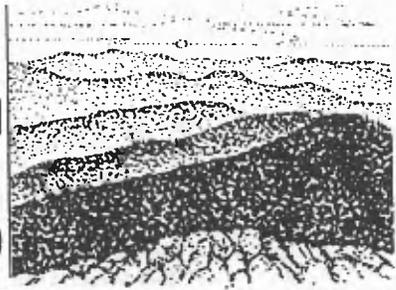


# TENNESSEE TRAILS

The monthly newsletter of the Tennessee Trails Association



**TTA ANNUAL MEETING**  
**OCT. 22-24, 1993**  
**DUBOSE CONFERENCE CENTER**  
**MONTEAGLE, TENN**

## SCHEDULE OF ACTIVITIES

### Friday, Oct. 22

3:00 p.m. Registration starts  
6:00-7:00 p.m. Pot Luck Dinner

### Saturday, Oct. 23

7:00 a.m. Breakfast  
8:30 a.m. General Meeting  
10:30 a.m. Hikes/Activities  
6:00 p.m. Supper  
8:00 p.m. Infamous TTA Auction

### Sunday, Oct. 24

7:00 a.m. Breakfast  
8:00 a.m. Board Meeting

Nancy Williams has compiled a brochure of non-hiking activities and sights of interest in the area that will be handed out at registration for those of you who would like to attend the annual meeting but prefer not to hike, spelunk or orienteer!

There are 3 motels in close proximity to the Dubose Center if Bishop's Hall fills up before you send your registration in. They are: Days Inn, Country Inn, and Jim Oliver's Smokehouse. Just call

Monteagle information to get their phone numbers.

Deadline for registration is Oct. 1, however, late registrations can be accepted until Oct. 10 with an additional registration fee of \$1.00.

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Devoted though we must be to the conservation cause, I do not believe that any of us should give it all of our time or effort or heart...Let us save at least half of our lives for the enjoyment of this wonderful world which still exists. Leave your dens, abandon your cars, and walk out into the mountains, the deserts, the forests, the seashores. Those treasures still belong to all of us. Enjoy them to the full, stretch your legs, enliven your hearts-and we will outlive the greedy swine who want to destroy it all in the name of what they call growth.

--Edward Abbey

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## CHAPTER NEWS

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### Clarksville Chapter

Meets the third Tuesday of each month at 7:00 p.m. in the Community Room at Governor's Square Mall.

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**OCT. 2-3 - CUMBERLAND TRAIL HIKE AND TENNESSEE AQUARIUM, CHATTANOOGA.** Hike leader will be Bob Campbell of State Forestry. We will hike the Mullen's Cove Loop Trail, in the Prentice Cooper State Forest, and camp at Davis Pond primitive campsite Saturday night.

The trail is 10.2 miles with scenic overviews at an elevation of 1600-1700 feet around Mullen Creek and the Tennessee River. For camping at Davis Pond, park at the Fire Tower. You must bring your own water.

We will meet at 9:00 a.m. CST at Red Food Store at the foot of Signal Mountain. From I-24 take 27N exit to freeway which bypasses Chattanooga. Go to Hwy 127N, turn left and on toward Signal Mtn. There is a Burger King across from Red Food Store.

On Sunday we will visit the Tennessee Aquarium. The aquarium opens at 10:00 a.m. and admission is \$8.75 for adults and \$4.75 for children.

### Cookeville Chapter

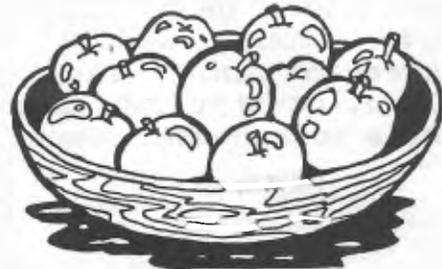
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The Cookeville Chapter rose from the summer doldrums at the meeting on Tuesday, Sept. 7. It was good to see many old faces again. Twenty-one were in attendance. Jack Robinson joined us for the first time. Paul D. Miller was elected chairman, Jack Murphy program chairman, and Marnell Cothren, treasurer.

Ross Cardwell will present a program on his trip to Yellowstone Park at the next meeting, October 5th at 6:30 p.m. at China Star Restaurant. The November program will feature a program on orienteering.

**OCT. 2 - GREETER FALLS HIKE.** Meet 8:00 a.m. CST at Dominion Bank in Sparta and 9:00 a.m. at Stone Door trailhead. 10 miles, moderate. Leader is Paul D. Miller (615) 526-4618.

**OCT. 16 - HIDDEN PASSAGE HIKE, PICKETT STATE PARK.** Meet at west side of J.C. Penney's in Cookeville. 10 miles, moderate. Call leader, Randy Hammontree (615) 372-8700 for time and more details.



parking lot at Donelson Rd. and I-40 at 6:30 a.m. For more info, call Charlie Hann (615) 941-1503.

**OCT. 22-24 - TTA ANNUAL MEETING, MONTEAGLE, TN.**

**OCT. 28 - PROGRAM MEETING AT CUMBERLAND SCIENCE MUSEUM.**

Our program will be presented by professional photographer and Nashville chapter member Richard Connors. Richard is an avid birder who has served on the Board of Directors of the local Audubon group. His photos offer a new perspective on the familiar as he uses blinds and scaffolding to provide a bird's eye view. His program for Oct. 28th will focus on a trip to Alaska's newest national park.

**TTA TRIP REPORT  
ALBRIGHT GROVE, SMOKY MTNS.**

After hiking Charlie's Bunion on Saturday of this Smokies campout, a few of us decided to visit Albright Grove on Sunday. Representing the Nashville Chapter were my wife, Susan, and I, and Woody McLaughlin. The Clarksville Chapter included Ann Lowe and J.R. Tate (a veteran of the A.T.). For those of you who don't know, and as Bob Barnett can attest, Albright Grove is one of the most spectacular old growth forests in the East. It's about 8.5 miles round trip with the initial 3 miles rising through an excellent example of second growth Appalachian cove hardwood forests dominated by a canopy of Tulip Poplar trees with a unique understory of Striped Maples. Of interest along the trail were Rattlesnake Plantain and Doll's

Eye (White Baneberry) still in bloom, which according to Ann (our in-residence flower expert) is very late in the season. The Grove itself is dominated by some of the largest trees still living in the East, including Tulips, Hemlocks and Sugar Maples. Also of interest was a large presence of American Bass, which prefers old established forests, both White and Black Birches of substantial size, and some of the largest Umbrella Magnolias any of us have ever seen. After considerable gawking and neck straining, we headed back but not before J.R. instructed us all how to get spearmint toothpicks from the twigs of Black Birch seedlings. Albright Grove is located approx. 16 miles north out of Gatlinburg on Hwy 321, to the right of the entrance to Jellystone campsite and is often hard to locate as it is unmarked. Thanks to Paul Smith for organizing this weekend and, of course, to Reagan and his Oakland A's hat.

Written by Rob Weber

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**TRAILSIDE CAFE**  
Gene Curp, Nashville Chapter

The idea is for a sometimes feature of the newsletter, as members are inspired to contribute, which will feature members' comments on hiking and camping food and recipes. Those of us who do not go in for lots of preparation should share our shortcuts and tips. To wit: a standard backpacking food is macaroni and cheese. Experience has taught it can be prepared out of the box without addition of milk or butter as the directions call for. Oil rather than butter can be used and powdered milk sprinkled in rather than reconstituted. The Lipton noodle mixes prepare without the "adders" very well.

Now for the recipe of the month. Citadel Spread as given to the world by Ed Garvey of Appalachian Trail Conference fame. Mix 18 oz. of Skippy peanut butter with 2-4 ounces of oil (or bacon grease). Mix in a half cup of honey. Now add 2-4 cups of dry powdered milk until crunchy. You'll end up with stuff the consistency of soft fudge that will keep indefinitely in the fridge and weeks on the trail. The stuff provides a complete protein (milk complements the peanuts) and packs a wallop on the calorie front. Use for a snack, dessert or to round out an otherwise lackluster meal. I carry it in plastic freezer bags (not the zip locks) and keep a spoon handy to avoid using my grimy fingers. It is recommended that you not prepare too far in advance as it will all be eaten by the time the trip rolls around.

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**OCTOBER HIKES AND ACTIVITIES**

- Oct. 2 Mousetail Landing, Debbie Gilbert (901) 454-0613
- Oct. 2-3 Cumberland Trail Hike and Tennessee Aquarium, Ann Lowe (615) 645-1454
- Oct. 2 Greeter Falls Hike, Paul D. Miller (615) 526-4618
- Oct. 10 Bledsoe Creek State Park, Bob Barnett (615) 832-6484
- Oct. 16 Big Hill Pond State Park, Ken Novak (901) 377-9127
- Oct. 16 Hidden Passage Hike, Pickett State Park, Randy Hammontree (615) 372-8700
- Oct. 16 Frozen Head State Park, Charlie Hann (615) 941-1503
- Oct. 16 Land Between the Lakes, Libby Francis (615) 889-5718
- Oct. 30 Buck Creek, Glade Creek, England Cove, Ross Cardwell (615) 738-2760



MEMBERSHIP RENEWAL

Unless you have a Lifetime Membership in the Tennessee Trails Association, your membership expires on January 1 of each year. All TTA memberships are based on the calendar year and not one year from the month you join.

Please register me as a member for the calendar year 1994 (Jan-Dec) with the type membership checked below:

___ Student	\$ 6.00	MAIL DUES TO:
___ Individual/Family	15.00	Tennessee Trails Assn.
___ Supporting	\$30, \$40 or \$50	P. O. Box 41446
___ Life	150.00	Nashville, TN 37204

Students do not have voting privileges. Supporting members may be organizations or individuals. Each organization should designate a representative to cast its vote and up to three addresses to receive the newsletter. Family dependent members do receive a separate newsletter.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

PLEASE LIST ME WITH CHAPTER \_\_\_\_\_ OR AT LARGE \_\_\_\_\_

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# New Smokies trail accessible to disabled

**GATLINBURG (AP)** — A half-mile long trail accessible to disabled visitors at Great Smoky Mountains National Park should be completed sometime this fall.

Park officials say the paved loop near Sugarlands Visitors Center will give everyone a chance to enjoy the area.

"Some 900 miles of park trails thread through rugged and steep terrain, providing a challenge for everyone," said park superintendent

## Eaststate

Randall R. Pope. "The new barrier-free trail, when completed, will be the first such trail in the park designed specifically for all visitors, including those with disabilities, families with young children in strollers and older people."

The first phase of the trail's construction is being funded with \$25,000 from the National Park Ser-

vice and \$25,000 from two private sources: the Great Smoky Mountains Natural History Association and Evelyn Short of Knoxville.

Park officials are trying to raise an additional \$18,000 for the second phase of the project, which will include wayside exhibits, signs, audio cassette players and tactile exhibits.

The trail will be just off Newfound Gap Road just past the visitors' center. It will wind along West Prong of Little Pigeon River. ■

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Mail dues, address changes/corrections and membership applications to:

TTA  
P.O. Box 41446  
Nashville, TN 37204

All newsletter submissions due by the 15th of each month. All submissions, questions and/or comments should be addressed to:

ARLEEN BARNETT  
P. O. Box 41446  
Nashville, TN 37204

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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.

1993 TTA LEADERS

PRESIDENT:	Bob Barnett (615) 832-6484
VICE-PRESIDENT:	Tom Shepherd (615) 895-2098
CORR. SEC/TREAS:	Judy Van Cleve (615) 473-8136
SECRETARY:	Evelyn Tretter (615) 859-0566
IMMEDIATE PAST PRES:	Jerri Bull (901) 363-4408
BOARD REP:	James T. Jones (901) 422-1444
BOARD REP:	Bertha Chrietzberg (615) 896-1146
BOARD REP:	Sally Garrard (615) 646-4079
MEMBERSHIP:	Bob Barnett (615) 832-6484
CUMBERLAND TRAIL	
CHAIRMAN:	Bob Brown (615) 352-7474
Adopt-A-Trail:	Jerri Bull, Coordinator (901) 363-4408
	Bob Barnett, Coordinator (615) 832-6484
Cookeville Chapter:	Paul D. Miller, (615) 526-4618
Murfreesboro Chapter:	Ron Ferrara, Chair, (615) 893-3515
Memphis Chapter:	Debbie Gilbert, Chair, (901) 454-0613
Nashville Chapter:	Bob Stephenson, Chair, (615) 672-4064
Clarksville Chapter:	Roger Greer, Chair, (615) 648-8769

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Come Hike With Us!  
Tennessee Trails Association  
P.O. Box 41446  
Nashville, TN 37204

