

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



Celebrate! Earth Day Edgar Evins State Park

Want to spring into spring with a fling? Here's your chance to come out and enjoy it with exuberance! The 3rd Annual Spring Fling sponsored by The Friends of Edgar Evins State Park, the Murfreesboro Chapter of TTA and Edgar Evins State Park will be held April 21-22-23 at the park. This will be TTA's official Earth Day event. If your local chapter doesn't have an Earth Day event planned, you are encouraged to join the fun at Edgar Evins SP. Here are some of the activities you can anticipate:

- Save Our American Raptors (S.O.A.R.) - will put on a show featuring eagles, owls, hawks, kestrels and more with live birds. A Not-To-Miss event!
- Wildflower Hikes - Edgar Evins SP has a vast variety of wildflowers and these will be featured in guided walks.
- Birding - The Park has a large variety of birds, including the elusive, endangered Cerulean Warbler. One of the few areas where this bird nests.
- Hikes - Longer hikes will be available throughout the weekend.
- Storytelling - A communal campfire with story telling and entertainment.
- Free Camping - The camping and access fees will be waived for Spring Fling participants.
- Discount Meals - The restaurant at the Marina will offer discounts on food during the weekend.

Does this sound like an interesting weekend? You bet it does! Come on out and enjoy this major event as a welcome to spring and a rebirth of nature. Make your plans right now to join old friends and potential new ones in a weekend of fun and celebration! For further information and to register for the event, contact Fount Bertram at 615-765-5357 or fwbertram@heartoftn.net



April 22
is
Earth Day

(Earth Day...Every Day)
Get involved!
There are many activities
scheduled locally,
nationally and globally

The Big Dig Needs You

Now is the time to start planning to attend Big Dig 2006. This year, the Big Dig will be based out of the Dogwood Lodge and will run from May 21 - June 24, that's seven days per week for five weeks! There will be a lot of mouths to feed and we could really use help in the kitchen area to support all the hungry trail workers. The choice is yours, you can help cook, prep and/or wash dishes. This is a fun time with fewer crowds but you can expect to see lots of your old friends (and meet new ones). If you want to work on the trail, that's great. But if you don't want to do trail construction, come for several days and help out in the kitchen. Breakfast is early but there is opportunity for a nap during the day. Volunteers are asked to contact Betty Porter, Kitchen Coordinator at 901-755-4740, and she'll schedule you at times you prefer. (NOTE: This year we are asking only for cash donations for food to keep the pantry inventory low.)

Rattlesnake Project Wins Award

*Submitted by Deborah Paschall
Program Coordinator, Barfield-Crescent Park*

To most people, when rattlesnakes are mentioned, fear is the only emotion that comes to mind. But with TTA's Murfreesboro Chapter and the staff at Barfield Crescent Park, the word **rattlesnake** brings the thought of an award winning conservation effort. In October of 2005, the Tennessee Recreation and Parks Association awarded Murfreesboro Parks and Recreation with the highly coveted Resource Management Award.

In August of 2004, an adult female timber rattlesnake was captured in Barfield-Crescent Park by a Wilderness Station staff member, Jake Pruitt, who was also a herpetology student at Middle Tennessee State University. One week later, a large adult male rattlesnake was captured in the same location. Both had appeared to be in good health so a decision was made to transport the snakes to the university's lab where they would be weighed, measured, and surgically implanted with radio transmitters. The purpose of the transmitters would be to observe behaviors and track the movement of the pair throughout the park.

(continued)

CUMBERLAND TRAIL CONFERENCE

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

CUMBERLAND TRAIL CONFERENCE STAFF:

Executive Director..... Paul Freeman paul.freeman@frontiernet.net
Trail Development &
Maintenance Coordinator:..... **VACANT**
Office Manager..... Janet D. Smith..... janet.d.smith@frontiernet.net

To All of our Wonderful Cumberland Trail Volunteers,

First and foremost, all of us at the CTC want to say THANK YOU! THANK YOU! for the many volunteer hours spent building the trail, for fund raising activities, and for the giving of many other valuable talents and resources. Without all of the tremendous volunteer effort from each of you, the building of the Cumberland Trail and Tennessee's first linear state park would still be only a dream.

As many of you know, there have been several changes at the CTC in the past year: Paul Freeman is the executive director replacing our interim director, Barry Spearman, and other staff members have moved on to pursue other goals and new staff is in place. Along with these changes, new goals have been established that will enable us to strive towards the completion of the Cumberland Trail.

This is a new year with new beginnings; so let each of us rededicate ourselves to the Cumberland Trail project. We ask all of you to continue to give of your resources and talents. This year the CTC has several opportunities for volunteering, from the popular and fun backpacking backcountry outings, Big Dig 2006 to Adopt-A-Trail segments, and the list of opportunities are endless, with something for all to do. Outings are planned throughout the year and your help is much needed. For a current schedule of events and volunteer opportunities, please visit our web site, www.cumberlandtrail.org. Just think, then visualize, when the trail is complete, we can all look back with a great sense of accomplishment at the trail **WE ALL** built, and at the trail that volunteers built for our time and for the time of untold future generations. C'mon, this year could be our best year yet, join us on the trail!

Sincerely,
The CTC Staff

RATTLESNAKE (cont.)

By October, both snakes had traveled from the release site to their hibernation sites. The paths they took were both well away from areas of human activity, however, the hibernacula's of the pair were in a location close to two of the park's well-traveled trails. In fact, the male had chosen a site within three meters of both the Rocky Path trailhead and the Marshall Knob Trail, while the female chose a site within one meter of the Rocky Path Trail. Since rattlesnakes generally form dens at the same site each year, these snakes could most likely be found at this same location annually. Their docile, secretive nature speaks for itself since these trails had been in use for five years without any incident or sightings.

The Wilderness Station staff debated the options and determined that, staff herpetologist, Jake Pruitt should write a report explaining the habits of the snakes and promote the need for protecting these hibernation sites. The report, along with a memo requesting that the snakes be allowed to remain in the park, was forwarded to upper management and reviewed by the city's legal office. The unanimous conclusion was that to move or relocate the snakes would equal killing the snakes. Therefore, the public would be alerted by signage and the trails would be moved away from the dens.

Hence the call to the **Murfreesboro chapter**, for assistance in relocating the trails. Chapter members rapidly coordinated trail relocation efforts so the new routes would be in place before the arrival of spring and the emerging of the snakes from their dens. The project was successful on several levels. The snakes would be allowed to follow their habitual route from season to season. Their habitat would be less impacted by human traffic, thus creating a healthier environment for the somewhat threatened species. The information and route data collected on the two snakes as they traveled throughout the park would be used in public education programs and habitat conservation development. The City of Murfreesboro would demonstrate their commitment to protecting the environment by preserving the home of this native species. But most importantly, the Murfreesboro Chapter, Middle Tennessee State University, Parks and Recreation staff and city officials combined their expertise and worked together to ensure a better environment for all of Murfreesboro's residents!

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Charles Gibbs
423-628-5678 cgibbs@nxs.net
SECRETARY / TREASURER: Benita Howell
423-628-5521 or 865-974-7797 bhowell@nxs.net
BOARD REPRESENTATIVES: Tim & Lynn Takacs
615-824-7048 lynmtakacs@comcast.net
or ttakacs@comcast.net
OUTINGS COORDINATOR Eric Wilson
(Call Eric & volunteer to lead an outing.)
423-628-2817 ericavi@nxs.net

Apr 15 Hole in the Ridge, near Honey Creek, Scott County. Barbara Stagg will lead an easy to moderate hike that is 3 miles, round trip, to see a unique geological destination with an arch inside a rock house high on the ridge. Meet at 9:30 ET at Harrow Road Cafe to carpool to the trailhead. Dress appropriately for the weather, and bring plenty of water and lunch/snacks. To register or for information, contact Barbara Stagg at rugbytn@highland.net

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
423-562-1110 Richard.Helm@ahss.org
CO-CHAIR: Mari Haslam
423-562-3227 pittsteelersfan@earthlink.net
MEETS MONTHLY: 2nd Monday at 6:00pm ET
LaFollette Recreation Center's Craft Room
201 S. 9th St.

Please contact Richard Helm for information about hikes planned in April at 423-562-1110, or by email Richard.Helm@ahss.org

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Merri Hinton
andrews@logantele.com

CO-CHAIR: Suva Bastin 931-645-2849

SECRETARY: Lucv Weikel 931-358-5794
j107sw@aol.com

TREASURER: Sandy Janus

OUTINGS COORDINATORS: Sandi Hamilton
(call Sandi & volunteer to lead an outing)
931-920-2760 *billhamilton@charter.net*

MEETS MONTHLY: 3rd Tuesday, 7:00 pm CT,
Crow Community Center
211 Richview Rd (Public is cordially invited!)

Apr 1-2 Let's see J.R. Tate off on his Appalachian Trail thru hike at Springer Mountain, GA. Car camping. Contact Suva Bastin for details at 931 645-2849.

Apr 8 Spring Fling at Dunbar Cave. Let's Volunteer to help Friends of Dunbar Cave with their Annual Spring Fling! Suva Bastin is coordinating and helping us organize our talents. Call her at 931 645-2849.

Apr 22 EARTH DAY! Lets help spread mulch at Dunbar Cave! Bring a rake and gloves. To volunteer and to obtain meeting time, call Suva Bastin at 931 645-2849.

Apr 29-30 Laurel Snow Pocket Wilderness Backpacking Outing. We will be covering a total of 10.5 miles over uneven and rocky terrain, giving this backpacking outing a rating of "difficult." You can expect to see evidence of coal mines, cross bridges and see boulders ending near the waterfall. For information and to register, call Merri Hinton at 270 726-3141.

PLANNING AHEAD:

May 6 Stone Door at Savage Gulf. Beersheba Springs, TN. Hiking to Ranger Falls, moderate, and rappelling. Overnight camping at the campground just off the parking lot. For information, call Bill Hamilton at 931-920-2760.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Sherrie Yokley
931-381-9274 *yokley2004@bellsouth.net*

MEETS MONTHLY: 1st Tuesday at 6:30 pm CT
Grand Buffet (North of Spring Hill)

March Re-cap: The Columbia-Franklin Chapter was fortunate to have Polly Rooker of the Tennessee Wildlife Resources Agency talk to us about providing the environment and shelters necessary to attract the Eastern Bluebirds to our backyards. It was very informative and several of us committed to putting up bluebirds houses. Chapter members worked two weekends in March on the trail to Stillhouse Hollow Falls, which is south of Mount Pleasant. We had to cancel both workdays in February due to winter weather, but we made great progress on the trail in March.

On March 25, Rick Lausten led a hike on the Pot Point Loop Trail near Chattanooga. We enjoyed spectacular views of the Tennessee River as well as hiked a trail that many of us had not been on previously.

Apr 4 The Columbia-Franklin Chapter will hold its monthly meeting at the Grand Buffet Chinese Restaurant in Spring Hill. Our guest speaker will be Pandy English of the Tennessee Wildlife Resources Agency. Pandy will speak on the diversity of wildlife in Tennessee.

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(cont.) COLUMBIA/FRANKLIN

Apr 8 Work party at Stillhouse Hollow Falls from 9:00 AM to 3:00 PM. The primary focus will be on building a bridge across the creek that feeds the falls. However, the trail will still need some finishing touches and grooming done. So come and join us! Call Rick Lausten for directions and information: home phone 615-373-0029; cell phone 615-516-1417; email saturncar1@aol.com.

Apr 15 Marvin Caine will lead a hike of the Short Springs Trail near Manchester. This moderate, 3.5 mile hike passes by beautiful streams, riffles, a 60' waterfall (Machine Falls) and plenty of wildflowers. Be sure to bring your field guides for wildflowers. We'll also see Rutledge Falls before beginning the Short Springs Trail. So be sure to bring a camera as well. We'll leave from the A&D Market 9:00 AM. The A&D Market is located at 1883 Lewisburg Pike (Hwy 431) south of Franklin. We'll also stop after the hike for bite to eat. Call Marvin Caine for details and to register, phone 931-486-1632 or by email at mlcaine@aol.com.

PILANNING AHEAD:

May 2: Chapter meeting at the Grand Buffet Chinese Restaurant. Our guest speaker will be Daryl Ratajczak Big Game Program Coordinator Tennessee Wildlife Resources Agency. Daryl will discuss bears in Tennessee.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall
rosemary_1@hotmail.com

TREASURER: Harold Draper
h.m.draper@att.net

Apr 1 Hiawasse River, John Muir Trail, Reliance, TN. Join us for a 5-mile car shuttle hike along the Hiawasse River. We will lunch along the river bank and take in some beautiful views and hopefully some spring wildflowers. We will start at Childers Creek and end at the Appalachian Power House. Rated easy to moderate. Meet at the Bi-Lo in Maryville on 411 South at 8:00 A.M. Possible supper at a local restaurant afterwards. Contact Robert and Patty Paul at 865-983-1985 or paulr@monroe.k12.tn.us to register and/or for more information.

Apr 8 Cumberland Trail in Cumberland Gap, TN. Continuing our exploration of the northern part of the CT, we'll hike the piece of trail in Cumberland Gap National Historical Gap. Starting at the old Iron furnace in the town of Cumberland Gap, we'll ascend into the historic Gap to connect with the CT and then hike some side explorations, including Civil War earthworks. Meet at 9:00 A.M. at Shoney's at the Norris exit of I-75 (#122). From there, we will carpool to the national park, little over an hour drive. Anyone wanting to do breakfast, meet at 8:00 A.M. For more information and to register, contact Russ Manning at 865-494-8121 (H) or 865-257-0427(cell) or preferably rsmanning@aol.com Let Russ know if you want to carpool from Knoxville, and he'll put you in touch with others who have registered.

Apr 15 White Oak Sinks, Great Smoky Mountains National Park. The hike will begin at Schoolhouse Gap trailhead on Laurel Creek Road. We will hike 1.1 miles up Schoolhouse Gap Trail before we veer left onto an unmaintained trail that will take us into White Oak Sinks. While there, we will check out the disappearing waterfall, the bat cave, some sinkholes and, of course, the wildflowers. We'll exit the sinks via an old manway that comes out at a picnic table at the intersection of Scott Mountain and Schoolhouse Gap trails. It's then a 2-mile hike back to the cars. Total hike distance is 5-6 miles. rated easy/moderate depending on one's hiking experience. Meet at the Wye at the Townsend entrance to the Park at 8:30 A.M. ET. Bring water lunch, and sturdy hiking boots. For more information on this hike, contact Keith Mertz at 865-982-7368 or keithmertz@hotmail.com

(continued ...)

(cont.) EAST TN

Apr 22 Benton McKay Trail, Coker Creek, TN. We will hike the Benton McKay Trail from Unicoi Gap to Buck Bald where we will enjoy a 360 degree panoramic view of the Unicoi Mountains. This hike is 7 miles round trip and rated moderate. To finish our day, we will walk the 1-mile Doc Rodgers Fields Trail loop running along Coker Creek where gold prospecting is still done. To carpool, meet at 8:30 A.M. at the Bi-Lo on 411 south in Maryville. Contact Robert and Patty Paul at 865-983-1985 or paulr@monroe.k12.tn.us to register and/or for more information. Plan to enjoy Mexican food @Pancho's on our way home!

Apr 29 Ramsey Cascades, Great Smoky Mountains National Park. This hike as about 8 miles round trip to the highest trail-accessible falls in the park. Bring your lunch and be prepared for any kind of weather. We should be done by 5 or 6 P.M. depending on everyone's hiking speed. We'll meet at the Ramsey Cascades trailhead at 10:00 A.M. The parking area is off the Greenbriar Road about 6 miles north of Gatlinburg off 321. Please check page 321 of the brown Smokies book. Questions to Jay Ross at jaymross@mac.com or 865-560-0100 or, better yet, 865-776-7845 (cell). See you there!

HIGHLAND RIM CHAPTER (Tulahoma Area)

CHAPTER OFFICER: Doug Ratliff
931-455-0249 dougratliff@hotmail.com

MEETS MONTHLY: 3rd Tuesday. Socializing & meal at 6:00p; meeting starts at 7:00p at the Western Sizzlin' restaurant in Tullahoma

Apr 18 Monthly Meeting Join us at 6:00 PM at the Tullahoma Western Sizzlin if you want to eat and at 7:00 PM for the program. Rick McWhite from AEDC will be our speaker, talking about access and use of the AEDC area.

Apr 22 Perimeter Trail, Sewanee, TN. We will continue the Eat-Hike a portion of the Perimeter Trail-Eat hike this month and in future months. The hike will be approximately five miles. There will also be time to do other things in the area. We will meet at The Blue Chair restaurant in Sewanee at 9:00 A.M. Contact Joan Bentley at 931-455-5849 or jbentley@edge.net to register

JACKSON CHAPTER

CHAPTER OFFICER: Gary Cooper
731-424-5375 gcooper52@yahoo.com

MEETS MONTHLY: 1st Tuesday. Socializing & meal starts at 6:00p CT; meeting starts at 7:00 at Perkins Restaurant 999 Vann Drive, Jackson, TN

Apr 4 Monthly Meeting Socializing and meal begins at 6:00p; meeting starts at 7:00. We will discuss past (reminisce) and future hikes. Everyone welcome!

Apr 8 Fort Henry Trails, Land Between the Lakes. This will be a gorgeous walk to see spring coming to LBL. We will walk a loop in a clockwise direction that will total about 8 miles. The first leg will be east on Telegraph Trail along Fort Henry Brook, then south on Devil's Backbone. We will turn back west on Artillery and Piney trails and return to the trailhead on Volunteer Trail. The trails are marked on the map at www.explorekentuckylake.com/lakesarea/maps/forhenrytrail.gif The hike is rated moderate for the slightly hilly terrain. Elevation change is 250 feet. Wear sturdy shoes and bring a jacket, food and water. Carpool: Gather at Shoney's on North Highland around 8:00am CT, and leave by 8:15. We will depart from the trailhead at 10.00am if you do not plan to carpool. To reach the trailhead, proceed east on US 79 for 19 miles past Paris and about 2 miles past the Tennessee River. (continued...)

(cont.) JACKSON

Take the first left into the LBL, which is not always clearly marked. Travel north on Fort Henry Road past the entrance to Piney Campground for an additional 2 miles. Turn left down a side road and bear left again to reach the parking area. (Boswell Landing is down the same side road, if you were to bear right.) For information and to register, contact Donald Dresser at 731-668-4662 or donaldatdresser@usit.net

Apr 22-23 Savage Gulf State Natural Area (Stone Door). This is always a great hike. We plan to spend the night and hike again on Sunday. For more details, contact Roy Corley at 731-668-5070, or roycorley@aeneas.net (or come to our monthly meeting where we will plan the details).

MEMPHIS CHAPTER

CHAPTER OFFICER: Carolyn Pierce
901-755-5635 cedpierce2000@yahoo.com

BOARD REPRESENTATIVE: Gloria Lenski
901-213-0604 glorialenski@yahoo.com

MEETS MONTHLY: (Sept - May) 3rd Thursday at 7:00 pm at Cordova Library, 8457 Trinity Rd. Turn east off Germantown Parkway onto Trinity Rd. approx. 1 mile on the right. Library shares entrance with Bert Ferguson Community Center

Apr 1 Meeman-Shelby Forest near Millington Meet at the Visitor Center at 9:00 a.m. and bring water and snacks. We will hike the Woodland Trail, a 4-mile hike through mature forest along bluff tops and bottomlands. This hike is rated easy to moderate. New hikers welcome! Park pass \$3 per car. For information, call Jerry Lenski at 213-0604. Directions: From Interstate 40, take exit 2-A, turn right, go 6 traffic lights to Watkins Road (this is Highway 388), turn left and go until the road dead-ends. Turn left, go one mile to a four-way stop ,Shelby Forest General Store and turn right, go one mile, turn left into the park. <http://www.state.tn.us/environment/parks/parks/MeemanShelby/>

Apr 2 Collierville Greenbelt Trail Meet at 2 p.m. at Powell/Cox Park and Walt Cygan will lead a easy 6mile walk along the greenbelt trail. **Directions:** When in Collierville on Poplar, proceed north on Byhalia Rd (a left turn for Memphis folks). Next, proceed east (right turn) on Powell Rd. Enter (turn left) Powell/Cox Park. Park near theatre/recreation center. **Proposed hike:** Start at Powell Park (now called Cox Park); proceed on park loop trail and onto Greenbelt Trail in northerly direction; hike to Johnson Park/Peterson Lake; walk lake rim trail and visit nature area; return to Powell(Cox) Park using same trail back. About 3.5miles (one way). Trail surface: mostly asphalt, and some concrete. Most interesting parts: Wagon Trail section and Nature Area. Go to www.collierville.com and proceed to 'parks and recreation' and to Greenbelt Trail Map. Questions, call Walt at 901-753-6916.

Apr 8 Village Creek State Park, Wynne, AR. Meet at the park visitor center 9:30 a.m. or carpool from the Tennessee Welcome center on Riverside Drive at 8:15 a.m. Park Ranger Vicki Trimble will take us to see spring wildflowers, which should be at their peak. We will hike the 6-mile loop trail. Rating moderate; a few hills. Bring lunch and water. Call Freddi Felt 901-685-9915 to register.

Apr 20 Monthly Meeting Meet new friends and hear about past and upcoming hiking trips. New Hikers Welcome! Meet at the Cordova Public Library at 7:00 p.m.

Apr 22 Old Growth Forrest & V&E Green line We will meet at 9 a.m. the end of Old Forest Lane adjacent to Rainbow Lake playground parking lot in Overton Park for an easy 1-mile walk. After the walk we will drive over to the V&E Green line trail for an easy 3-mile walk. For addition information contact John Martin at 901-386-3722. (continued ...)

(cont.) MEMPHIS

Apr 23 River Walk, Memphis Downtown Social Walk. Join us for a 3 - 4 mile easy walk along the River Bluff. Meet at 2 p.m. at the I40 Information Center off Riverside Drive and John Martin will lead the walk. Wear comfortable shoes. For additional information call John at 901-386-3722.

Apr 30 Harbor Town / Mud Island Social Walk Join us for a 3 - 4 mile easy walk along the River Bluff. Cross over the Auction Street Bridge, turn right, then an immediate left into the parking lot. We will meet at 2 p.m. at the parking lot. Wear comfortable shoes. For additional information, call John at 901-386-3722.

MURFREESBORO CHAPTER

CHAPTER OFFICER: Anna Bertram
615-765-5357 abertram@heartoftn.net

OUTINGS COORDINATOR: Ron Dunn
615-867-3301 trekkingtn@yahoo.com
(Call Ronn & volunteer to lead an outing)

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT
Barfield-Crescent Park's Wilderness Station
697 Barfield Rd., Murfreesboro

Apr 1 Beaman Park, Nashville, TN. Join us at Beaman Park in Northwest Davidson County, as spring blossoms in the forested beauty of the Highland Rim. We'll seek out flowers, ferns, and mosses on a short 2-3 mile hike along Henry Creek and the surrounding hillside. Bring sturdy shoes, water, snacks, and \$\$ to join us for lunch with local color at one of the nearby eateries. For more information call Jeanne' Hoehst-Ronner 615-890-9084 or email hoaxie@Comcast.net

Apr 1-2 Backpacking Clinic 101 and Beginner's Backpacking Overnight at Barfield Crescent Park in Murfreesboro, **PART I**. Here is a safe, low-risk way to check out backpacking. Tammy Day and a few of her friends are going to lead a beginner's backpacking clinic at the Barfield Wilderness Station on April 1, at 3:00 p.m. The clinic will give folks some tips on the gear to bring, the proper fit of a backpack, how to pack gear, and most importantly what NOT to bring. The Murfreesboro Parks and Recreation Department will also conduct a Leave No Trace session during the clinic. BUT THAT IS JUST THE START.... Our clinic will continue as hikers don their packs, hike a moderate, wooded 2-mile trail to the backcountry campsite, and spend the night. (Clinic participants can opt to only take part in the clinic.) Help will be available to assist hikers with erecting tents, using stoves for preparing their meals, and tips for building a fire. After cooking ourselves a light breakfast, we will hike out on Sunday morning.

Interested folks need to contact Tammy Day ASAP, 615-904-0009, or tlday@Comcast.net. This clinic will be limited to 15 beginner backpackers. Experienced hikers are welcome to come along and share their expertise.

(NOTE: Rental gear: Barfield Crescent Park's Wilderness Station does have some tents, sleeping bags/pads, and backpacks for rent at very reasonable prices. Call to reserve. REI and Blue Ridge Mt. Sports also rent gear.)

PART II Tammy plans on leading a beginner's backpacking hike to Montgomery Bell on June 17-18 as a follow-up to this clinic.

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(cont.) MURFREESBORO

Apr 1 Historic WalMart, Murfreesboro, TN. Join us as we explore the sprawling landscape, malodorous smells and diversity of culture that is the Murfreesboro WalMart. We will depart the Shopping Cart trailhead promptly at 8:00 CDT and begin our hike through automotive, big and tall men, and kitchenware before breaking for lunch at the lawn and garden overlook. If there's sufficient interest we'll make a stop in sporting goods for some camo-chested good-ol'-boy spotting, so bring your field glasses. The hike is rated easy but proper footwear is recommended for possible sticky floors. To sign up or for more information contact Ron Dunn. *April Fools!*

Apr 8 Stone Door, Big Creek Gulf, Big Creek Rim. Beersheba Springs, TN. Beginning on the Stone Door trail we will be treated to some of the best views going of the gulf area before beginning the rocky descent through the Great Stone Door into Big Creek Gulf. Along the way we will have the option of hiking an additional 1-mile (roundtrip) side trail to Ranger Falls if the creek level permits. The hike then begins the steep rocky ascent back out of the gulf to Alum Gap campground and the return trip via the Big Creek Rim trail. The hike is 9-10 miles depending on Ranger Falls and rated moderate for distance, uneven terrain and elevation change. Contact Ron Dunn at (615) 867-3301 or trekkingtn@yahoo.net.

Apr 11 Monthly Meeting "Basic Trail Building 101" You keep hearing about the need for volunteers to help build trail. You hear Anna and Fount say that there is a job for everyone regardless of experience, strength, or age.... but you just don't believe them. Join us for a lesson from THE MASTER TRAIL BUILDER, Jim Schroeder. Jim will give us the fundamentals at the Wilderness Station, and then we will walk a short distance into the woods for a chance to see a live demonstration. You may even want get to try out a fire rake or a Pulaski (trail building tools). Should be fun! Don't miss it!

Apr 15 Wildflower Walk at the Bowling Farm - Monterey, TN. Get those taxes sent in and join us for a walk in the woods! We will be hiking on the Winston & Billie Jo Bowling Farm in Monterey. We will start with an easy 2-mile wildflower walk then hike a 2.5-mile loop rated moderate for a few hills. We will end our day with a potluck lunch at the Bowling's country home. Every ability level is welcome; hike one or both trails. Last April there were dozens of different species of wildflowers in bloom along this short trail we hope to have the same luck this year! Contact Tony & Millette Jones for more info or to sign up millette.jones@Comcast.net or 615/397-9588.

Apr 21-23 Celebrate Earth Day with us at the Edgar Evins State Park Annual Spring Fling, a family oriented event. Come for the day Saturday or to spend the weekend. Free camping for participants. Co-sponsored by the Murfreesboro TTA, Friends of Edgar Evins State Park, and the Park employees. See article elsewhere in this issue for more details. Contact Fount Bertram, fwbertram@heartoftn.net or 615-765-5357.

Apr 29-30 Charit Creek Lodge, Big South Fork National River and Recreation Area. Twelve lucky souls made arrangements back in November to spend the night of April 29th at the Charit Creek Lodge in Big South Fork! Everyone needs to plan on checking into the fabulous supper will be served at 6:00. Those that want to carpool should meet at the Park & Ride on Broad/HWY 41 at 8:00 a.m. We will get to Big South Fork in time to enjoy an afternoon of hiking. Breakfast on Sunday will be at 8:00 EST. Folks can get together to choose a Sunday hike, or head back home. Interested in joining us? Several options might be open to you.

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(cont.) MURFREESBORO

Call Charit Creek Lodge and inquire about space available (865) 429-5704:

- Lodge guests \$58.50 (includes 2 meals)
- Hostel-type accommodations, \$20 per night, kitchen privileges
- Camp at the campsite less than ½ mile from lodge

For questions call Tammy Day, 904-0009, tlday@comcast.net
TTA Logo Shirts Short sleeved shirts are here in time for spring! Help our Chapter's treasury and show your pride in our great organization by purchasing and wearing the TTA logo. Also, a few long sleeved tees and sweatshirts are still available. Contact: Anna Bertram abertram@heartofn.net or 615-765-5357

Planning Ahead:

Spring Yard Sale Please remember to set aside items for the Murfreesboro TTA annual yard sale as you start your spring housecleaning. The probable date this year will be early June. Contact Anna Bertram, abertram@heartofn.net or 615-765-5357

CTC Big Dig, May 21 - June 24: Application forms can be downloaded from the CTC website www.cumberlandtrail.org. Volunteers will be needed for any day or all 7 days each week from May 21st - June 24th for trail work, running errands, kitchen work, and more. Room and board will be furnished for volunteer workers. More information is on the website. Remember, TTA is the sponsor of the Cumberland Trail and this is our trail.

NASHVILLE CHAPTER

CHAPTER OFFICER: Jim Johnson
615-356-6246 jimjohnsonjr@gmail.com

OUTINGS COORDINATOR: Nancy Juodenas
njuodenas@hotmail.com
(email Nancy & volunteer to lead an outing)

MEETS MONTHLY: 4th Tuesday at 7:00 pm CT
TN Wildlife Resources Association meeting room at
Ellington Agricultural Center, 5105 Edmondson Pike. For
directions, visit: www.tennesseetrails.org/nashville.php

HIKING HOTLINE: 615-367-7045

Apr 1 Beaman Park First Saturday Hike 9-noon Age level: Adults, 8+ Don't miss this opportunity to take a guided hike with one of the many knowledgeable Friends of Beaman Park volunteers and explore the still new Beaman Park – it's 1,500 acres of forest on the Highland Rim and a natural treasure! Friends of Beaman Park call Warner Park Nature Center 615-352-6299 for reservations and directions.

Apr 7-9 (Fri-Sun) Lakeshore Trail Backpack, Great Smoky Mtns. National Park. Fontana Dam, NC. If you've thought about it but had no one to go with, here's your opportunity to backpack the entire length of the Lakeshore Trail (~34 miles) over a 3-day period. We'll hike 12 miles on Fri, 11 on Sat and 10.6 on Sun. Because this outing is in a remote area of the park ("secluded" with no easy exit points) and the semi-high daily mileage, this outing is rated moderate and only open to experienced backpackers. Even though there aren't any great changes to the elevation (we'll be around 17-2,300 feet), there are hills, plus you can expect the typical GSMNP terrain to have roots, rocks, ruts and mud. Along the way we may see a variety of wildlife in addition to the only albino deer that makes the lakeshore area its home, and maybe even see a few early spring wildflowers.

(continued ...)

(cont.) NASHVILLE

Since this is a one-way route, the plan is to eliminate the pre/post car positioning required by hiring a local shuttle service to drive us to the start of our hike early on Friday morning. Then when we exit the trail on Sunday, we hop into our cars and head home. In order to get on the trail early on Friday morning, rooms nearby have been reserved for Thursday night. The group size is limited to 8, and REGISTRATION IS REQUIRED. Approximate cost per person for the room and ride is about \$50 (lower, if we have 8). For more information, call Diane Manas at 615-352-7777.

Apr 22 Short Springs Natural Area is a designated State Natural Area in Tullahoma. A bonus will be Rutledge Falls (equally as dramatic in a different way) on the way to Short Springs. A photographers dream hike. While located on the Highland Rim, it dramatically plunges (we carefully climb down mostly on rock steps) into the Central Basin where splendid wildflowers abound. We will make our way back to the spectacular Machine Falls on a narrow rock ledge. This hike is approx. 4 miles and rated easy/moderate. Hiking boots a must and hiking poles suggested. Bring snack and water and money for lunch at Rockett's Roadhouse. Meet at 9a.m. at Target in Antioch (Exit 59 from 1-24 East) at Bell Road and Cane Ridge. Call Lee Harris 315-0440 for reservations and/or more information.

Apr 23 Twin Arches Loop. This is a moderately difficult hike of 5 miles. It is one of the favorite hikes in Big South Fork due to the two large rock arches along the trail. After the arches we'll go around level ground at Jakes's place. There may be some minor stream crossings. Lunch will be on the grounds of Charit Creek Lodge. There is a steep 1-mile climb at the end of the hike. Wear sturdy hiking shoes and bring snack, lunch and water. For more information and to register call Garnett Rush at 352-7217 or e-mail rushga01@yahoo.com

April 25 Monthly Meeting: This month, Scott "One-leg" Rogers tells how he became the first above-the-knee amputee to hike the Appalachian Trail from end to end. Spring has sprung, but if you need a little more inspiration to get back out on the trail and get moving, Scott's story should do the trick. Bring a friend! And, C-U at 7PM at the Tennessee Wildlife Resources Agency's Region 2 building, on the campus of Ellington Agricultural Center.

April 29 Mound Bottom, which is near Narrows of the Harpeth. Billy Bilbrey, a park ranger from Montgomery Bell State Park will be our narrator for this historic site. We will meet at the Wal-Mart parking lot on Charlotte Pike at 8:30 a.m. and carpool to the site. If you choose to meet at the site at 9:00 a.m., there is a parking area next to the cemetery (.8 mile from highway 70) on Cedar Hill Road. Billy plans to have a canoe available to cross the river, or you may choose to wade across the river but be sure to wear sneakers, as the rocks in the river are pretty sharp. Also, suggest wearing long legged trousers, as there may be some briars. In the event of high water, we will have an alternate route to the Mound Bottom site. Please contact Glenn Turner e-mail at glennturner@comcast.net or 615-352-1907.

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 website:
www.tennesseetrails.org/release.php

NORTHWEST CHAPTER (UT at Martin/Weakley County)

CHAPTER OFFICER: Jim Clark

731-587-2225 jclark@utm.edu

MEETINGS: usually the 2nd Thursday of each month at 7:00pm CT on the UT Martin Campus, Boling University Center, Rm 231, during the academic calendar, but call for confirmation, or visit our chapter website at www.utm.edu/~jclark/trails/

Apr 29 Bell Smith Springs. Shawnee National Forest. Eddyville, Illinois. The hike is 7 miles long and follows the rock bluffs along scenic Bay Creek. Should be lots of wildflowers out -- especially trout lilies. "Best hike within 100 miles and has some stream crossings." We will break for lunch on top a natural bridge. For information, contact: Jim Clark at jclark@utm.edu or 731-587-2225.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: James Hubert
931-459-4839 jhubert1@frontiernet.net

SECRETARY/TREASURER: Mitze Anderson
931-788-6731 Wanderso121@yahoo.com

MEETS MONTHLY: 2nd Thursday at 6:30pm CT
Art Circle Public Library's Community Room, 154 East 1st Street, Crossville

There is a leaderless hike (typically 5 - 7 miles) every **Wednesday morning**. For additional information, or to get on an email list for the hikes, contact Bill Harris (931-484-9152) or Jim McCullough (sue1290@frontiernet.net). Rain cancels.

Apr 1 Panther Branch, Frozen Head State Park, Wartburg. We'll start at the Panther Branch trailhead, stop to see Debord Falls and make a loop by returning to the picnic area by following the North Old Mac trail. The hike is rated moderate due to a steady climb from the trailhead at 1400 feet to the highpoint of the trail at 2500 feet. The hike is a 4.5 mile loop, but could be longer with some added side trips. This is a great hike to see many spring wildflowers, including an abundance of trilliums. Wear boots, and bring water, lunch and snacks. Meet at the BP station on Genesis Road at 8:00 AM CST. For more information and to register, contact Bill & Mitze Anderson 931-788-6731 or wanderso121@yahoo.com

Apr 22 Piney River Trail. Spring City, TN. The trail winds along streams and the Piney River most of its 10-mile length with plenty of opportunities to see a variety of spring wildflowers. Designated as a pocket wilderness by the Bowater Paper Company, it is now part of the Cumberland Trail. The trail is not difficult but is long and the hike should be undertaken only by hikers that can hike 10 miles on a single hike. We will need to arrange a shuttle on this one way trail and will hike at a moderate pace. Wear boots, and bring water, lunch and snacks. Meet at 7:00 AM CST at the boat dock parking lot at Cumberland Mountain State Park. For more information and to register, contact Bill Eldridge at 931-456-4459 or billsue@frontiernet.net.

SODDY DAISY CHAPTER

This chapter is being reorganized. For further information, contact Charles Jones, East Tennessee Representative At-Large at cejones9@earthlink.net. In the interim, you are welcome to attend other chapters (13 to choose from) outings, events and meetings.

It's important to remember that early spring weather can turn suddenly cold. The following article can be cut out and put in your pack to remind you of emergency hypothermia care.

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

Don't forget to
mark your calendar for ...
the next Annual Meeting
Oct 20-22, 2006
at Land Between the Lake
Brandon Springs

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Richard Savage
931-526-2035 savage_richard@hotmail.com

Apr 1 Ramsey Cascades, Great Smoky Mountains National Park, Gatlinburg, TN. This hike features Ramsey Cascades, the most spectacular waterfall in the park, and near record size poplar, black cherry, and chestnut oaks. The hike is 8 miles and is rated strenuous because of the 2000-foot elevation change. Bring water, snacks, and lunch. You can meet us at 7:00am CT in the Penney's parking lot in Cookeville. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com

Apr 8 Standing Stone State Park Lake Trail, Hilham, TN. This hike is about 5 miles and rated easy to moderate. Hopefully, we will see a lot of wildflowers. You can meet at 9:00am CT in the Penney's parking lot in Cookeville. Bring snacks, water, lunch, and wear good hiking boots. For information and to register contact Hix Stubblefield at 931-526-2312 or hixstub1@citlink.net

Apr 15 Shakerag Hollow, Sewanee, TN. The Shakerag Hollow hike is a short 2 miles moderately rated hike on the Perimeter Trail in Sewanee. We will also hike a 1-mile section of the Perimeter Trail from University View to Morgan's Steep. This is known as one of the best wildflower hikes in Tennessee. Bring water, lunch, wine, and your favorite flower identification book. You can meet us at 8:00am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 8:30. For information and to register contact Guy Zimmerman at 931-526-1574 or guyz@charter.net

Apr 22 Savage Gulf Waterfalls, Savage Gulf State Natural Area, Altamont, TN. Highlights of this hike include six of the major waterfalls of Savage Gulf and the spectacular spring wildflower displays. This hike will begin at the Greeter Falls parking lot. We will see Upper and Lower Greeter Falls and Boardtree Falls before descending into the gulf and taking the side trip to Ranger Creek Falls. We will then continue along the Big Creek Gulf and Connector Trails before ascending from the gulf on the Collins Gulf Trail past Horsepound and Suter Falls. The hike is about 14 ½ miles and rated strenuous. Bring snacks, water, and lunch. Hiking boots are required. You may meet us at 7:00am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com

Apr 22 Stone Door Ranger Station to Collins West, Savage Gulf State Natural Area, Beersheba Springs, TN. Highlights of this hike include impressive overlooks of Big Creek Gulf, the Stone Door, waterfalls, the sink of Fall Creek, and usually fantastic April trillium displays in Collins Gulf. We will descend into Savage Gulf through the Stone Door before joining the Connector Trail. We will follow the Connector Trail across the gulf before ascending from the gulf on the Collins Gulf Trail past Horsepound and Suter Falls. The hike is about 9 ½ miles and is rated moderate to strenuous because of the distance, elevation changes, and rocky footing in some parts. Bring snacks, water, and lunch. Hiking boots are required. You may 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 9:00. For information and to register contact Hix Stubblefield at 931-526-2312 or hixstub1@citlink.net

Apr 29 North Chickamauga Pocket Wilderness, Soddy-Daisy, TN. This hike features fine views of Chickamauga Gulch, waterfalls, and old coal mining structures. The hike is about 7 miles and is rated moderate to strenuous. We will eat lunch at the cable crossing. There is an option of hiking an additional 1-2 miles by making the descent to Stevenson Branch, which is strenuous. Bring snacks, water, and lunch. You may meet us at 8:00am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 8:30. For information and to register contact Pete Broehl at 931-738-3551 or pabroehl@taccess.com

Update: Walls of Jericho

Last month an announcement was circulated to members through TTA's listserve announcing that the Tennessee side of the Walls of Jericho trails have not been completely constructed and are closed.

We are patiently waiting for information on the status of the new hiking trails on the Tennessee side, and TWRA tells us that the Alabama people have informed them that trail construction will begin around the second week in April to extend the trail from the state line to the "Walls". Just how long this will take remains to be seen.

We will continue to provide updates so that you will know when we can start hiking the upper part of the area on the Tennessee side, going on down across the state line. Trail blazing has already been started on our side and we should be ready to go by the time Alabama gets there.

Meanwhile, the trail remains open going in from the Alabama trailhead and you are welcome to use that part without restriction. Be patient gang, it shouldn't be much longer and we will be able to enjoy the entire segment.

Happy 35th Birthday ! Tennessee Natural Areas !

This year, 2006 marks the 35th anniversary of the passage of the Natural Areas Preservation Act of 1971. It was May 15, 1971, when Governor Winfield Dunn signed into law the act to protect areas in Tennessee that are scenic, scientific, geological, and/or have recreation values. This made Tennessee one of the first southern states to enact natural area preservation legislation. Since the passage of this act, the General Assembly has designated 66 SNAs. For a complete listing of Tennessee's SNAs visit: www.state.tn.us/environment/nh/nap.htm

Each year, an entire week is devoted to discovering Tennessee's Natural Areas. Beginning the first Monday in April and running through the following Sunday, the Tennessee Natural Areas Program division of TDEC engages the public by providing opportunities to explore natural areas through a series of events – to see all 16 pages (Adobe PDF pages) of activities listed on the Natural Areas website, (with activities divided into the three regions of TN: West, Middle and East), visit the site at: www.state.tn.us/environment/nh/natareas/naweek06.pdf

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sandbar@multipro.com
- TN Rails To Trails Advisory Council**
VACANT
- CHAPTER REPRESENTATIVES ON THE BOARD
ARE LISTED WITHIN EACH CHAPTER'S HEADER
- Newsletter Editor**
Leslie El-Sayad editor@tennesseetrails.org

Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
April 10	May 1
May 10	June 1
June 10	July 1

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

Please send all submissions to:

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 publicize your next trail volunteer day,
contact Harold Draper at 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.

Tennessee Trails Merchandise Order Form

- _____ TTA Patch6.00
Round embroidered patch, sew it on anything.
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A must for each car.
- _____ TTA 35th Anniversary Commemorative T-Shirt....16.00*
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City: _____ State: ____ Zip: _____

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

E-mail Address: _____

*Mail your check payable to: Tennessee Trails Association
c/o Marietta Poteet, 525 Huckleberry Place
Monteagle, TN 37356*

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

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

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

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

A NEW MEMBER

Apr 06

RENEWING MY MEMBERSHIP

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Garnett Rush 615-352-7217 rushga01@yahoo.com

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 (FULL-TIME) \$15.00
- ___ Supporting (\$50.00, \$100.00 or more)
- ___ Life Member (Individual) \$500.00
- ___ Life Member (Family) \$750.00

Name _____

Address _____

City _____ State _____

Home Phone (___) _____ Zip _____ -- _____

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e-mail _____

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

Please list me with the following chapter:

- ___ Big South Fork
- ___ Clarks ville
- ___ Columbia/Franklin
- ___ Cove Lake
- ___ Cumberland Gap
- ___ East TN (Oak Ridge/Knoxville)
- ___ Highland Rim (Manchester/Tullahoma)
- ___ Jackson
- ___ Memphis
- ___ Murfreesboro
- ___ Nashville
- ___ Northwest (UT at Martin/Weakley)
- ___ Plateau (Crossville)
- ___ Soddy Daisy
- ___ Upper Cumberland (Sparta/Cookeville)
- ___ 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.

Purchase Order

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

Leslie El-Sayad
Home: 865-717-6246
Les1202@aol.com

March 17, 2005

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Cover Date: **April 2006**

Number of pages submitted
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Leonard, please contact Jerry Hendrixson at 615-227-4595,
or 615-738-0582 to arrange:

- His picking newsletters up from you at Color Plus Printing or,
- Your delivering newsletters to his home or,
- Your delivering newsletters to June Parker's home in West Meade where the newsletter party will be taking place on Tuesday, March 21, 2006 at 7:00pm.