

TENNESSEE TRAILS

THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION

Mission: 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



“THE HEROS AMOUNG US” THE NATURE CONSERVANCY RECOGNIZES BOB BROWN

“It would be impossible to embark on The Nature Conservancy's 50th anniversary celebration without recognizing the countless volunteers who have contributed so greatly to our efforts. Here we honor those who have personally assumed and carried the mantle of the Conservancy's mission. Possessed of both vision and ability, each honoree has had a lasting impact on their chapter or country program. In an organization accustomed to excellence, these individuals in their great and diverse ways have helped shape our standard. Each represents the best of our work and the best of a job well done - *they are Nature Conservancy Heroes.*” For the state of Tennessee, The Nature Conservancy recognizes Robert “Bob” Brown.

Bob Brown is a co-founder of the Tennessee Trails Association and editor of Hiking Tennessee Trails. Bob is also an amateur botanist and trustee who has conducted innumerable botanical surveys for the Tennessee chapter. He and his dog, Trouble, have always been willing to pull weeds, mow fire lines and drive fence posts for the Conservancy.

Congratulations Bob!

*Reprinted from Danielle S. Furlich's
“The Heros Amoung Us”*

*The Nature Conservancy, Landmarks, Jan/Feb 2001.
<http://nature.org/magazine/2001/janfeb/work/art2549.html>
(6/10/01)*

Just A Reminder . . .
TTA Board of Director's
3rd Qtr Meeting
Sat., Aug 18
Barfield Crescent Park
Murfreesboro, TN

THE AUGUST NEWSLETTER WILL CONTAIN
DIRECTIONS AND STARTING TIMES FOR THE
PRE-MEETING HIKE AND BOARD MEETING.

NATIONAL TRAILS DAY A SUCCESS !

In spite of rain and severe thunderstorm forecasts, 135 brave souls (add to that 7 from EESP, total=142) showed up, and we essentially accomplished our goal. We had hoped for around 200 volunteers, but the ones that were there pitched in and did more than their share! We now have an 8-mile corridor open, and it's ready to hike! There are a few areas that will need some fine-tuning, however you can now hike the entire route!

I can't begin to tell you how much all your efforts are appreciated! Volunteers like you keep our trails open and expanding. Those of you present know how fantastic the scenery and flora and fauna are. Every turn in the trail reveals something else that is outstanding. From huge first growth poplar and beech trees, sassafras trees that you can't reach around, and fantastic lake overlooks, the trail will surprise you from every angle.

Those who braved the elements to get the work done can look back with pride in years to come and know you were a part of a magical weekend! Something very special happened at Edgar Evins State Park, and I for one am privileged to have been a small part of it. The camaraderie, cooperation and overall feeling of being a part of something this significant are almost overwhelming. I know we are going to enjoy and cherish that feeling for a long time!

I am very flattered and humbled by the special award for which I have the great honor of being selected. I know there are a lot of people that have donated a lot of time and energy to volunteer and work throughout the state. I thank the TTA for nominating me for this honor. By accepting the American Hiking Society's Volunteer of the Year Award, I do so on behalf of the Tennessee Trails Association and all the many volunteers that have worked on the projects I have coordinated. Without you, the award would be empty and meaningless. Thank you again, I am looking forward to many more meaningful projects in the future.

Fount Bertram
NTD Coordinator & Murfreesboro Chapter Officer

You're invited to hike this new trail on July 22
See YOU'RE INVITED on pg. 3

Letters from Libby

Dear friends,

We had a great board meeting on May 19 at Norris Dam State Park. The attendance was wonderful, and we enjoyed hearing from special guests Nancy Fraley, from TVA, and Bob Rock of Rails to Trails with news of area rails-trails opportunities. Thanks to the following for their help: Ed and Faith Dippold for getting us organized, Cove Lake chapter for leading hikes in the area, and Harold Draper for organizing a trail clean-up and securing our meeting place.

The response to National Trails Day was amazing! In spite of the rain, all who turned out were eager to work and did a great job. Thanks to Fount Bertram and Diane Manas and helpers for pulling this feat of logistics off in a fine manner. I am so proud of everyone who participated.

It's that time of year again to be thinking about awards to be presented at the annual meeting in November. If you have someone to nominate, please talk to your chapter chair or board representative. The awards are Tennessee Trails Award (for outstanding contributions to the Association or for the furtherance of trails and natural resource programs and opportunities within Tennessee) and Bill Stutz Award (to a TTA member who is an active hiker for his or her individual contribution to the Association or one of its chapters.)

Congratulations to newlyweds Gloria (Norrid) and Jerry Lenski, Memphis Chapter members, and Judy (Paxman) and Gene Curp, Nashville Chapter members. I always knew we were a friendly bunch!

Till next time . . . Libby Francis

WHAT IS T.E.N.?

The Tennessee Environmental Council is pleased to announce the launching of a new monthly electronic environmental newsletter, the *Tennessee Environmental News* (TEN). Through TEN, we will keep you informed with brief updates on key issues and events across Tennessee.

The mission of the Tennessee Environmental Council is to educate and advocate for the protection of the environment and public health in Tennessee. The Council works to empower the collective force of the environmental community and provide leadership in program areas of clean water, clean air, pollution prevention, healthy forests and smart growth.

We invite all those interested to visit our website (www.tectn.org) where you can easily sign-up to receive TEN each month. In addition to receiving TEN, you are invited to send the Tennessee Environmental Council articles for inclusion into TEN as well as any concerns that you may have and wish to bring to our attention. Send your articles, concerns and ideas to: tec@tectn.org

Our inaugural edition is ready now, so sign up today!

We look forward to bringing you timely and interesting hot-issue information each month.

Tennessee Environmental Council
One Vantage Way ♦ Suite D-105 ♦
Nashville, TN ♦ 37228-1587
615-248-6500

YOUR GENEROSITY BENEFITS ALL

When you join or renew your TTA membership, you may become a "Supporting Member" by donating a little (or a lot) above the regular dues. These donations support any number of TTA projects and programs, and we thank Arleen Scheller (Plateau Chapter) for renewing her 2001 membership as a Supporting Member.

TTA's President

R-U MAKING PLANS ?

Nov 9-11, 2001

(A Reservation Form will appear in the Aug Newsletter)

Hope you've cleared your calendar and have plans to join the rest of TTA at Camp Carson in Newport, TN, for the upcoming Annual Meeting, Nov 9-11. Camp Carson is north of and within 20 miles of the eastern edge of the Great Smoky Mountains NP (Davenport Gap). With the GSMNP providing the backdrop to our fun-filled weekend of activities, you can sure bet there will be lots of GSMNP hiking choices.

The Plateau Chapter, our host for this year's meeting, is in the hike planning process and is requesting your input: *Do you have a favorite trail (in the Smokies/area) you'd like to see added to the schedule and/or, are you willing to lead a hike (in the Smokies/area)?*

If so, please call Carolyn Miller: 931-456-4465, or email her: cardan@usit.net

(So far, we have hike leaders for: Mt. Cammerer Fire Tower, Albright Grove, Hen Wallow Falls and Ramsey Cascades.)

RED, WHITE & BLUE BLACKBERRY FESTIVAL

WED. JULY 4

Join the Upper Cumberland Chapter on Jul 4 at the White County Fairgrounds in Sparta, TN for the Blackberry Festival. There will be Blackberry pie (yum), cobbler (yum), jam and jelly contests (yum), parade (ooh), music (ooh), games for the kids (fun), fireworks display (ahh) at dusk. Sounds like fun? Well, it will be.

In addition, TTA will have a booth to introduce the public to TTA by answering questions and handing out information. We need your help - happy-faced volunteers to set up, staff and take down our booth. There will be two-hour shifts for you to sign up for; beginning at 10a until we break down the tables, around 7p. Volunteers are requested to wear hiking clothes so we look the part: fanny packs, daypacks, TTA t-shirt, hiking boots - get the picture?

Come on out, meet some new folks, and let's have some fun. Activities begin at 11am CDT. Questions and/or to volunteer, call Helen Anglemier 931-858-5947, Sue Bass 931-528-1386, Marnell Cothran 931-738-5874 or Willa Parrish 931-738-8175.



AND, YOU ARE INVITED . . .

Everyone is invited to hike this new trail on July 22.

PRE-REGISTRATION IS REQUIRED!

The hike is 8 miles and rated moderate. We will see remains of some old homesteads and take in the views overlooking Center Hill Lake. It's summer, expect the worst - heat, humidity, some poison ivy and bugs. Therefore, wear bug repellent, clothes to protect you from possible poison ivy exposure and bring snacks, lunch and plenty of water.

For additional information and to **PRE-REGISTER**, call:

Fount Bertram: 615-765-5357
or, Diane Manas: 615-352-7777

MANY THANKS TO THE FOLLOWING NTD
VOLUNTEERS . . .

Helen Anglemier ♦ Tony Bagley ♦ Sue Bass ♦ Jack Bastin ♦ Jay Bawcom ♦ Anna Bertram ♦ Fount Bertram ♦ Wallace Bigbee ♦ Diane Boxx ♦ Joanne Brengel ♦ Dan Brennan ♦ David Britnell ♦ Patti Bryant ♦ Alex Canepa ♦ Paula Cannon ♦ Marie Chitwood ♦ Al Churcher ♦ Vera Churcher ♦ John Clemons ♦ Jacob Coffey ♦ Josh Coffey ♦ Gene Curp ♦ Bruce Daniel ♦ Kyle Daniel ♦ Bill Dayton ♦ Denise Denton ♦ Bryan Dodge ♦ Mary Donaldson ♦ Barbara Draude ♦ Erin Edwards ♦ Rita England ♦ Ann Ercelawn ♦ Libby Francis ♦ Mary Beth Gardiner ♦ Kim Garrett ♦ Sawyer Garrett ♦ Bill Gayle ♦ Will Gayle ♦ Judith Griffin ♦ Tara Guenther ♦ Wayne Guenther ♦ Bill Hamilton ♦ Sandi Hamilton ♦ Charlie Hann ♦ Jennifer Hann ♦ Mike Harvey ♦ Jeff Haselden ♦ Wesley Hauth ♦ Robin Helliwell ♦ Erin Hemedi ♦ James Herring ♦ Ken Hess ♦ R. Hohman ♦ Sharon Hohman ♦ Bob Hornsby ♦ Roenella Hornsby ♦ Richard Horvath ♦ Michael Hughes ♦ Gilbert Humbert ♦ Alexis Hyrup ♦ Charlie Jones ♦ Leigh Jones ♦ Gerry Keene ♦ Jed King ♦ Eph Klots ♦ Stephen LaFont ♦ Margaret Loy ♦ Jim Lumpkins ♦ Katie Lunn ♦ Jim Lynch ♦ Rosemary Lynch ♦ Diane Manas ♦ Anne Mantus ♦ Mo Mantus ♦ David Martin ♦ Elizabeth Martin ♦ Martin McCullough ♦ Valrie McNeal ♦ Keith Mertz ♦ Carolyn Miller ♦ Lee Moody ♦ Brent Morris ♦ Jennifer Morris ♦ James Neblett ♦ Josh Norman ♦ Bob O'Dell ♦ Shirley Ora ♦ Dan Orendorf ♦ Ryan Orendorf ♦ Susan Osburn ♦ Willa Parrish ♦ Judi Paxman ♦ Steve Perkins ♦ Inez Poss ♦ Matthew Pung ♦ Matthew Raessler ♦ Anna Ransdell ♦ Lou Reinisch ♦ Steven Revnison ♦ John Roberts ♦ Dustin Roudenbush ♦ Scott Sander ♦ Billie Sargent ♦ Arleen Scheller ♦ Jim Schroeder ♦ Chris Shiver ♦ Barry Spearman ♦ Sandra Spearman ♦ Jonathan Spence ♦ Mark Stanfill ♦ Amy Starr ♦ Alan Stokes ♦ Michael Summers ♦ Tivadar Szemethy ♦ Dennis Talbot ♦ Richard Talbot ♦ Jesse Tumblin ♦ Carl Turner ♦ Glenn Turner ♦ Stanley Walkes ♦ Richard Wallace ♦ Fran Wallas ♦ Joanna Wallingford ♦ Richard Walsh ♦ Anne Wesley ♦ Monica Wetzig ♦ Chris Wheeler ♦ Chris White ♦ Randy White ♦ Stanley White ♦ Nita Whitfield ♦ Gloria Dale Williams ♦ Wade Winters ♦ Ron Woten ♦ Lonna Zeman

TTA RECOGNIZES, AND THANKS!, THE FOLLOWING
BUSINESSES AND SPECIAL INDIVIDUALS THAT HELPED TO
MAKE THIS NATIONAL TRAILS DAY EVENT A SUCCESS!

BUSINESSES:

ABC Ice Company ♦ American Hiking Society ♦ Blue Ride Mountain Sports ♦ Cumberland Transit ♦ IvyBlock® Lotion ♦ Lowe's Home Improvement Warehouse ♦ REI ♦ Southern Fruit and Vegetable ♦ Team Green ♦ Thorlos® ♦ Tyler Mountain Spring Water ♦ Warren Aluminum Manufacturing Company ♦ Wild Oats Markets

Please remember when patronizing these businesses, to let them know you are a member of TTA (and volunteer during the NTD event) and how much you have appreciated their support.

SPECIAL INDIVIDUALS:

Dr. Wallace Bigbee ♦ Richard Brennan ♦ Barbara Matheson ♦ Cindy and Michael Miller ♦ Frank Shope ♦ Rabbit Victory

If you know any of these special individuals listed, tell them 'thank you' and how much you appreciate their support.

THANK YOU to the following Edgar Evins State Park personnel for all of their help during National Trails Day.

We couldn't have done it without your help!

Wayne Morrison ♦ Jeremy Vaden ♦ Ethel Anderson ♦ Earl Conatser ♦ Carl Halfacre ♦ Jason Maynard ♦ Margaret Waggoner

ATTENTION HIKE LEADERS:

A TTA Release of Claims & Hold Harmless Agreement form (aka Liability Waiver) must be signed by everyone before you start your hike. They can be obtained from your local Chapter Officer or downloaded easily from our website: www.tennessee-trails.org/release.html

HIKE PRE-REGISTRATION? WHY ????????

Our hike leaders are volunteers. Make it easier for them to contact you in the event their hike needs to be cancelled by pre-registering!

BE CONSIDERATE AND PRE-REGISTER

PITCHING IN

Gas prices made a huge jump at the end of March and have remained high. Analysts believe these high prices will stick around through the summer.

Please, be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of buying gasoline.

STANDARD LIST OF THE "10 ESSENTIALS"

(* for warm-weather dayhiking)

For Your Protection	Whistle WATER, and a way to purify it! Extra Food Extra Clothing rain gear socks sweater Hat Sunglasses Bug Repellant
For Finding Your Way	Map Compass Flashlight (w/extra batteries & bulb)
For Emergencies	1 st Aid Kit moleskin antibiotic ointment mirror anti-inflammation meds personal meds Matches / Lighter for Candle / Fire Starter "Space" Blanket

* This list is not to be considered cast in concrete – and should be customized to each outdoor enthusiast's needs.

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER:

Eric Wilson

423-628-2817
ericavi@nxs.net

Jul 14 Tom and Benita Howell will lead a hike on the Blue Heron Loop in the Kentucky portion of the Big South Fork NRRRA. The loop is about 7 miles. There is a 2½ mile alternative for those who want a shorter hike and time to explore the Blue Heron exhibits. We will meet 9am EDT and carpool from the Harrow Road Café in Rugby, or you can meet us at the Blue Heron parking area at 10am. Bring lunch and plenty of water. For additional information, call Tom or Benita Howell: 423-628-5521, or email them: bhowell@utk.edu

CLARKSVILLE CHAPTER

CHAPTER OFFICER:

J.R. Tate

931-920-2692
modelt@charter.net

MEETS: 3rd Tues, 7pm, The Crow Community Center, 211 Richview Rd

Jul 14 We'll be going whitewater rafting on the beautiful Hiawasee River near Cleveland, TN. This river has class II whitewater, which for the beginner can be quite fun and exciting. You can rent a one or two man "fun-yak" or climb into a 6-8-man raft. PRE-REGISTRATION IS REQUIRED so we can secure the appropriate amount of gear, from the river outfitter. For additional information and to pre-register, call Bill Hamilton: 931-920-2760.

Jul 28 **ANNUAL PICNIC (& BRIEF MEETING).** We'll have a short hike on the new section of trail at Dunbar Cave either before or after our picnic/brief meeting. This is a great opportunity to catch up with your hiking buddies and have some fun. Bring a potluck dish to share. For gathering time, picnic location and directions, and to volunteer to help with set-up/clean-up, call Suva Bastin: 931-645-2849.

HIKE REPORT:

On June 2 & 3, Clarksville was well represented through our members who participated in the National Trails Day event at Edgar Evins SP. Many thanks to the following who helped build the 8 miles of new trails now open and ready to be hiked: Joanne Brengel, Wade Winters, James Neblett, Jack Bastin, and Sandi and Bill Hamilton. The camaraderie was awesome! Have one of them tell you about the rain and the pontoon boat ride back from the trail. It was more exciting than you could guess.

COLUMBIA CHAPTER

CHAPTER OFFICER:

Todd Horton

615-302-3336
todd1966@aol.com

There are no chapter meetings or hikes scheduled for July. You are welcome to hike with any of our other TTA chapters.

COVE LAKE CHAPTER

CHAPTER OFFICER:

Siler McCarty 423-566-1291
webmaster@tnrlca.org

Jul 21-22 Mammoth Cave National Park. Mammoth Cave, KY. Let's escape the heat and head for a cave! The plan is to leave on Fri. Jul 20, around 4pm EDT and camp, possibly on Sat. night too, so we won't have so far to drive each day. We will be doing a hike in Mammoth Cave and passing by one of its most spectacular formations called Frozen Niagara - 130 feet below the surface. Now, we're talking cool temps. For additional information and to pre-register, call Laurie Salveson: 423-562-8776 (day), 423-907-0951 (eve).

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER:

Keith Mertz 865-376-4827
keithmertz@hotmail.com

Jul 14 GSMNP. Injun Creek (un-maintained trail) and the eastern portion of Grapeyard Ridge Trail from Campsite #32. This hike is one-way and requires a car shuttle. Beginning at Greenbrier Ranger Station, this un-maintained trail follows Injun Creek for 3 miles to its intersection with Grapeyard Ridge Trail, where we'll see the remnants of steam engine #4246, which overturned into the creek in the 1920s. From here it's a mostly downhill, 3.4-mile, hike to Greenbrier Rd. and our shuttle pick up. Total hiking distance is 6.4 miles. Bring lunch, plenty of water, and wear sturdy hiking boots. We will meet 9am EDT at the Gatlinburg Welcome Center on U.S. 441. For further info and/or to pre-register, call Rosemary Lynch: 865-573-8740, or e-mail her: rmlynch@ntown.com

MEMPHIS CHAPTER

OFFICER:

Frederick Belton 901-327-3674
fbelton@hotmail.com

ELECTED BOARD REPRESENTATIVE:

Gloria Lenski 901-382-4227
gnorrid@yahoo.com

MEETINGS: Resume Sept. 20

There are no chapter meetings or hikes scheduled for July. You are welcome to hike with any of our other TTA chapters.

MURFREESBORO CHAPTER

CHAPTER OFFICER:

Fount Bertram 615-765-5357
fwbertram@hotmail.com

HIKE COORDINATOR: (Call Brent & volunteer to lead a hike)
Brent Morris 931-728-8191

MEETS: 2nd Tues, 7pm, Wilderness Station @ Barfield-Crescent Park, 697 Barfield Rd.

Jul 4 (Wed) Caney Fork River float trip. It's never hot on the Caney Fork! If you don't have access to a boat of some type, one can be rented at the Big Rock Market nearby or at MTSU's Rec Center. Very little experience is needed, but you will be expected to wear a life jacket and leave intoxicating beverages at home because the Sierra Club and I don't want to lose you! For additional information, meeting time (probably 9:30am CDT) and location, and to pre-register, call Heloise Shilstat: 615-896-6278(hm), 615-254-5461(wk), or by email: heloisew@bellsouth.net

Jul 7 Smithville Fiddler's Jamboree festivities. We'll be joining other TTA chapters at this fun event! It'll be a day of good ol' bluegrass music and arts and crafts. Food will be available from a gazillion vendors. Plan on meeting on the shady side of the court house lawn sometime after 9am CDT. Just look for the TTA banner and us. The admission will be free, but bring some money for food and other whims. For additional questions, call Fount Bertram: 615-765-5357, or email him: fwbertram@hotmail.com

Jul 10 **ANNUAL PICNIC, HIKE (& MONTHLY MEETING).** Along with the festivities, we'll be planning our outings for the 2nd half of the year. The chapter is furnishing hot dogs, hamburgers, buns, drinks, plates, cutlery, napkins, and cups. Everyone should bring something to go with the dogs and burgers. Suggested items are: cole slaw, baked beans, potato salad, chips, dessert, etc. We'll meet at 6pm CDT for a short hike on a new trail and return before the meeting begins, at 7pm. See ya at the Barfield Crescent Park Wilderness Station in Murfreesboro. If you have additional questions, or wish to volunteer with set-up/clean-up, call Fount Bertram: 615-765-5357, or email him: fwbertram@hotmail.com

Jul 22 Unnamed Trail, Edgar Evins SP. Silver Point, TN. One hundred thirty-five volunteers created this trail last month, and it's time to put it to use! (If we don't, the weeds will take over!) This is a joint hike with the other TTA chapters and hope you will join in the fun! The length is 8 miles and rated moderate. We will see remains of some old homesteads and take in the views overlooking Center Hill Lake. It's summer, expect the worst - heat, humidity, some poison ivy and bugs. Therefore, wear bug repellent, clothes to protect you from possible poison ivy exposure and bring snacks, lunch and plenty of water. We will carpool from Hardee's in Woodbury at 7:30am CDT, or you can meet us at 8:30am at the EESP Park Office. For additional questions and to pre-register, call Fount Bertram: 615-765-5357, or email him: fwbertram@hotmail.com

STINGING INSECTS TIPS ON AVOIDING THEIR STING

The principal stinging insect offenders are the yellow jacket, honey bee, wasp and hornet. And, all are found throughout Tennessee. Yellow jackets will nest in the ground and in walls. Honey bees nest in old trees or in man-made hives. Hornets and wasps nest in bushes, trees and on buildings. When outside, you can lessen your chances of an insect sting by taking certain precautionary measures:

- Avoid wearing sweet-smelling perfumes, hairsprays, colognes, deodorants, suntan lotions and other cosmetics.
- Avoid wearing brightly colored clothing with flowery patterns, or black, as this color seems to attract insects more than white, green, tan or khaki garments. If possible, keep arms and legs covered by garments.
- Never swat or flail at a flying insect. If need be, gently brush it aside or patiently wait for it to leave.
- Keep food covered at all times.
- Use caution when drinking from open beverage cans. Stinging insects will crawl inside a can attracted by the sweet beverage.
- Wear shoes at all times.
- Keep in mind, insect repellents DO NOT work against stinging insects.

Insect sting reactions can be classified into three types - a normal reaction, a toxic reaction, and an allergic reaction. A normal reaction, lasting only a few hours, involves pain, redness, swelling, itching, and warmth at the site of the sting. A toxic reaction, lasting for several days, results with multiple stings and causes muscle cramps, headache, fever, and drowsiness. An allergic reaction is similar to a toxic reaction but is triggered with only one sting. Hypersensitive individuals should seek the advice of their physician and carry a prescribed treatment kit.

HEY COLUMBIA, MURFREESBORO AND NASHVILLE TRAIL TALK IS BACK

Trail Talk is a free informative weekly program offered to the public by Blue Ridge Mountain Sports, Cool Springs location. Everyone is invited to hear invited guests and store personnel share their knowledge and experience about the outdoors. Weekly topics include but are not limited to hiking. No RSVP required, just show up at 6:00pm CDT.

UPCOMING TRAIL TALK PROGRAMS:

Jul 5 PACKS Internal vs. external, top load vs. panel load, water bottle holders vs. hydration system. Of course, there will plenty of models available for you to try on.

Jul 10 WATER FILTRATION AND PROPER HYDRATION Do you know how much the right amount of water is? Staying hydrated is a must when you're hiking. Learn how to treat a water source, when your supply has run out.

Jul 18 TENTS Three-season or four? Geodesic, freestanding, tube? How and why do they differ? How do you care for them?

Jul 23 HIKING WITH YOUR DOG Can my dog wear a pack and how do I know it's not too big/small? And, learn proper methods of hiking with your dog.

Jul 31 SLEEPING BAGS Down vs. synthetic, mummy vs. rectangular, zipper right or left, temperature ratings? Don't miss out on the most relaxing and peaceful rest you could get in a trail talk.

NASHVILLE CHAPTER

CHAPTER OFFICER:

Dan Brennan
osrwodan@aol.com

615-599-4713

HIKE COORDINATOR: (Call Elizabeth & volunteer to lead a hike)

Elizabeth Gerlock

615-352-6260

MEETS: 4th Tues, 7pm, Radnor Lake Visitor's Center, Granny White Pike

HIKING HOTLINE 615-367-7045

Jul 1 Mossy Ridge (and possibly Warner Woods) trail in Warner Park. Nashville, TN. Mossy Ridge trail is 4½ miles and rated moderate. If we feel fit enough, we'll take on the Warner Woods trail which adds 2½ miles and is also rated moderate. This is a great park and so close to home. There is always something in bloom, expect to see some summer wildflowers. Wear boots that provide ankle support and bring water, snacks and lunch. We'll meet 9:30am CDT in the Deep Well parking area (off of Hwy 100). For additional information and to pre-register, call Dan Brennan: 615-599-4713.

Jul 4 (Weds) Beat the heat sunrise hike. Warner Woods and Mossy Ridge trails in Warner Park. Nashville, TN. Better reach for your coffee as soon as the wake-up clock goes off or you're going to miss this one entirely. These 2 trails total 7 miles and will be rated moderate due to the speed (~2½-3 miles/hr) at which we hike them - gotta beat the heat! Wear boots that provide ankle support and bring water and snacks. Afterward, we'll regroup for bagels and more coffee at Bruegger's Bagel Bakery - bring \$ to BYOB (buy your own bagel). We'll meet 5:15am CDT (Yep, not a typo!) and be finished by 9:30am. To obtain meeting location and to pre-register, call Diane Manas: 615-352-7777.

Jul 7 A rock-hop of sorts. Join Geologist Bob Miller as we investigate the land forms and soils geology in Edwin Warner Park. Bob's presentation on geomorphology at the March chapter meeting was a hit. Now we're takin' it to the trail! The hike will be short in length, easy on the feet and, seen through Bob's eyes, about as interesting as it gets. Meet 8am CDT at the Warner Park Nature Center on Hwy 100. Please PRE-REGISTER with Dave Walton: 615-646-5355.

Jul 7 Zero-mile hike to the 30th Annual Smithville Fiddler's Jamboree. Smithville, TN. No miles to be walked today. Just some good ol' toe-tappin', boot scootin' and for the uninhibited, Appalachian-style dancin'. It's wholesome fun for the entire family and "is among the top-rated bluegrass, folk and Appalachian music competitions in the nation." And it's free! There's always a connection - can you name the TTA member that has competed in years past, and won, in several of the event categories? Come learn for yourself. Competition takes place on the DeKalb County Courthouse steps, in Smithville. You will also find lots of food, beverage and crafts vendors all around the city square, giving you the option to bring your lunch or buy it there. Saturday's competition starts at 9am and could run well into midnight; therefore carpooling may be tricky for anyone wanting to return earlier. Call your friends; arrange carpools among yourselves, follow the directions provided below and we'll meet on the shady side of the courthouse. Look for the TTA flag/banner. Smithville is about a 1½-hour drive east. Directions: I-40 east to exit # 254 (Alexandria/New Middleton). Turn right on State Route 53 (south). Follow SR 53, 8 miles, passing through Alexandria, to US 70. Turn left onto US 70 and continue east, 16 miles to Smithville. The square is on your left. If you have any further questions, call Diane Manas: 615-352-7777.

(cont. on pg. 7)

NASHVILLE (cont. from pg. 6)

Jul 11 (Weds) Old Highway Tree Trail Evening Hike. Edwin Warner Park. Nashville, TN. Leave your hiking boots at home tonight because we're going soft-soled (tennis shoes recommended) as we pound the pavement of this 2½-mile hike on the paved roads in Edwin Warner Park. Bring water and a flashlight because the sun will be setting soon after we start walking. Meet 6:45pm CDT at the Edwin Warner Main Entrance parking area off Hwy 100 (¼ mile west of the Nature Center). The hike will begin at 7pm and we'll finish by 8:30pm. No RSVP required. If you have questions, call Diane Manas: 615-352-7777.

Jul 15 Hidden Passage Trail, Pickett State Park. Jamestown, TN. This is one of our favorite hikes because of the beautiful rock formations, overlooks, and waterfalls. An added attraction in July is the possibility of blueberries for snacking along the trail. The trail is an 8-mile loop and is rated easy. We will meet 8am CDT to carpool from the Kinko's/K-mart parking lot on Donelson Pike, I-40/Exit 216C. For additional information and/or to pre-register, call Jim or Marietta Poteet: 615-824-7666.

Jul 18 (Weds) Old Highway Tree Trail Evening Hike. Edwin Warner Park. Nashville, TN. Refer to July 11.

Jul 21 Honey Creek Loop, Big South Fork NRA. Jamestown, TN. This is an all-day hike, 5 miles and rated strenuous - the most difficult 5 miles in the state. We will pass spectacular overlooks, limestone rock shelters, and depending on the amount of rain received in the previous week, you should plan for stream and creek crossings. (An extra pair of dry socks is recommended.) Bring snacks, lunch and water. To pre-register and obtain meeting time and location, call Herb Kneeland: 615-460-1144.

Jul 22 Unnamed Trail, Edgar Evins SP. Silver Point, TN. One hundred thirty-five volunteers created this trail last month, and it's time to put it to use! (If we don't, the weeds will take over!) This is a joint hike with the other TTA chapters and hope you will join in the fun! The length is 8 miles and rated moderate. We will see remains of some old homesteads and take in the views overlooking Center Hill Lake. It's summer, expect the worst - heat, humidity, some poison ivy and bugs. Therefore, wear bug repellent, clothes to protect you from possible poison ivy exposure and bring snacks, lunch and plenty of water. We will meet at Kinko's, in the K-mart parking lot on Donelson Pike, I-40/Exit 216C. For additional information and to obtain meeting time, call Diane Manas: 615-352-7777.

Jul 24 **MONTHLY MEETING.** *Our guest, Nancy Dorman, was originally scheduled for June's meeting, however was unable to meet. We have rescheduled Nancy for this month.* Beaman Park, Metro Nashville's newest park (and as yet, officially unopened), continues to evolve through the efforts of its Friends group, hastening the day when the property will be shined up and open to the general public. The Friends of Beaman Park builds and maintains trails through the property, regularly offers hikes for small groups, leads efforts to acquire adjacent properties and in general nurtures this pristine place until its 'day in the sun' arrives. Hear the story of how the park was purchased for Metro, learn about the armies of volunteers who love to work its hills, and find a place for yourself in the park's future. Friends' president Nancy Dorman brings her contagious enthusiasm and her box of slides - you bring a friend! (cont.)

Jul 25 (Weds) Old Highway Tree Trail Evening Hike. Edwin Warner Park. Nashville, TN. Refer to July 11.

Jul 28 Newcomers Hike on the "Narrows of the Harpeth," Harpeth Scenic River and Narrows Historic Area. Shacklett/Kingston Springs, TN. Come learn about this historical area and see the tunnel built by Montgomery Bell. We will also take a short 2-3 mile hike. Meet 9am CDT at Circuit City in Bellevue on Hwy 70. PRE-REGISTRATION IS REQUIRED! For additional information and to pre-register, call Patt Dillion: 615-646-5351.

Jul 29 Volunteer Trail Day Loop, Long Hunter State Park. Hermitage, TN. Enjoy beautiful views of Percy Priest Lake on this 4-mile loop trail that is rated easy. Bring plenty of water. We will meet 8:30am CDT at the Long Hunter SP visitor's center, off of Hwy 171 (Hobson Pike). After the hike we may regroup for a snack, brunch or lunch at a local restaurant. For additional information and/or to pre-register, call Elizabeth Gerlock: 615-356-6260.

NORTHWEST CHAPTER (UT at Martin / Weakley County)

CHAPTER OFFICERS:

Jim Clark	731-587-7369 jclark@utm.edu
Joe Seago	731-587-8405 joeseago@backpacker.com

MEETINGS: Will resume in August.

website: <http://mug.utm.edu/trails>

Our student and faculty members have not scheduled any meetings or activities for July-August. We will return in late August. Until then, have a great summer. You are welcome to hike with any of our other TTA chapters.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER:

Vicki Perdue 931-528-9091

MEETS: 3rd Thurs, 7pm, Crossville Housing Authority

There is an informal, leaderless hike every Wednesday morning at 8:30am CDT. Meet at the boat launch area of the Cumberland Mountain State Park. The hikes are moderately paced and may average 5-6 miles. For additional information, call Bill Haynes: 931-707-7606. Rain cancels.

Jul 21 Twin Rocks Nature Trail (Piney River). Spring City, TN. Bill Haynes will lead us on a summer hike with a swimming hole at the end! This trail is 4 miles long, rated moderate and starts at the Piney River picnic area. Bring snacks, lunch, water and a change of clothes for swimming. We will meet at 8am CDT at the Cumberland Mtn. State Park visitor's center to carpool. For additional information and/or to pre-register, call Bill Haynes: 931-707-7606.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICERS:

Helen Angelmier	931-858-5947	helena@cookeville.com
Sue Bass	931-528-1386	take-a-hike@onemain.com

It's summer and that spells H – E – A – T. Because this is not a favored hiking condition, we have not planned any hikes for July and August. If we hit a cool spell, we will have a spontaneous hike. Feel free to call either chapter officer, listed above, to get on the call list, so when we have a cool spell we can call you for a spontaneous hike.

HIKE REPORTS:

On May 19, only one person registered to go to Cumberland Mountain SP, so the two of us decided to hook up with the Sparta group who were taking out of town guests to see the Bridgestone/Firestone Centennial Wilderness Area. There were six of us altogether, and the first thing one of the visitors asked, "were any snakes?" We said we hadn't seen any there, but wouldn't you know, she came upon a very large timber rattler. Wow, she went ballistic! After much screaming (from the women), the men got the snake off the trail. Further down the trail, another large snake they called a "white oak" was next to the trail. It was very docile and not as scary as the first. A little further down the trail, we came upon a small dead unidentified snake. It was a pretty exciting and "rattling" kind of day!

Jul 4 (Wed) Blackberry Festival, White County Fairgrounds. Sparta, TN. Blackberry pie (yum), cobbler (yum), jam and jelly contests (yum), parade (ooh), music (ooh), games for the kids (fun), fireworks display (ahh) at dusk. Sounds like fun? Well it is, and everyone is invited. Activities begin 11am CDT. We're even going to have a TTA booth to answer questions and hand out information about TTA so the general public can learn more about us. And, we need your help - happy-faced volunteers to set up, staff and take down our booth. There will be two-hour shifts for you to sign up for; beginning at 10a until we break down the tables, around 7p. Volunteers are requested to wear hiking clothes so we look the part: fanny packs, daypacks, TTA t-shirt, hiking boots – get the picture? Come on out, meet some new folks, and let's have some fun. Questions and/or to volunteer, call: Helen Anglemier 931-858-5947, Sue Bass 931-528-1386, Marnell Cothran 931-738-5874 or Willa Parrish 931-738-8175.

**HEY!
DON'T
MISS
THIS**



On June 2, eight members of our chapter participated in the trail building event (and festivities) for National Trails Day at Edgar Evins SP. It was hard work, and the weather sure didn't cooperate. But we were prepared with rain gear and fared pretty well. Other than the overly exciting pontoon boat rides for our group and a major case of poison ivy for me, (Helen) it was a gratifying experience. The hard work made the lunch seem like a gourmet meal, and we enjoyed meeting the other volunteers. In Tennessee, we are so blessed with beautiful hiking areas, it is certainly not too much to pay back with a little work. And yes, next time I will use the IvyBlock®. To Fount: "great job organizing this huge project!"

PLANNING AHEAD:

Sep 13 **POTLUCK DINNER AND MEETING.** We will have a barbecue potluck dinner at Cane Creek Park in Cookeville and plan our hikes through the remainder of the year. We'll meet at 6pm CDT. For additional information, call Helen Anglemier: 931-858-5947.

On June 9, nine of us, including two charming ladies from Nashville, enjoyed a day of hiking at beautiful Savage Gulf. The weather was perfect. We hiked about six miles seeing and hearing the abundant water and enjoying the camaraderie of our fellow hikers.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE CONTACTS:

Executive Director..... Rob Weberrobweber@usit.net
 Resource Manager..... Arleen Schellerscheller@usit.net
 Program Coordinator.... Tanya Meachen.....tmeachen@onemain.com
 Office Manager..... Susan Weber.....sweber1@usit.net

Office Location	19 East 4 th Street Crossville, TN 38555
Office Hours	8am-5pm
Phone:	931-456-6259
Fax:	931-456-4934
Email:	cumberlandtrail@rocketmail.com
Website:	www.cumberlandtrail.org

CTC Executive and Advisory Board Meeting
 Saturday, July 28th
 Cumberland Mtn. State Park
 Crossville, TN
 Meeting Room B (below the restaurant)
 8:30am - 12:30pm CDT
 Everyone is welcome to attend!
 Stay for the lunch buffet after the meeting.
 Meal cost is \$8.30
 RSVP to the CTC office by July 23rd

There aren't any hikes or trail maintenance/building projects to report for July or August. We'll have lots for you to do, starting September.

OFFICERS :

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CHAPTER REPRESENTATIVES ON THE BOARD
 ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor
 Diane Manas 615-352-7777
 dianemanas@home.com

Newsletter Deadlines:

Announcements and articles
 received on/before July 10th
 will appear in our
 August 1st newsletter

Articles submitted are subject to editing and
 will be included as space permits.

Please send all submissions to:

Diane Manas
 5729 Stoneway Trail
 Nashville, TN 37209
 615-352-7777
 e-mail: dianemanas@home.com

ADOPT-A-TRAIL NEWS

ADOPT-A-TRAIL OFFICER:

Harold Draper 865-689-7757
 h.m.draper@att.net

Have you considered ...

Maintaining a particular trail or section of trail?

Through the cooperation of land managers, who periodically inform us of volunteer opportunities, TTA can put you in touch with several Adopt-A-Trail programs, or offer suggestions on how to approach local land managers in your area.

The Adopt-A-Trail program is quite simple and flexible. Volunteers or chapters select the trail they wish to adopt and at the same time determine the level of trail maintenance they wish to undertake. Their only commitment is to hike, inspect, and report on the trail's conditions and maintenance needs twice per year. Light trail maintenance (clipping, pruning, trash and minor blow-down removal) is encouraged during each inspection. Serious trail problems identified will be reported to the local land management agency for resolution.

To obtain an Adopt-A-Trail or Trail Inspection form,
 call Harold Draper: 865-689-7757

TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

BOARD REPRESENTATIVE:

Jim Deming 615-354-9767 jdeming49@aol.com
 website: <http://members.aol.com/trac2trail/depot.htm>

MISSION: *To act as a resource and mentor for the planning, development and management of rail-trails throughout the State of Tennessee for the purposes of appropriate recreation, preservation of rail corridors and alternate transportation, in order to benefit the general public, communities, commerce and tourism.*

Tennessee Trails Merchandise Order Form

_____ Hiking Tennessee Trails, 5th Edition..... \$12.95
 _____ TTA Patch 3.00
 Round embroidered patch, sew it on anything.
 _____ TTA Window Decal 1.00
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Name _____
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 City _____ State _____ Zip _____
 Home Ph (_____) _____ Work Ph (_____) _____

Mail your check payable to:

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NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below. If you fail to re-apply we will send you one newsletter and a reminder notice. If you have not re-applied by this time, your membership will terminate.
PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .

- A NEW MEMBER**
 RENEWING MY MEMBERSHIP

(Memberships are for one year, unless you have a Lifetime Membership.)

Please Mail This Form To:
Membership Director
P.O. Box 41446
Nashville, TN 37204-1446

PLEASE, PRINT CLEARLY.

- ___ Individual \$25.00
___ Family \$35.00
___ Student \$15.00
___ Life Member \$500.00
___ Supporting (\$200.00, \$100.00,
 \$50.00 or other)

Name _____
Address _____
City _____ State _____
Home Phone (____) _____ Zip _____ -- _____
Work Phone (____) _____
email _____

Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

- | | |
|----------------------------------|---|
| ___ Big South Fork | ___ Murfreesboro |
| ___ Clarksville | ___ Nashville |
| ___ Columbia | ___ Northwest(UT at Martin/Weakley) |
| ___ Cove Lake | ___ Plateau(Crossville) |
| ___ East TN(Oak Ridge/Knoxville) | ___ Upper Cumberland(Sparta/Cookeville) |
| ___ Memphis | ___ At Large |

...volunteer ?...
endless opportunities
available
contact your local
Chapter Chairperson

When you become a TTA member, you will receive a monthly newsletter containing information on hiker safety, upcoming hikes / overnight trips, volunteer opportunities, chapter meeting announcements as well as events occurring within TTA's Associate Organizations: C.T.C. and T.R.A.C. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. Each April you will receive the Membership Directory listing members by chapter and how to reach them. Every spring and fall we meet at one of Tennessee's many parks for a weekend of hiking, camaraderie and where the board members can meet to exchange ideas and hear reports on TTA's progress.

As a member of TTA, you are welcome to attend all TTA / CTC / TRAC functions.