



## Tennessee Trails

### Urban Hiking

By Gene Curp

The streetlight winked at me three times, then burned brightly. It had been just on the "horizon" created by the low hill the road was climbing. That was the source of the winking illusion. Soon I'd experienced a winking car.

There were to be many experiences awaiting me on my first urban hike. I wanted to try in-town walking but wanted the experience to definitely differ from a walk around the neighborhood for exercise. My excuse came with my Mom's birthday...I'd walk from my house to hers. My car measured the distance at 24 miles.

I initiated the trip at 5:00 a.m. by slipping out my back door and looking at the stars. I noticed immediately that the stars disappeared as soon as I was on the road and under the streetlights. A poor omen, I thought, until the mischievous winking started.

I learned ice crystals on mud puddles and frost patterns on tarmac have their own allure. I was surprised that the creeks and even rivers I crossed didn't hold me with scenic beauty. I admit it was the novelty that was most stimulating. Except for the Cumberland River... That was to be crossed on State Route 45 (Old Hickory Blvd.). Actually, that crossing is done with two bridges for two lanes each direction. My side was the old structure, vintage 1928. I had concern that the "shoulder" on the bridge might be too narrow for

walking, but my "scouting" trip seemed to indicate it was possible.

You can imagine my relief as I approached the bridge to see that indeed a wide space existed for the pedestrian. I began to sing. As I went out on the bridge proper I learned the guard rail was only, say, three feet high (it was, after all, designed to bounce cars back into the traffic lane). The traffic was thunderous at 9:00 a.m. on a Saturday morning, so I wanted to stay away from the white line. Yet the bridge seemed to soar above the river. I felt I was walking next to a 200 foot cliff ledge with a herd of buffaloes charging past three feet to the right. It took an act of will to cross that bridge.

"Don't look down. You're in no danger; this is just a mind game. Quit slowing down and walk. Keep walking and don't look down." If a car horn had sounded I would have jumped at least out of my skin.

Once over the bridge, I decided to make a call and report my progress. The next grocery store had no pay phone and the grandmotherly clerk made it clear that she'd appreciate it if I took my sweating self AND my daypack out of the store. The nearby convenience market lived up to its name, though, and the clerk let me use the business phone, dial it myself, and even said, "Come back, bud." So, my faith in humanity restored, I continued my trek.

Before lunch, the moleskin came out. It was an odd spot for my feet to get tender. I later understood it was the edge of the heel pad I was using. The tenderness didn't begin until fifteen miles which is usually the top end of my distance. I was in new territory at least in that sense.

I took an hour off for lunch and ate in a restaurant. With only four miles to go I found the worst conditions of the trip along a stretch of highway that had been four lanes for the last 25-plus years. No shoulders — just a ditch. But, the historic marker announced the Italian villa style mansion was circa 1820s and was built by an early settler of the area. The signs at the gates said "State Property No Trespassing". That gave me something to reflect upon. But before my mood got too dark I noticed the large sign announcing that it was Spring Cleanup Day and, yes, several pickups were running the volunteers around the grounds. And this place isn't even open to the public! Again, my fellow citizens were a source of pride.

I became afflicted with "drowsy". Every time I passed a bust stop bench or other suitable place I dropped down for two or three minutes. Within a half mile from Mom's house a grandmother breezed by as I was recovering from one such attack. "Feet hurt," I offered.

"Then it's time to stop," she opined. Indeed.

Observations later remembered are very personal things and tell much about the observer. I noticed that fan belts must surely be the most unreliable part of a car since the roadway is littered with them. Cigarette butts can create a mosaic. If hubcaps were worth \$5.00, hoboes need never go hungry. If only shoes

were properly designed, we could all resole our own using tire tread gathered for free, and it would reduce solid wastes. Bathrooms are where you find them.

So it was an experience, and I'm glad I did it. It's not likely to be something that will take the place of

trail hiking with me. But, wouldn't it be neat to travel to another city by foot. I bet roads recommended for bicycle touring would make good walking routes. Not that I'm planning anything right now...

---

## Cumberland Trail News

---

### Trip Report Section 3 Backpack

Foliage was still wet and showers were falling on the Tennessee Valley to the east as Kathleen Kitzmiller and I climbed Walden's Ridge out of Winter's Gap. An hour later at the powerline crossing the clouds were breaking up with sunshine to the west. Gusty winds dried up everything and Thunderhead and Gregory Bald were just visible 60 miles to the southeast. Sarvisberry was in full bloom everywhere, and many juncoes, a number of Solitary Vireos and at least one Pine Warbler and a Brown Creeper were seen and heard.

The trail badly needed blazing in the mid-way stretch, and we lost it and floundered across three draws before finding it again, but we still made the campsite a couple of hours before dark. By then a brisk north wind was blowing and we were glad to get off the ridge and

well down into the beautiful sheltering hollow.

A laughing Wood Hen announced Sunday morning while darkness still lingered along the mist-shrouded stream. Soon sunshine was creeping down the steep slopes above, and the mist was gone long before the orb peeped over the head of the hollow. The campsite was as lovely as I remembered with the tumbling hemlock-bordered stream and the broad flat full of big white oaks, beeches, maples, and yellow poplars.

After breakfast I found several sweet birches, sweetgums, sourgums, bitternut hickories, and basswoods. As we approached the Little Emory we found Three-lobed Violets and a large bed of Birdfoot Violet. From the crest of Whetstone Mountain we had good views of Gregory and Stratton Balds as well as Lone, Little Brushy, Frozenhead, and Big Brushy Mountains. The many twists and turns along the

divide between Butler Creek and Whetstone Branch were interesting, especially the stream crossing with a little waterfall and blooming Shrub Yellowroot.

After hiding the packs in the heat of the day near the Fairview Road crossing (to be picked up as we drove back), we particularly enjoyed the last four miles along the southeast flank of Little Brushy. It was all mature open oak-hickory forest with piney cap- rock always in view a couple hundred feet above on the right. We crossed ten substantial streams in eight valleys descending from the caprock, several with 3 or 4 switchbacks on either slope, and two with sizable waterfalls above.

Mossy Grove Church and Lone Mountain in the background were welcome sights, but the hike had been most rewarding and worthy of repetition any early springtime or maybe in late fall. —Bob Brown

---

## State News

---

### Calling All Editors - By Dot Fowler -

Well, there's no easy way to say it; I am resigning as your newsletter editor. I am actively searching for a job in Birmingham, Alabama and thus am also seeking a new TTA newsletter editor. I have told TTA President Jerri Bull that I will continue to edit the newsletter for as long as I am here or until January 1, 1991, whichever comes first. Naturally, I hope to be lucky and

find a good job and move as soon as possible, but I recognize that it may take a while. Just in case I am lucky, however, Jerri and I agreed we should begin the search for my replacement immediately.

Editing your newsletter has been a joy for me the past five or so years. Oh sure, there were times when I screamed a few unprintables, but the rewards definitely outweighed the headaches. I can

whole-heartedly recommend the job to whomever is interested.

There are no specific job skills required. I think access to a computer and knowledge of the appropriate software is recommended. It helps if you can spell and edit, and being able to meet deadlines is a must. I'd like to see this become a group project, rather than one egocentric such as myself, but we'll take whomever or whatever we can get (subject to

## Quotable Quote

**"To serve others, to give what we have, is not enough unless we always show the utmost respect for each other and all we meet."**

— Dorothy Day

Board approval). I know of an organization who has one person with the computer equipment and know-how to spearhead the effort, but once monthly a group of helpers show up at the appointed hour and help. I've never been very good at this sort of approach but admire and recommend the concept. Perhaps a group of you might consider this.

So, think about it and give me a call if interested (834-2654). Meanwhile, I'm not gone yet. Keep sending your newsletter stuff to me until otherwise notified. Also, keep me on your guest list, you party animals! I'll save my good-byes for a later issue when my departure is imminent. Regardless of when I move, I have every intention of seeing you this November at the Annual Meeting.

Until then, know of any good job openings in Birmingham?

## TTA Board Meeting June 2nd, 7:30 p.m.

There will be a board meeting in the Cumberland Trail Office at Cove Lake State Park on June 2nd, at 7:30 p.m. EST. All board members are reminded to send in your suggested changes to the TTA brochure to Jerri Bull prior to this meeting.

Those who can come and work on the C.T. prior to the meeting should meet at the trail office at 9:00 a.m. EST June 2nd. Camping is available at Cove Lake, but Bob Brown could not rent the cabin for us at Norris Dam as they have to be rented for a week at a time this time of year.

There is a Day's Inn at Lake City (toll free # 800-325-2525). We have made arrangements with Western Sizzlin Restaurant near Cove Lake for dinner at 6:00 p.m. if you wish to join us. For more information, call Jerri Bull at 901-363-4408 or Bob Brown for information about the work on the C.T. (615-352-7474). Everyone is welcome.

## Weekday Walking Companion

Rhonda Snyder, in Murfreesboro, is looking for a weekday walker to accompany her on local treks during the week. If interested, call her in Murfreesboro at 895-0874.

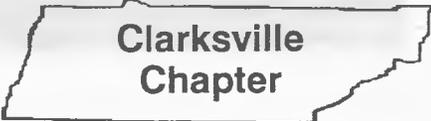
## Environmental Action Fund Fundraiser Planned

EAF is having a party to raise money for its lobbying efforts and you're all invited. Tickets are \$15.00 each which covers food, beer, music, and good conversation about politics and the environment. There will be a presentation about EAF's accomplishments in 1990 and its agenda for 1991.

The party will be held at Dan Sherry's farm on Memorial Day (Monday, May 28), beginning at 4:00 p.m. Come early or late. It will last several hours (or until the beer runs out).

EAF really needs the money. We hope you'll come. To get to Dan's, take I-65 to the Concord Road exit (Exit 71) south of Brentwood. Go east 3.9 miles, then turn left onto Liberty Church Road. Go several hundred yards to a fork in the road, and bear right 1/4 mile. Dan's house is on the left.

## Chapter News



### Clarksville Chapter

### Virgin Falls Trip Re-scheduled May 12-13

Our re-scheduled backpack to Virgin Falls will take place May 12-13th. Call Jim Herriman at 552-0441 for more information.

### Ft. Henry Trip Postponed

The May 26th hike from Ft. Henry to Ft. Donelson has been postponed at this time.

### Meeting Report Recycling Contributions Needed

In February, Barbara Brown from Montgomery County Extension Homemakers spoke to us about recycling wastes. Since that time we have opened an account with Lui Heimasohn Co. on the by-pass. I would like to encourage all our members to begin by salvaging just one type item. It can be plastics,

glass, aluminum, pasteboard, almost anything except styrofoam. Carry your items by Heimasohn's and tell them it is for the Tennessee Trails account. You will not need to wait for weighing or anything. Our treasurer will pick up our funds from time to time. You will feel relieved that you've kept any small amount of pollution from re-entering the environment. For more details, call me at 552-1148. — June Adams

### Trip Report Savage Gulf Rim Hike

Our plans for this hike on March 24th were changed somewhat after

driving up with Bessie Daniel on the 23rd for an exploratory trip. We walked the loop that afternoon and found a series of huge, muddy bogs on the Laurel Falls trail so we chose not to visit the trail again on the next day. A quick visit with Randy Hedgepath allowed us to leave a vehicle at the Greeter Falls trailhead the next day. We were able to exit there without backtracking and spend more time in the falls area, which was totally invigorating.

The waters were rippling, gurgling, swirling, tumbling — sending out a mating call to your tootsies which could not be ignored. A large group of Mennonite children found the call too strong as well.

The day was balmy without a hint of the "called for" rain. Seven tired but contented hikers left the site at dusk knowing that surely they would pass this way again.

Our trip home was not so enjoyable since my car decided to die a peaceful death on the way. Our heartfelt thanks to one of Tennessee's finest, Sergeant Lonnie Ashburn of the THP. He was on the scene within minutes and transported us to a phone, shelter, food and warmth. It's a great feeling to know that people like that are always there for us. — June Adams



Meets 1st Tuesday, 6:00 p.m., 558 Burton Lane

### Upcoming Hikes

**MAY 5 — Wildflower Pilgrimage at Fall Creek Falls.** We will be joining a hike scheduled by Park staff. Meet us at Dominion Bank in Sparta at 8:00 a.m. to carpool. Call Bonnie Green for details at 836-3696.

**MAY 12 — Mt. LeConte Hike.** This hike will follow the Alum Cave trail up LeConte. We plan to stay in Gatlinburg the night before and meet at the trailhead at 9:00 a.m. For details, call Randy Hammontree at 528-8238 or Beth Gaspard at 526-5242.

**MAY 26 — Hangliding and Cave Tour at Raccoon Mountain.** (Please note change in date.) This trip will include a chance to experience the thrill of hangliding without the danger through the use of a cable. The group will then embark on a four hour guided wild cave tour. We will meet at CrackerBarrel at 8:00 a.m. to carpool. For more details, call Beth Gaspard at 526-5242.

### Meeting Reports

Both our March and April meetings were well attended, with 22 in March and 16 in April. Dr. B.F. Jones gave a wild orchid presentation at the March meeting which was very informative. In April, David Gallaher showed slides and regaled us with tales of his adventures in the Okefenokee Swamp. Then Bonnie Green gave a very artistic wildflower slide show which took us through the seasons. We all learned more about the many flowers which we encounter on our hikes at both these meetings and are very grateful to our speakers for sharing their knowledge with us.

Our May meeting should also be quite informative. Many of us in the Cookeville chapter have been curious about the history of TTA. Thus, we have asked Bob Brown to come and speak to us about the Association and its history.

### Trip Report Virgin Falls

Our March 10th trip to Virgin Falls, originally planned to have Cookeville Chapter associate Bonnie Green as leader, revised slightly as Bonnie asked Ross Cardwell to lead us to the falls on a basically trail-less route he knew. Ross, an experienced outdoorsman, led 25 enthusiastic hikers over hill

and dale to Virgin Falls. No "monotony of the trail" on this trip! There was the occasional jeep road to convince us that we remained within the confines of civilization. For most of us, the sight of Virgin Falls was the first familiar sight we encountered on this trek through Scott's Gulf. This was a challenging, entertaining trip with a spirit of adventure. Ross did agree to lead us through this area again at a later date. We will post the details early as this is a trip not to be missed!

### Trip Report Savage Gulf

While our April meeting was in session, we decided on an impromptu trip to Savage Gulf. So, Saturday morning, April 7, nine hardy souls met for what was to be a beautiful day in Big Creek Gulf. We entered via the Great Stone Door. We lunched at Ranger Falls, and took the slide trail to Greeter Falls when we reached Alum Gap, then returned along the Rim Trail.

Along the way we encountered numerous wildflowers, including a couple that eluded identification by the best efforts of our group (we have since managed to identify one that stumped us). Our hikers were Randy Hammontree, Beth Gaspard, Nora and Paul Miller, Bonnie Green, Jack Murphy, Mason Butner, Ed Wright, and Judy Jacobs.

### Trip Report Chimney Top

The Frozen Head hike to Chimney Top, proved once again that I can read a weather map better than the forecasters here in Knoxville. Despite predictions of showers in the afternoon and despite the rain in Knoxville when we left, our spirits were undeterred as Pam, Rusty, and I drove to meet the rest of the Cookeville Chapter at the trailhead. We were about 20 minutes late arriving and expected to be greeted by a herd of seething Central Time Zoners, upset with me for insisting they be there so early. When we set out, however, at 11:30 a.m. EST, we were leading only our usual hiking

partners, my mom and dad, Nora and Paul Miller from Cookeville.

All I can say to the rest of you is, you missed a beautiful misty morning hike up the Spicewood Branch and Jump Trails, a really pretty picnic lunch atop the laurel thick Chimney Tops with a view of the valley below and Wartburg in the distance, and the eleven trail runners that greeted us as they raced down the Boundary Trail. Worst of all, you missed the dandelions, chickweed, Solomon's Seal, toothwort, bloodroot, pointed and roundleaf yellow violets, rue anemones, purple violets, dutchman's breeches, ginseng, wild geraniums, little brown jugs, yellow, red, white, and wake robin trilliums, spring beauties and wild oats that we saw blooming all along the trail. We also saw a nodding mandarin.

Oh well, better luck next time. — Paul Miller, Knoxville



Meets 3rd Thursday, Kingsway Christian Church, 7:30 p.m.

### May Meeting May 17

Join us at the usual place and time. Our program has not been confirmed yet and will be announced later (we're hoping to get Knox Martin of the zoo's raptor rehabilitation program).

### Wolf River Canoe Trip Date Change May 13 (Note Change)

Please re-check your calendars from May 20th to May 13 for the Wolf River canoe trip. We will float this meandering wild river at 10:00 a.m., Sunday, May 13th. Meet at the parking lot located on the banks of the Wolf at the Hwy. 57 bridge in

Moscow. The cost for canoe rental is \$10.00 per person. To get there, take Poplar Avenue (Hwy. 57) east out of Memphis, through Germantown to Moscow. Call Jill Norvell at 873-2149 if you'd like to go! It'll be great fun, so pack a lunch, bring sunscreen, mosquito repellent, water, and a smile...

### TTA T-Shirts Available!

The Memphis Chapter finally has T-shirts! These are 100% cotton, white with green lettering. On the front is the hiking boots logo and the words, *Hike With Us*. The shirts are available for \$6.00 from Julie Barham.

### Trip Report Shelby Forest

Despite predictions of rain, return of winter, and a turkey shoot on our intended route, our Shelby Forest State Park hike on March 24 was a success. Since a party of turkey-shooting Boy Scouts were shooting in the vicinity of Chickasaw Trail, our usual 7-mile Class I trail, the fifteen of us (including several newcomers) hiked the 3-mile roundtrip Woodland Shelter Trail.

The first 1.5-mile leg of this trek involved climbing steep hills, negotiating a log bridge over a 10' wide gully and stooping limbo fashion under a number of trees felled by recent storms. The second 1.5-mile leg of the trail was a more or less flat stretch.

After completing the Woodland Shelter Trail, we headed for our cars to drive down to Poplar Tree Lake for lunch and an additional 3-mile Class I hike along the well-frequented, well-laid out (new wooden bridges) Pioneer Trail. Several members, mostly newcomers, departed after the first hike. We were nine for lunch.

The second hike took us along a purple and white phlox strewn path past large patches of Virginia Bluebells and along a Cypress-filled swamp ending at Pioneer Springs. People gathered their fresh drinking water there. The springs, though

still bubbling steadily and apparently clear, is unsafe for drinking according to Ray Burkett, since it contains a number of pollutants as well as parasitic organisms, such as Gervardis.

We met some great new hikers, enjoyed discovering the abundant phlox, trillium, violets, etc. Despite the cold, spring was indeed upon us. A good time was had by all. — Cheryl Rodgers

### Trip Report Work Day, Chickasaw Bluff

March 17th was a beautiful day to work on the Chickasaw Bluff Trail. Nine people came to work and enjoy the early spring flowers. We especially needed Don Branch's weed eater as some briars and honeysuckle had a head start on part of the trail. Thanks also to the rest of our crew, Betty Porter, Ray Burkett, Pat Wise, Debbie Gilbert, Mary Jane Forsythe, Marguerite Branch, and Bob Beger. — Jerri Bull

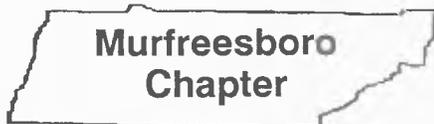
### Trip Report Ft. Pillow Hike

Eight visitors and thirteen members enjoyed a perfect hiking day at Ft. Pillow State Historic Area April 7th by walking the ten-mile trail which goes through some of the more rugged areas of the park. Many spring wildflowers were blooming, among them phlox, jack-in-the-pulpit, sweet cicely, yellow corydalis, both yellow and purple violets, trillium, butterweed, bellwort, along with some redbud, pawpaw, and dogwoods in full bloom. We also saw wild turkey and deer tracks and heard chickadees, red bellied woodpeckers, blue birds, and meadow larks. This was also the weekend for Civil War re-enactmentors who were camped at the fort with some activities on Saturday. The main battle was on the eighth. Soldiers in blue and gray and ladies in hoop skirts, cannon and horses all served to remind us of the historical events which took place here during the battle of Ft. Pillow.

## Dream Vacation

-By Debbie Gilbert-

In the splendor of early summer,  
I visited our national park.  
Had to buy a ticket.  
Went to Ticket Hub, stood in line.  
Sat for an hour in traffic,  
Gridlocked on a mountain road.  
Campground was full;  
Had to take a number.  
At six in the morning,  
There were 43 people on the trail,  
A trail made of concrete.  
At the first overlook,  
There was a Coke machine  
And a souvenir stand.  
I took Polaroid snapshots:  
Memories to last a lifetime,  
Courtesy of Walt Disney.



Meets 1st Tuesday each month; 7:00 p.m., St.  
Mark's Methodist

## Percy Warner Park Hike

May 12

### Note Date Change

This hike will be along the Mossy Ridge Trail. It is a Class II hike, 5 miles in length. We'll take it easy, beginning at 9:30 and finishing at approximately 12:30. Hikers need to bring a lunch, plenty of water, and snacks. Wear shoes appropriate for hiking. This is a pretty trail, well worth the effort of climbing the hills.

There will be a carpool from Murfreesboro leaving from the parking lot behind St. Marks Methodist Church at 7:45 a.m. Those who wish to meet us in Nashville can take I-24 from Murfreesboro and then take I-440 towards Memphis. Take the West End exit and go West (left lane of exit ramp). You will be on Hwy. 70 South. After approximately 4 miles, the road forks. Take Hwy. 100 to the left. The McClures parking lot is immediately on the right. We'll meet at McClures at 9:00 since the

entrance at Percy Warner is not marked. For additional information and to pre-register, call Cathy Williams at 893-7748. We hope to see some of our Nashville Chapter members, too!

## Meeting News

John Clark, brother of Bertha Chrietzberg, traveled to Murfreesboro from Alabama to present our April program. In a pretty slide show, titled "Tennessee Hiking Trails", John showed slides of some of the many areas he has visited in Tennessee. He concentrated on those areas with falls. Thanks, John, for an interesting program and ideas for further hikes.

## In and Around Murfreesboro

Tennessee Trails was fortunate to have another of its leaders featured in *The Daily News Journal* in Murfreesboro. In an article titled, "Wildflowers, Life's Little Beauties", Bertha Chrietzberg talked about her interest in both wildflowers and environmental activism.

The article pictured Bertha and a selection of her wildflower photographs. It also mentioned several of her favorite wildflower dishes, including Thistle Casserole and Acorn Flour Biscuits.

"You have to save the earth to save the people of the earth," stated Bertha. She explained ways in which we as individuals can help save our environment. Thanks, Bertha, for also mentioning Tennessee Trails.



Meets 4th Thursday, 7:30 p.m., Cumberland  
Museum

## May Meeting

May 24th

Join us May 24th, 7:30 p.m., at the Cumberland Museum for what promises to be a fascinating slide presentation by Tennessee Scenic River Association members about white water opportunities in our state. Even if you have no desire to shoot the rapids yourself, this is an opportunity to see some beautiful spots in Tennessee.

## Middle of the Week Hike

May 2nd

Join Paul Koehler on this Wednesday evening as he puts the stress of the work-week behind him and hikes the Warner Woods Trail in nearby Percy Warner Park. Turn left on the road to the Deep Well area. This road is not marked but is 1.7 miles from the Hwys. 70/100 split just past the little fishing lake on the left and before Old Hickory Blvd. There is a stone wall entrance. Drive to the trailhead parking area near the Deep Well picnic area. The hike will start at 5:45 p.m. Call Paul for more information at 331-4139.

## Fall Creek Falls

May 5

Join us for a wonderful day at Fall Creek Falls State Park. We'll hike the PawPaw Trail (4.6 miles, easy), which has an overlook of Fall Creek Falls. There will also probably be time to hike a couple of the shorter trails and down into Fall Creek Falls gorge.

Bring lunch and water and meet at 8:30 a.m. in front of Hillsboro High School (on Hillsboro Road, Green Hills) in Nashville. Please pre-register by calling trip

coordinator, Jane Holladay at 297-5973.

## Memorial Day Waterfalls Weekend May 26-28

Do you enjoy photographing waterfalls, swimming in plunge pools, or discovering the wildflowers growing in the waterfall's mist? Then join us for what has become a TTA tradition, the annual Memorial Day waterfall weekend.

This year we will go to the eastern Cumberland Plateau and Walden Ridge in Tennessee in search of cascades, falls, and rapids. We will visit some old-time favorites, and perhaps some new ones to add to your list: Fall Creek Falls, Ozone Falls, Cane Creek Falls, Crystal Falls, Dead Timber Branch Falls, Stinging Fork Falls, Snow Falls, Laurel Falls, and Upper and Lower Piney Falls.

Plans are to camp Saturday night (May 26th) at Fall Creek Falls State Park (developed campground). The **campsite for Sunday night is still undecided**, but plan to primitive camp. Hikes will vary from a short stroll from your car to the falls overlook, to five miles of trail (no backpacking). There will be the inevitable "hardscrabble" up and down bluffs and creek beds, so wear sturdy shoes and be prepared for (i.e., have a good heart for) short stretches of Class V.

We will meet at the Cumberland Museum at 8:00 a.m. CDT, Saturday, May 26th. We'll return late Sunday afternoon, May 28th. If anyone has a question, or wants to arrange another meeting place, call leader David Stidham after May 15th ('cause he'll be out of the country until then) at 615-228-3063 (home) or 615-736-5115 (work).

### Trip Report

#### Bells Bend Hike

Clint Bastian, Ed Doss, and Jay Pilzer joined us for what turned out to be a nature-filled hike on a spectacular Spring day. Along the way to a 700-foot bluff facing east

## Best-Ever Beef Jerky

By Anne and John Krickel, American Hiker

Unless you're hooked on eating old leather boots, you'll never buy commercial jerky again once you've tried this:

**Cut lean beef** (flank or round steak) into strips 3/8 to 1/2 inch thick. Cut across the grain of the meat, which cuts far easier if it is slightly frozen. (Why cross-grain cutting? Simple: to make it easier to bite off small chunks later.)

**Trim off all fat** (this would turn rancid).

**Soak the strips** in a covered bowl overnight (up to 24 hours) in the refrigerator in "Kikkoman" brand soy sauce. (For some reason, other brands don't seem to work as well.)

**Drain the meat** on a paper towel. (For a spicy jerky — but be careful — you can lightly sprinkle on lemon-pepper mix.)

**Arrange the meat strips** on a bacon broiler rack (to catch drippings) and put in the oven *leaving the door slightly open*. Set on lowest temperature (it *must* be below 200° F.), usually about 170°.

**Bake the jerky** in the oven overnight (around 8 hours). The idea is to *dry* the meat, *not* cook it!

The jerky will start smelling delicious after an hour or two, so always start with two racks of jerky. By the time eight hours has passed, we've usually eaten one whole tray "to see how it is drying." (Practice saying that: "I'm seeing how it's drying.") This way we (sometimes) still have one tray when it's done. When you take your jerky off the tray, you may think that it is too dry, but be patient.

**Put the jerky in a zip-lock bag** and store in your freezer for a week or more (it will keep for years in the freezer). This conditions and softens the meat, making it perfect for chewing. It will keep well in your pack for many days, and the extra salt serves as an excellent electrolyte source on those particularly hot days.

If you have a small smoker (L.L. Bean, Luhr Jensen, etc.) you can add a delicious flavor to the jerky by giving it about two pans of wood chips (four hours) of smoke after it comes out of the oven. If smoking the jerky, reduce the oven time to about five or six hours. But be forewarned, smoked jerky simply can't be resisted; sometimes we end up with only three or four strips out of a whole smoker load!

toward Nashville, we encountered Virginia bluebells, Mayapples, a member of the *Orcus* family, Red flycatchers, Midland shooting stars, goat dandelion, two Redtail hawks, a garter snake, and several other unidentified wildflowers. Ed caught some great photos of the Nashville skyline when we reached the summit. Then we bushwhacked a bit, only to wind up in someone's backyard. The conversation along the way was very enjoyable. Thanks, y'all, for coming to visit. We will certainly plan another trip — probably on the river bottomland portion of the Bend — for the Fall.



## News From Our Parks

### South Cumberland State Park

Monteagle, 924-2980

5/5-6 Fall Creek Falls Wildflower Weekend — Call 881-5708 for details of events.

5/12 Cool Walk on the Fiery Gizzard — 1:00 p.m. at the Grundy Forest Picnic Shelter. 3 miles roundtrip, moderate

5/13 Greeter Falls Trail — Grundy County Courthouse in Altamont at 1:00 p.m.; 3 mile-roundtrip, moderate hike.

5/19 Lost Cove Cave Tour — 10:00 a.m. at the Carter Natural Area Parking Lot. 5 miles, roundtrip, strenuous. Bring lights, helmets, and lunch.

5/20 Foster Falls Mountain Bicycle Tour — Foster Falls Picnic Shelter at 1:00 p.m. for a 15-mile trail ride along rough and muddy logging roads to a great view of the lower Fiery Gizzard Gorge; strenuous.

5/26 Raven Point Excursion — 1:00 p.m. at the Visitor Center. 2 miles roundtrip, easy

5/27 Lone Rock Trail — Old Muddy parking lot at Grundy Lakes at 1:00 p.m. for a tour of coke ovens, lakes and pine forests. 1 mile roundtrip, easy.

### Warner Park Nature Center Nashville, 352-6299

5/10 & 12 Bird Hikes — 8:00-11:00

5/11 Bird Banding Day — 9:30-2:30

5/16 Mushroom Slide Show — 7:30-9:00 p.m.

5/19 Mushroom Hike — 9:00-noon

5/23 Organic Gardening Forum — 7:00-9:00 p.m.

## Upcoming Hikes

### COOKEVILLE

5/5 Fall Creek Falls

5/12 Mt. LeConte-Alum Gap

5/26 Hangliding, Raccoon Mountain

### CLARKSVILLE

5/12 Montgomery Bell State Park

5/26 Ft. Henry to Ft. Donelson

### MEMPHIS

5/13 Wolf River Float Trip

### MURFREESBORO

5/12 Mossy Ridge, Percy Warner Park — note date change

5/19 Bike Hike, Historic

Murfreesboro (no details rec'd)

### NASHVILLE

5/5 Fall Creek Falls Hike

5/12 Desoto State Park — No details rec'd; contact Deborah Hill, 449-3126

5/20 Canoe Day — No details rec'd; contact Jim Thoman, 292-4161

5/26-28 Memorial Day Waterfall Tour

*TENNESSEE TRAILS is printed by Budget Rapid Printers, Nashville, 327-1068*

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.

Mail dues and address changes/corrections to: TTA, P.O. Box 4913, Chattanooga, TN 37405

### 1990 TTA LEADERS

PRESIDENT: Jerri Bull, Memphis 901-363-4408

VICE-PRESIDENT: Tom Shepherd, Murfreesboro

IMMEDIATE PAST PRESIDENT: Pat Anderson, Nashville 383-2355

CORR. SECT./TREASURER: Dot Lingerfelt, Chattanooga, 842-8043

RECORDING SECRETARY: Evelyn Tretter, Goodlettsville, 859-0566

James T. Jones, Jackson, TN Board Rep. 1989-1991

Betty Porter, Interim Board Rep. 1988-1990

Bertha Chrietberg Board Rep. 1990-1992

Bob Brown, TTA Chairman of Cumberland Trail

James Leininger Adopt-a-Trail State Coordinator, 790-7855

June Adams, Clarksville Chapter Chairperson

Debbie Thibault, Cookeville Chapter Chairperson

Bettie Herring, Murfreesboro Chairperson

Ken Pittman, Cumberland Mtn. Chapter Chairperson

Chattanooga Chapter — Inactive

Debbie Gilbert, Memphis Chapter Chairperson

Dot Fowler, Nashville Chairperson (James Leininger, Board Rep.)

EDITOR: Dot Fowler, 4501 Packard Dr. N-4, Nashville, TN 37211, 615-834-2654 (Hm), 615-350-7866 (R & M Bion)  
All submissions for the newsletter due no later than the 15th of each month.

**Come Hike With Us!**

**Tennessee Trails Association**

**P.O. Box 4913**

**Chattanooga, Tennessee 37405**

Evan Means

200 Butler Road

Oak Ridge, TN 37830

