

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



GREETINGS FROM THE NEW PRESIDENT

Just a moment to reflect on 2007

We've had such a great year and much has been accomplished. Anne Wesley has done a superb job and her shoes will undoubtedly be very hard to fill. She was instrumental in averting what could have been a much more costly situation with our prize associate organization, the C.T.C. As many of you will recall, this did prompt the revisiting of our By Laws. Anne took this under her wing and along with Don Dresser; we now have new updated By Laws to guide us in the operation of this wonderful organization. I personally want to thank Anne for her tireless work and for setting a worthy example for me to follow. I'm Rosemary Marshall and I will serve as President of TTA for the next term.

Looking to a new year, 2008

We have some changes for this year. I want to introduce you to our new Vice-President, Louann Partington. She has served for several years as our Treasurer for which she did a wonderful job and I'm so happy she has agreed to be my vice. Don Dresser is our new Treasurer. He previously served as our West Tennessee Rep and was instrumental in rewriting our By Laws. He will be such an asset and I already have him programmed in my cell phone. Carolyn Miller, our Secretary is at the helm and working her magic. Last, but not least is Garrett Rush, our Membership Director. Garrett also does a remarkable job. We truly owe Carolyn and Garrett much appreciation for being our stable forces, so we all can lead TTA in the most productive path for the next term.

Happy New Year to all, Rosemary Marshall – President TTA

**HIKE FOR
HEALTH IN THE
NEW YEAR !!**

BOARD MEETING

FEBRUARY 2ND, 2008
EDGAR EVINS STATE PARK
1:00 P.M. CENTRAL TIME

ALL MEMBERS WELCOME TO ATTEND

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:

General Manager.....Tony Hook tony.hook@frontiernet.net
Trail Development Cord.....Amanda Leamon amanda.leamon@frontiernet.net
Trail Programs Cord.....Alex Schafer alex.schafer@frontiernet.net
Office Manger.....Marleya Pendleton marleyapendleton@frontiernet.net

Cumberland Trail Update

February 24th - March 29th 2008: BreakAway is an Alternative Spring Break program hosted by the Tennessee Trails Association (TTA) and Cumberland Trail Conference (CTC). College students from across the country pay their own way to come to Tennessee to work on the Cumberland Trail along with TTA/CTC volunteers. Students and volunteers stay in East Tennessee and participate in trail building/maintenance for a week. BreakAway also provides for educational opportunities about the environment, history, geology, flora and fauna along the Cumberland Trail. Housing will be provided at Galilee Bible in Caryville, TN Camp. Wagon Masters and experienced volunteers are encouraged to attend to provide leadership. **BreakAway participants must be affiliated with a BreakAway sanctioned school and have a site leader present.**

"Big Dig 2008" trail building program April 18-June 14, 2008 Details TBA

"American Hiking Society Week" May 4-10, 2008 Details TBA

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Bobby Hardeman
615-305-7955 puttr22@aol.com

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

Jan. 8 Monthly Meeting Grand Buffet Spring Hill Dinner starts at 6 with the meeting following at 7. We will make plans for hikes and activities for 2008.

Jan. 19 Stone Door Hike We will hike from the Stone Door Ranger Station to Stone Door, then hike the Big Creek Rim Trail to Alum Gap and have lunch at the camp area. We will return to the ranger station on the Plateau Trail. This is a moderate hike where we stay on the plateau, no great elevation change. Distance is about 8 miles. On our way home we will stop at Marvin Caine's favorite restaurant for dinner. Register with Bobby Hardeman at puttr22@aol.com or phone (615)305-7955. Plan to meet at A&D Market on Lewisburg Hwy. at 7:15 A.M.

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Charles Gibbs
423-628-5678 clgibbs@highland.net

SECRETARY / TREASURER: Benita Howell
423-628-5521/865-974-7797 bjhowell@highland.net

BOARD REPRESENTATIVES: Tim & Lynn Takacs
615-824-7048 lynnTakacs@comcast.net
or ttakacs@comcast.net

OUTINGS COORDINATOR Tom Howell
423-628-5521 tshowell1003@highland.net

TRAIL MAINT Bob Hemminger dagbob@juno.com

Tuesday hikes and Monday trail maintenance will resume in mid-January. Specific information will be distributed via our e-mail list. We'll generally gather to begin these outings at Harrow Road Cafe in Rugby at 9:30 EST.

CLARKSVILLE CHAPTER

CHAPTER OFFICER: J. R. Tate modelt@charter.net
931-920-2692

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

TREASURER: Sandy Janus
931-551-8523

CONTACT FOR HIKES: Suva Bastin
931-645-2849

MEETS MONTHLY: 3rd Tuesday, 7:00 pm CT, Crow Community Center
211 Richview Rd Clarksville, TN

Jan 1 New Year's Day Hike at Montgomery Bell St. Pk., 8 miles, moderate; Suva Bastin, 931-645-2849

Jan 5 No planned hike—Hiker's Choice
January 12 Warner Park, Nashville, 6 miles, moderate; Jack Bastin, 931-645-2849

Jan 19 Cedars of Lebanon St. Pk., 8 miles, easy to moderate; Bob Lyon, 931-648-2354

Jan 21 Martin Luther King Day hike—Canal Loop, LBL, 10 miles, moderate; S. Janus, 931-551-8523

Jan 26 Long Hunter St. Pk., 12 miles, moderate; Suva Bastin, 931-645-2849 (Hikers have the option of taking the shorter 4 mile Day Loop.)

Hiking books? Shop amazon.com Through TTA's Website

We have an arrangement with amazon.com where TTA receives a commission on all items (books, magazines, music, electronics) purchased when you enter their site through our webpage link. It's very easy! Go to the TTA website (www.tennesseehikes.org), navigate to the "To Buy!" page, then follow the link to the "virtual bookstore." Commissions are earned solely on sales made through the TTA website, therefore always enter amazon.com from the TTA website, and do not sign up for their one-click service.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall
865-548-6171 rosemary_l@hotmail.com
CO-CHAIR Allie Hubbs
494-9522 hike_announcement_etchapter@yahoo.com
ASSIST. CO-CHAIR Elise Eustace
865-712-1916 EliseEus@hotmail.com
TREASURER: Bob Uhren snowcap34@turner.net

Jan 1 We will join the Annual Multi-chapter New Year's Day hike and Feast at Bridgestone-Firestone Centennial Wilderness. This will be a moderate, 6-mile hike and we will carpool from the Knoxville area. Call Rosemary Marshall for more info. 865-548-6171 or rosemary_L@hotmail.com..

Jan 6 House Mountain. This is a difficult 4 1/2 mile climb and descent on Knox County's only mountain park. Meet 2 pm at the pavilion in the parking lot at the trailhead. Call Allie Hubbs at 494-9522 to preregister and learn meeting place for carpool from downtown. Rain the day before cancels due to muddy trails and poor footing.

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Tom Bentley
931-455-5849 htbentley@charter.net
VICE PRESIDENT: Joette Carter 931-968-0073
TREASURER: Doug Ratliff
TRIP COORDINATOR/NEWSLETTER CONTACT Marietta Poteet 931-924-7666 nannietta@blomand.net
MEETS MONTHLY: **Monday Jan 8** at 7:00p at the Crockett's restaurant in Tullahoma (normally we meet the 1st Tuesday but had to change for this month only)

Jan. 1 - New Year's Day hike with Murfreesboro Chapter
Jan. 7 - Monthly chapter meeting - Dinner at Crockett's at 6:00 pm and meeting at 7:00 pm. This will be a planning meeting to bring ideas to share and old year's experiences. Contact Tom Bentley

Jan 12 - Annual chilly Chili hike - Hike a 4 or 5 mile easy to moderate hike, then a chili and cornbread lunch at Jim and Marietta Poteet's home in Monteagle. Everyone is asked to bring a side dish. More details later. Call Marietta at 931-924-7666 or email at nannietta@blomand.net.

Jan. 19 - Eat Hike Eat - Hike across the campus to St. Andrews and return via the bike trail. Hike will be 4 - 5 miles. Meet at the Blue Chair in Sewanee at 9:00 am. Contact Tom Bentley 931-455-5849/

Jan. 19 - Joette Carter will lead a hike to Cave Cove Wolfe Cove and Farmer Cove - difficult with 7 - 8 miles of off trail hiking. Call Joette at 931-968-0073.

JACKSON CHAPTER

CHAPTER OFFICER: Candy Higgs
731-695-1960 chiggs_3@yahoo.com
Treasurer Sara Hakim 206-553-9334 hikim@lambuth.edu
Sec Don Dresser 731-668-4190 donald_dresser@usit.net
Hike Coordinator Glen Rognstad
731-217-5966- grognstad5966@charter.net
Meets Monthly 2nd Monday Perkins Restaurant 999 Vann Drive Jackson TN 38305

Jan 12 - Fort Pillow State Historical Park, Henning, TN, 8+ miles moderate. The trail is located on the Chickasaw Bluffs overlooking the mighty Mississippi River and goes up and down along the river bluffs with some stunning views. The hike passes an interesting Civil War fort/battle site were Nathan Bedford Forrests most infamous and controversial battle (some say massacre) took place. Bring along a lunch and a snack to eat. Stop at the museum before the hike for additional information. For more information contact James Higgs @ (731) 695-1960 chiggs_3@yahoo.com

Jan 26 - Mousetail Landing State Park, Parsons, TN, Eagle Point Trail, 8.2-mile loop, moderate. The hike walks through the forest and cedar glades along the Lick Creek embayment of Kentucky Lake. Parts of the trail have almost a mountain like feel. We will eat lunch at a bluff with expansive views of the Tennessee River and the national wildlife refuge across the lake. Alternate trail allows for a slightly shorter hike distance. For more information contact Candy Higgs @ (731) 695-1960 chiggs_3@yahoo.com .

Don't Miss an Outing Plan Ahead Register Early!

Our hike coordinators are volunteers. Make it easier for them to contact you if a hike needs to be cancelled by registering!

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

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
423-562-1110 Richard.Helm@ahss.org
CO-CHAIR: George Gill 423-562-7121
Jan 7 Monthly Meeting 6 p.m. Recreation Center, Lafollette. For more information Richard Helm at 423-562-1110
Jan 12 Yahoo Falls, 2 miles easy. Meet at Eagle Market, 9a.m. for information call Richard at 423- 562-1110
Jan 26 Cherokee National Forest, 3 miles, moderate. Meet at Food Lion 9a.m. For more information call Richard Helm 423-562-1110

MURFREESBORO CHAPTER

CHAPTER OFFICER: Millette Jones
615-397-9588 millette.jones@comcast.net

HIKES COORDINATOR Tony Jones
615-397-4463 awj68@comcast.net

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

Jan. 1 (Mon.) - Annual New Year's Day Multi-Chapter Hike and Feast, Bridgestone-Firestone Centennial Wilderness, 6 miles, moderate, DeRossett, TN. Basically easy, it is rated moderate due to rocky, uneven terrain, tree stubs, and two small stream crossings. We will hike Polly Branch Falls Trail to the Screw Bluff Overlook, 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 via the Chestnut Mtn. Trail. Sturdy hiking footwear that provides stability is strongly advised. Bring traditional New Year's Day foods to share, a large trash bag, your disposable eating utensils, and drinking water. We will hike an alternate trail if the water is high in the streams. Contact Anna and Fount Bertram at abertram@dtccom.net or 615-765-5357

Jan. 8- Monthly Meeting, 7pm, Wilderness Station at Barfield Park. Murfreesboro member Ben Vestal, owner of Mountain About, will share his experiences leading hikers through the Tennessee Mountains, as well as his ideas on ultra-light packing.

Jan 12 - Annual Chilly Chili hike, 4 or 5 miles, easy to moderate. Hike to be determined then a chili and cornbread lunch at Jim and Marietta Poteet's home in Monteagle. Everyone is asked to bring a side dish. Call Marietta at 931-924-7666 or email at nannietta@blomand.net

Jan 19- Rugby Snow and Ice Hike, 3.5 miles, moderate. For a number of years we have had a mid-winter hike to enjoy snow, ice and icicles. We will hike the trail down to the Gentlemen's Swimming Hole at the confluence of White Oak Creek and the Clear Fork River, through thick hemlock forest and spectacular views of the river bluffs and huge icicles if the weather cooperates. Lunch will be at Harrow Road Café in Rugby, offering traditional English dishes...Shepherd's Pie, Bangers and Mash, etc, as well as regular American fare. After lunch, we may go to Allardt to Colditz Cove SNA and enjoy Northrup Falls and more icicles if anyone wants to do the extra 1.5 miles. Wear sturdy footwear...rocks and roots...bring plenty of water and snacks if you need them. Meet at the Woodbury Hardees, 8am prompt departure. Fount Bertram: (615) 765-5357 or fwbertram@dtccom.net

MURFREESBORO (cont)

Jan. 26-27- Bear Waller Gap Backpacking Trip, 6.0 miles there and back, with an optional 5.2 miles to the overview of Cordell Hull Dam. Rated moderate due to elevation changes. This beautiful, winter hike begins with a climb from the trailhead and then follows along the bluff above the Tennessee River, thru the forest, and past old homesteads to a great backcountry campsite complete with an out-house. Packs can be left at the campsite as hikers continue on to the optional overlook. Those that want to can participate in the group meal preparations, and we will have breakfast at the Defeated Creek Marina, which is at the trailhead! This will be our third annual hike to this destination. Contact Tammy Day at tlday@comcast.net

Jan 26 – Stone Door, Big Creek Gulf, Big Creek Rim, 9 mi., moderate/strenuous, 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 our 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. We then begin the steep rocky ascent out of the gulf to Alum Gap campground and return via the Big Creek Rim trail. Contact Ron Dunn at 615-867-3301 or trekkingtn@comcast.net

Planning Ahead:

Feb. 12- Monthly Meeting- Join us for an exploration of our ancient past with Aaron Deter-Wolf from the Tennessee Department of Archaeology. He will bring artifacts and a power point presentation covering the middle Tennessee area, specifically some of the areas where we hike most often!

Carpool Etiquette

Gasoline prices have continued to roller coaster up and down. Please be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience of having to stop to locate change). Your driver is not a chauffeur. Assist him or her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing. All passengers must wear seat belts to minimize the risk of injury in case of an accident !!! *The drive to and from a trailhead is generally the most dangerous part of any hiking trip.*

NORTHWEST CHAPTER (UT at Martin/Weakley County)

CHAPTER OFFICER: Jim Clark 731-587-2225
jclark@utm.edu

Jan. 21 The annual North-South Trail segment at LBL on Martin Luther King Day,. This year we will be hiking from where the NS Trail crosses the Trace near Cedar Pond to Wild Rose Branch.

MEMPHIS CHAPTER

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

Jan 1, Meeman-Shelby Forest – New Year's Day Hike Meet at the Visitor Center at 10:00 a.m. and bring water and snacks. We will hike the Poplar Lake Trail which begins with a car shuttle to the south end of the trail for a 5-6 mile easy to moderate hike through the forest connecting with the Woodland Trail and back to the visitor center. For information call Freddi Felt 901-685-9915. www.state.tn.us/environment/parks/MeemanShelby

Jan 5, Herb Parsons Lake, Fisherville, TN Join us for an easy 6-mile walk around the lake. Hike begins at 9:45 a.m. at the lake. Bring snacks and water. Carpool meets at 9:00 a.m. at the soccer field on Walnut Grove Road (located on the south side of Walnut Grove, west of the traffic light at Farm Road). New Hikers Welcome! For more information call Freddi Felt at 901-685-9915.

Jan 17, Monthly Meeting 7:00 p.m. at the Cordova Public Library

Jan 19, Nesbit Park – Bartlett Nesbit Park is a jewel hidden in plain sight. You will think that you are in Shelby Forest except you are in Bartlett. Stanky Creek (the reason for the name of the creek is not obvious) bisects the park and has shaped much of the terrain. The three marked trails are the Blue trail (1.5 miles,) the Yellow Trail (2.3 miles,) and the White Trail (5.1 miles.) The Red blazed trails are trails in and out of the park. There is some minor up-and-down but the trails are mostly flat. We will choose our route based on the preference of the group that shows up. Nesbit Park is located on the north side of Yale between Bartlett Boulevard and New Brownsville Road. We will meet at 9:00 a.m. We should be through by 11:00 a.m. The best way to register is to e-mail charliebright@yahoo.com.

MEMPHIS (cont)

Jan 27, Germantown Greenbelt / Riverwood Natural Area Margaret will lead an easy 3-4 mile walk through the Riverwood Natural Area. Meet at 1:30 p.m. at the Riverwood Natural Area parking lot. For information call Margaret Dixon at 662-893-1794 or 901-608-7680cell. Driving directions: Turn east on Wolf River Blvd. off Germantown Pkwy. Once past the Stern Cardiovascular Clinic travel a short distance (approx1/5 mi) and look for the entrance and small parking lot on the left across from Kimbrough Grove.

Feb 2, Shiloh Natl Military Park, Counce, TN – Compass Hike Join the fun for a compass hike (compass required for each individual). Meet at Ed Shaw's Cafe at 9:30 a.m. Bring water and snacks/lunch and be prepared for bushwhacking. This is a rugged cross-country hike with thick undergrowth. You may choose to hike with a buddy or in a group but not alone. Wear long pants and boots or good leather shoes. After the hike our group will meet for a fabulous catfish dinner. Level terrain through the forest and approx. distance 9miles. Carpoolers meet at 7:45 a.m. at Target 9235Hwy 72 (on Poplar in the Village Shops of Forest Hill Irene). Target is east of intersection US Hwy 72 and Forest Hill Irene Road. Call Woody Pierce901-755-5635 to register.

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: Rita Senkc
865-354-6101 *rsenko@usit.net*
SECRETARY/TREASURER: Mitze Anderson
931-788-6731 *mitze1@yahoo.com*

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

Jan 10. Monthly meeting. Art Circle Public Library Community Room. 6:30 PM CST. We will plan hikes for the spring and elect chapter officers. For more information, contact Rita Senko at (865) 354-6101 or rsenko@usit.net

Jan 12. Pickett Palooza, Pickett State Park, Jamestown. This is a half dozen of Pickett's short trails mostly combined to form a continuous route adding up to about 6 miles. We'll see a couple large natural rock bridges, several rock houses and take a walk around the lake. Meet at Cracker Barrel at 9 AM CST. For more information and to register, contact Carolyn Miller at 931/456-4465 or cardan@frontiernet.net.

NASHVILLE CHAPTER

CHAPTER OFFICER: Nora Beck
615-517-6486 *nora_beck@comcast.net*

OUTINGS COORDINATOR: Libby Francis *Libbyslibbys@Comcast.net*
(*email Libby & volunteer to lead an outing*)

MEETS MONTHLY:

HIKING HOTLINE: DISABLED TEMPORARILY

Jan. 22 Monthly Program Meeting: at 7 p.m. at the Region 2 headquarters of the Tennessee Wildlife Resources Agency, on the Ellington Agricultural Center campus on Edmonson Pike. Members will receive program information by e-mail. Our fourth - Tuesday meeting and program are followed by refreshments and time to get acquainted- make an evening of it!

Jan. 5 Trail building at Beaman Park, Nashville, TN. We are still working on the connection between the bridge that we built last summer and the new Nature Center, which is currently under construction. Bring work gloves and a friend. We will provide tools, training, snacks and water. 9-12 AM, CT. For more info call Nancy at 615-202-5891.

Jan. 5 Twin Arches to Middle Creek / Big South Fork 11.5 miles. Rolling hills, but difficult because of distance. This is an all day hike. You will see beautiful natural Arches, boulder-scrambling, waterfalls, large Indian rock houses. It is very scenic and worth the extra effort, so bring your camera! Sturdy hiking boots are required; bring water, snacks and lunch. This is a car drop; we might stop for dinner on the way back. Remember money for car-pooling. I will have a surprise at the end of the hike. Toni Reeves 615 509 7278. tonir@bellsouth.net

Jan. 12 Dog Leg/ Fiery Gizzard Loop, Grundy Forest, Monteagle, TN This 6.6-mile hike is rated difficult for rocky terrain and elevation changes, but is worth the effort for exceptional views and amazing rock formations. The hike starts at Grundy picnic shelter outside of Beersheba Springs, TN and proceeds 2.8 miles along a ledge on the easy Dog Leg trail to Raven Point. The return will be rock hopping beside Big Fiery Gizzard Creek for 2.5 miles, then 1.3 miles more past Sycamore Falls. (The return trip will be back via the Dog Leg trail in the event of inclement weather.) Wear sturdy boots; bring water, lunch and money for carpooling. For more information and to register contact Garnett Rush at 352-7217 or e-mail rushga01@yahoo.com

Jan 13 Mullens Cove Loop Trail, Prentice Cooper State Forest. N. Chattanooga, TN. Mullens Cove Loop Trail offers views of the Tennessee River Gorge, rock bluffs and cascading streams. The trail is rocky in places and passes over several streams and hills. Even though there are no great changes to the elevation, this hike is rated moderate for the hills, mileage (10.2 miles), uneven and rocky terrain, and one fairly large boulder field. Sturdy hiking shoes are required! Bring snacks, lunch and plenty of water for this all-day outing. For additional information, carpool meeting time and location, and to register, call Diane Manas at 615-352-7777.

Jan. 19 Collins Gulf: South Cumberland, Gruetli-Laeger, TN. Strenuous hike: 12+ miles, rocky terrain, elevation changes, etc. Trail is subject to closure due to high water. Bring sturdy boots, lunch, sufficient water, and weather-appropriate clothing. Bad weather will cancel. Contact Karl DuPre for carpool info, meeting times and place. Karld@comcast.net

NASHVILLE (cont)

Jan 26 Burgess Falls State Natural Area Sparta, TN. Ranger Summers will meet us at the Falls parking lot at 10am. for a guided 1 1/2 hour moderate hike. Sturdy footwear required. We may see ice on several falls. We will stop at Cookeville for lunch at the divine Soup Kitchen. Bring cash for lunch, call me for car-pooling. (Will cancel in case of snow) Jenice 615-356-6246.

Jan 27 Warner Woods and Mossy Ridge Trails, Warner Parks. West Nashville, TN. Warner Woods and Mossy Ridge Trails combined makes this hike 7.5 miles long, which will be rated as moderate due to the uneven terrain and several ascents/descents we will encounter along the way. Bring water and snacks, and wear sturdy hiking shoes/boots. We will meet at the flagpole at the end of Belle Meade Boulevard (BM Blvd. intersects with West End Ave). For additional information, meeting time and to register, call Diane Manas at 615-352-7777.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Pam Miller 931-526-9259
pdmiller@citlink.net

Jan 5 Black Mountain Segment of the Cumberland Trail, Crab Orchard, TN. Black Mountain is noted for its interesting rock formations and wonderful overlooks. We will begin from the Cox Valley trailhead and ascend to the summit of Black Mountain before returning to our starting point. You can meet us at 8:00am CT in the Penney's parking lot in Cookeville. This hike is about 8 miles and is rated moderate to strenuous. Bring snacks, lunch, and sturdy hiking boots. For information and to register contact Louise Miniard at 931-528-9115 or lmminiard@flowserve.com.

Jan 12 Honey Creek Trail, Big South Fork NRR, Jamestown, TN. This trail features waterfalls, rock houses, and gorge overlooks. The trail is 5 1/2 miles long, and is rated difficult because of rock scrambles, stream crossings, and steep slopes. Bring snacks, water, lunch, and wear sturdy hiking boots. You can meet us at 8:00am CT in the Penney's parking lot in Cookeville. For information and to register contact Eugene Cummings at 931-528-6139 or eugenestlions@yahoo.com or Steve Watson at stevewatson2004@yahoo.com

Jan 19 Natural Bridge, Hazard Cave, Lake View, Lake, Ladder, and Island Trails, Pickett State Park, Jamestown, TN. We will hike a collection of short but scenic trails in Pickett State Park. Highlights include two natural bridges and Hazzard Cave. The total distance is about 6 miles and is rated easy. You can meet us at 9:00am CT in the Penney's parking lot in Cookeville. Bring water snacks, and lunch. For information and to register contact Kathleen Sullivan at 931-520-6294 or gkhs@multipro.com

Jan 26 Trail in Southern Cherokee Forest, Ocoee, TN. This will be a moderate hike of 8 to 10 miles in the Hiwassee/Ocoee area of the Southern Cherokee National Forest with the exact trail to be determined. Possibilities are the John Muir Trail near the Hiwassee power plant or several trails near the Ocoee Whitewater Center or Chilhowee Ranger Station. Bring water, lunch, and snacks, dress for the weather conditions, and wear sturdy hiking boots. You can meet us at 7:00am CT in the Penney's parking lot in Cookeville. For information and to register contact Lillian Ey at eyintn@hotmail.com or 615-478-7461.

OFFICERS:

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rosemary_Lahotmail.com

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VACANT

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garrett.ray@comcast.net

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> |
|---------------------|-----------------------------|
| Jan 10 | Feb 1 |
| Feb 1st | Mar 1 |
| Mar 10 | Apr 1 |

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

Please send all submissions to:
editor@tennesseetrails.org

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.*

Tennessee Trails Merchandise Order Form

_____ TTA Patch.....5.00
Round embroidered patch, sew it on anything.
 _____ TTA Window Decal2.00
A must for each car. Removable, no adhesives.
 _____ TTA License Plate..... 12.00
Perfect for the front bumper of your car.
 ----- TTA T-Shirt S-M-L-XLG Blue or Yellow 12.00
 _____ TTA 35th Anniversary Commemorative Patch.....5.00
Round embroidered patch commemorating TTA's 35th Anniversary, sew it on anything.
 _____ TTA Flashlight Carabineer Key Ring, blue.....3.00

Name: _____

Address: _____

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
 nannietta@blomand.net

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** Jan 08
 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.

| | |
|---|--|
| <input type="checkbox"/> Individual \$25.00 <input type="checkbox"/> Family \$35.00 <input type="checkbox"/> Student (FULL-TIME) \$15.00 <input type="checkbox"/> Supporting (\$50.00, \$100.00 or more) <input type="checkbox"/> Life Member (Individual) \$500.00 <input type="checkbox"/> Life Member (Family) \$750.00 | Name _____ Address _____ City _____ State _____ Home Phone (____) _____ Zip _____ -- _____ Work Phone (____) _____ e-mail _____ |
|---|--|

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

Please list me with the following chapter:

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Big South Fork | <input type="checkbox"/> Cumberland Gap | <input type="checkbox"/> Memphis | <input type="checkbox"/> Plateau (Crossville) |
| <input type="checkbox"/> Clarksville | <input type="checkbox"/> East TN (Oak Ridge/Knoxville) | <input type="checkbox"/> Murfreesboro | <input type="checkbox"/> Soddy Daisy |
| <input type="checkbox"/> Columbia/Franklin | <input type="checkbox"/> Highland Rim (Manchester/Tullahoma) | <input type="checkbox"/> Nashville | <input type="checkbox"/> Upper Cumberland |
| <input type="checkbox"/> Cove Lake | <input type="checkbox"/> Jackson | <input type="checkbox"/> Northwest (UT at Martin/Weakley) | (Sparta/Cookeville) |
| | | | <input type="checkbox"/> 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

Color Plus Printing
4825 Trousdale Dr, #102
Nashville, TN 37220

December 17, 2007

Leonard Chavaz
615-781-1071
cell ph: 615-207-0947
colplprt@bellsouth.net

Newsletter Printing

Cover Date: January 2008

Number of pages submitted
with this purchase order: 10 pages

Printed Paper size: Two - 11 x 17 sheets
One - 8 ½ x 11

printed on 2 sides
11 x 17 pages to be folded in ½ by Color Plus

Paper Weight: 20 pound paper weight

Paper Color: white

Ink Color: black

Print Quantity: 800 pieces

Approximate Cost:

Send **TAX EXEMPT** Invoice to:

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

Leonard, please contact TTA Newsletter Party Coordinator Contact Diane
Manas, Newsletter party on **December 20** at 6pm

- Their picking newsletters up from you at Color Plus Printing or,
- Your delivering newsletters to Their home or,
- Your delivering the newsletters to the location of the Newsletter Party