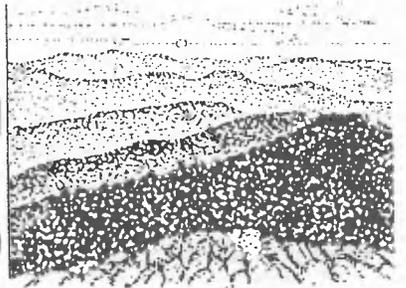


# TENNESSEE TRAILS

The monthly newsletter of the Tennessee Trails Association



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**TTA 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

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**THIS IS THE LAST  
NEWSLETTER YOU WILL  
RECEIVE IF YOU HAVE NOT  
RENEWED YOUR DUES FOR  
1996.**

## MARCH REPORT FROM THE PRESIDENT

At its February 1996 meeting, the TTA Board of Directors took the following actions and heard the following reports of possible interest to members:

The Board learned of the successful organizational meeting for the Plateau (Crossville) Chapter, and voted to provide seed money for chapter startup expenses.

The Board reviewed plans for the 1996 Annual Meeting at Cedars of Lebanon State Park, November 15-17, 1996, and voted to reimburse the Nashville Chapter for expenses.

The Board passed a resolution requesting that each chapter plan and publicize an activity on National Trails Day (June 1)

and also on Earth Day (week of April 20-27).

The remaining needs for the Break Away trail maintenance and environmental education week at Norris Dam State Park, March 10-16, were reviewed. TTA still needs volunteers to accompany the East Tenn. State University students on certain days. In addition, tools are still needed. Contact Arleen Barnett at (615) 343-0013 or Rob Weber at (615) 952-2949 if you can help with either of these needs.

The Board decided to support the Wildlife Diversity Funding Initiative, which would provide monies for non-game programs of the Tennessee Wildlife Resources Agency.

The Board discussed other trails-related issues of local and national significance, such as Land Between the Lakes, Indiantown Bluff (Cheatham Lake), Stones River Greenway, Clarksville Rotary Park and grants available for trails activities.

The Board decided to investigate the insurance needs of the Association.

Other organizational management issues such as investment needs and state sales

tax exemption paperwork were reviewed.

Thanks to all the Directors and others who took time away from hiking and their busy schedules to attend the Board meeting and keep the Association functioning.

Harold Draper  
1996 TTA President

FOR SALE: Men's hiking boots, size 7, Reebok, worn very little, \$25.00.  
Call (615) 859-0566.

***SIMPLIFY YOUR LIFE***

*by Elaine St. James*

*Submitted by Gene Curp*

*Stop buying clothes that need to be dry-cleaned*

*Go for patterned carpets*

*Keep your plants outdoors*

*Move to a smaller house*

*Run all your errands in one place*

*Sell the damn boat*

*Drop call waiting*

*Get out of debt*

*Get rid of all but one credit card*

*Throw out everything but the aspirin*

*Stop trying to change people*

*Don't answer the phone just because it's ringing*

*Change your expectations*

*Make water your drink of choice*

*If it's not easy, don't do it*

*Fire your personal trainer, and go for a walk*

*Just say no (or lie) to get out of unwanted social events*

*Live on half of what you earn, and save the other half*

*Stop the junk mail*

*Get rid of your lawn*

*Learn to laugh*

*Keep a journal*

*Slow down to the speed limit*

*Get rid of the car phone*

*Trust your intuition*

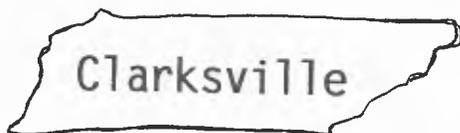
*Do one thing at a time*

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CHAPTER NEWS

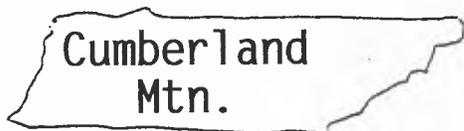
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Meets the third Tuesday at 7:00 pm in the Community Room at Governor's Square Mall.

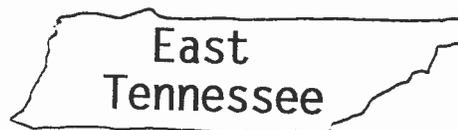


MARCH 23 - LAND BETWEEN THE LAKES OVERNIGHTER. Call J.R. Tate 326-5453 or Robert Alley 647-7960.



MARCH 16 - LAUREL FALLS; LAUREL-SNOW POCKET WILDERNESS. 5 miles moderate, Dayton, TN. Meet at the intersection of Hwy 27 and Walnut Grove Rd. just past Dayton Hospital at 10:00 am. Don

Coffman will scout the trail and then lead us on the hike. Call Bob Washburn (615) 879-4741 or Jeannie Chambers (423) 569-5610 or 663-3434 for further details.



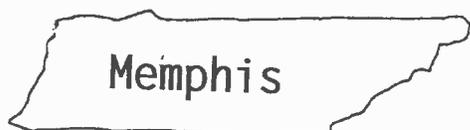
Join the East Tennessee Chapter on Sunday, March 10th for an easy 5-mile hike at Royal Blue Wildlife Management Area near LaFollette. We will hike beside Ollis Creek on a woods road to the old LaFollette Reservoir, where we will have lunch. Meet for breakfast at 7:30 am at the Lake City Cracker Barrel, or be ready to leave from the Cracker Barrel porch at 8:30 to travel to the water treatment plant at Ivydell near LaFollette. Questions? Call Judith - 494-9421.

*TRIP REPORT*

*We had another great January hike to Big South Fork. Sondra Jamieson and Russ Manning were enthusiastic leaders, taking snowy roads and trails in "stride." Charit Creek Lodge staff had a hot lunch and unlimited mugs of hot chocolate waiting for us. Our snowy January*

*hikes to BSF have been such great adventures, we hope to make it an annual event.*

*--Judith Bartlow*



Meets the third Thursday of each month at 7:30 pm in Room 24 of the Sunday School Bldg. at Kingsway Church.

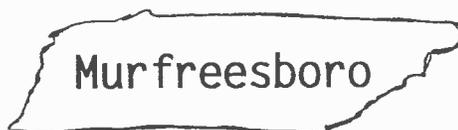
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**MARCH 9 - SHILOH NATIONAL MILITARY PARK**, near Pittsburg Landing, TN. Carpool at Kingsway 7:00 am, or meet at park visitor center at 9:30 am. We'll be hiking all around the battlefields, probably 8-9 miles. Terrain is flat. Contact John Martin 386-3722.

**MARCH 21 - PROGRAM MEETING AT KINGSWAY CHURCH.** Art Wolfe of the Wolf River Conservancy would like to speak with us about rehabilitating the Wolf River trails, which have been degraded by mountain bike use.

**MARCH 23 - BIG HILL POND STATE PARK**, near Pocahtontas, TN. Carpool at Kingsway 7:00 am, or meet us near the boat dock at 9:00 am. We'll hike the 8-mile loop. Terrain is moderate with a few big hills (surprise, surprise). Boots are strongly recommended, because there may be some muddy spots. Call Norma McMinn, 785-1479.

**APRIL 5-7 - FALL CREEK FALLS STATE PARK**, near Spencer, TN. What better way to spend Easter weekend than in Tennessee's most scenic state park? It's at least 6 hours from Memphis, so you'll need to plan an overnight stay. The inn and cabins are probably booked, but you can call (423) 881-3241 to check on availability. If you'd like to reserve a campsite, you may do so by calling 1-800-250-8611. There are several trails in the park, and we'll probably do a long hike on Saturday and a short one on Sunday morning. The contact person is Kay Herrington, (901) 755-6115.



Meets the third Tuesday of each month at 7:00 pm at St. Mark's Methodist Church.

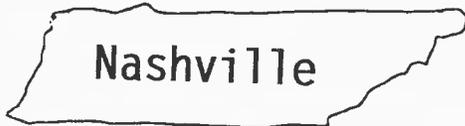
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**MARCH 9-10 - CUMBERLAND MTN. STATE PARK DAY HIKE AND BRADY MTN. SECTION 5 C.T.** Call Mark Hall (615) 896-4345 for details.



**MARCH 23 - BEGINNING BACKPACK (EASY) AT FOSTER FALLS, SMALL WILDS CAMPSITE.** Call Mark Hall (615) 896-4345 for details.

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Meets the fourth Thursday of each month at 7:30 pm at the Cumberland Science Museum.

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**MARCH 2 - MONTE SANO MTN. HIKE CANCELLED** - Due to extensive forest damage from recent ice storms.

**MARCH 3 - RADNOR LAKE.** Approx. 4 1/2 miles moderate. Meet at 8:30 am at the West parking lot. After the hike we'll go to Shoney's in Brentwood for the breakfast bar. For more info, call Vera Churcher at 373-8314.

**MARCH 3 - NATCHEZ TRACE PARKWAY WATERFALL TOUR AND HIKE.** This hike was originally scheduled for March 31 by Jean Harris, but Jean was unable to do the hike on March 31. We will meet at 12:30 pm central time in the

parking lot in front of John Overton High School at 4820 Franklin Rd. to carpool to the Natchez Trace Parkway. The Barnetts will be borrowing a full-size van so if a smallish group appears, we can all ride together and listen to travel tapes about the Parkway that include music and narrative.

We will make two stops where you have short but steep walks (mostly paved) to two glorious little waterfalls. After the waterfall tour, we will drive to Merriwether Lewis campground where we will do a 3-4 mile streamside hike.

We expect to be back at John Overton High School before dark. There will be an option to eat supper at the Calypso Cafe across from 100 Oaks Outlet Mall. Please preregister by calling Bob or Arleen Barnett at (615) 832-6484.

**MARCH 9 - HIDDEN PASSAGE TRAIL, PICKETT STATE PARK.** We will meet at the K-Mart/Kinko's parking lot on Donelson Pike at 7:00 am to carpool, or at the Pickett State Park office at 10:00 am central time. Hidden Passage Trail is a 10-mile loop along sandstone bluffs overlooking Thompson Creek. We will also go to the Double Waterfalls, an additional 2 miles, if we can cross Thompson Creek. The trail is rated easy but be prepared to hike all day due to the length. For more info, call Elizabeth Gerlock 356-6260.

**MARCH 28 - PROGRAM MEETING.** The Mississippian Indians or Temple Mound Builders flourished in the Middle Tennessee area long before the modern Native American tribes appeared on this continent. Learn about these people through an interesting slide presentation by Sam Reed. Sam is an interpretive specialist at Montgomery Bell State Park.

We hope you can join us and invite a guest!

**TRIP REPORT  
O&W BRIDGE/ANGEL FALLS**

On Feb. 10th, five of us joined the Cumberland Mtn. chapter to hike up the John Muir Trail from Leatherwood Ford River Access to the O&W Bridge. The river was high with swift currents. A few patches of snow and some icicles decorated the trail. Parting with Bob Washburn and his group at our return to the parking lot, four of us went the opposite way down the river to Angel Falls. The best treat of the day was in store for us. Draped over a small cave were huge, floor-length icicles. A small, multi-level falls with more icicles was framed with winter greenery--green moss and rhododendron. On down the way, Angel Falls was impressively turbulent! Catherine Welch and Mike Schreiner were hiking for the first time with TTA. Paula Hutchinson and Elizabeth Gerlock were our other hikers.

--Judith Foster

**PERCY WARNER TRAILS**

Nine more early morning hikers met at the stone gate entrance to Percy Warner Park off of Belle Meade Blvd, to hike the combined 7 miles of Warner Woods and Mossy Ridge. Bright sun and nippy weather kept us moving. Icicles at the spring and mud on the initial part of the Warner Woods were the only signs of our recent weather. First time hikers with TTA were Ellen Rodrigues, Sue Valenti, Denise Mitchell, Kerim Bairamov and his mother, Larisa Shapiro. Kerim is here from Central Asia to study at Vanderbilt. New members Andrew McQueen and Lydia Lampley, along with Margaret Pritchett, rounded out

the group.

--Judith Foster



Meets the third Thursday of each month at 7:00 pm. in the Housing Authority Meeting Room.

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**NEW TTA CHAPTER FORMED**

We had our first meeting date planned Jan. 11 at the Art Circle Library in Crossville to see if there were enough interest and enough officers or leaders to form a chapter.

Well, Mother Nature had other plans, so she sent a blinding snowstorm instead. We didn't give up, however. We just planned it for the very next week, Jan. 19, although we missed the Jan. 15 newsletter deadline.

Did we ever have a great turnout--33 for our first gathering, and what better place to have a new chapter of Tennessee Trails than right here on top of the Cumberland Plateau. As a matter of fact, that is what we will call our new chapter, the Plateau Chapter.

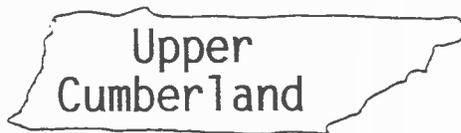
We feel so blessed here on the mountain to have so many beautiful trails to hike and maintain. We really did appreciate Bonnie Greene and Marvin Shanks coming to our first meeting, giving us ideas and input on

the start up of a new chapter of hikers.

The Upper Cumberland chapter invited us to visit their chapter monthly meeting on Tuesday, March 5 at 6:30 at the Cumberland Mtn. State Park, and a buffet dinner. Our regular chapter meetings will be held on the third Thursday of each month at 7:00 pm. Ian Hannington will do a wildflower talk for our March meeting. Our March hike is on the 16th, Laurel/Snow Pocket Wilderness. Call Don Coffman (423) 376-5842 for more info.

The new officers are: Mary Kelly, President; Matt Looney and Geraldine Nixon, Co-Leaders; Bill & Sue Eldridge, Secretary & Treasurer; and Linda Koger agreed to do "our newsletter" sometime in the near future when we get better acquainted and have more to write about and report.

--Sue Eldridge



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Meets the first Tuesday of each month at various locations.

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**MARCH 5 - DINNER MEETING AT CUMBERLAND MTN. STATE PARK WITH THE PLATEAU CHAPTER.** Meet at 6:30 pm at the park restaurant for dinner (\$9.95 each). Business meeting at 7:15 pm in Conference Room B.

**MARCH 9 - LAUREL/SNOW HIKE.**

Meet at 9:00 am at Penney's in Cookeville or First Union Bank in Sparta; or meet at 9:45 am at Cracker Barrel in Crossville. 8 miles, moderate. Call Paul Miller (615) 526-9259 or Bonnie Greene (615) 836-3696 for more info.

**MARCH 23 - PINEY RIVER.** Meet at 9:00 am at Penney's in Cookeville or First Union Bank in Sparta; or meet at 9:45 am at Cracker Barrel in Crossville. 12 miles, moderate. Call Paul Miller (615) 526-9259 or Bonnie Greene (615) 836-3696 for more info.

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### **IMPORTANT NOTICE!! ACT NOW!!**

Woody McLaughlin called to share the following information concerning TVA and Foster Falls:

TVA will close Foster Falls on April 15 due to budget constraints.

South Cumberland Recreation Area is willing to take over the management of the Falls and the campground. The campground is only open 6 months a year under TVA. South Cumberland would make a go of year-round operation for the campground.

Randy Hedgepath has agreed to live at the Foster Falls Ranger Station.

The Falls are visited by 100,000 folks a year and is the terminus of the Fiery Gizzard Trail. Heavily haunted by our members.

Woody, who is on the South Cumberland Board, would like our help in contacting our State Representatives to make them aware of the situation, that South Cumberland is willing to take over the management, and could they support Commissioner Dill on this issue.

Call your State Representative and/or Commissioner Dill today!

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**Mountain Laurel Place**  
P.O. Box 3001, 55 Dairy Pond Rd.  
Norris, TN 37828  
423/494-8121

November 6, 1995

Arleen Barnett  
Newsletter Editor  
Tennessee Trails Association  
P.O. Box 41446  
Nashville, TN 37204

Dear Arleen:

Sondra and I have published a 3rd edition of our trail guide to the Big South Fork. I'm sure TTA members would like to hear about this new edition since many hike in the BSF. If you have room in a future issue of the TTA newsletter, we'd appreciate a mention. Here's suggested copy, which you of course may edit and shorten as necessary:

TTA-members Russ Manning and Sondra Jamieson have recently published a new edition of their trail guide to the Big South Fork National River and Recreation Area. The name has changed from "The Best of" to *Trails of the Big South Fork* to indicate the guide is now complete. This 3rd edition is much larger because it describes horse and mountain bike trails, in addition to all hiking trails existing at the time of publication, and some of the proposed trails. This new information has expanded the book from 32 trail descriptions and 112 pages to 89 trail descriptions and 256 pages. The guide also has all new maps and many new photos. The book is available in local bookstores or may be ordered from Mountain Laurel Place, P.O. Box 3001, Norris, TN, 37828, 423/494-8121 (\$12.95 plus \$3.00 sales tax and shipping).

Thanks very much.

Sincerely,

  
Russ Manning

## ADOPT-A-TRAIL

**TRAIL MAINTENANCE VOLUNTEERS NEEDED!** If you would like to be placed on a call list for trail maintenance, contact Rob Weber at (615) 952-2949 for details.

If you are interested in maintaining a particular trail or section of trail, please contact Harold Draper, Adopt-A-Trail Coordinator at (423) 689-7757.

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### MEMORANDUM

**TO:** Tennessee Trails  
**FROM:** Wendy Hansen, U.S. Army Corps of Engineers (889-1975)  
**DATE:** 01-31-96  
**SUBJECT:** Lakeshore Cleanup, J. Percy Priest Lake

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Please include this article in your next publication.

### J. PERCY PRIEST LAKE ANNUAL LAKESHORE CLEANUP

The 18th annual J. Percy Priest Lakeshore Cleanup will be held on Saturday, April 6, 1996. The cleanup will be sponsored jointly by the U.S. Army Corps of Engineers and Long Hunter State Park.

Everyone interested in helping should meet at the Dam Overlook parking Lot beside J. Percy Priest Dam or the Long Hunter State Park Visitor Center. The cleanup will begin at 9:00 a.m. at both areas. Trash bags, T-shirts, hats, and refreshments will be provided for all participants. In the event of rain, the cleanup will be held on April 13. For more information call the J. Percy Priest Lake Resource Manager's Office at 889-1975 or Long Hunter State Park at 885-2422. Groups should call the Resource Manager's Office to preregister.

### ORDER FORM

_____ Hiking Tennessee Trails, 4th Edition	\$ 9.95
_____ TTA Adopt-A-Trail Manual	3.00
_____ 25th Anniversary TTA Patch	3.00
_____ TTA Window Decal	1.00

Prices include postage. Mail your check payable to TTA to: TTA Membership Director, P.O. Box 41446, Nashville, TN 37204  
Please allow 4-6 weeks for delivery.

## MEMBERSHIP FORM

Memberships are based on the Jan-Dec. calendar year, unless you have a Life Membership. Please register me for the 1996 calendar year.

Student	6.00	MAIL TO: Membership Director
Individual/Family	15.00	Tennessee Trails
Supporting \$30,\$40or 50.00		P. O. Box 41446
Life	150.00	Nashville, TN 37204
Corporate Sponsor		

Amt. Enclosed \_\_\_\_\_

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
(PLEASE PRINT CLEARLY)

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

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_ PLEASE LIST ME WITH THE FOLLOWING CHAPTER:

<input type="checkbox"/> CLARKSVILLE	<input type="checkbox"/> CUMBERLAND MTN	<input type="checkbox"/> MEMPHIS	<input type="checkbox"/> NASHVILLE
<input type="checkbox"/> CROSSVILLE	<input type="checkbox"/> EAST TENNESSEE	<input type="checkbox"/> MURFREESBORO	<input type="checkbox"/> UPPER CUMBERLAND

PLEASE CHECK ONE:  NEW MEMBER  RENEWAL

## 1996 TTA LEADERS

President: Harold Draper (423) 689-7757  
Vice-President: Jim Poteet (615) 377-4777  
Treasurer: Judy Cleary (615) 473-8136  
Secretary: Evelyn Tretter (615) 859-0566  
Board Rep: Ray & Martye Burkett (901) 357-9183  
Board Rep: Bertha Chrietzberg (615) 896-1146  
Board Rep: Bessie Daniel (615) 647-4837  
Membership: Ninez Giles (615) 297-2281  
Cumberland Trail: Bob Brown (615) 352-7474  
Adopt-A-Trail: Harold Draper (423) 689-7757  
Clarksville Chair: James Neblett (615) 387-3317  
Cumberland Mtn: Jeannie Chambers (423) 569-5610  
East Tennessee: Judith Bartlow (423) 494-9421  
Memphis: Debbie Gilbert (901) 454-0613  
Murfreesboro: Mike Harvey (615) 893-9594  
Nashville: Libby Francis (615) 889-5718  
Upper Cumberland: Paul D. Miller (615) 526-9259



Newsletter submissions due by  
15th of the month. Mail to:  
Arleen Barnett, Newsletter  
Editor, PO Box 41446, Nashville,  
TN 37204.

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