



BACKPACKER'S THANKSGIVING FEAST *THOMAS E. SHEPHERD*

I was asked to write an article for the November newsletter titled "Backpacker's Thanksgiving Feast." I think what the editors had in mind was that I give out a few recipes for backpacking food. I will, but the word feast means so much more, a certain ambience, good company and that just-right place. Thanksgiving is, of course, a time to give thanks for the year's blessings and there are blessings for which backpackers should be thankful. With that in mind, let us set the feast and discuss the blessings.

The location of the feast has to be just right. It must be a place that only backpackers can get to, remote. It should be a place where we can see for miles yet where we can shelter from the wind, it is cool in the November wind. There is an overlook on the Fiery Gizzard trail at the Small Wilds camping area that will do nicely.

Now that we have a place let us do the weather. (It is our hike and we can so "do the weather.") The temperature will be in the mid-sixties to the upper-

fifties- the hiker zone. The sky will be crystal clear winter blue and the air will be filled with the scent of fallen leaves, damp earth and pine needles. As we lay on the rocks the sunshine almost makes us feel high.

Good company is a very subjective thing, personalities being what they are, but I am sure we can all agree on a few general types of people that we enjoy being with. The friend that was with us on the hike when we bit off more than we could chew. The one who stayed back and talked us up that unending hill and that last mile. The friend who walked with us on that spring wild flower hike and did not make it a competition but an education. Also that friend who is your friend warts and all just because.

Now the food, Ah the FOOD! This I am going to do myself, forgive me, but I do good "food". I will even carry it. The menu is simple: Chicken Rice Noodle Stuff, my mother's Cranberry Relish (it is not Thanksgiving without it, besides it is good) and some Dutch

Maid Bakery salt risen bread (picked up Wednesday). The Chicken Rice Noodle Stuff we will make at the site, the Cranberry Relish must be made at home and carried in. Recipes to follow:

Cranberry Relish: In blender, crush 1 bag (cleaned) cranberries; use the juice from 1 can crushed pineapple. Lightly chop in blender: 4 apples, 6 oranges. Add: 1 can chopped pecans and sugar to taste. This can be frozen.

Chicken Rice Noodle Stuff:
Ingredients: 1 bag Lipton's Wild Rice, 1 bag Lipton's Instant Rice and Bean Chicken flavor, 1 pkg. Lipton's Instant Cup-of-Soup Chicken Supreme flavor, 1 pkg. Ramen noodles(throw away flavor pkg.), 1/4 small onion chopped, 1/4 green sweet pepper chopped, 1 carrot chopped, 1 pinch Ms. Dash-It spicy flavor, 1 small clove of garlic chopped, 1 6 1/2 oz. can of chicken breast, 7 cups of water.
Add water, onion, pepper, carrot, garlic and Ms. Dash-It in large camp pot and boil till peppers and carrots are tender.

Then add all other ingredients except can chicken to the pot and return to a boil. Reduce heat and simmer 10 min. Turn off heat and add can chicken and cover for 10-20 min., then serve.

The blessings that a hiker should be thankful for are sometimes lost in the battle to save our out-of-doors. I am going to list some blessings for which I would like you to give thanks. The wonderful State Parks that have been

set aside, the State Conservation Dept. personnel, and the legions of volunteers who fight the battle to save Tennessee's wilderness. Happy Thanksgiving.

STATE NEWS

MESSAGE FROM THE PRESIDENT

TTA's last board meeting of 1990 will be held on Friday, Nov. 2nd at Montgomery Bell State Park at 7:00 PM, CST. We will be voting on new brochures. The nominating committee on officers for 1991 will give its recommendations. If you have anything you wish to discuss, please let me know. I also would appreciate hearing if you do not plan to attend. Thanks-See you at the annual meeting.

Jerri Bull

ADOPT-A-TRAIL COLUMN

At the August 18th board meeting held at David Crockett State Park, I agreed to assume the duties of statewide Adopt-A-Trail Chairperson.

This means I will be seeking out hike leaders at the annual meeting with trail inspection forms in hand. In my view, the best way to get trail inspections off to a good start in 1991 is to finish 1990 in a big way. It takes very little time to fill out a trail inspection form, but it must

become a habit. This should apply to every hike, not just work trip hikes.

Each chapter should have a designate, either an Adopt-A-Trail or Inspect-A-Trail person. One of their duties will be to get inspection forms to hike leaders. The Adopt-A-Trail person will be provided with trail agency addresses so

that he/she can get inspection forms either to the agencies or to me.

Stay tuned to your newsletter for an ongoing Adopt-A-Trail (Inspect-A-Trail) column at least bi-monthly. Columns will focus on trails that need adopting or inspecting and/or groups or individuals doing this work already.

Gene Curp needs to be saluted for his trail inspection work in this first column. The vast majority of trail inspection forms submitted to the Dept. of Conservation over the past year have come from Gene. Knowing Gene as I do, I expect that he has inspected other trails in the state as well.

Gene Curp, Bob Brown, Jerri Bull, Kevin Kimbro, Lee Maxwell, Paul Tosh, Bob Richards, and myself worked on a new trail brochure for the State Dept. of Conservation which will be out soon. Judy Luna and Pat Anderson reviewed the committee's work. Thanks to all for their efforts and special thanks to Bob Richards who has steered the brochure through the Dept.

Bob Barnett

ENVIRONMENTAL ACTION FUND NATURE PHOTOGRAPHY EXHIBIT FUNDRAISER

On Nov. 16, the EAF will hold a nature photography exhibit to raise

funds to help pay for their professional lobbyist at the state legislature who works to procure the passage of better environmental laws. Admission to the exhibit is \$30. Come and enjoy the exhibit, beverages, a delicious buffet and live music. You'll have a chance to meet and exchange views with many environmental activists in our community. This fundraiser will take place from 6:00-8:00 p.m. at 3100 West End Ave. in Nashville. Tickets can be purchased at the door.

Members of the Tenn. Environmental Council established EAF in 1976 as a nonprofit coalition of concerned citizen's groups. Its sole purpose is to lobby the state legislature for better environmental laws. Recently, EAF succeeded in stopping a bill that would have allowed hundreds of acres of wetlands to be drained across the state. Other issues successfully tackled by EAF include hazardous waste, solid waste management and environmental damage at oil drilling sites.

EAF works on a tight budget every year and there are many issues to fight. So, if you can't attend the fundraiser on November 16 but would like to help, please send donations to: Treasurer, EAF, P. o. Box 22421, Nashville, TN 37202.

For more information, call Mary Buckner at 356-4434 or Bob Barnett at 831-1136.

TENNESSEE ENVIRONMENTAL COUNCIL'S TENNESSEE ENVIRONMENTAL AWARENESS DAY
SATURDAY, NOVEMBER 10- VANDERBILT

Join the Tenn. Environmental Council for the celebration of its 20th anniversary on Saturday afternoon, Nov. 10 at Vanderbilt University for their Tennessee Environmental Awareness Day. There are several workshops to choose from: "Home Water Analysis", "Home Safe Home", "Toxics in Tenn.", "Home Water Analysis", and "Energy Futures in Tennessee". A special speaker, Dr. Thomas Lovejoy, the founder of the Nature series on public television, will speak on rain forests and their importance. There is also a special program for children ages 5-12.

The cost for this unique educational opportunity is small: \$5.00 per person for two workshops, and \$5.00 each for Dr. Lovejoy's speech. Children of parents attending can go to the children's workshop free. There is even an Earth Ball Friday night, November 9, 9 PM to... at 328 Performance Hall, 328 4th Ave. S. The Del Beatles will perform and the cost is \$10 per person.

For more information call Jennifer Walker at the Tenn. Environmental Council: 321-5075. Early registration is encouraged.

EDITORS' NOTE

We appreciate all the support that we have received during our breaking-in period. We plan to continue to work to make the newsletter better. Since this is, after all, TTA's newsletter, we welcome any suggestions or articles from TTA members. Also, if those of you sending in articles have access to a DOS word processing program, we will accept articles on floppy disks and be grateful.

We are presently planning to begin a series of lead articles called "A Walk

Down My Favorite Trail". As envisioned, these articles will not be simply trail guides, but will also include personal reminiscences, anecdotes, inspirations, etc.- whatever it is that makes a particular trail special to you. If you have a favorite trail that you would like to share with our readers let us know. We plan to start the series in January with an article on Honey Creek, our personal favorite (after all, we met and got married there), but after that we need input from you!

Randy & Beth Hammontree

TTA ANNUAL MEETING HIKE SCHEDULE

All hikes will begin after all meetings and/or breakfast has been concluded, which will be approximately 10:30 AM Saturday and 9:30 AM Sunday. Hikers will assemble at the TTA Group Camp Area, where a hiking schedule will be posted and hike sign up sheets will be available. You may also see individual hike coordinators for details.

Saturday, November 3, 1990

Hike # 1 Mound Bottoms
 Coordinator: Bill Troup
 Carpooling required. 4-5 hrs., 4-5 mi., mod.

Hike # 2 Mossy Ridge
 Coordinator: Jane Holladay
 Carpooling required.
 4-5 hrs., 4-5 mi., mod.

Hike # 3 Montgomery Bell Trail
 Coordinator: James Leininger
 No carpooling required.
 5-6 hrs., 13 mi., mod.

Sunday, November 4, 1990

Hike # 1 Harpeth Woods
 Coordinator: Paul Koehler

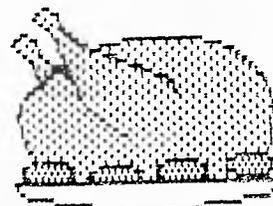
Carpooling required.
 2-3 hrs., 2-3 mi., mod.

Hike # 2 Radnor Lake
 Coordinator: Sally Garrard
 Carpooling required.
 Various options available, easy.

Hike # 3 Long Hunter Day Loop
 Coordinator: Kevin Kimbro
 Carpooling required.
 3-4 hrs., 4-5 mi. & options, easy.

Hike # 4 Narrows of the Harpeth (Same as Mound Bottoms)
 Coordinator: James Leininger
 Carpooling required.
 4-5 hrs., 4-5 mi., mod.

Hike # 5 Nathan Bedford Forrest
 Coordinator: Gene Curp
 Carpooling required.
 See coord. for details.



CHAPTER NEWS

Cookeville Chapter

Meets 1st Tuesday, 6:00 PM
558 Burton Lane

October Meeting

Our October meeting featured Dr. Charles Mitchell, who has practiced medicine in the Sparta, Tn./ White County area for many years. Having been in general practice, Dr. Mitchell is accustomed to treating a variety of ailments. His knowledge of wilderness hazards, both plant and wildlife, added greatly to our store of knowledge, and caused each of us present to re-evaluate our abilities in wilderness crisis situations. Dr. Mitchell discussed break and sprain treatment, identification and avoidance of certain plants (mushrooms in particular), snakebite, stings, and allergic reactions. This was followed with a few basic "how-to's" in terms of preparation. Attending with Dr. Mitchell was Jeff Jolly, an EMT at White County Hospital, experienced in rescue and evacuation in wilderness situations. Having been a hiker and spelunker for a number of years, Jeff brought along some of his equipment, first aid and emergency kits included, that he used going into the wilderness. As well, emergency rescue techniques and situations were discussed. How to prepare for, and possible courses of action when one occurs. In terms of practicality, and applicable use, this was one of the single best presentations we have had in the Cookeville Chapter. Our most sincere invitation has been extended to Dr. Mitchell and Jeff Jolly to return for a repeat performance!

November Meeting

Our November meeting will be held Nov. 6. Mack Pritchard, our State Conservationist, will speak to the group

about hiking trails in Tenn. This should be an informative and entertaining presentation. Come and bring a dish for a pot-luck meal after the program.

Welcome

The Cookeville Chapter is happy to welcome James Leininger as one of our most recent members, having transferred in from Nashville. James has been a TTA member for several years, has hiked with us regularly, and we are happy to have him as one of our own ! Welcome James!

Upcoming Events

Nov. 11 - Spring Creek Ramble. If the weather is right, and the water is not too high, we'll do an afternoon walk, rock - hop and meander along Spring Creek in Jackson County. 5 - 7 mi. Mod. to Diff. Randy Hammontree 526-5242

Nov. 17- Virgin Falls Workparty/Soup Supper. Bonnie Greene 836-3696

Nov. 24 - After Thanksgiving Hike Join me on Saturday Nov. 24 for an after - Thanksgiving hike in the South Cumberland Recreation Area. We will meet at the Stone Door Ranger Station at 9:00 a.m. From the Stone Door we will hike to Ranger Falls and up Alum Gap and back to the ranger station via the rim trail. It will take approximately 6-7 hours to cover this 9 miles of trails. Because of rocky terrain, a steep incline at Alum Gap, and the nine mile length, this hike is rated strenuous. Bring food, fluids, and good shoes for a day of hiking, waterfalls, creeks, and cliff views, For further information contact James Leininger at 839-2273 in Monterey, Tn.

Pre-registration requested.

TRIP REPORTS

Honey Creek

September 8 began as a somewhat overcast, bleary day, as 13 hikers gathered to experience the Honey Creek Trail. The overcast day very quickly became a clear September scorcher, prompting a slow, easy pace. This allowed us all to thoroughly enjoy what has to be one of the most lovely short trails in the state. The magnificent cliffs, overlooks of Big South Fork below, and the cool relief of gently running small water falls, made this another memorable hike. I never tire of the beauty of this trail. Its twists, turns and crevasses combine to make this as fine an example of the beauty of Tennessee wilderness as any that exist. Some may consider my opinion biased, but then maybe I have my own special reasons ?

Randy Hammontree

Hidden Passage

It was a beautiful day for a hike when eighteen hearty souls and two canine friends assembled at the Pickett State Park picnic area for a hike on the Hidden Passage Trail. We took the right fork and went around the loop in the "McDonald's" direction. Crystal Falls shimmered in the sunlight. Views from the various bluffs and outcroppings were quiet and pretty beneath the bright blue autumn sky.

The group split after lunch. One group took a side trip to Double Falls. The other took a nap and hiked on around the loop. When the hike was

finished, the two groups had put in 12 miles and 10 miles, respectively.

All gathered for pictures in the parking lot and parted for Cookeville, Nashville, Sparta, Dover, Knoxville, and Crossville. It was a great way to open the new hiking season.

Paul D. Miller

Duties of a Hike Leader

by Ross Cardwell

- 1) Be at the prearranged meeting site on time.
- 2) Try to leave when you say you will leave.
- 3) Drive to the hiking site in an orderly fashion - car pool (Enables you to meet and talk with others).
- 4) Have alternate hike planned if conditions arise which would prevent hiking the original trail.
- 5) Get a head count and a list of all present.
- 6) Although I've never done this, it might not be a bad idea to find out if anyone has any special health problems - allergies to insects, etc...
- 7) Hike at the limit of the slowest person.
- 8) Appoint someone to bring up the rear.
- 9) If you see that there is no way to complete the hike due to whatever cause, explain to those present the situation and do an about-face. It is better to have hiked for a while and "live" to hike again.
- 10) Either carry, or appoint someone carry, a first aid kit.
- 11) Tell someone who isn't doing the trip;
A: Your route plan.
B: Your ETA
- 12) Shoot anyone who attempts to mutiny!

Memphis Chapter

November Meeting

November 15: Monthly meeting starts a half hour earlier, at 7 p.m. We will meet at the church and carpool to Shelby Farms for a brief night hike.

Bring a flashlight, warm clothing and water. If it is raining, or the ground is especially muddy, we will have a regular meeting at the church.

Upcoming Events

Nov. 17 - Big Hill Pond

We will carpool from Kingsway parking lot at 7:00 Saturday morning, or meet at park headquarters at 8:45 a.m. for a hike through rolling, forested terrain. Bring water, lunch, and a friend. Call (901) 386-8613 for more information. - Ray Burkett

Nov. 25 - After Thanksgiving Hike

Chickasaw Bluffs Trail at Meeman-Shelby State Forest. 8 miles with a few steep hills. Bring lunch and water. Carpool at 8 a.m. at park office near main entrance, and we will shuttle cars to the end of the trail. Call Jerri Bull, 363-4408.

Dec. 9 - Wolf River Hike

This will be an easy Sunday afternoon hike of about 3 hours. Meet at Shelby Farms soccer field parking lot at 1 p.m. Call Jerri for more info.

Note:

Our workday on the Chickasaw Bluffs Trail, scheduled for Dec. 1, has been canceled because of conflicts with park officials.

Trip Report

Nathan Bedford Forest State Park September 22

On this dazzling clear Saturday on the cusp between summer and fall, and astonishing 29 people showed up - one third of them from outside Memphis. It is difficult to keep up with such a large group under any circumstances, but at Nathan Bedford it was impossible. All of the trails have been moved, and are not shown on any current maps. The trails have no blazes or markings. Fortunately they were easy to follow - freshly mowed and wide enough to walk four abreast. But the cut-offs where the trail crosses roads are totally confusing; there is no way to be sure you're going in the right direction. If it hadn't been for the guidance of two visiting hikers - K.B. Humphreys of Paris, Tn. and Len LaRose of Jackson - we'd probably still be out there. We spent over an hour arguing about which way to go and making several false starts. We also lost the trail at one point, in a swampy area where a tree had fallen, and we had to bushwhack for about a quarter mile through profuse poison ivy. But hey, it was still a great day. Purple gerardia was blooming, the muscadines and persimmons were ripe, and lunch on the beach of the Tennessee River was a delight.

Debbie Gilbert

Ouachita Trail & Camping Trip October 5-7

Extending over 250 miles from Little Rock into eastern Oklahoma, the Ouachita Trail offers great day hikes and overnight backpacking opportunities. On Saturday, October 6, ten hikers from Memphis Chapter hiked the Ouachita Trail from Lake Sylvia to Flatside Pinnacle. The day was hot and the eight miles felt more like twelve, but everyone enjoyed this beautiful forest and celebrated the

finish with a wonderful view across the mountains.

Also, at the end of the trail, we were treated to (or repulsed by) a special bit of nature: a dozen or so baby rat snakes all tangled up on top of a tree stump, but they didn't like all that attention and quickly retreated into their hiding places. Other nature sightings included two turtles, a couple of walking sticks, an Ichneumon wasp, many brightly colored mushrooms, and some kind of large black flying bug no one could identify.

Friday and Saturday nights we had a very good time camping at Maumelle Park on the Arkansas River, sharing food and conversation. Entertainment was provided by Martye's one-woman show on how to re-set a digital clock without written instructions.

Sunday morning's threat of rain caused a change of plans. Climbing 1,000 ft. Pinnacle Mountain was a real challenge on a hot, humid day; but we were rewarded at the summit by a cool breeze and a breathtaking view of the Arkansas River Valley and the Ouachita Mountains. And a slow walk around the one - half mile Kingfisher's Trail to check out the huge old cypress trees was a nice ending for the weekend.

The happy hikers included Anne, Jerri, Debbie, Ray, Martye, Deborah, Lyn, Carol and Susan. And a special thanks to all of you for being such good sports when things were not going quite right. It's no fun sleeping in the car or almost running out of gas!

Ray, can we have a program soon on tarantulas ?!

Betty Porter

Ascent

Life, stripped to its essentials:
You, and a mountain.
The wind pulls at your hair,
Blasts through every cell of your body.
Overhead, the red-tailed hawk soars;
You stretch to become one with it,

To fling yourself into the blue--
But sanity prevails, and warns
that below the ground is waiting,
eager to kill those who defy gravity.
Your foot slips; pebbles tumble down
too far to hear the impact.
You feel terror, and vertigo, and
regret.
"Oh god, why am I doing this?"
But the rock is your friend,
firm and cool and forgiving.
"Follow me," it beckons,
"and I will show you the way up."
And so you climb,
gliding like a panther,
from ledge to ledge,
until only blue remains.
You stand, and look upon your
kingdom,
and in your heart it does not matter
how many others have touched this
summit.
From this moment forward,
the mountain is yours.

Debbie Gilbert

Murfreesboro Chapter

November Meeting

7 p.m. Tuesday Nov. 20, at St. Mark's Methodist Church.

The November program will be presented by Bertha Chrietberg. She took part in a re-enactment of the flat boat trip on the Cumberland River in which Fort Nashboro was settled. They wore period costumes and lived in the same manner in which the pioneers did.

Upcoming Events

Nov. 17 - Radnor Lake

This state natural area has 3 different hikes to choose from, so no excuses. Meet at 9:00 a.m. at St. Mark's Methodist Church on Main St. in Murfreesboro to carpool, or meet at the east parking lot at the park. Bring

water and snacks. We will stop somewhere for lunch after the hike. Call Bettie Herring at 895-8171.

Nashville Chapter

November Meeting

We will not meet on the fourth Thursday this month, because it is Thanksgiving. Instead, we will join the Sierra Club for their meeting at the same room in the Cumberland Museum on Thursday, November 15, at 7:30 p.m. The speaker will be Dr. Ray Norris, who is the state coordinator for the Izaak Walton League's "Save Our Streams" project.

And looking ahead to December...

We will have our annual Christmas potluck dinner with the Audubon Society on Thursday December 6, at 6:00 p.m. at the Cumberland Museum, in the cafeteria (on the second floor). Bring a hot or cold dish to share. Instead of each person bringing slides to show, there will be a slide presentation by photographer John Netherton, and the Nashville photography club will be joining us too. Even if you can't make the dinner, be sure to come for the program which will begin around 8:00

Upcoming Events

Nov. 9 - 11 - Land Between the Lakes
This will be a Saturday, Sunday, and Monday weekend of outings in the Clarksville and Land Between the Lakes area. Hopefully, it will be a weekend of good camping and hiking weather and an opportunity to revitalize or PLAN THE REVITALIZATION OF THE CLARKSVILLE CHAPTER !

Nov. 9 - Meet at LBL Nature Center at 10:30 (CST) for a hike on the delightful Honker Bay Trail. As I recall, the trail is 4-5 miles long, and much of the loop

trail goes along water. Many trees along the trail are identified and there are other interpretive signs and markers on the trail. It is a delightful trail that prompted me to be poetic about my last hike there. On that day, Indian Summer type weather gave way to a blustery foreshadowing of winter weather. A repeat of that weather would be great!

Nov. 10 - Meet at LBL Golden Pond Visitor's Center at 9:00 A.M. (CST). We will hike a portion of the long distance North-South trail. This hike will be longer and more difficult than Saturday's. This outing is still easy to moderate even though it will be eight to ten miles long. A shuttle may need to be set up, but we will be on the trail no later than 9:30 a.m.

Nov. 11 - Meet at Ft. Donelson National Military Park in Dover, Tn. at 9:30 a.m. for a brief walking tour and trip to the visitor's center.

2nd stop will be at 12:30 p.m. for lunch at the Dunbar Cave State Natural Area in Clarksville, Tn. We will leave Clarksville at 2:00 p.m. and see the covered bridge at Port Royal Historic Area on the way home.

Bring lunch, water, and wear supportive shoes or boots for each outing. The leader can be contacted a week to ten days in advance, as I plan to camp in the area both Saturday and Sunday night unless the weather is horrendous.

Please pre-register with Bob Barnett at 836-1136.

Nov. 17 & 18 - Smokies Backpack

Join Sierra Club and TTA to trek to the headwaters of the Little River. Friday night camping at Elkmont Campground (scope out the bulletin board at the check-in station to find us). Or meet at the check-in station at 9:00 a.m. Eastern. Saturday we'll hike 7.5 miles to campsite # 25 (Lower Buckeye Gap, 3540 ft., hard under OI'

Smokey and Miry Ridge). The walk will be mostly a modest, streamside stroll suitable for the general backpacker. Return via the same trails since 50% of the best views are behind you. Bring a sweater and an old joke. Fireside yodeling optional. Preregister with Gene Curp 615-256-2566, ext. 125 days.

Nov. 23 - Long Hunter State Park

It has been too long since I hiked the entire length of the Volunteer Trail at Long Hunter State Park.

So I'm planning a 12 mile day hike on the 6 mile backpack trail for Friday Nov. 23. The Friday after Thanksgiving seems appropriate for a long day hike close to home. I'm sure that along with my turkey sandwich on sourdough bread, I'll be packing applications explaining how to become a "Friend of Long Hunter" and stories about the success of the parks Halloween project - the 2 mile Trail of Terror.

Meet at Baker's Grove trailhead parking lot at 9:00 a.m. Bring lunch, plenty of liquids and wear supportive shoes or boots.

Preregister with Bob Barnett 836-1136

Trip Reports

Laurel-Snow

Starting out with a small carpool of hikers from Nashville, we proceed on to the Laurel-Snow trailhead in Dayton, stopping in Murfreesboro to pick up more hikers, and met 3 members at the trailhead at around 10:15 a.m. central time (14 hikers total). We encountered thick fog in places on Hwy 30 on Spencer Mountain, along with a light mist of rain. But when we arrived the mist had ceased and the fog had lifted.

As we started our stroll down the trail I noticed that most of the leaves were still on the trees, and only a few

had changed color. The amusing sight of a clump of Puff Balls, several species of wildflowers and a small snake were encountered. An increasing amount of graffiti stared back at us, as was more litter which disturbed me. The air was filled with the smell of fall which helped to enrich our hiking experience and made for a very nice trip otherwise. The sun peeked through only a couple of times, as some stopped to savor the moment. Observing from the overlooks proved to be worth the climb with clear views of the valley below. The crossing of Morgan Creek was low prompting us to rock hop across to the other side which meant only minutes away from Snow Falls. The falls were exceptionally beautiful as always.

As we headed back down the mountain I thought about our journey as we stroll through an area relatively unchanged in 50 years except for our hiking impact, and how important it is to preserve and protect places such as this.

Thanks to all who joined with me and may we meet again soon to fellowship and share in nature wonders!

Kevin Kimbro

Cedars of Lebanon

It was an energetic work crew of hikers that joined me on a work hike on the 4.5 mile Hidden Springs Trail at Cedars of Lebanon State Park on Saturday September 29.

We picked up most of the trash that we found on the trail in the first half mile of the trail and along the path's last half mile. Much too much trash was found near the trail's half way point adjacent to a cedar glade. A road came in to this area at this point and partly explained tires, wood and other trash in the area. We stacked up the tires and wood in the area in the hopes that park personnel would later haul away the bottles, cans, trash plus the tires and wood too.

We clipped away plant growth

encroaching upon the trail. Doing this kind of preventive trail maintenance in the autumn makes spring trail maintenance a much more manageable task. There was an area near the midpoint of the trail that has gotten seriously overgrown in the past that even now could use some serious clearing using something like a gas powered weedeater rather than clippers, like we were using on Sept. 29.

The trail was not new to Bill and Regina Cook, but a work trip was a new experience for Bill. The trail was new to Aubrey, Dorothy, Norma, Steven, Arliene, Linda, Darlene, and Paul.

I was glad to show it to them and share it with them. A special thanks to my parents for sharing their house with the hike participants and some folks

that could not make the hike, as a wonderful place for a cookout.

Thanks again to the nine people that helped me with my clean up hike on Sept. 29. You made a big job easy.

Bob Barnett

Duties of a Hike Participant

by Gene Curp

- 1) Be self reliant and prepared.
- 2) Restrict trips to those you are physically capable of.
- 3) Be understanding and helpful of others in the party (their idiotic mistakes).
- 4) Understand leader's responsibilities and cooperate.
- 5) Keep your dog on a leash.
- 6) Rave about the beauty all you

want.

- 7) Try to meet everyone.
- 8) Thank the leader.
- 9) Ask for rest breaks, moleskin breaks, slowing the pace, etc. as you need.
- 10) Take a vote before skinnydipping.
- 11) Get off the trail and stand still, allowing horses to pass.
- 12) Clear blowdowns or other light trail maintenance every trip.
- 13) Leave the hiking stick for the next hiker at the trailhead.
- 14) Notify the leader before wandering away from the group.
- 15) Avoid unnecessary risks.
- 16) Participate in car pooling, take a turn behind the wheel, and be on time.
- 17) Share any special knowledge with the group about the natural history setting of the hike.
- 18) Preregister with the leader.

HYPOTHERMIA

What is hypothermia?

Simply, hypothermia is a killer.

Hypothermia is a loss of body core temperature due to prolonged exposure.

Hypothermia is the leading cause of wilderness deaths. Not getting lost. Not falling off mountains. Not encounters with wild animals.

Hypothermia.

We all know how to prepare ourselves during the winter months. We insulate ourselves by proper layering of clothing. We walk at a sensible pace, knowing that as we perspire, we become

wet and therefore colder. Being warm translates as being dry. Thus, we protect ourselves during the winter.

What about now ?

Yes, now.

Waking up on a cool fall morning and seeing the clear blue sky, you might decide to wear a comfortable summer type short sleeved shirt on that little hike you wanted to do.

Wrong.

There was one item we left off when we mentioned hypothermia being the

number one killer in wilderness situations.

When. The time when deaths occur most often from hypothermia is in an average temperature of 50 degrees F. Why? We underestimate. We decide to wear a short sleeved shirt. Or shorts, without insulating or thinking of protection.

Don't underestimate your ability to withstand cool weather. Go ahead, take the summer shirt, but take another warm garment along. Enjoy the fall colors, but don't take chances.

Hypothermia is a killer.

NEWS FROM OUR PARKS

Fall Creek Falls State Park (615)881-5708

11/4 & 11/9 Elderhostel

11/10-11 Backpacking

11/13-15 Senior Capers- For those 62
and older.

Historic Rugby (615)628-2441

11/23-24 Annual Christmas
Marketplace

South Cumberland State Park (615)924-2980 or 924-2956

11/10 Raven Point Excursion. 10 AM.
2 mi. Easy.

11/18 Tumbled Rocks Bluff. 1 PM.
Meet behind Sewanee Stadium. 2
mi. Easy.

Warner Parks (615)352-6299

11/3 Landscaping with Natural Plants
9:00-12:00.

11/3 Organic Gardening Forum. 1:00-
3:00 PM.

11/9 Sweet Dreams Woodchuck. 10:00-
11:00 AM. Ages 3-5.

11/10 Exotic Plant Removal. 9:00-3:30.
11/14 Mushroom Slide Show. 7:30-9:00
PM.

11/16 Field Astronomy Program. 7:30-
9:30 PM.

11/17 Mushroom Hike. 9:00-12:00.

UPCOMING HIKES

State

11/3 Mound Bottoms
Mossy Ridge
Montgomery Bell Trail

11/4 Harpeth Woods
Radnor Lake
Long Hunter Day Loop
Narrows of the Harpeth
Nathan Bedford Forrest

Clarksville

11/17 Indian Town Bluff
Anne Lowe 645-1454

Cookeville

11/11 Spring Creek Ramble
11/17 Virgin Falls Workparty/Soup
Supper
11/24 After Thanksgiving
Hike/Ranger Falls

Memphis

11/17 Big Hill Pond State Park
11/25 After Thanksgiving Day Hike

Murfreesboro

11/3 Stones River Canoe Trip
Joint with TSRA
11/17 Radnor Lake

Nashville

11/9-11 Land Between the Lakes
11/17 Walls of Jericho
Bob Richards 742-6688
11/17-18 Smokies Backpack
11/23 Foster Falls Day Loop
Pat Anderson 383-2355
11/23 Long Hunter Park Hike



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

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

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COME HIKE WITH US!
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