of the BSFNNRA (i.e. "to conserve and preserve"). A rubber-tired tram would provide a pleasant, low-keyed recreational experience for even the handicapped and aged, and would be an economic attraction for the region. The road bed would also be used for walking and bicycling.

WHAT CAN YOU DO? to express your personal opinion (ASAP since the comment period is officially over) write to the District Engineer, PO Box 1070, Nashville, TN 37202.

BILL INTRODUCED TO ESTABLISH CIVILIAN CONSERVATION CORPS II

On May 21, Rep. Edward Roybal (California) introduced a proposal to establish the Civilian Conservation Corps II "to perform such projects on public or Indian lands or waters as the Secretary of the Interior may authorize." Corps II members must be unemployed and between 16 and 25 years old. Enrollment terms of up to 24 months at nonresidential and residential camps would be offered for the following project areas: wildlife habitat, range management, forestry, recreation area development, fisheries, insect control, road and trail maintenance, erosion control, water pollution control, railroad improvement, flood damage assistance, historical/cultural preservation, urban renewal, stripmine reclamation, harbor/port improvement, biomass recovery. This bill introduction was referred to the Committee on Education and Labor.

Obed River and more Big South Fork

Construction is to begin soon on a 15 mile trail along the Obed River within the National Park Service's Obed Wild and Scenic River Area. According to Walter Mayer, NPS ranger at the Obed, speaking at our annual meeting, the trail will initially extend from the boundary of Catoosa Wildlife Management Area to Nemo Bridge, and will eventually continue to the Devil's Breakfast Table on Daddy's Creek. Trail construction here and in the Big South Fork National River and Recreation Area may be hard hit with loss of the YACC by the Federal budget ax. The Corps of Engineers and TVA are currently working on a way to continue a YACC-like program in the Big South Fork. If it works out, the Corps would contract with TVA to construct trails, and TVA would accomplish the work with a youth employment program, similar to YACC.



STATE NEWS

Commissioner Howell is creating a task force to aid the Department of Conservation in preparing a master plan for Frozen Head State Natural Area in Morgan County. The 11,329-acre Frozen Head area is one of the largest, most rugged, most heavily forested and relatively undisturbed sites in the Tennessee Outdoor Recreation Areas System, according to Commissioner Howell. It possesses unique scenic, ecological, geological and cultural values and has statewide, regional and local recreation potential. The area manager, and TTA member, Duane Wyrick, says consid-

erable work has been done on rehabilitation of trails in Frozen Head, with the help of labor from the regional prison nearby. Also, the old bridges in the area are being replaced. TTA members Evan Means and Don Todd will serve on the Frozen Head Task Force. Wyrick reports the private inholding at Mart Field has been acquired by the Department, in exchange for land on the outside fringe of the area. The old cabin that provided a hangout for hunters and an eyesore in an otherwise beautiful setting by a spring, has been removed.

"A Buck For the Trail" Campaign

Over 110 million potential trail users now live within a half day's travel of the North Country Trail. The only east-west national scenic trail, it crosses parts of New York, Pennsylvania, Ohio, Michigan, Wisconsin, Minnesota and North Dakota and is accessible from the major metropolitan areas of Boston, New York, Pittsburgh, Cleveland, Cincinnati, Detroit, Chicago and Minneapolis-St. Paul.

The newly formed North Country Trail Association, a volunteer, non-profit group, was organized to promote, build, maintain and protect the trail. The North Country Trail needs your help! There is a real need for trail building tools; trained leadership to supervise trail building; trails literature to explain the new trail to the public; trail education materials, transportation for volunteers; volunteer education, and most of all "trail loving care," known as TLC. In order to raise funds, the NCTA is "going public." We are seeking and asking all-Americans to give "a buck for the trail." The "Buck for the Trail" campaign is seeking only one dollar from everyone who enjoys camping, hiking and the other outdoor enjoyments associated with trails.

The Association is seeking no federal monies (tax payer's dollars) to assist in building and developing this splendid national outdoor recreational resource.

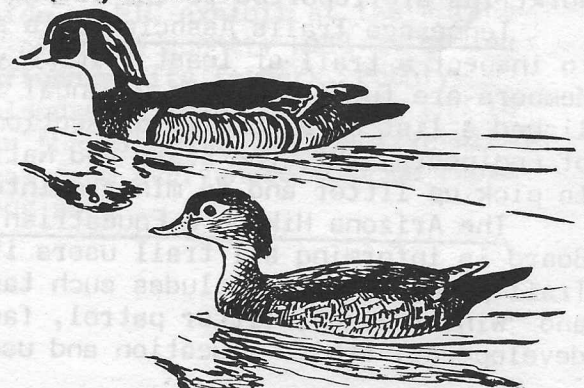
Over 400 miles of the trail are already being used by the public.

We solicit your support to help us build this great trail. If you'll enclose a self-addressed, stamped large envelope with your contribution we'll send you a \$1 trails bulletin, entitled, "How to Pack a Backpack," free.

All contributions should be mailed to; Kenneth R. Gackler, Treasurer, NCTA, 418 W. Johnson St., Caladonia, Michigan 49316.

Contributor's names will be listed in the NCTA newsletter.

For further information, contact Lance Feild, President, NCTA, P.O. Box 100, Lincoln Center, Maine 04458; Phone: (207) 794-6062.



TTA Affairs

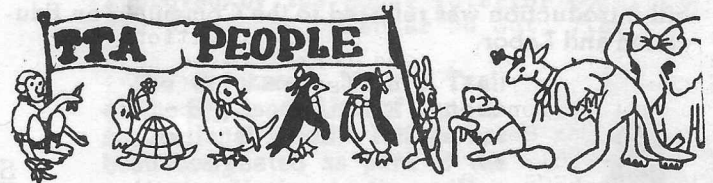
TRIP REPORT - Cumberland Trail on Walden Ridge, Caryville to Lake City - November 15, 1981. Six TTA members from Middle Tennessee and about 40 members and guests of the Smoky Mountains Hiking Club enjoyed a pleasant hike on a beautiful, mild fall day on this newly opened section of the Trail. We were proud of TTA for initiating and doing preliminary survey and clearing along this route. Mike Dahl, Ken Miller, and Tim King of the Tenn. Dept. of Conservation, who were responsible for the final construction of this trail section, also joined us, and continued to clear as they went. Several botany and ecology students from UT also came. A fire and regrowth of brush have nearly covered the trail in spots. The hike was rated X because of the creature activities which the young people observed. Even if the actors did have 6 legs each, they really should have been more discreet. -- Harry and Sylvia Hubbell (TTA, SMHC) and Phyllis Lyle (SMHC).

TRIP REPORT - Bluff Trail Hike - Dec. 5, '81 - A sunny brisk day - temp. in the 40's. Thirteen hikers, young and old, followed the bluff from Covenant College to Point Park on Lookout Mtn. at Chattanooga. A pleasant hike, as we

were somewhat sheltered from the wind - that was until we climbed up Sunset Rock to eat our lunch. We ate with fingers feeling like the icicles that we viewed along the trail. The visibility was so-so but good enough to make this 4½ mile hike worthwhile. Back at Point Park we refreshed ourselves with cake and coffee. This trail has been recently designated a National Recreation Trail and was built by the CCC in the late thirties.

- Dot Ventress -

TRIP REPORT - 24 January - Black Mt.-Cumberland Trail Hike - 13 members of TTA and the Sierra Club chose a crisp clear day to hike the Cumberland Trail to the top of Black Mt. This trail was laid out over 10 years ago, but was fairly easy to follow except the last stretch near the top; a bit of cross country to reach the summit provided an interesting variation. From the rocks on top, you could look into North Carolina and down into Grassy Cove. A side trip to Windlass Cave (named after a former owner) rounded out the trip. - Stidham



TTA member Terry Chilcoat of Clinton has been appointed to the Advisory Council of the Overmountain Victory National Historic Trail by the US Dept. of the Interior. The recently designated trail commemorates the route taken from Sycamore Shoals near Elizabethton, TN, by the Overmountain Men, volunteer patriots from five states, to their Revolutionary War victory at Kings Mountain, SC. The October 7, 1980, battle is considered the turning point of the war in the South. Chilcoat coordinates development of TVA's trails. Along with the 14 other members of the Advisory Council, he will advise the Secretary of the Interior on matters relating to development of the recently designated National Historic Trail, including selection of rights of way, standards for the erection and maintenance of markers along the trail, and administration of the trail.

NASHVILLE AREA CARPOOL COORDINATOR - EVELYN TRETTETTER
859-0566
MEMPHIS AREA CARPOOL COORDINATOR - JILL NORVELL
901-454-2365
901-876-5529 (home)



WHAT DOES ADOPT-A-TRAIL MEAN? (from National Trail Council's Trail Tracks)

It has many meanings. Here are a few examples:

Potomac Appalachian Trail: Though not called that, PATC has had such a program for its members since at least 1950. As soon as the club reactivated or created a trail (in Park, Forest or over private land), the trail was assigned to an overseer. This member ran a work trip of his friends as frequently as needed to control vegetation, renew blazes, do minor erosion control, clear storm damage. He could ask for a club worktrip if major work was needed. Complaints from rangers or hikers were sent to the club's trails superintendent who passed them on to the overseer. All worktrips are reported to the club and a record of manhours kept.

Tennessee Trails Association's adopt-a-trail program asks its members to sign up to inspect a trail at least twice a year and report condition to the managing agency. Members are furnished with a manual and an inspection form. TTA has recently published a list of 52 trails or sections of trails offered for adoption by the Corps of Engineers, TVA, the State and National Park Service. Adoptees are encouraged to pick up litter and do minor maintenance on these inspection trips.

The Arizona Hiking & Equestrian Trails Committee attached to the AZ State Parks Board is informing all trail users it can reach of the local Forest Service Adopt-A-Trail program which includes such tasks as trail maintenance, construction, inspection, and "winterizing", litter patrol, facility construction, sign installation, brochure development, ethics education and user surveys--i.e. something for everyone.

THE BOOK SHELF



A Guide to Wildflowers of the Mid-South

Arlo I. Smith
Memphis State Univ. Press
Memphis, TN 38152
415 pp.
492 color illustrations
\$19.95

A Directory of Holistic Health Services in Middle Tennessee is being compiled. It will be distributed free thru organizations, health food stores, etc. To list services, send: name, address, telephone number, description of service including teaching, lectures, willingness to travel, other information to help people make a choice, along with \$2. Vendors send: identifying information, hours, up to five products, along with \$5. A prompt response may encourage others to list. Production schedule: all information by May 1, 1982, distribution June, 1982. Quality and format based on number of listings. To list or receive information contact: Elaine Hackerman, Route 8, Box 86A, Clarksville, TN 37040. Home-358-9581, Work-648-8126, Work, Nashville-256-6705.



TRAIL TREATS

HOT SPICED COCOA MIX

2 1/4 c nonfat dry milk powder
1/3 c unsweetened cocoa powder
1/4 c granulated sugar replacement
(or equiv. amount of sugar)
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg

In quart jar, mix dry milk, cocoa powder, sugar replacement, and spices. Shake well to thoroughly combine. Store in covered container. Makes 2 1/2 cups. For one serving: Spoon 2 heaping tea-spoons into mug; add 3/4 c hot water. (For a smoother blended drink, stir cold water into dry mix and heat.)

This mixture is lightweight and will keep well between hikes.

SPICED TEA

1/2 c instant tea
2 c Tang
1 pkg sweetened lemonade mix (such as Wyler's)
1 tsp ground cloves
1 tsp cinnamon
2 c sugar

Mix all ingredients well and store in airtight container. For one serving: Add 2 heaping tsp to a cup of boiling water.

HOW TO MAKE ACORN FLOUR, by Rich and Marion Patterson, Indian Creek Nature Center, Cedar Rapids, IA.

1. Gather freshly fallen acorns of the white oak variety. Boil nuts for five minutes and cool.
2. Cut acorns in half with a paring knife. Remove husk.
3. Boil kernels in one or two changes of water until they taste sweet.
4. Roast kernels by spreading on cookie sheets in an oven at 350 degrees until hard and dry.
5. Grind into a coarse flour in a grain grinder or blender.
6. Store in a cool, dry place and use in pancakes, muffins, or many other recipes.

NOTE: This will become a regular column with your help, so please feel free to share your favorite recipes.

Thanks! Sherry Stidham

DON'T FORGET

If you have not paid your 1982 dues, this will be your last newsletter. So....

MEMBERSHIP APPLICATION - TENNESSEE TRAILS ASSOCIATION

Please register me as a member for the Calendar year 1982 with type of membership checked:

____ Student (fulltime, undergraduate, high school. No voting privileges.) --\$3.00
____ Individual - - - - - \$8.00
____ Supporting (organization or individual. Organizations should designate a representative to cast its vote, and list five key individuals to receive the newsletter). - - - - - \$15.00
____ Life - - - - - \$150.00

NAME _____ PHONE NO. _____
ADDRESS _____

Please send gift membership for Calendar year 1982 to the following:

1) NAME _____ PHONE NO. _____
ADDRESS _____

PERSONAL MESSAGE _____
TYPE OF MEMBERSHIP _____ AMOUNT \$ _____

2) NAME _____ PHONE NO. _____
ADDRESS _____

PERSONAL MESSAGE _____
TYPE OF MEMBERSHIP _____ AMOUNT \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Mail to TTA, P.O. Box 4913, Chattanooga, TN 37405

CALENDAR OF EVENTS - 1982

- 4 Feb. - Memphis Ch., special back-packing program.
- 6 Feb. - Sierra Club hike, Short Mt. - Bob Brandt (615-259-6155).
- 9 Feb. - Murfreesboro Ch. meeting - Old Gym, MTSU.
- 13 Feb. - Hidden Springs Trail - Cedars of Lebanon State Park.
- 13-14 Feb- North Rim Trail backpack, Savage Gulf Natural Area.
- 18 Feb. - Memphis Ch. meeting - Kingsway Christian Church.
- 20-21 Feb- Alternate date for North Rim Trail backpack (if no snow on the 13th).
- 27 Feb. - Lakeshore Hike - Long Hunter State Park.
- 28 Feb. - Shiloh National Military Park - hike and tour.
- 1 March - Cumberland Mt. Ch. meeting.
- 6 March - Twin Forks Trail, J. Percy Priest Lake - Maryedith McFarlin (615-896-1344) or Randy Johns (615-895-1263).

- 9 March - Murfreesboro Ch. meeting.
- 13 March - Bike hike, Readyville Mill to Brown's Mill - Dwain VanVactor (615-890-7810/615-898-2811).
- 18 March - Memphis Ch. meeting.
- 18 March - Nashville Ch. meeting.
- 20 March - Laurel-Snow Pocket Wilderness - Dot Lingerfelt (615-892-8043).
- 26-27 March - TN Conservation League Annual Meeting, Gatlinburg - Tony Campbell (329-4230).
- 27-28 March - Red Leaf Trail, Natchez Tract State Park - Greg Forte (615-352-7324) or Steve Pardue (901-536-5433).

Send material for TENNESSEE TRAILS to:
 David Stidham, Editor
 1015 Hitt Lane
 Goodlettsville, TN 37072
 The deadline is the 20th of each month. If possible, submit material camera ready, typed in a full 4 1/2 inch column. Artwork is welcomed.

TENNESSEE TRAILS ASSOCIATION INC.

OBJECTIVES: To promote, construct, and maintain a state wide system of hiking trails, and to work for the conservation of natural resources inherent to this objective. Sponsor for the Cumberland Trail.

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 1981-1982
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