



TENNESSEE TRAILS

Official publication of the
Tennessee Trails Association, Inc.

VOLUME XVI, NO. 5

MAY 1985

Nominations for the two annual awards of TTA should be turned in to Dave Stidham by Aug. 1.

TTA Award. Presented for outstanding contributions to the Association, or for furtherance of trails and natural resources programs and opportunities within Tennessee. Anyone may make such nomination. The candidate can be either a person or organization and does not have to be a member of TTA. The Board of Directors will make the selection from the candidates submitted.

Bill Stutz Award. Given in memory of the late Bill Stutz of Chattanooga, a director and active supporter of TTA. This award is given to a member of TTA. Each chapter will submit a candidate, who should be an active hiker who has contributed to the association or chapter in an outstanding way. A sheet of his qualifications must be submitted with the name. The board will choose the winner.

Nashville

Chapter Meeting, Thursday, May 23, 1985, 7 pm.

Hamilton Creek Park at the swimming area, bring a Sack Lunch, drinks will be furnished.

Planning session for Annual Meeting.

Smith Springs Road from Murfreesboro Road or Couchville Pike from Donelson Pike. SEE YOU THERE!

MARCH 28, 1985:

Met at Cumberland Museum. A total of eleven people attended, including three new members and one prospective member. As planned, this meeting was dedicated to coordinate the efforts of the chapter for the annual meeting.

Evelyn Tretter asked for and got some volunteers for various duties involving the project. A discussion was held on who would be the guest speaker at the annual meeting; three or four ideas were put forward and everyone present agreed to do more research and talk with some potential speakers.

OUTDOOR ELITISM

by Gene Curp

We have probably all felt the welling-up of self-satisfaction of knowing we are non-consumptive outdoor users. We don't pick flowers, litter, kill snakes, hunt or fish. We certainly don't pollute the water source or cut live vegetation. Some "extremists" say our boot soles cause erosion and should be banned. But even REI Coop in its brochure on Minimum Impact Camping says boots should be carried for safety when the going gets rough.

Being such exemplary outdoors people we feel justified in harboring a little ill will toward those who do the things cited above.

But who pays the taxes for parks and public lands? Everyone. Who pays the licensing fees which impact hunting and fishing policy? Hunters and fishermen. I waited two weeks to send in my money for a "nongame certificate" to contribute to TWRA's effort to manage wildlife not connected with "consumptive sports". I got certificate #16, probably because the first 15 were reserved for the Governor and other dignitaries.

We have been lucky, through great effort, to have many areas restricted to hiking use only. But I believe other outdoors people have rights to be able to pursue their interests. Ever hear of a horse trail closed to foot travel? So, as in the rest of life, compromise is the answer.

How do we achieve this balance and assure hikers a place to enjoy, funds for trail maintenance, etc.? By forming a coalition with the hunting, ORV, horseback, fishing, birdwatching, and other folks with an interest in the outdoors. I know this is an old theme, but I think the refrain bears singing again.

So you can help. If you happen to be both a hiker and a participant in another outdoor activity formerly thought of as "consumptive" or "noncompatible", teach your acquaintances on each side understanding and respect for the other guys. If you are strictly a hiker or other "new generation outdoors person" conquer your feelings of elitism, exercise some understanding and attempt to bridge the gap.

With a united voice, we can promote the outdoors interest of all recreationalists.

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 4½ inch column. Artwork is welcomed.

HIKES

Big South Fork Spring Wildflower Pilgrimage May 3 & 4, 1985

Mark your calendar now for the Second Annual Big South Fork Spring Wildflower Pilgrimage. The event will begin on Friday, May 3 at 7:00 p.m. CDT, at York Agricultural Institute in Jamestown, with slide presentations, exhibit by various organizations, and refreshments. On Saturday, May 4 there will be at least ten hikes, ranging from 1.5 to 8 miles in length and from class I to class III, most of which will be led by Cumberland Mountain Chapter members. The tours will cover an extensive portion of the entire area and will enable participants to experience one of the most diversified wildflower habitats outside the Great Smokey Mountains. This event is being sponsored by: The Fentress County Extension Office, the Big South Fork NRR, Pickett State Park and Forest, Fentress County Chamber of Commerce, and the Cumberland Mountain Chapter Tennessee Trails Association. For more information, contact: Fentress County Chamber of Commerce, Jamestown, TN 38556, 615-879-9948. Brochures will be available.

May 4 is the date of the club's Spring Wildflower Hike on the Sheltoe Trace. This 7-mile section along the Big South Fork River from Alum Ford to Yamacraw is the one trail which members hike each year for the unusually large masses of flowers found there -- the forest floor is carpeted with flowers in many places. Last year over 60 species were counted, including chrysogonum and green violets.

Other attractions along this trail are the old cemetery, Penitentiary Sink, Cottonpatch Falls, Princess Falls and with an extra 2-mile round trip, the 60-foot high Lick Creek Falls.

Club members will be leaving from Whitley City Motel at 9 a.m. eastern time. For further information call 606-376-5989 Whitley City or 502-842-1102 Bowling Green.

Tishomingo State Park in Dennis, Mississippi.
May 5. Meet the carpool at Park Place Mall at 8:30 a.m. C.S.T. Hikers will meet at 10:30 a.m. at the Park office of Tishomingo State Park. Out of Memphis take 72 to Iuka, MS and then take 25 south to the state park. If anyone from Nashville decides to discover Tishomingo they can drive on the beautiful Natchez Trace Parkway directly to the park.

Tishomingo offers a mini wildlife museum, a restored log cabin and a swinging bridge over Bear Creek. The group will hike most if not all of the park's 13-mile nature trail system. The hiking will provide views of the park's exposed rock outcroppings, hilly terrain, ferns, wild flowers and we will be hiking both alongside of and above the meandering Bear Creek.

Pack a lunch, water and sturdy shoes and hope that the weather will be as gloriously beautiful as it was in late September of 1984 when Tishomingo State Park first appeared on

the Memphis hiking schedule. Camping is available in the park if anyone wants to make a week-end of it. Also, fishing boats, canoes and paddle boats can be rented by the day or hour.

Leader: Bob Barnett (901)767-9347

CUMBERLAND TRAIL WORKTRIP 11 MAY 1985

Meet at 8:30 am Central Time at the General Store in Homestead at the junction of US 127 and US 68 for some trail maintenance on Black Mountain. Support TTA's efforts on the Cumberland Trail!

LEADER: Bob Brown
Nashville

61-742-4616

BIKE HIKE - RUTHERFORD COUNTY 18 May 1985

Get your bike out, inflate the flat tire, oil the chain, and start taking short trips to prepare for this bike hike sponsored by Murfreesboro Chapter. We will be touring some of the historical sites in Murfreesboro. The bike tour will begin at Cannonsburg and go past the 100 year old train station toward Rosecrans, a Civil War monument, past the new golf course, across the Stones River, and to the Battlefield via county roads. At Stones River Battlefield, we will take the loop around the grounds and stop for lunch. Then we will be back on the road toward Oakland Mansion, returning to Cannonsburg. Cyclists should be at least 10 and have road experience. Those under 10 or inexperienced may want to meet at the battlefield for the 2 mile loop ride. Meet at 9 am central time; plan to finish by 3:30 at Cannonsburg. To get to Cannonsburg, exit at Franklin exit on I-24 and take Hwy 96 into town; turn right on Hwy 41 at second light (Krystals); turn right at City Hall (on left); Cannonsburg will be on right. Reservations would be helpful but not required. More importantly, come and enjoy the spring, the sights, and fresh air after a cooped up winter. Distance - 12-15 miles. Bring lunch, water (helmet recommended).

LEADER: Maryedith McFarlin

615-896-1344

2265 Racquet Club Dr. Murfreesboro 37130

NOTICE: The Cumberland Mountain Chapter sponsored hike which was scheduled for May 12 has cancelled. It is hoped that it will be rescheduled for a later date.

hikes continued

May 19 - Big Hill Pond State Pond

Spring has sprung at Big Hill Pond and the Memphis Chapter will be there to witness it. We'll meet for carpools at the corner of Park and Ridgeway at Park Place Mall at 7:30 a.m. The group will gather at Wilmet's Grocery on Highway 57 (just past Pocatant's, TN) at 9:30 a.m. before beginning our hike on Turkey Call Trail. Bring a lunch and a friend. Bob Barnett is backpacking in to camp Saturday, May 18. If you'd like to join him, call Bob at 767-9347.

Leader: Jill "mother" Norvell 873-2149

June 1,2 - Quachita National Forest, Ark.

This trip to the National Forest has been changed from May 25-26. The Memphis Chapter will camp in the Forest's primitive tent campground Friday and Saturday nights and hike all day Saturday and most of Sunday. Camping equipment is available to be shared! Call Jo Phillips for more information and details.

Leader: Jo Phillips 452-0911

June 8,9 - David Crockett State Park

The Memphis Chapter is venturing into middle Tennessee (kind of) once more to the sight of Crockett's mill and tavern. Located on Highway 64 near Lawrenceburg, the Park boasts beautiful scenery, but relatively little hiking trails. So, Leader Bob will show us some swimming holes, the interpretive center, and short hikes. We'll camp Saturday night there and spend Sunday exploring Shiloh National Military Park and who knows where else?! Call Bob for more details.

Leader: Bob Barnett 767-9347

Charit Creek Hostel Overnighter (Big South Fork) May 18 & 19, 1985 NRRA)

The Cumberland Mountain Chapter plans to sponsor an overnigher to Charit Creek Hostel (formerly Parch Corn Lodge) on the weekend of May 18 & 19. We will meet at Pickett State Park Lodge at 4:30 p.m. EDT and carpool to the parking area that lies atop the mountain, where we will begin the mile long hike down a steep grade to the lodge. There are primitive bunks at the lodge, however you may wish to bring a tent in case the site happens to be crowded. Everyone is asked to bring hot dogs as we plan to have a wiener roast on Saturday evening. On Sunday, the group will have the option of hiking, trout fishing in Station Camp Creek, or just lounging around. The Twin Arches are only one mile from Charit Creek Hostel, and the creek will be well stocked with rainbow trout. Everyone should come prepared to make creek crossings and bring insect repellent. Everyone should bring their own food and accommodations. For additional information contact: Steven Burke 879-7770 or work 879-9381 Howard Ray Duncan 879-8245 Tom Sells 879-7759 or work 879-9381

PLEASE NOTE - The Memphis Chapter is challenging the Ocoee River again this summer on August 10. If you would like to ride the wild white water on guided rafts, call Betty Porter, 363-0213. before May 18 for reservations. Charge per person at Nantahala Outfitters is \$29.00

PRENTICE COOPER STATE FOREST 5 May 1985

Meet at the Cumberland Trail parking lot off of Hwy 27 between Chattanooga and Jasper at 9:30 am eastern time.

LEADER: Sam Powell 615-886-2689/751-6781
Signal Mountain

1985 CALENDAR OF EVENTS

DATE	SPONSOR	EVENT	CLASS	MILES	LEADER	PHONE (HOME/WORK)
MAY 3-4	CM	BIG SOUTH FORK WILDFLOWER PILGRIMAGE				(615)879-9948
MAY 4		Big South Fork Hiking Club wildflower hike on Sheltoee Trace, BSFNRRRA				(606)376-5989 or (502)842-1102
MAY 5	CH	PRENTICE COOPER STATE FOREST			SAM POWELL	(615)886-2689/751-6781
MAY 5	ME	TISHOMINGO STATE PARK (MISSISSIPPI)	II	8	BOB BARNETT	(901)767-9347
MAY 11	S	CUMBERLAND TRAIL WORK TRIP, BLACK MT.			BOB BROWN	(616)748-4816
MAY 16	ME	CHAPTER MEETING, KINGSWAY CHURCH				
MAY 18	MU	BIKE HIKE - RUTHERFORD CO.			MARYEDITH McFARLIN	(615)896-1344
MAY 18-19	CM	CHARIT CREEK HOSTEL BACKPACK			STEVEN BURKE or TOM SELLS	(615)879-7770/879-9381 (615)879-7759/879-9381
MAY 19	ME	BIG HILL POND ENVIRONMENTAL EDUCATION AREA	I	8	JILL NORVELL	(901)873-2149/767-7322
MAY 23	N	CHAPTER MEETING, HAMILTON CREEK PARK				
MAY 25-27	CH	WATERFALLS HIKE - CHATTANOOGA AREA	II-IV		DAVID STIDHAM	(615)859-3621/251-5115
JUN 1-2		Big South Fork Hiking Club backpack to Twin Arches			RITA ELLIS	(502)842-1102
JUN 1-2	ME	QUACHITA NATIONAL FOREST (ARKANSAS)	II	10	JOANN PHILLIPS	(901)452-0911
JUN 7-9		TSRA Canoe School, Hiwassee River			FRANK & ELSIE IRLINGER	(615)352-0290
JUN 8	N	NICKAJACK CAVE - RACCOON MT. PUMPED STORAGE PROJ			JOHN HART	(615)833-7546
JUN 8-9	ME	DAVID CROCKETT STATE PARK	I	5	BOB BARNETT	(901)767-9347
JUN 11	N	MT. LECOTE, GREAT SMOKY MOUNTAINS NATIONAL PK	III-IV	5	MARGERET MANN	(615)883-6212
JUN 15	MU	WALLS OF JERICHO (TN & AL)	III	6	BOB RICHARDS	(615)742-6680(W)
JUN 22	S	2ND QUARTER TTA BOARD OF DIRECTORS MEETING				
JUN 22-23	S	CUMBERLAND TRAIL WORK WEEKEND			GENE CURP	(615)824-1171/256-2566
JUN 22-23	ME	GREAT SMOKY MOUNTAINS NATIONAL PARK	I-III	15	BETTY PORTER	(901)363-0213

SAVAGE GULF ROCK CLIMBING SCHOOL, Nov. 3-4, 1984 (Memphis) - the Memphis Chapter climbing school took place at Confrontation Point, a Church retreat and dormitory. The camp consisted of a multifamily cabin with bunk beds in individual rooms. Some of us (at least me!) thought this was to be our last night on earth. For someone who gets dizzy climbing a step ladder, the thought of climbing 50 ft.+ rocks was terrifying! Saturday dawned cloudy and cool. After a hardy breakfast we drove to Savage Gulf to begin practicing climbing a semi-smooth rock lying at a 45 deg. angle. We were taught the art of belaying and soon learned we could not fall. Confidence built. Next was Chicken Head, a 50 ft. rock mostly straight up with two rock ledges 6 inches wide and many finger holds. Somewhere between ground and half way up, fear turned into "Hey, this ain't half bad!" Next were the 100 ft. level, 200 ft. level, and chimney rock level. The 100 ft. level was called "Killer" for some dumb reason. "Sewing machine legs" hit 40 year legs about 20 ft. up Killer. The desire was there; the energy wasn't. The kids climbed everything twice, then rappelled down "Killer". No one fell or got hurt. Back at camp after dinner we had a classic confrontation with marshmallows. It is good that it rained that night; it helped wash off the places where marshmallows hit skin. Later that night Larry Turner took the worst fall of the weekend, off the top bunk. He didn't even yell "on belay." Sunday it rained. We couldn't climb, so we explored Savage Gulf. The weekend was fun, the companionship good, and I learned to live with a life long fear of height. I'll be back next year. Watch out "Killer" and Chimney Rock, here I come. - Paul Goldstein.

BIG SOUTH FORK HIKING CLUB

March 23 found BSF Hiking Club members and guests combining sections of the Sheltowee Trace National Recreation Trail and the John Muir Trail for an 11 mile bi-state hike. Beginning on Peters Mountain in KY the group descended the Mark Branch section of the Trace, passing under 60' Mark Branch Falls and following the beautiful little stream in the narrow ravine between very tall cliffs. Some old timbers and railroad spikes remain as relics of tram roads used to haul timber to the old Stearns Loggins Railroad.

Upon reaching Rock Creek, the Trace continues along the icy, trout-stocked waters of the creek, passing by the US Forest Service's Hemlock Grove Picnic Area and Great Meadow Campground before crossing the state line into TN. The group then turned uphill on the newly constructed John Muir Trail which is located on the bed of the former Stearns Logging Railroad which went to "the head of Station Camp" or "New Store 14". Here again were found old timbers and spikes along the railroad bed which followed in and near Massey Branch.

Warm sunshine, 40 species of wildflowers and the green waters of Bear Creek and the Big South Fork River rewarded members and guests of the BSF Hiking Club on its April 6 hike.

Led by Henry Tackett of Somerset, the group ranging in age from 12-73 years old, went from Foster Crossroads near Oneida, TN to walk along old roads to Bear Creek in KY. Then down Bear Creek to its mouth and turned up the BSF River to make a 6-mile loop.

The trailing arbutus, celandine wood poppy, Dutchman's breeches, blood root, hepaticas and Allegheny Mt. spurge were special treats to the hikers, as they only bloom for a short time during early spring.

Rock Creek Trail, March 24 (Cumberland Mountain Chapter) In spite of predicted rain and several creek crossings 17 hikers showed up to slosh along the Rock Creek Trail in Pickett State Forest. After crossing Rock Creek a few times and getting several wet feet we made our way to Thompson Overlook. We ate lunch alternating between warm sunshine and icy gusts of wind. Just as we were finishing lunch a large, dark raincloud announced its arrival with rumbles and sprinkles. Being a very lucky bunch there was a large, dry rockhouse nearby to which we retreated and built a very welcome fire. The rain soon stopped and we were able to complete our hike. We once again seemed blessed because just as we reached the safety of our vehicles the skies opened up in a minor cloudburst. Thanks to everyone that showed up and made this a great hike. Howard Ray Duncan

Three people showed up at Cove Lake State Park for the March 23-24 weekend of work on Section II of the Cumberland Trail, which section TTA has agreed to maintain under the chairmanship of Grimes Slaughter. Grimes was sick and unable to lead the work day, and Ranger Bobby Harbin was in charge. Mr. Harbin decided the weather was too uncertain to go up on the mountain to work, so he canceled the work trip.

The three people who went were all from the Nashville Chapter, Evelyn Tretter, Susan Spanbauer and Bill Peatman. We camped in the park Friday night, took a short hike on the Cumberland Trail and returned home Saturday afternoon.

Section II of the CT is open to the public and has its own brochure with designated campsites, etc. We were privileged to look at all the trail maps at the Cumberland Trail office, which is in Cove Lake State Park (north of Knoxville). We were very impressed and thrilled with the concept of this 250 mile trail which will rival the Tennessee portion of the Appalachian Trail in magnitude and beauty.

- Evelyn Tretter

Cumberland Mtn. State Park, Cedars of Lebanon and Long Hunter State Park, April 6th and 7th (Memphis). Anne, Betty, Gene and I arrived right on schedule at Cumberland Mtn. State Park on Saturday. Since no other TTA members were in sight we checked in to good, old cabin #8 before starting to hike.

The day was still young and the group was energetic, so we took on the eleven mile so-called overnight trail. Part of the trail was scarcely marked and much of it was marked so faintly that we became very sensitive to the blue blazes. A good bit of the area surrounding part of the trail was rather bleak due to a fire in the recent past and the fire tranches were still most noticeable.

The lack of wildflowers reminded the group how far east of home we were. We had seen wildflowers in West TN and Arkansas in greater number in March. Despite this slight disappointment the group thoroughly enjoyed the change of scenery and terrain. The most enjoyable part of the outing was the hiking in and around the creeks and lake.

Anne Lindholm was awarded the fisherman par excellence award for hooking and reeling in a wilderness boot (mine). A precarious bridge that was collapsing caused me to shed my boots to wade across the stream. I sure need to work on my boot pitching skills. After this minor excitement the group finished the eleven mile trail with enough time to spare before sunset to hike a part of the Pioneer Trail.

A delicious supper time relaxing by the fireplace and a restful night in the cabin had us ready for more hiking on Easter morning. Despite intermittent showers we drove scenic 70E through Crab Orchard to take in the beauty of Ozone Falls. Rainy weather continued to plague us as we drove toward Carthage. Since it was still raining at Carthage we abandoned plans to hike the Bearwaller Gap Trail in hopes that the rain would have ended by the time we reached Cedars of Lebanon State Park. Our hopes were realized as we were able to hike the Cedar Forest, Hidden Springs, and Limestone Sinks Trails and only were slightly sprinkled on once. We were rewarded by the sight of more wildflowers, including a few mayapples that had popped into view.

After lunch in the Cedars' picnic area the group took off to Long Hunter State Park. We were shocked to find the lake level down so low, but we were elated to discover the newly completed trail system in the Davidson County park. Since the group except for myself had to be back in Memphis that day we only had time to hike the Lake Trail and the Nature Loop. We enjoyed those two short hikes and hope to return soon to hike the recently completed trail system. Especially appealing is the prospect of hiking the Bryant Grove Trail, Day Loop Trail and the Volunteer Trail in the not too distant future.

The group enjoyed the trip so much that we are discussing spending a week in Middle Tennessee parks in 1986. If you have suggestions for parks and trails that should be included then send them on to the Memphis chapter. . . . Bob Barnett

hikes continued

WATERFALLS et. al.
25-27 May 1985

Join me for another exciting natural areas extravaganza (with some cultural stuff thrown in) in SE Tenn., NW Georgia, and NE Alabama. If you're game, we'll spend all 3 days of the holiday weekend car-hopping through some of the south Cumberland's neatest areas. How about these for starters?: Savage Gulf, Foster Falls, Greeter Falls, Jumpoff Falls and acres of lady slippers (if still in bloom), Falling Water Falls, Lula Falls, Montlake, Rainbow Falls, Desota Falls, Neversink, Russell Cave, Cloudland Canyon, Grand Canyon of the South, Anderson Falls, Bridal Veil Falls (??), Civil War memorials, watermills, and maybe even the Chattanooga Choo Choo! Plan to primitive camp; we'll lay down where ever we end up at night. Meet me Saturday the 25th at the South Cumberland Recreation Area Office between Tracy City and Monteagle on Hwy 41. at 9:30 am central time. Meet me in Nashville at 8 am at the Cumberland Museum. Bring your camera, bedrole, some gas, a can of beans and an adventuresome spirit!!

LEADER: David Stidham
Goodlettsville

615-859-3621/251-5115

4th Annual Weekend of Fun-Pickett State Rustic Park, April 13 & 14 (Cumberland Mountain Chapter) - On the evening of April 13 fifty-three people turned out for the Fourth Annual "Weekend of Fun" at Pickett State Park. It all began at 7:00 p.m. at the Pickett Park Lodge as everyone helped themselves to home-made chili, fresh vegetable trays, and delicious desserts which were furnished by members of the Cumberland Mountain Chapter. After finishing off almost six gallons of chili along with most of the other food, everyone enjoyed two slide presentations; one dealing with past activities of the Cumberland Mountain Chapter, and the other a program dealing with the Big South Fork NRRRA and what the surrounding areas have to offer. The latter presentation was put together by TVA with slides furnished by the Fentress County Chamber of Commerce, and will be available to organizations all across the country in the near future. The fourth annual weekend at Pickett proved to be the most successful yet, with good food, a good crowd, and unusually beautiful balmy weather. A big thanks goes out to Tom Sells, Baxter Wilson, and Howard Duncan for the delicious chili, and to all other members for the vegetable trays and desserts. Steven Burke.

Flint Fork Tour & Hike, April 14 (Cumberland Mountain Chapter) - After having a very good turnout for the chili supper on Saturday night twenty-nine people attended our hike on Sunday. The hike began with a driving tour of various sites in Pickett State Forest, one being the site of Store 14. Store 14 was a company store operated by the Stearns Coal and Lumber Co. during their logging operations in the area in the 1920's and 30's. The next point of interest took us to Truman Overlook (so named because it overlooks a farm once owned by members of the family of President Harry S. Truman). Upon leaving Truman Overlook the group drove on to Kentucky Overlook which is at the head of the Flint Fork Gorge, our ultimate objective. We finally made our way into the Flint Fork area where we were treated to well over a dozen different species of wildflowers. Of particular interest was a large, flat topped boulder completely covered by trilliums and rue-anemone. After a brief lunch stop we hiked up Flint Fork for approximately a mile. We really enjoyed the beautiful spring time weather. Thanks to all who attended...Howard Ray Duncan.

Memphis

The May meeting's program, 7:30 p.m. May 16 at Kingsway Christian Church, Poplar at Massey Road, will get our saliva flowing when Bob Barni features a slide presentation on the Great Smokey Mountains national Park. Some of the luckier ones of the Chapter are heading east to the Mountains in June and need an appetizer before their adventure. Come and share in the excitement! And bring a yummy trail snack to share with the group!

BOBO DINNER

For each serving, place 2 TBLS. catsup in center of each piece of doubled heavy-duty foil. Cover with ground beef patty, top with onion, salt and pepper. Add some cubed or sliced raw potatoes and carrots. Seal and cook about 30 minutes.

BAKED FISH

Lay out strip of heavy-duty, doubled foil and butter generously. Lay out filleted fish, sprinkle with salt and pepper. (Optional- cover with onion and/or lemon slices.) Seal and place over coals. Prick foil when steam balloons it. Cooking time is 20-30 minutes depending on thickness of fillet.

FOILED APPLES

4 apples, peeled and cored
4 TBLS. crushed pineapple
Cinnamon/sugar mixture
Raisins (optional)

Place each apple on doubled heavy-duty foil. Fill apple centers with pineapple (and raisins). Sprinkle generously with cinnamon/sugar mixture. Seal. Place in glowing coals 20-40 minutes depending on size.

TTA — The Tennessee Trails Association

OBJECTIVES: To promote, construct, and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective. Sponsor for the Cumberland Trail. Regular dues are \$8.00 per year; \$3.00 for students and family dependents.

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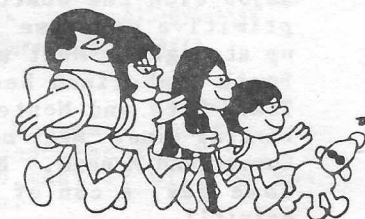
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