



# TENNESSEE TRAILS

OFFICIAL PUBLICATION OF THE TENNESSEE TRAILS ASSOCIATION, INC.

VOLUME XVII, No. 9

SEPTEMBER 1986

## Appalachian Trail Crews

- By Bob Brown -

While TTA has no direct responsibility for A.T. maintenance in Tennessee, the A.T. is one of our state's Scenic Trails. TTA members keep pretty busy working on adopted trails near their homes and on the Cumberland Trail. But those who have the time and want to learn, may contribute to maintenance of the Appalachian Trail in our state by spending a weekend or longer on projects undertaken each summer by volunteer trail crews from Camp Konnarock, Virginia which is jointly sponsored by the A.T. Conference and the U.S. Forest Service.

The crews work on projects suggested by the A.T. maintenance clubs. Their workweek extends from Thursday through Monday to allow club members to join the crews on weekends helping with the work and gaining valuable experience in professional techniques of construction or renovation in especially difficult areas.

A Konnarock crew worked with the Smoky Mountains Hiking Club (responsible for the A.T. from Wesser Bald to Davenport Gap), from July 24 to August 4, building steps and waterbars from Indian Gap to the Mt. Collins shelter turnoff. They also built a bog bridge of 12-inch thick Spruce logs across a 75-foot stretch that periodically stands a foot deep in water, forcing hikers in the past to detour and trample the bordering moss and duff.

I joined the crew during its first week. We tent camped at Smokemont and shared camp chores. All food was brought from Camp Konnarock.

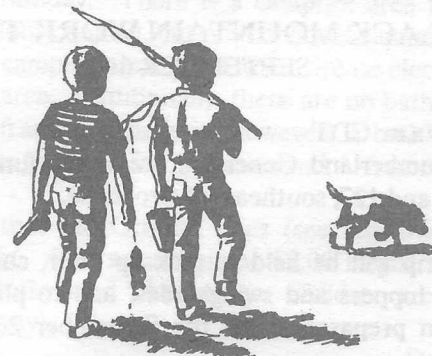
Crew members without fail, are interesting companions. Crew leader Jerry Lynch is a former Baltimore law enforcement officer, lawyer, and law school instructor who has walked the A.T. from Katahdin to Springer Mountain in winter; bicycled from Baltimore to San Francisco; hiked and camped in the Kenai Peninsula of Alaska; and who is now thinking about hiking the Sierra Crest Trail.

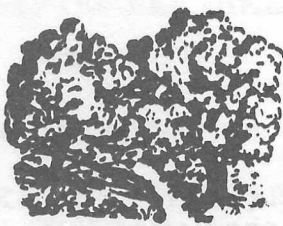
Al Dole, from Arlington, Virginia is a retired U.S. Fish and Wildlife biologist who started his wildlife service career in his native New Hampshire. He now hikes the A.T. regularly in Virginia and Pennsylvania, and is joining an Earthwatch expedition later this summer to capture, electronically bug and track endangered wolves in Northern Italy.

Ed Dale of Atlanta is a gynecology instructor at Emory University and owns a cabin at Lake Blue Ridge in North Georgia where he has for years maintained a 5-mile section of the Benton MacKaye Trail and performed other volunteer trail work for the U.S. Forest Service.

Mark Goldman of Chapel Hill, North Carolina is a physics major at Columbia University in New York and is spending the summer at Camp Konnarock. In addition to becoming an expert at trail building, Mark has developed into a top-notch camp cook and "straw boss".

Smoky Mountains Hiking Club members joining us for the weekend were veterans Jim Botts, Charles Klabunde, Paul Threlkeld, Bob Cook, Bill Busing, and Fred and Phyllis Sweeton. These workers and two back-country rangers working with us observed that trail maintenance was getting more difficult at the high altitudes in the Smokies, due to the encroachment of blueberries, blackberries, etc., in the openings left by firs and spruces which have died from aphids and acid rain stress.





## CUMBERLAND TRAIL NEWS

### DEDICATION CEREMONY CUMBERLAND COUNTY SEGMENT OF CUMBERLAND TRAIL

- By Bob Brown -

On Saturday, September 20, TTA will hold a noon luncheon meeting at Cumberland Mountain State Park to dedicate the Cumberland County section of the Cumberland Trail. In addition, we will be honoring the landowners who have given permission for the crossing of the CT on their land as well as those volunteers who have worked on the trail. Certificates of appreciation will be awarded to landowners and other supporters. Also, the first Cumberland Trail Stewardship Award will be presented to the Smoky Mountain Boy Scout Troop #374 of Crossville, who have been the primary volunteer maintenance crew for the Brady Mountain section of the CT for the past three years.

After the luncheon, there will be a vine cutting ceremony atop Black Mountain, followed by a four mile hike on the CT down to Low Gap (on Hwy. 68). Transportation to and from the park will be provided for all hikers.

Join us for a day of fun and help us thank Cumberland Countians for their vital contributions to the CT. For those of you wishing to stay overnight, we will be taking a seven-mile hike the next day across Brady Mountain. We will meet at 8:00 a.m. on Sunday morning at the Cumberland General Store.

### BLACK MOUNTAIN WORK TRIP SEPTEMBER 6-7

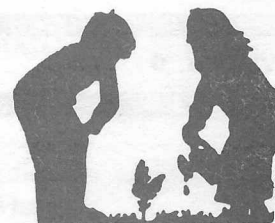
TIME: 9:00 a.m. CDT

PLACE: Cumberland General Store at the junction of state highways 68 and 127, southeast of Crossville.

This work trip will be held to pick up litter, cut late summer growth with loppers and swingblades, and to place three new trail signs in preparation for the September 20th dedication hike.

Free lodging space at the Cumberland Mountain State Park will be available for trail workers who notify us by Tuesday, September 3.

- Bob Brown, 615-748-4816



### ADOPT-A-TRAIL

#### THE VOLUNTEER TRAIL LONG HUNTER STATE PARK

- By Charlie Hann -

Five members of the Nashville chapter worked on approximately the first four miles of the Volunteer Trail on June 28, 1986. We cut back new growth, picked up litter, and worked with the fine rock. The trail is in excellent condition but needs to be hiked more often.

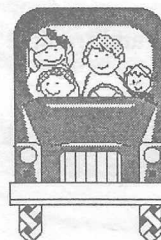
### ADOPT-A-TRAIL COORDINATORS

CHATTANOOGA: Jeri Shuttars

CUMBERLAND MOUNTAIN: Howard Ray Duncan,  
615-879-8245

MEMPHIS: Bob Barnett, 901-767-9347

NASHVILLE: Pat Anderson, 615-383-2355



### CARPOOL COORDINATORS

CHATTANOOGA: Dot Lingerfelt  
(615-842-8043 or 751-3292, wk.)

MEMPHIS: Gene Jacobson (901-755-9073)

MURFREESBORO: Maryedith McFarlin  
(615-896-1344)

NASHVILLE: Evelyn Tretter (615-859-0566)



## TTA Awards

The deadline for accepting nominations for the *Bill Stutz Award* and the *TTA Award* has been extended to September 15. These awards will be presented at the Annual Meeting.

### BILL STUTZ AWARD:

The recipient of this award must be a member of TTA, an active hiker, and someone who has rendered outstanding service to the chapter and/or statewide association. Each chapter should submit one candidate. The winner will be selected from the submitted candidates by the TTA Board of Directors. Please send a one-page letter outlining the qualifications of your chapter's candidate.

### TTA AWARD:

Any member of TTA may submit a nominee for the TTA Award. The winner will be selected by the Board of Directors. The recipient of the TTA Award can be any person, group, or organization having made an outstanding contribution to TTA, or having furthered trails and natural resources, programs, and opportunities in Tennessee. The recipient may be, but is not required to be, a member of TTA.

Nominations must be received by September 15, 1986 and should be mailed to:

David Stidham  
1015 Hitt Lane  
Goodlettsville, TN 37072



## Chattanooga Chapter

### CHATTANOOGA CHAPTER WELCOMES YOU TO TTA'S ANNUAL MEETING

October 10-12

The Chattanooga Chapter is happy to be hosting the TTA Annual Meeting this year and wants to issue all TTA members, friends and supporters a warm invitation to attend. A registration form has been included again in this issue. Please submit your form no later than October 1, 1986.

### THINGS TO BRING

Bedroll, pillows, towels, soap

Lawn chair

Lunches and snacks



A dish to be shared at the potluck dinner on Friday night. We will eat promptly at 7 p.m. Food will be left out for latecomers. Coffee and tea will be available at all times in the meeting area. Also, the kitchen area is available on Friday night for warming up food.

Auction Items: Bring your "yard sale" items, old and new items -- whatever you have to sell. Proceeds from the auction help fund the many TTA expenses throughout the year for the Cumberland Trail projects.

Door Prize: If you have a new item which would be suitable for a door prize, it would be appreciated. Those of you who have contacts with retailers or trail outfitters, see if you can persuade them to donate a door prize or an auction item.

If any of you plan to show slides ("show and tell"), a slide projector will be available.

The kitchen area is *not available* for individual cooking on Saturday or Sunday. There is a campfire area that could be used for outdoor cooking, but no individual campfires will be allowed in the camping area. Also, there are no electric outlets in the camping area. Additionally, there are no bathrooms in the cabins or A-frames. There is, however, a bathhouse nearby. Mattresses are provided in the cabins and A-frames.

Please note that the Ground Fees (see registration form) is \$4.00 per night. Also note that the \$2.00 Registration Fee applies only to folks aged 18 or older. Children are free (in this instance, anyway).

-- Dot Lingerfelt

# Tennessee Trails Association, Inc.

## Annual Meeting Schedule

OCTOBER 10, 11, AND 12, 1986  
CAMP LOOKOUT, CHATTANOOGA, TENNESSEE  
THEME: ADOPT-A-TRAIL PROGRAM

### FRIDAY, OCTOBER 10:

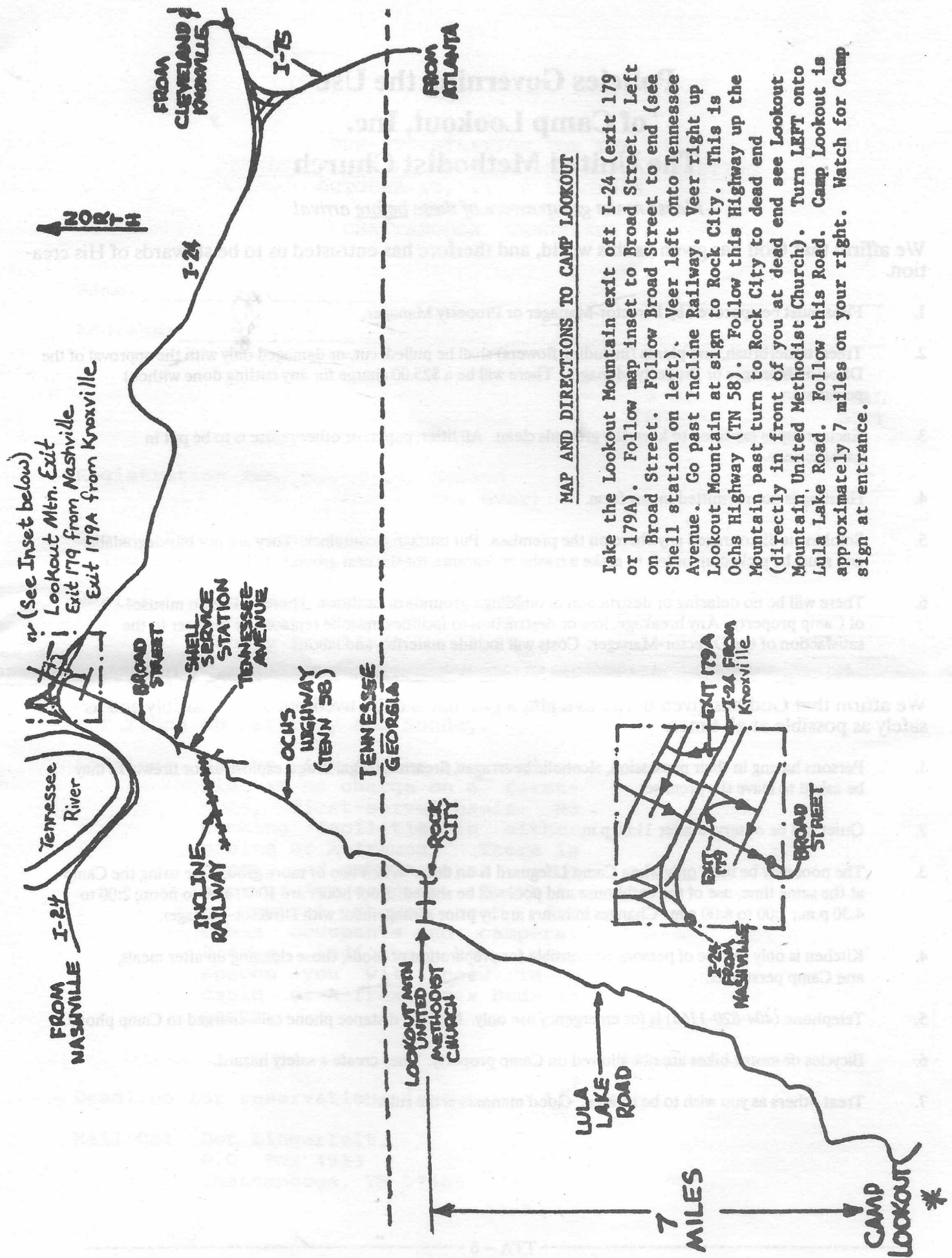
- 2:00 p.m. Registration
- 6:00 p.m. Board of Directors Meeting
- 7:00 p.m. Potluck Dinner
- 8:00 p.m. "Preservation of the Tennessee River Gorge" by Graham Hawks
- 9:00 p.m. Campfire

### SATURDAY, OCTOBER 11

- 6:45 a.m. Morning devotional at Vesper Point
- 7:30 a.m. Breakfast
- 8:30 a.m. TTA Annual Meeting -- "Welcome" by Everett Kidder, Chairman of the Chattanooga Chapter; "President's Report" by David Stidham; Election of Officers; State Trail Administrator's Report by Terry Bonham; Chapter Reports
- 10:15 a.m. Break
- 10:30 a.m. Adopt-a-Trail (Charlie Hann) -- Hands-on trail maintenance demonstration
- 12:00 noon Lunch!
- 1 - 5:00 p.m. Hikes (Led by Cumberland Hiking Club members)
- 6:00 p.m. Dinner (Presentation of *Bill Stutz* and *TTA Awards*)
- 7:00 p.m. Clogging demonstration (and participation by group)
- 7:30 p.m. Square dancing, folk dancing, etc. (led by Jeri Shutters)
- 9:00 til ? Auction (Proceeds go to promote the Cumberland Trail) -- David Stidham, auctioneer

### SUNDAY, OCTOBER 12

- 7:30 a.m. Breakfast
- 8:30 a.m. 1987 Schedule meeting (Bob Barnett)
- 10:00 a.m. Hikes (Led by Cumberland Hiking Club members)



# MAP AND DIRECTIONS TO CAMP LOOKOUT

Take the Lookout Mountain exit off I-24 (exit 179 or 179A). Follow map inset to Broad Street. Left on Broad Street. Follow Broad Street to end (see Shell station on left). Veer left onto Tennessee Avenue. Go past Incline Railway. Veer right up Lookout Mountain at sign to Rock City. This is Ochs Highway (TN 58). Follow this Highway up the Mountain past turn to Rock City to dead end (directly in front of you at dead end see Lookout Mountain United Methodist Church). Turn LEFT onto Lula Lake Road. Follow this Road. Camp Lookout is approximately 7 miles on your right. Watch for Camp sign at entrance.



# **Policies Governing the Use of Camp Lookout, Inc. The United Methodist Church**

*Please make group aware of these before arrival.*

**A. We affirm that God has given us this world, and therefore has entrusted us to be stewards of His creation.**

1. Fires must be approved by Director-Manager or Property Manager.
2. Trees, underbrush, and plants (including flowers) shall be pulled, cut, or damaged only with the approval of the Director-Manager or Property Manager. There will be a \$25.00 charge for any cutting done without permission.
3. Each group is expected to keep the grounds clean. All litter, paper, or other refuse is to be put in garbage cans.
4. Hunting is not permitted in any form.
5. Smoking is discouraged anywhere on the premises. Put butts in a container. They are not bio-degradable and must be picked up or left to make a trashy appearance for the next group.
6. There will be no defacing or destruction of buildings, grounds or facilities. There will be no misuse of Camp property. Any breakage, loss or destruction to facilities must be replaced by the user to the satisfaction of the Director-Manager. Costs will include materials and labor.

**B. We affirm that God has given us life as a gift, a gift that is to be lived out as responsibly and as safely as possible at all times.**

1. Persons having in their possession, alcoholic beverages, firearms, illegal drugs, explosives, or fireworks may be asked to leave the premises.
2. Quiet will be observed after 11:00 p.m.
3. The pool may be used only when Camp Lifeguard is on duty. When two or more groups are using the Camp at the same time, use of the bathhouse and pool will be shared. Pool hours are 10:00 a.m. to noon; 2:00 to 4:30 p.m.; 7:00 to 8:00 p.m. Changes in hours are by prior arrangement with Director-Manager.
4. Kitchen is only for use of persons responsible for preparation of foods, those cleaning up after meals, and Camp personnel.
5. Telephone (404-820-1163) is for emergency use only. No long distance phone calls charged to Camp phone.
6. Bicycles or motor bikes are not allowed on Camp property. They create a safety hazard.
7. Treat others as you wish to be treated. Good manners is the rule.

## CHATTANOOGA TRIP REPORT

Sam Powell organized two work parties to connect the rerouted portion of the Cumberland Trail in the Suck Creek area. On the first day, David Dolan gave us an exciting ride down the side of the mountain in a four-wheel-drive vehicle to reach the trail. Dot Ventress, Evelyn McKinney, Jeri Shuttters, Everett Kidder, and myself gave David various instructions on how to get out of the underbrush, keep the vehicle from going over a bluff or two, etc. David is a very good driver -- the vehicle was at fault with too much give in the steering wheel!

We finished almost a mile of the trail that day. On the next work day, Bob Campbell (Area Forrester at Prentice Cooper) drove us to the work area (with the same group as before, minus Jeri, and with the additions of Andy Hall and Inez Henson). Dot Ventress and Inez spent the day blazing the trail from our work area on Suck Creek back to Edwards Point. That was a good, full day's work! Thanks, Dot and Inez! Two miles are now completed and we hope to continue work this fall after some of this hot weather leaves us.

-- Dot Lingerfelt

## Cumberland Mountain Chapter

### 4 X 4 TRIP

Sunday, September 14

This year's 4 X 4 trip will take us from the Middle Creek Trailhead on Fork Ridge Road via the Divide Road, to Great Meadows Campground, through Parker's Mountain, and eventually back to Pickett State Park. We will be taking a side trip and short hike to Buffalo Arch and possibly stop at Rock Creek on Highway 154. Also included in the trip will be a tour of Flint Fork Cave, the Kentucky View overlook, and the Kentucky Cut-off Road.

This year's trip will not be as rugged as in years past and should be manageable by 2 X 4 pickups. Be sure to bring a picnic lunch, plenty of drinks, and swimming clothes. Meet at the Middle Creek Trailhead at 9:00 a.m. CST. For more information, call:

Howard Ray Duncan -- 615-879-8245

Tom Sells -- 615-879-7759

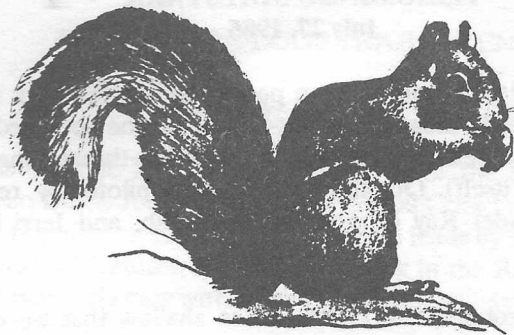
## CHAPTER MEETING

Tuesday, October 9

7:00 p.m.

Please attend this important meeting. This will be our last chapter meeting before the Annual Meeting in October. We must have our yearly hike schedule planned in advance of the Annual Meeting. We need the input of all members.

If you have a favorite hike which you would like to lead or be involved with, please let us know. The meeting will be held at the Fentress County Chamber of Commerce in the TTA room, beginning at 7:00 p.m. Refreshments will be served and some slides may be shown.



## Memphis Chapter

### SEPTEMBER CHAPTER MEETING

September 18, 7:30 p.m.

This will be an informative as well as interesting meeting. Lynn Bowers, Charles Cooley, and Larry Smith of the Wolf River Conservancy will bring us an update on the work being done by the Wolf River Conservancy. They will have some slides of the Wolf to show us and give us information on Wolf River Day in October. So, please plan to come and bring a friend to help get the Fall activities off to a good start.

### PINNACLE MOUNTAIN HIKE

September 27, 1986

Pinnacle Mountain is near Little Rock, Arkansas and this hike should get us back on the trail after the long, hot summer. There are some short hikes we can take in the Pinnacle Mountain area in addition to the main Pinnacle Mountain hike. We will probably walk about six to seven miles.

The most strenuous walk will be the one to the top of Pinnacle Mountain, but it is only about two miles round trip. There

should be no problems with the other trails and the Ouachita Trail goes through the park for those who might want to take it for a short distance.

The carpool will leave Kingsway Christian Church at 6:00 a.m., or you can meet us at the Visitor's Center at Pinnacle Mountain at 10:00 a.m. For more information, contact Gene Jacobson at 755-9073 or Jo Phillips at 452-0911. Great camping facilities are to be found nearby at Maumelle if anyone wishes to stay overnight.

## TRIP REPORT

### BEAR CREEK CANOE TRIP TISHOMINGO STATE PARK July 27, 1986

At 8:30, Sunday morning, seven people met at the park office and rode the eight miles to the put-in point in the open bed of a pickup truck (a trek which proved far more life-threatening than the canoe trip itself). Our three canoes were piloted by, respectively, trip leader Ray Burkett, John Parrish, and Jerri Bull's husband, Gil.

Due to the drought, the creek was so shallow that we could have walked it...and often did! A dozen times, we had to get out and dislodge the canoe where the water was only a few inches deep. But, the creek was beautiful; calm, peaceful, shady and reminiscent of a Louisiana bayou. Aside from the dead calf (no more barbecue jokes, please!), it was filled with natural wonders: a hawk circling overhead, emitting a plaintive whistle; fresh-water mussel shells strewn about on the rocks, the remains of a litterbug raccoon's meal from the previous night; elaborately layered wasps' nests dangling precariously over the stream from slender branches; a bullfrog peering contentedly at us from his mudhole; magnificent trees growing at 90 degree angles to compensate for the erosion of the creek bank.

The dense shade spared us the effects of the direct sun, and after our three-hour journey, we were tired and muddy, but not overwhelmingly hot, despite temperatures in the nineties. We ate lunch at our favorite spot over a bubbling waterfall -- this time, however, we had to imagine the water.

It was a most pleasurable Sunday morning, and if the water level had not been so low, we might have labelled it as perfect.

-- Debbie Gilbert



## TRIP REPORT

### BLEDSCOE CREEK STATE PARK

June 13th found me camping alone in one of only 20 campsites that were occupied. The park has 126 campsites. It was a quiet and clear night. This is a very quiet park, and it is clean, too.

This small park provided me the opportunity to see numerous rabbits, turtles, and a deer on Saturday, the 14th, around dawn. That was before Bill Hager joined me for a hike on the Shoreline and Highridge Trails.

-- Bob Barnett



## Nashville Chapter

### SEPTEMBER MEETING

September 25, 7:30 p.m.  
Cumberland Museum

Our first Fall meeting will be a "rap" session on HIKING! If you would like our chapter to schedule any certain type of hike, be sure to come to this meeting and let's talk about your ideas. If you would like to lead a hike at some point, but don't have any idea of how or where to start, come to this meeting and we'll discuss it. If you have any questions or suggestions about hiking which you would like aired, please meet with us so that we can plan the best ways to increase our active membership.

Our 1987 hike schedule must be ready to present at the Annual Meeting in October. Let your voice be heard and let's plan a schedule with something for everybody.

Due to the Annual Meeting, there will be no Nashville Chapter meeting in October. In November, we will elect officers for 1987. A nominating committee will offer a slate of officers and there will be nominations from the floor. Please make certain you get your candidate's permission to be nominated before you make it.

-- Pat Anderson



## TRIP REPORT

### WADING HIKE ON LITTLE HARPETH RIVER

August 9, 1986

On an idyllic summer afternoon, with fat, white clouds against the blue sky, four people (Evelyn Tretter, Yoshiko McCullough, Mary Thieme, and John Hart) went wading, hiking, and swimming in the Little Harpeth (South Harpeth River) west of Nashville. We also ate a picnic supper as we enjoyed remembering our experiences of the day.

There are myriads of birds of many species and other small wildlife along this stream, and lovely wildflowers as well. Sitting in the cool water with the sun beaming down, we could see brilliant minnows in several colors, as well as other larger fish.

-- Evelyn Tretter

## NEWS FROM OUR PARKS



### LONG HUNTER STATE PARK ACTIVITIES

Bill Troup, Park Naturalist at Long Hunter State Park submitted the following schedule of events for September. If you would like more information, feel free to call him at 615-885-2422.

**SEPTEMBER 6:** Saturday, September 6, at 8:00 p.m., take a starlight canoe trip around Couchville Lake. Registration opens September 2.

**SEPTEMBER 12:** On this Friday, at 8:00 p.m., come venture into the forest with us and settle around a campfire as we share our favorite tales. Registration opens September 8.

**SEPTEMBER 13:** On Saturday, the 13th, we invite you to join us on the Volunteer Trail. Pack yourself a snack and meet us at 10:00 a.m. We will provide shuttle service from the end of the trail. Registration opens September 8.

**SEPTEMBER 19:** At 8:00 p.m. on Friday the 19th, we will host a *Harvest Moon Canoe Float*. As we float across the still water, the harvest moon in its orange splendor will be rising over the lake. Registration opens September 15.

**SEPTEMBER 20:** Saturday, September 20, will be a day for the birds, so to speak. There will be several activities on this day that will focus on the many birds migrating through our area this time of year. Call the park for information.

**SEPTEMBER 26:** Friday, September 26 at 8:00 p.m., we will host a night hike and campfire. Registration opens on September 22.

## BIG SOUTH FORK UPDATE

### BLUE HERON LOOP TRAIL -- KENTUCKY

- Howard Ray Duncan -

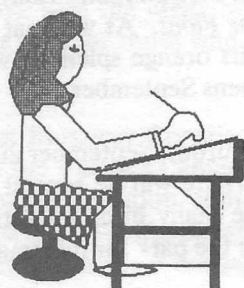
This 6.5 mile trail offers scenic views of the Big South Fork River, Devils Jump (a serious, technical Class IV rapid), and the old Blue Heron Coal Tipple. The trail leads by some interesting geological features, including a "Crack in the Rocks." The trail is moderately easy with some climbing of stairs required.

Blue Heron, now a ghost town, was once a thriving coal town during the 1940s and 50s. The entire community was built and owned by the Stearns Coal and Lumber Company in 1937. Decreased demand for coal and dwindling supplies caused the demise of the little town when Mine 18 finally closed, around 1963.

The U.S. Corps of Engineers is currently in the process of upgrading the road leading into Blue Heron, thus access may be difficult at the present. There will be complete interpretive facilities available at Blue Heron with the old tippie and some of the buildings restored. Also, a small campground will be available. Construction should be completed by the Spring of 1988.

The trailhead may be reached by taking Highway 92 (off of U.S. 27) at Pine Knot, Kentucky to Revelo. At Revelo, take Kentucky Route 742 for 6.3 miles to the trailhead, located on the left.





## EDITOR'S TIDBITS

- By Dot Fowler -

Farewell, August! Hello, September! Autumn is right around the corner which should put a bit more spunk in your steps as you hike Tennessee's trails.

As you can tell by the size of this issue of *Tennessee Trails*, we have lots of good things happening and about to happen. Make certain you read Pat Anderson's writeup on the TTA Awards and Dot Lingerfelt's information on the upcoming Annual Meeting. I hope I'll get to meet every single one of you at that event. This will be my first and I'm really looking forward to it.

Our thanks go to Alan Stokes who donated his time and talents by creating a new, clear copy of our logo. Alan also drew the yawning fox illustration shown in this issue. In addition, Alan would like me to remind you that he would be happy to make your TTA outings photos "camera-ready" so that we can print them in our newsletter. Color prints are acceptable as well as black and white. If you have any pictures to share with us, send them to me.

Speaking of mailing things to me... I'm moving! As of August 29, my new address will be:

Dot Fowler  
4501 Packard Dr. N-4  
Nashville, Tn 37211  
615-834-2654 (Hm) 615-329-0031 (Wk)

The zip code and phone number remain the same. Thanks to all of you who have written to me or spoken to me about how much you enjoy the newsletter. I'm glad to know my efforts have pleased you. Onward and upward, Hikers! The best is yet to come!



## In Search of Water

- By Bob Day -

In the last eighteen months, according to the National Weather Service, we have had over 30 inches less rainfall than this area normally receives. We have all seen and heard of the problems this has caused the farmers. In addition, the lack of rainfall has seriously reduced the levels in our reservoirs and has caused some communities to implement water rationing plans.

The first step in a conservation effort has to be a determination of how much water is currently being used. The Water Education Foundation in Sacramento, California has calculated how much water an average family uses. Their findings might be a good starting place to figure out how we can reduce our own water consumption. The WEF found the following averages:

Taking a shower	15-30 gals.
Washing dishes	15-60 gals.
Washing the car	100 gals.
Brushing your teeth	1 gal.
Cooking	10 gals.
Washing clothes	30 gals.

To provide one serving of these foods from seed to table:

Corn	61 gals.
French Fries	6 gals.
Wheat bread	15 gals.
Rice	36 gals.
Margarine	10 gals.

This list should give us some ideas on how we can decrease our water consumption each year. If you have your own suggestions, feel free to send them to me through Dot Fowler.

Meanwhile, here's a trivia question for you...

*What natural resource is Tennessee losing faster than any other state?*

ANSWER: Our top soil





# FOOD FOR THE TRAIL

- By Dot Fowler -

Several of you who attended the Rock Island trip, expressed interest in obtaining this recipe. My older sister, Lois, passed it along to me. Now, I'll happily share it with you.

## LOIS' MARINATED BROCCOLI

2 bunches fresh broccoli    1 tsp. salt  
1 1/2 Cups cider vinegar    1 tsp. pepper  
1/4 Cup cold water        1/2 tsp. minced garlic  
1/2 Cup vegetable oil      ripe, pitted black olives  
2 Tbs. sugar              pimento strips  
1 Tb. dillseeds

Trim large leaves and tough ends off broccoli. Wash and cut into serving size spears. Arrange in single layer in large rectangular dish.

Combine next eight ingredients in a jar, covering tightly and shaking vigorously. Pour over broccoli. Cover and chill for at least 12 hours, stirring several times. Before serving, remove marinade (saving for left-overs) and garnish with olives and pimento strips. Makes lots!

## Rock Island

### Board of Directors Meeting And Camping Trip Report

- July 18-20, 1986

Altogether, between 30 and 35 folks participated in this hot, but fun weekend at Rock Island State Park. While folks in Nashville were sweltering in 102 degree heat, we were soaking our posteriors in the cold waters of this park. Representatives from all the chapters of TTA were present at some point during the weekend, including some new faces and some we haven't seen in a while.

Among our visitors were Dudley "Sky" King from Tullahoma, TN and Vicki Olson from Michigan. Vicki is in Nashville for the summer, studying nursing.

Mary Kallas, a member of TTA whom we haven't seen in a while also joined us. Mary is a drafter for the D.O.T. here in Nashville. She is originally from Oregon and moved to Tennessee 1 1/2 years ago.

Twenty-one members were present Saturday night for this quarter's board meeting. We heard reports from the chapters; a report from Bob Brown on the progress of the Cumberland Trail work; discussed plans for the upcoming dedication ceremony for the Cumberland County segment of the CT; passed a motion to support the acquisition by the Corps of Engineers of "deferred" lands at the Big South Fork National River; and many other items of business.

## FASHION A MATTER OF PERSONALITY

- By C. Eugene Curp -

(Submitted by Bob "Timber Legs" Barnett)

I read with pleasure Eller and Kupec's fashion primer, "Wearing a Lasting Impression" (March/April ATN).

Over my years of woods-roaming, I have developed a list of rules to follow in warm weather. These guidelines work for me, and I wish to share them.

**Shirts** -- All outdoor shirts should be long sleeve and with two buttoning pockets. My personal favorite, however, is a short-sleeve fishnet shirt.

**Pants** -- Wilderness requires protection of legs from briars, sun, and insects. Pants, like shirts, should have lots of pockets, which may be fastened. I actually wear pants occasionally, preferring roomy legs which may be rolled up above the calves for ventilation. Most frequently, however, I wear shorts.

**Belts** -- These are a nuisance and a bother, constricting blood flow and inhibiting breathing while interfering with your hipbelt buckle. I almost always wear one. When not wearing a belt, I carry one in my pack!

**Hats** -- Except for the wool knit cap all hikers should carry, headgear is truly an opportunity for self-expression, much like neckties with conservative business suits. In early March, in the snows of Mt. LeConte, I carried three hats, just to be sure my self-expression could be modified to fit changing circumstances.

In conclusion, allow me to advise you to adapt my rules to your personality and existing wardrobe. Please feel free to be less stringent in following these guidelines than the exacting compliance I personally observe.





## SEPTEMBER HIKES

### CUMBERLAND MOUNTAIN CHAPTER:

September 14 4 X 4 Trip Howard Ray Duncan  
615-879-8245

### MEMPHIS CHAPTER:

September 27 Pinnacle Mountain (Details this issue)

### MURFREESBORO CHAPTER:

September 20 Old Stone Fort State Park, Class I, 5 miles,  
Carol Shelton (615-896-2269)

### NASHVILLE CHAPTER:

September 27-28 Bike Hike on Natchez Trace, Paul Smith  
(615-388-0215)

### CUMBERLAND TRAIL:

September 6-7 Black Mtn. Work Trip, Details in this issue.

September 20 Dedication of Cumberland County Segment,  
Details this issue.

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**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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