

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



Evan Means Small Grants Program Deadline is Dec 31, 2003

In February 2004, TTA's Board of Directors will award small grants memorializing Evan Means. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: *promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources*. Project proposals are due no later than December 31, 2003.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application for the February 2004 Evan Means Small Grant Program Award.

Grant requests in the range of \$300-\$600 are encouraged. However, if a project requires additional grant money, considerations will be made.

For additional information and an application, please write to:

TTA Grants Administrator
P. O. Box 41446
Nashville, TN 37204

The small grants program was established in February 1999 to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of the Cumberland Trail, and co-founder of the Tennessee Trails Association. Mr. Means won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.

TTA's Annual Meeting Wrap Up

Thank you to everyone who helped with TTA's Annual Meeting and Auction last month in Townsend. A complete wrap up of the weekend's events will appear in the January newsletter. Normally, the December newsletter showcases the highlights of the Annual Meeting weekend; however, due to the Annual Meeting taking place over the same period that the newsletter goes to the printer, it was just not possible to get the wrap-up into the newsletter and at the same time to your mailboxes before December 1st.

... Out With the Old In With the New ...

Each year, at the Annual Meeting, the TTA Board presents a slate of five officers for a one-year term, plus one regional At-Large Director for a three-year term, to the membership for approval. An election was held on Saturday, November 15, 2003 and resulted in the following:

(Effective January 1, 2004)

President.....	Fout Bertram	Murfreesboro
Vice-President.....	Anne Wesley	Nashville
Secretary.....	Nancy Juodenas	Nashville
Treasurer.....	June Parker.....	Nashville
Membership Director.....	Toni Reeves	Nashville
East TN At-Large Director	Arleen Decker	Plateau

You are invited to contact any one of our Board (and Chapter) Officers at any time to offer suggestions, introduce new ideas or just to volunteer any expertise you want to share. Information for contacting Board Officers is located in the OFFICERS column on page 12 of this newsletter. Chapter Officers' information is located within each chapter's header.

*Editor's Note: Several chapters will be meeting in December and January to elect their chapter representatives. As soon as changes are reported, they will be published in the newsletter.

YOUR MEMBERSHIP EXPIRATION DATE

PLEASE CHECK, the mailing label on your monthly newsletter displays your annual expiration date above your address. In the past, members who did not renew by their expiration date received one "grace" newsletter reminding them that they needed to renew. At the February 1, 2003, Board of Directors meeting, the Board voted to discontinue the grace newsletter as a cost-cutting measure. Therefore, in order to avoid a lapse in receiving your newsletter, please renew before your annual expiration date.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

Executive Director Rob Weberrobweber@usit.net
Resource Manager..... Arleen Deckerdeckerstudio@bellsouth.net
Program Coordinator..... Mark Stanfillmstanfill@onemain.com
Office Manager..... Susan Webersweber1@usit.net

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

Dear Trail Friends,

Thank you for all of the money that you helped raise for the 2004 Spring BreakAway program during Tennessee Trails Association's Annual Meeting weekend and Auction last month. The funds will be used to help offset the expenses incurred to pay for housing and perishable food items that are not donated. Also, thanks to each chapter for agreeing to help gather food donations from now through March 2004. The 2004 Spring BreakAway program is going to be much larger than last year's because I've already had to reserve another residential facility to manage the overflow for one of the weeks. The food and funds are very appreciated but we also need volunteers - new as well as experienced - to work with and help make all of the students feel welcomed.

**Regards,
Mark Stanfill**

Immediate Opening Cumberland Trail Conference Executive Director

The Cumberland Trail Conference is a dynamic volunteer-driven Tennessee non-profit organization responsible for the acquisition and development of the 300-mile Cumberland Trail State Scenic Foot Trail and Linear State Park. The Conference is seeking an Executive Director with preferred degree in Environmental Science, Recreational Planning, Resource Development Outdoor Recreation, Urban Planning, or related fields. Desire 5-year experience in non-profit management, community-based acquisition, and linear recreational trail/greenway development. Individual should be driven, have strong organizational vision, and be capable of motivating volunteers and obtaining results.

Additionally, candidate should have excellent presentation and public relations skills, the ability to integrate with federal and state agencies, and a fiscally conservative management approach. MS Office, Arc-View, GPS, Compass, and map interpretation helpful. Candidate should be able to perform intense physical labor and long distance hikes in varying terrain. Transportation, preferably 4WD, required. Position based in Crossville, Tennessee. Minimum starting salary \$35K, negotiable, dependent on experience; salary requirements requested. Additional information and full job description available at www.cumberlandtrail.org. Resumes, related experience, and references (3) accepted through February 1, 2004. Send to:

Cumberland Trail Conference
19 East 4th Street
Crossville, TN 38555.

Dear TTA/CTC Members & Supporters...

Recently, I announced my intentions to step down from the Executive Director position at the Cumberland Trail Conference. My wife, Susan and I have spent the past decade building the Cumberland Trail and the Conference that supports it. We have now reached the end of our commitment to this program, but we will always have a strong heart and love for the Cumberland Trail and will continue to contribute our knowledge and leadership for the benefit and continued growth of both CTC and TTA. Our organizational accomplishments are numerous and I would be remiss not to remind everyone that the volunteers have been the life and drive for this program . . . this must continue.

We began our work in the mid-90's by taking TTA back to her roots and then creating an Associate Organization, the Cumberland Trail Conference, to focus on the completion of the Cumberland Trail. We worked hard to build a partnership with the State of Tennessee . . . this took two years. We listened and learned about the past challenges, successes, and failures of our first attempt at building the CT in the 70's and 80's, both on the private and public side, and began to build a dynamic organization supported by stout community leadership. We laid down a successful acquisition and development program.

On the acquisition side, the Conference and its partners laid down a foundation of \$21.5M in public and private funding. The Conference established a goal of \$3M in private acquisition funds and is now nearing the \$2M mark. Thank you to our community teams and organizational boards for your effort on the Pathway's Campaign. These funds were critical to the Phase I purchase of the Rock, Possum, and Soddy Gorge . . . bringing corridor protection to 179.5 miles. Phase II fundraising is now underway to complete the "Pathways for People, People for Nature" Campaign.

On the development side, we have built significant programming and volunteer resources, like Spring BreakAway & Big Dig, to address our growing trail development needs. There are now 70.5 miles of trail corridor available for design and construction . . . the result of several years of successful acquisition work. Now, under the guidance of our volunteers, the Cumberland Trail's 125 miles of open trail will grow quickly. Critically, we have set high standards for the construction of the CT . . . always by hand . . . standards that are recognized throughout the nation.

Lastly, we have pressed the frontiers of regional linear recreational systems by advocating for the formation of the Western Appalachian Alternative and the Southeast Regional FootTrails Coalition. Expect to hear more on these subjects.

The Cumberland Trail program demonstrates the success of a well balanced private/public partnership . . . so I give thanks to our membership, supporters, and donors, those stolid volunteers, our community leadership teams, our State of Tennessee partners, our staff . . . Arleen, Susan, Mark, Andy, and Tanya . . . and the numerous public and private partners. Each of you has played a key role in building the Cumberland Trail . . . thank you.

Of course . . . this must continue. The "Trail of Dreams" will happen only with everyone's continued leadership and support!

Best wishes in your holiday hiking season.

Rob Weber

TTA Web Site Update

The TTA web site has undergone major renovations over the past year and continues to be updated frequently, sometimes daily.

New features were added allowing members to submit membership information (address, phone number, e-mail changes), post gear for sale, submit photographs, review past issues of the newsletter, purchase merchandise through Amazon.com (*TTA benefits by receiving a small commission on each item purchased*), obtain [Release of Claims Liability Forms](#), and surf within the site to reach our Associate Organizations (CTC and TRAC) and state parks.

Take a moment to surf around, you'll be glad you stopped in for a visit: www.tennesseetrails.org.

Are You Joining TTA as a New Member? Is Your Membership Up For Renewal?

Your Generosity Benefits All

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues. TTA recognizes the following Supporting Members for December 2003:

Carol & Rick Jones – At-large

Sam & Emilie Powell – At-large

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. At the November 2001 Annual Meeting, TTA's Board of Directors voted to allocate Supporting Member donations to the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

Attention: Hike Coordinators (aka Hike Leaders)

A TTA [Release of Claims & Hold Harmless Agreement](#) form (aka "Liability Waiver") must be signed by everyone [before you start your hike](#) or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our web site: www.tennesseetrails.org/release.php

Southeast FootTrails Coalition Update

American Hiking Society's first regionally focused program, the Southern Appalachians Initiative, is building a conservation constituency among trail volunteers, conservation organizations, and agencies to link up a 5,000 mile hiking trail network in the southeast. The effort is regionally focused in Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, southern Virginia, and Tennessee.

One step has been to organize a Southeast Regional FootTrails Coalition whose goals are to:

- ❖ Promote a regional network of long-distance hiking trails.
- ❖ Protect the natural hiking trail corridors by jointly raising the visibility of the value and importance of hiking trails to the public.
- ❖ Build hiking trails in the southeast, as well as the relationships between the organizations and individuals who are overseeing our foot trails.

The Southeastern FootTrails Coalition now has a monthly newsletter. The newsletter will keep you up to date with what is happening to and with other clubs and organizations in our region. It is free and sent via e-mail to those who subscribe over the Internet at www.mailermailer.com/x?oid=14481f. Also, if you have any news you want to share with the other southeastern regional groups, there is a medium to facilitate that.

TTA members are encouraged to subscribe to this service because this will enable you to be aware of other important events in our region.

Get Away In Your Own Backyard! Special Winter Rates at Tennessee State Parks

These days, we all need to get away. Tennessee State Parks is now offering special rates on its 360 villas and cabins, and six inns to those who seek a little seclusion during the winter months. From November 15, 2003 through March 15, 2004, all state park lodging will be discounted with the presentation of a winter discount coupon.

With a Tennessee State Parks winter discount special coupon, park visitors can receive a \$40 discount per night on a spacious villa or AAA cabin. AA and rustic cabins receive a \$20 discount per night. All cabins require a 2-night minimum stay. State park inn guests can receive a \$25 discount for each night of their stay.

Guests must present a coupon upon check-in in order to receive their discount. The discount is good Sunday through Thursday only, and is valid only for reservations made on or after November 1, 2003. Holiday periods are not included and certain other restrictions may apply.

To receive a coupon by mail, call the state park's information line at 615-532-0001 or toll free at 888-867-2757. Coupons will also be available at Tennessee interstate Welcome Centers or can be printed off of the Internet at www.tnstateparks.com.

WANTED: NEWSLETTER EDITOR

Our newsletter editor will be away February 2004 and we desperately need to locate a replacement during her absence. Beyond this one-month need, there exists the opportunity to completely take over the newsletter editor's position.

Currently, the newsletter is published in Microsoft Word (pretty low tech). If you are familiar with Microsoft Word, you may already have an understanding about "text boxes" and how they are used for making newsletters. In either case, it's fairly simple and training is available. If you have experience with desktop publishing (such as MS Publisher and Quark), please seriously consider helping out!

All newsletter submissions are received via e-mail; therefore, you must have a way to access the Internet/e-mail.

It takes approximately 30-35 hours to complete a newsletter and is a good arrangement for someone who wants to volunteer (looks great on a resume) or is working part-time and has the time to spare.

A stipend is paid, although a conservative amount, it adequately covers incidentals, such as paper, ink, Internet time, etc. You won't get financially wealthy as the editor, just personally rich knowing that you are greatly appreciated and have done something extremely rewarding and beneficial for Tennessee's statewide hiking community.

Further information can be obtained by contacting Diane Manas at 615-352-7777 or editor@tennesseetrails.org.



BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Julian Bankston 423-628-2845

jrbankston@nxs.net

BOARD REPRESENTATIVE: Bob Hemminger 423-628-5145

hemminr1@math.vanderbilt.edu

OUTINGS COORDINATOR

(Call & volunteer to lead an outing.)

Kathy Hicks 865-938-6846 khudson3@utk.edu

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Bill Hamilton 931-920-2760

billhamilton@charter.net

OUTINGS COORDINATORS

(Call & volunteer to lead an outing.)

Faye Balbac 931-553-6826

Sandi Hamilton 931-920-2760 billhamilton@charter.net

Sandra Koenig 931-645-2048

Dec 27 Colditz Cove State Natural Area. Allardt, TN. We will see one of the most beautiful waterfalls on the Cumberland Plateau, as well as interesting ice formations if the temperatures have been below freezing for several days. The 1½-mile loop trail behind the Northrup Falls is rated moderately difficult to hazardous due to the uneven footing over numerous boulders and the lack of guardrails, and depending on the weather could have icy patches on the trail. Wear clothing and boots appropriate to the weather conditions, and bring water and snacks. You have two options for meeting us: 10:30am ET at Harrow Road Café in Rugby, or at the Colditz Cove SNA parking area at 11:00am ET. Tom and Benita Howell will lead the hike, and hikers are invited to a chili lunch at their home in Rugby after the hike. For questions, directions, and to register, contact Tom or Benita Howell at 423-628-5521 or tshowell@nxs.net.

PLANNING AHEAD:

Jan 10 ANNUAL CHAPTER MEETING. Following a brief business meeting and election of officers, we'll have refreshments, plan hikes for 2004 and enjoy a program on the walks Eric Wilson and Vi Biehl enjoyed in the Snowdonia Hills and elsewhere in Wales and England this past September. The meeting starts at 7:00pm ET and will be held at the Community Building in Rugby.

MONTHLY MEETING & HOLIDAY PARTY – see Dec. 20 below.

Dec 6 Ft. Donelson National Battlefield. Dover, TN. This is an historic Civil War Battlefield on Lake Barkley. We will hike about 7 miles around the park and over to the Cemetery. We rate this hike easy to moderate due to the hilly terrain. For information and to register, call Joanne Brengel at 931-289-4452.

Dec 13 Basic Orienteering Hike on Bear Creek Loop, Land Between the Lakes. TN/KY. During this 7-mile hike on the Bear Creek Loop, we will be learning basic orienteering skills. BRING YOUR COMPASS. This hike takes place near the South Visitor's Center of Land Between the Lakes. For information and to register, call Sandy Janus at 931-645-9177.

Dec 20 MONTHLY MEETING & HOLIDAY PARTY. Yeah, it's time for our annual Holiday Party! Once again, Jo and Charlie Putnam have opened their home to host our Holiday Party. Bring a potluck dish to share, and join us for great food and fellowship. To get an accurate headcount of those attending, you must RSVP before Tue., Dec. 16. For starting time, directions and to RSVP, call Charlie or Jo Putnam at 931-362-3669.

Dec 31 New Year's Eve Hike, Downtown Clarksville, TN. Bring in the New Year on this fun New Year's Eve hike! We've done this for several years now and each time it's been a lot of fun. We will walk along the Riverfront Park and view the holiday lights. For information and to register, call Suva Bastin at 931-645-2849.

COLUMBIA / FRANKLIN CHAPTER

CHAPTER OFFICER: Rick Lausten 615-373-0029 saturncar1@aol.com

OUTINGS COORDINATOR: (Call & volunteer to lead an outing.)

Tanya Juday 931-490-0856

MONTHLY MEETING & HOLIDAY PARTY – see Dec 2 below.

Dec 2 HOLIDAY PARTY & MONTHLY MEETING. This month, we will be gathering to share some holiday cheer, eat dinner, give away door prizes and have a brief meeting to plan our hikes in 2004 (ideas and maps of places you'd like to go or to lead a hike are encouraged). Please help by bringing a small door prize, preferable something to do with hiking or the outdoors - this may be a craft item you have made. New hikers and guests are welcome! We'll see you at 6:30pm CT at Grand Buffet, north of Spring Hill.

Dec 13 Stones River National Battlefield. Murfreesboro, TN. This will be a 3-mile hike around part of this historic and scenic National Battlefield. For information and to register, call Rick Lausten at 615-373-0029.

PLANNING AHEAD:

Jan 1 (Thu) New Year's Day Hike & Feast, Bridgestone Firestone Wilderness Area. Derossett, TN. This is a joint outing with several Middle TN chapters. We will hike Polly Branch Falls Trail to the Screw Bluff Overlook, which is at the end of the Chestnut Mountain Trail where we will serve up a New Year's Day feast, socialize and take in the views of the Caney Fork River Gorge. We will return to our cars via the Chestnut Mountain Trail. The total hiking distance is 6 miles and rated moderate due to the rocky, uneven terrain and two small stream crossings. Sturdy hiking shoes that provide stability are strongly advised! Everyone is encouraged to participate by bringing something (black-eyed peas, cornbread, greens, cook stoves, cook pots, paper plates, cups and cutlery, desserts, cider or hot chocolate and the water for making them, napkins and garbage bags to remove our trash). Even if you're not a chef, you can help by carrying in/out stuff. **DON'T DELAY, REGISTRATION IS REQUIRED BEFORE DECEMBER 29!** To sign up for a task and obtain carpool meeting time/location, contact Russell Smith at 615-790-1833 or carving082334@aol.com. Sorry, this is not an outing recommended for young children or dogs.

Jan 6 MONTHLY MEETING. Learn hiker safety tips; hear about past and upcoming hiking trips, and meet/greet members and friends. New hikers and guests are always welcome! Lots in store! See you at 6:30pm CT at the Grand Buffet, north of Springfield.

HIKE REPORTS:

On Sep. 18, five of us carpoled to Sewanee to hike nine miles on the Perimeter Trail. We enjoyed a beautiful day. We met several members from the Nashville and Murfreesboro chapters on the trail. They were on a hike that was part of the programming for the Southeastern FootTrails Coalition Conference at nearby Monteagle.

On Nov. 4, eighteen people enjoyed the excellent presentation by Spencer Knoch on Hiking Light at our monthly meeting. Spencer's backpacking gear weighs about 15 pounds (without food & water) and takes him down to 15 degrees. Spencer also showed a video of slides taken on his thru-hike on the Appalachian Trail. THANK YOU to Spencer for this very fun and educational program.

OTHER NEWS:

On Oct. 11, Marvin Caine, Russell Smith and Greg Smith traveled to the Grand Canyon for a three-day backpacking trip. We hiked approximately 8 miles down the South Kaibab Trail and spent one night at Bright Angel Camp. This is just across the Colorado River, next to Phantom Ranch. The next day was spent hiking the Bright Angel Trail to Indian Garden camp. This was 4½ miles and halfway back up to the South Rim. The last day we hiked the remaining steep 4½ miles to the top. What great sights and weather we enjoyed! *Reported by Russell Smith.*

Avoiding Hypothermia

"Hypothermia" occurs when a person's body temperature falls below normal. It usually happens on cold (55° and below), wet, windy days to people who are tired, poorly clothed and hungry. ***It is very dangerous!!!*** Often, a person doesn't realize what is happening. Mental confusion often accompanies hypothermia and may cause the person not to seek help. Death can occur in just hours.

Early Symptoms:

At first, uncontrolled shivering and pale skin. Then, confusion and dizziness, with slow, clumsy movements and walking. Extreme exhaustion/sleepiness is common.

Prevention:

- Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.
- Eat high-energy foods frequently and drink plenty of fluids.
- Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.
- Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.
- In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

- Quickly get the person to a dry place that is not windy.
- Replace wet clothing with warm, dry clothing, making sure the head, feet, and hands are covered.
- If available, use a sleeping bag or blanket(s) to wrap around the person.
- Have the victim held by one or more people for the body heat.
- Give warm, sugared liquids. No alcohol! Give sweet things to eat such as candy or ripe fruit.

Avoiding Hypothermia was adapted from Dirk Schroeder, ScD, MPH, and author of *Staying Healthy in Asia, Africa and Latin America*.

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm 865-426-4472

RHelm@ahss.org

CO-CHAIR: Mari Haslam 423-562-3227

pittsteelersfan@earthlink.net

MONTHLY MEETING & HOLIDAY POTLUCK – see Dec. 8 below.

Dec 6 Pine Mountain State Park. Pineville, KY. Gordon & Doris Early will take us back to Pine Mtn. State Park for a hike in this lovely park. We will start the day with a short hike on Hemlock Garden Trail through an old hemlock grove to Inspiration Point (1.8 miles round trip). Then, lunch in the lodge will be followed by a short jaunt to Chained Rock on the Chained Rock Trail and then a hike down the mountain on Laurel Cove Trail to the amphitheater, along which we expect to see a natural bridge (these trails will be an easy to moderate 2.75 miles). Bring water. We will meet at 9:00am ET to carpool from the Food Lion. For information and to register, call Gordon or Doris Early at 423-566-8319.

Dec 8 MONTHLY MEETING & HOLIDAY POTLUCK SUPPER. We are combining our holiday party with our meeting. Bring a potluck dish to share. New hikers and guests are welcome! Socializing starts at 6:00pm ET at the LaFollette Recreation Center's Craft Room.

Dec 14 Cumberland Falls, Cumberland Falls State Resort. Corbin, KY. Vance & Wanda Lawson take the lead once again for another trip up to Kentucky to see the awesome Cumberland Falls. We will be hiking on one of the many easy trails for about three hours and then will stop by the park lodge for supper. We will meet at 1:00pm ET to carpool from the Eagle Market parking lot. For information and to register, call Vance or Wanda Lawson at 423-562-6856.

HIKE REPORT:

On Nov. 2, we were blessed with a beautiful afternoon for our hike with Vance and Wanda Lawson up House Mountain. Sixteen souls showed to sally or sulk up to a high rock outcropping with a fabulous view of the greater Knoxville area. Many trees still boasted their colorful coats to brighten our way. There was some anxiety whether one crippled couple would ever make it back down the mountain; but all ended well, with a remnant stopping for dinner at Cracker Barrel to finish off this fine fall affair.

CUMBERLAND GAP CHAPTER

CHAPTER OFFICER: Rosemary Register

423-869-2251 *cugatrails@yahoo.com*

CHAPTER NEWS: Due to busy schedules and prior commitments, we did not plan any meetings/outings for the month of December. Watch upcoming newsletters for future announcements and outings. Until then, you are always welcome to participate in any of our other chapter's (13 to choose from) outings, events and meetings.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Beverly Neurock 865-220-9679

bneurock@bellsouth.net

Dec 6 Cumberland Gap, KY/TN. We will hike the trails in the newly restored saddle of the gap and cover about 5 miles. We will meet at 9:30am ET at the Cumberland Gap National Historical Park Visitor's Center. Bring water, lunch and dress appropriately for the weather. For information or to register, contact Harold Draper at 865-689-7757 or *h.m.draper@att.net*.

HIGHLAND RIM CHAPTER

(Tullahoma Area)

CHAPTER OFFICER

Doug Ratliff 931-455-0249

dougratliff@hotmail.com

MONTHLY MEETING & SOCIAL – see Dec. 14.

CHAPTER NEWS: Due to the holidays, busy schedules and prior commitments, we did not plan any hikes for the month of December. We look forward to seeing each of you at our Dec. 14 Holiday Social & Brief Meeting (see below). Remember, you are always welcome to participate in any of our other chapter's (13 to choose from) outings, events and meetings.

Dec 14 (Sun) HOLIDAY SOCIAL & BRIEF MEETING. In lieu of our regularly scheduled monthly meeting we will be gathering at 3:00pm CT at Freddie DiPlacido's home (430 Tennessee Drive) for a holiday social and brief meeting. We will also be electing officers for 2004. Please bring an appetizer or snack food to share. To add to the festivities, there will be a "Dirty Gift Exchange" – this is optional and gifts brought need to be unisex and cost no more than \$10. For information, call Freddie DiPlacido at 931-968-6322. **DIRECTIONS** from Tullahoma: Take Hwy. 130 toward Winchester. Go 11½ miles from our usual meeting place, or follow the mile markers and turn left just before mile marker #10 onto Harris Chapel Rd. This dead-ends into Harris Chapel Dr. Turn right and go to Elklone and turn right. Then turn right onto Tennessee Drive. Freddie's house is 430 Tennessee Drive and on the right.

PLANNING AHEAD:

Jan 1 (Thu) New Year's Day Hike & Feast, Bridgestone Firestone Wilderness Area. Derossett, TN. This is a joint outing with several Middle TN chapters. We will hike Polly Branch Falls Trail to the Screw Bluff Overlook, which is at the end of the Chestnut Mountain Trail where we will serve up a New Year's Day feast, socialize and take in the views of the Caney Fork River Gorge. We will return to our cars via the Chestnut Mountain Trail. The total hiking distance is 6 miles and rated moderate due to the rocky, uneven terrain and two small stream crossings. Sturdy hiking shoes that provide stability are strongly advised! Everyone is encouraged to participate by bringing something (black-eyed peas, cornbread, greens, cook stoves, cook pots, paper plates, cups and cutlery, desserts, cider or hot chocolate and the water for making them, napkins and garbage bags to remove our trash). Even if you're not a chef, you can help by carrying in/out stuff. **DON'T DELAY, REGISTRATION IS REQUIRED BEFORE DECEMBER 29!** To sign up for a task and obtain carpool meeting time/location, contact Doug Ratliff at 931-455-0249 or *dougratliff@hotmail.com*. Sorry, this is not an outing recommended for young children or dogs.

MEMPHIS CHAPTER

OFFICER

Carolyn Pierce 901-755-5635
cedpierce2000@yahoo.com

BOARD REPRESENTATIVE:

Gloria Lenski 901-213-0604
glorialenski@yahoo.com

HOLIDAY PARTY IN LIEU OF MEETING – see Dec. 11.

Dec 11 (Thu) **HOLIDAY PARTY**. In lieu of our regular monthly meeting, we'll gather to celebrate the season with a Holiday Party at Betty Porter's home (6696 Stout Road). Bring your favorite, festive potluck dish and soft drinks to share. An oven is available for heating and we'll supply kitchen facilities, coffee, plates, cups, and eating utensils. Socializing begins around 6:30pm CT; dinner at 7:00pm. The 2004 hike schedule will be distributed during the meeting afterward. For information and directions, call Betty Porter at 901-755-4740.

Dec 14 Harbor Town Holiday Season Hike. This hike is about 5-6 miles. We will meet in the Peabody Hotel lobby, near the Christmas tree, at 5:30pm CT and walk down to Harbor Town along the river. Then, walk or take the Trolley back to the Peabody Hotel. This is a joint outing with members & guests from the Jackson area. For information and to register, call Carolyn Pierce at 901-755-5635.

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ATTENTION JACKSON HIKERS:
MEETS on 1st Tue., 7:00pm CT
Davis-Kidd Booksellers (Sep-May)
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Dec 2 **MONTHLY MEETING**. Meet new, as well as seasoned hikers, who share your desire to be outdoors. Hear about past and upcoming hiking trips. New hikers and guests are always welcome! See you at 7:00pm CT at Davis-Kidd Booksellers. For information, call Ellen Volet at 731-427-3666.

Dec 14 Harbor Town Holiday Season Hike. This is a joint outing with members & guests of the Memphis Chapter (see details above). For more information and to register, call Ellen Volet at 731-427-3666.

LEAVE NO TRACE PRINCIPLES

- Leave what you find.
- Minimize Campfire Impacts.
- Respect wildlife.
- Be considerate of other visitors.
- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.



**Don't Miss an Outing
Plan Ahead, Register Early!**

There are times when a hike leader must limit (due to park regulations, etc.) the number of participants on an outing. Please do not wait until the afternoon or evening before the outing to RSVP. *Plan ahead and register early.*

MURFREESBORO CHAPTER

CHAPTER OFFICER

Martin McCulloch 615-896-1043
mam1932@earthlink.net

OUTINGS COORDINATOR

(Call & volunteer to lead an outing.)
Ray & Linda Eckerson 615-847-0322
reckerson@comcast.net

MEETING & HOLIDAY DINNER – see Dec. 9 below.

Dec 9 **HOLIDAY DINNER & MEETING**. Join us for our festive potluck dinner, with a short business meeting to plan our hikes for the first half of 2004. We will be gathering on the 2nd Tuesday of the month, like we normally do; however, we will not be meeting at Barfield Crescent Park but at 6:00pm CT at Barbara Draude's home (2506 Branch Place, Murfreesboro, phone number: 615-895-5546). Bring a covered dish to share, folding chairs and ideas for hikes you'd like to go on or may want to lead. Guests and new hikers are welcome! **DIRECTIONS:** From Murfreesboro on Hall's Hill Pike, watch for a sign on the left for Branch Place. For additional information, contact Anna or Fount Bertram at 615-765-5357 or fwbertram@heartoftn.net.

Dec 13 Stone Door, South Cumberland State Park. Monteagle, TN. We hike Stone Door each December, thus making this an annual December destination. We will hike down into the "Door," a narrow sandstone passageway that was used for centuries by the Indians to gain access from the top of the escarpment into the gorges below. Like a giant door left ajar, the crack is 10 feet wide and 100 feet deep. The spectacular cliffs all around offer one of the best scenic overlooks in Tennessee. This hike is rated moderate due to uneven and rocky footing. We will then come back and go to Greeter Falls. Greeter Falls drops over a 15-foot upper ledge and then plummets over a 50-foot lower ledge into a cold, clear plunge pool. After the hike and on our way home, we will stop for a late lunch at Crockett's Roadhouse. For information and to register, contact Fount Bertram at 615-765-5357 or fwbertram@heartoftn.net.

PLANNING AHEAD:

Jan 1 (Thu) New Year's Day Hike & Feast, Bridgestone Firestone Wilderness Area. Derossett, TN. This is a joint outing with several Middle TN chapters. We will hike Polly Branch Falls Trail to the Screw Bluff Overlook, which is at the end of the Chestnut Mountain Trail where we will serve up a New Year's Day feast, socialize and take in the views of the Caney Fork River Gorge. We will return to our cars via the Chestnut Mountain Trail. The total hiking distance is 6 miles and rated moderate due to the rocky, uneven terrain and two small stream crossings. Sturdy hiking shoes that provide stability are strongly advised! Everyone is encouraged to participate by bringing something (black-eyed peas, cornbread, greens, cook stoves, cook pots, paper plates, cups and cutlery, desserts, cider or hot chocolate and the water for making them, napkins and garbage bags to remove our trash). Even if you're not a chef, you can help by carrying in/out stuff. **DON'T DELAY, REGISTRATION IS REQUIRED BEFORE DECEMBER 29!** To sign up for a task and obtain carpool meeting time/location, contact Fount Bertram at 615-765-5357 or fwbertram@heartoftn.net. Sorry, this is not an outing recommended for young children or dogs.

NASHVILLE CHAPTER

CHAPTER OFFICER: David Furse 615-353-6435 dfurse@comcast.net

OUTINGS COORDINATOR: (Call & volunteer to lead an outing.)

Elizabeth Gerlock 615-356-6260 EYGERLOCK@bellsouth.net

HOLIDAY PARTY IN LIEU OF MEETING – see Dec. 13.

HIKING HOTLINE - 615-367-7045

CHAPTER NEWS:

This'll be the third year that we've been invited to wrap customers' gifts at Cumberland Transit and REI in exchange for donations and in years past it has been a fun and very \$\$\$ful fundraising event for the chapter. As in years past, we are asking chapter members to help by generously volunteering their time (at least 2 hours, more if you can) to wrap gifts and at the same time talking to prospective members about TTA (we'll have brochures and newsletters). In exchange, we receive \$\$\$DONATIONSS\$ (*'tis the season to be generous*) and whatever is donated, 100% will be going to the Cumberland Trail's 2004 Spring BreakAway program to help offset some of the expenses incurred to house and feed the volunteers that come to TN to build the Cumberland Trail during the month of March (each week there are about 75 college students and 30 CTC/TTA volunteers working).

Don't hesitate, call and volunteer for this truly unusual and fun way to fundraise, while talking to prospective members. No experience required, on-site training and materials provided.

To volunteer at **Cumberland Transit** (Nashville) on Sat./Sun., Dec 13/14, between noon & 5:00pm, contact Toni Reeves at 615-790-3839(hm), 210-260-9455(cell) or tonir@bellsouth.net.

To volunteer at **REI** (Brentwood) on Sun., Dec. 14 (between noon & 6:00pm) and/or Sat., Dec. 20 (between 2:00pm & 7:00pm), call Diane Manas at 615-352-7777.

Dec 6 First Saturday Hike in Beaman Park. Joelton, TN. Join Friends of Beaman Park as we explore one of Nashville's newer parks being developed by volunteers. Our hike will be from 9:00am until 12-noon CT on terrain rated easy to moderate. We will meet at the spring on Little Marrowbone Road. For information and to register, contact the Warner Parks Nature Center at 615-352-6299.

Dec 6 Volunteer Trail, Long Hunter State Park. Hermitage, TN. With the leaves off the trees, we will have great views of Percy Priest Lake on this one-way trail that follows the eastern shore of Percy Priest Lake to a primitive campsite. We will return on the same trail for a total of 11–12 miles, with little elevation change. Bring lunch, snacks and water, and wear sturdy hiking boots or shoes. The hike is rated easy for the terrain, but should be undertaken only by those who are comfortable hiking a total of 11-12 miles. Long Hunter charges a \$3/carload State Park Access Fee. If you don't already have your Annual State Park Pass, bring \$3 to pay the fee. For information and to register, contact Jim or Marietta Poteet at 615-824-7666.

Dec 7 Lookout Mountain, Chickamauga & Chattanooga National Military Park. Chattanooga, TN. We'll hike a combination of 4 trails to make this hike a 12-miler. The terrain is rocky in some areas and hilly, therefore rated moderate and requires your wearing sturdy hiking boots. Bring snacks, lunch and water. We will meet in the Target parking lot on Bell Road (I-24, exit 59). For additional information, meeting time and to register, contact Brian Dion at 615-331-7331 or Brian.Dion@state.tn.us.

Dec 13 **GIFT WRAPPING** at **Cumberland Transit** – see **CHAPTER NEWS**.

**Are you new to Nashville? Hiking? Interested in checking out a hiking club? Or, just want a gentler hike? This is the hike for you. Meet new, as well as seasoned hikers who also share your desire to be outdoors. You are encouraged to use this time to learn about hiking and TTA while enjoying the great outdoors with friendly people.*

Dec 13 Newcomers Hike on the Eastern section of the Montgomery Bell Trail, Montgomery Bell State Park. Burns, TN. This is a 6.2-mile hike and rated easy due to little elevation change. We will cross several streams and walk along Creech Hollow Lake. Sturdy hiking boots are highly recommended due to some mud and the stream crossings. After the hike, we will gather for lunch at the Perfect Pig. Montgomery Bell SP charges a \$3/carload State Park Access Fee. If you don't already have your Annual State Park Pass, bring \$3 to pay the fee. For information, meeting time and location, and to register, contact Andy Arbuckle at 615-331-7787 or Andy.Arbuckle@comcast.net.

Dec 13 **HOLIDAY PARTY**. It's time for our annual Holiday Party!! In lieu of our monthly meeting, we will gather at 6:30pm CT at Jim and Marietta Poteet's home (324 Raintree Drive in Hendersonville). Please bring a snack, finger food, or your favorite hors d'oeuvre to share. Sodas, paper goods and cutlery are provided, and it's BYOB if you desire anything else to drink. Maps were distributed to those attending the Nov 25th meeting. If you weren't there and need directions, there are several options for locating Jim & Marietta's. For those that like to travel by G.P.S., the latitude/longitude coordinates are: 36.26585 / -86.57825. There is also a link to a map on TTA's web site (www.TennesseeTrails.org), select "calendar" and scroll down to "Dec 13, Nashville Holiday Party." And, if you get totally lost, call Jim or Marietta Poteet at 615-824-7666.

Dec 14 **GIFT WRAPPING** at **Cumberland Transit** & **REI** – see **CHAPTER NEWS**.

Dec 14 Virgin Falls Pocket Wilderness. DeRossett, TN. Virgin Falls is one of TTA's favorite destinations and beautiful in all seasons. This hike follows a tumbling stream that bounds over rocks, creating small waterfalls until it disappears underground. On the way to Virgin Falls the trail passes a beautiful overlook (Sheep Cave) and several water falls (Big Branch and Big Laurel). Virgin Falls is an underground stream that emerges from a cave, drops over a 110-foot cliff, and goes back into a cave at the bottom. At 8 miles roundtrip, this trail is rated moderate going in and strenuous for the ascent getting out, and has lots of uneven and rocky terrain along the way. Sturdy boots are a must! Bring snacks, lunch and water, and dress in layers for the season. For information and to register, contact Brian Dion at 615-331-7331 or Brian.Dion@state.tn.us.

cont. on pg 9

NASHVILLE (cont. from pg. 8)

Dec 20 GIFT WRAPPING at REI – see CHAPTER NEWS.

Dec 20 Cumberland River Bicentennial Trail. Ashland City, TN. Once occupied by railroad tracks, this trail takes us through forests and by wetlands and offers glimpses of the Cumberland River. We'll also walk over a fully restored railroad trestle bridge. We will hike both the Trestle Bridge and Eagle Pass Segments for a total of 12 miles. The trail is flatter than a pancake and rated easy; however, due to the 12 miles that we will cover, it is rated moderate. Anyone interested in doing a smaller portion of this one-way trail is welcome to join us and turn back at any point on the route. Wear comfortable shoes and bring water. After the hike, we will go to a local restaurant for lunch. For information and to register, contact Jerry Hendrixson at 615 423-7019 or cheifwagee@aol.com.

Dec 21 John C. Clayborn Millenium Trail, Edgar Evins State Park. Silver Point, TN. We will revisit this trail built by TTA volunteers about 2½ years ago. This area offers us a rugged and challenging hike over rocky ridges with lakeside bluff views and wooded hollows. The hike is 8 miles and rated moderate to strenuous due to the rocky and uneven terrain, and the numerous hills we will ascend/descend. Bring snacks, lunch and water, and wear sturdy hiking boots. For meeting time and location, and to register, call Diane Manas at 615-352-7777.

Dec 27 Pot Point Loop, Prentice Cooper State Forest. N. Chattanooga, TN. Pot Point Loop Trail offers grand views of the Tennessee River Gorge. Along the way, we will have many opportunities to look out over and into the gorge below. Often red-tailed hawks and birds of prey can be seen from these overlooks. Also, we'll pass over a 30-ft high natural bridge of sandstone. The trail is rocky in places and passes over several streams. Even though there are no great changes to the elevation, this hike is rated moderate for the hills we will encounter, mileage covered (11.9 miles) and rocky, uneven terrain. Sturdy hiking boots are required. Bring snacks, lunch and plenty of water for this all-day outing. For information, meeting time and location, and to register, call Diane Manas at 615-352-7777.

Dec 28 Shelby Bottoms Greenway, Nashville, TN. Enjoy a winter walk along the Cumberland River beginning at Shelby Park and continuing to the end of the Greenway and back for a total of 8 miles. The hike is rated easy due to the flat terrain and paved path, and moderate for the distance. We will meet at 1:00pm CT at the Shelby Bottoms parking lot. Bring water and snacks, and wear comfortable shoes. For information, contact Elizabeth Gerlock at 615-356-6260 or eygerlock@bellsouth.net.

PLANNING AHEAD:

Jan 1 (Thu) New Year's Day Hike & Feast, Bridgestone Firestone Wilderness Area. Derossett, TN. This is a joint outing with several Middle TN chapters. We will hike Polly Branch Falls Trail to the Screw Bluff Overlook, which is at the end of the Chestnut Mountain Trail where we will serve up a New Year's Day feast, socialize and take in the views of the Caney Fork River Gorge. We will return to our cars via the Chestnut Mountain Trail. The total hiking distance is 6 miles and rated moderate due to the rocky, uneven terrain and two small stream crossings. Sturdy hiking shoes that provide stability are strongly advised! Everyone is encouraged to participate by bringing something (black-eyed peas, cornbread, greens, cook stoves, cook pots, paper plates, cups and cutlery, desserts, cider or hot chocolate and the water for making them, napkins and garbage bags to remove our trash). Even if you're not a chef, you can help by carrying in/out stuff. **DON'T DELAY, REGISTRATION IS REQUIRED BEFORE DECEMBER 29!** To sign up for a task and obtain carpool meeting time/location, call Diane Manas at 615-352-7777. Sorry, this is not an outing recommended for young children or dogs.

NORTHWEST CHAPTER (UT at Martin & Weakley County)

CHAPTER OFFICER

Jim Clark 731-587-2225 jclark@utm.edu

Not Meeting in December

WEBSITE - www.utm.edu/~jclark/trails/

CHAPTER NEWS:

Please accept our apologies for not getting this into the November newsletter; however, newsletters usually arrive many days ahead of the start of the new month so there's a strong possibility that you will see this and be able to join us on Nov. 29 to Bell Smith Springs in Shawnee National Forest (Eddyville, IL). A couple of us hiked this in October and were so enamored by the rock formations, bluffs, meandering streams, and the largest natural bridge in Illinois that we decided to put it on our calendar as an after-Thanksgiving hike, instead of waiting for spring. Eight miles of interconnected trails along bluffs and streams make this one of the premier hiking areas in the region. We have not explored this area completely, so the rare golden squirrel (for this area) might just be sighted! If you miss this outing, we will consider doing it again in the spring. For information and to register, contact Jim Clark at 731-587-2225 or jclark@utm.edu.

Our student and faculty members are on Winter break; therefore, we have not scheduled any meetings or activities for December. Remember – you are always welcome to participate in any of our other chapter's (13 to choose from) outings, events and meetings.

PLANNING AHEAD:

Jan 15 (Thu) **MONTHLY MEETING**. Note this meeting is on the third Thursday and not the second one, which is when we usually meet. Charles Bradshaw, who has guided on the Green and Colorado Rivers in Arizona and Utah, will tell of his adventures guiding clients. Be prepared for recipes for "River Guide Beans" and stories like "you cannot believe what this client did..." In addition, learn hiker safety tips; hear about past and upcoming hiking trips, and meet/greet members and friends. New hikers and guests are always welcome! Lots in store! See you at 7:00pm CT on the UT Martin Campus, Boling University Center in Room 231.

Jan 19 (Mon) Annual Martin Luther King Day Hike in Land Between the Lakes. TN/KY. We will continue on our goal of hiking the entire North-South Trail, picking up from where we left off last year. Open areas provide beautiful views of Kentucky Lake from the high bluffs. This hike is rated moderate due to the uneven terrain and rolling hills. We will hike about 8 miles, setting up a shuttle, with hot chocolate and apple cider waiting for us at the end. Last year we had a one-day interlude between melting snow and awful weather. Will we luck out the third year in a row? For information and to register, contact Jim Clark at 731-587-2225 or jclark@utm.edu.

The "10* Essentials"

Before you head out on the trail, check your pack to be sure it contains the following items:

- whistle
- food
- compass
- rain gear/extra clothing
- water
- map
- flashlight
- hat/sunglasses
- 1st aid kit
- fire starter

Other considerations:

- leave someone a copy of your hiking plans
- hiking poles
- common sense

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

PLATEAU CHAPTER

(Crossville)

CHAPTER OFFICER

Charlie Jones 931-484-5298 cejones9@earthlink.net

OUTINGS COORDINATOR

(Call & volunteer to lead an outing.)

Carolyn Miller 931-260-6674 cardan@usit.net

MEETING & HOLIDAY SOCIAL – see Dec. 11

Art Circle Public Library's Community Room

154 East 1st Street in Crossville

Dec 11 MONTHLY MEETING & HOLIDAY SOCIAL.

This is our holiday social, so bring light snacks to share with your hiking buddies. If you want to participate in the gift exchange, bring a wrapped gift (unisex) that costs under \$10 – something with an outdoor theme. We will also discuss and plan hikes for 2004 – bring maps and ideas of places you'd like to hike or want to lead a hike. New hikers and guests are welcome! We'll see you at 7:00pm CT at the Art Circle Public Library Community Room in Crossville.

Dec 13 Hidden Passage Trail, Pickett State Park. Jamestown, TN. We'll start our hike at the Group Camp in order to make this loop hike about 8 miles. As we hike along the ridge over Thompson and Rock Creeks, we will pass Indian rock houses, interesting rock formations and a waterfall. The trail is rated moderate, primarily for the distance. Wear sturdy boots, and bring water, snacks and lunch. We will meet at 8:00 CT to carpool from the back parking area of the Cracker Barrel in Crossville. For information and to register, contact Carolyn Miller at 931-456-4465 or cardan@usit.net.

Dec 20 Brady Mountain Segment of the Cumberland Trail. Crossville, TN. Come explore part of the Brady Mountain section of the Cumberland Trail. We will have views of Grassy Cove from Brady Bluff. We will also visit one of the nicest rock formations on the Plateau and an airplane crash site. The hike is about 7 miles roundtrip and rated moderate to difficult due to the elevation gain and terrain. Wear sturdy boots, and bring water, snacks and lunch. We will meet at 8:00am CT at the Cumberland Mountain State Park Visitor's Center. For information and to register, contact Jim McCullough at 931-484-8222 or sue1290@multipro.com.

SODDY DAISY CHAPTER

Arleen Decker 865-856-7262 deckerstudio@bellsouth.net

This chapter is in the process of being reorganized. For further information,

contact Arleen Decker at

865-856-7262 or

deckerstudio@bellsouth.net

In the interim, you are welcome to attend any of our other chapter's (13 to choose from) outings, events and meetings.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER OFFICER: Richard Savage 931-526-2035

savage_richard@hotmail.com

Dec 6 Devil's Breakfast Table Trail, Catoosa Wildlife Management Area. Crossville, TN. We will hike a part of the Cumberland Trail beginning at the Devil's Breakfast Table trailhead. The trail goes through the gorge of Daddy's Creek under sheer bluffs. The many rock steps laid down by volunteer trail builders earned this trail the name, "a trail of a thousand steps." The hike is about 7 miles and rated moderate to strenuous because of the rocky terrain. Sturdy hiking boots are needed. For information and to register, contact Mary Jane Powell at 931-738-4500 or mjhike@blomand.net.

Dec 13 Bridgestone/Firestone Centennial Wilderness Area. Sparta, TN. We will pass by Upper and Lower Polly Branch Falls and then join the Caney Fork River Trail before hiking to the Yellow Bluff Overlook. The hike will be 8 to 10 miles and is rated moderate. An alternate route is available for those wanting a shorter hike. You can meet us in the Penney's parking lot in Cookeville at 8:30am CT or at the US Bank across from McDonald's in Sparta at about 9:00am. For information and to register, call Marnell Cothran at 931-738-5874.

Dec 27 Hidden Passage Trail, Pickett State Park. Jamestown, TN. This 10-mile loop trail is noted for the rock houses and other interesting rock formations passed along the way. It is rated easy for the terrain and moderate for the length. We will meet in the Penney's parking lot in Cookeville at 8:00am CT. For information and to register, contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

PLANNING AHEAD:

Jan 1 Milksick Mountain. Sparta, TN. Bobby Felton will lead a hike on Milksick Mountain behind his home in Sparta, TN. It will be a 5-6 mile hike, rated moderate, with a 100-ft ascent toward the end of the hike. There will be finger food furnished at the end of the hike. After hiking we will plan outings for the coming months. You can meet us at 8:30am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at about 9:00am. For information and to register, contact Bobby Felton at 931-657-8660 or ChickenCity@blomand.net.

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TN Rails To Trails Advisory Council
 VACANT

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

Newsletter Editor
 Diane Manas 615-352-7777
editor@tennesseetrails.org

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due as follows:

Due For Newsletter Dated

NOTE: December 5 January 1

NOTE: January 2 February 1

NOTE: February 5 March 1

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

editor@tennesseetrails.org

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)

WEBSITE www.TNRailsTrails.org

TRAC is in the process of being reorganized. Stay tuned for further information.

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.*

New!

Tennessee Trails Merchandise Order Form

_____ TTA Patch 6.00
Round embroidered patch, sew it on anything.

_____ TTA Window Decal 3.00
A must for each car.

35th Anniversary

**TTA turned 35 in December 2003! Celebrate
 TTA's Birthday, and show
 your affiliation with pride!**

_____ TTA 35th Anniversary Commemorative T-Shirt... 16.00
*Choose Size: Small / Medium / Large / X-Large
 Choose Color: Sand / Yellow / Stone-Gray*

_____ TTA 35th Anniversary Commemorative Patch 6.00
*Round embroidered patch commemorating TTA's
 35th Anniversary, sew it on anything.*

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

PHONE hm: (____) _____ wk:(____) _____

*Mail your check payable to: Tennessee Trails Association
 c/o Marietta Poteet
 324 Raintree Drive
 Hendersonville, TN 37075*

Please allow 4 weeks for delivery and prices shown include postage.

Tennessee Trails Association
 P.O. Box 41446
 Nashville, TN 37204-1446
 ADDRESS SERVICE REQUESTED

First Class Mail
 U.S. Postage Paid
 Nashville, TN
 PERMIT NUMBER 4053



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.
PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

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

- A NEW MEMBER**
 RENEWING MY MEMBERSHIP

Dec 03

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

Memberships are for one year, unless you have a Lifetime Membership.
 Gift Memberships are also available. Contact our Membership Director,
 Anne Wesley, at 615-851-1052 or ttahiker@msn.com

PLEASE, PRINT CLEARLY.

___ Individual	\$25.00	Name _____
___ Family	\$35.00	Address _____
___ Student (FULL-TIME)	\$15.00	City _____ State _____
___ Supporting (\$50.00, \$100.00 or more)		Home Phone (___) _____ Zip _____ -- _____
___ Life Member (Individual)	\$500.00	Work Phone (___) _____
___ Life Member (Family)	\$750.00	e-mail _____
		<input type="checkbox"/> Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

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

When you become a TTA member, you will receive: (1.) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2.) TTA's 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. (3.) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, in the 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.