

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



TTA's Message "Come Hike With Us" To Reach Television Viewers

During a Board Meeting in early 2007, Diane Manas (Nashville) mentioned an idea to Debbi Hicks (Memphis). The concept was to produce a Public Service Announcement (PSA) for TTA. As luck would have it Debbi just happens to work for a television production company, Media Source (www.memphismediasource.com). The purpose of the PSA is to garner more interest in TTA across the state.

Through Debbi's leadership, Media Source was able to write, shoot, edit and finalize the 30-second spot earlier this year. During last month's Board of Directors' meeting, Debbi unveiled the 30-second spot which was overwhelmingly well received by all with joyous hoots, yippees and applause! Then, a "Beta SP" version of the commercial was distributed to each chapter officer along with precise instructions for taking the tape to TV stations in their market – as well as a list of the stations within their area.

An emailable, compressed .wmv file was recently emailed to each officer present at the Board meeting - this is a small, movie-type file which can be forwarded to members of each chapter and should be viewable on most computers. Please contact your local chapter officer or board rep if you have not seen the PSA and wish to have a copy emailed.

The value of the videography, post-production, script, and voiceover talent donated to TTA was about \$1,500. Those involved in the production include Joe Incardona, President of Media Source; Randy Paige, Videographer; Kyle Henry, Video Editor, and Debbi Hicks, Producer and Voiceover talent.

TTA extends a **H-U-G-E** thank you to Media Source for their efforts in getting this completed, and for providing TTA with a much needed and powerful marketing tool that will help us in getting our message out to viewers to "Come Hike With Us."

In addition, thank you to those members of the Memphis Chapter who braved a miserable, cold and windy morning at Herb Parsons Lake to serve as the actors during the filming of this 30-second spot early on Saturday January 5 with only their stardom for remuneration.

Evan Means Small Grants Awarded

In February 2008, TTA's Board of Directors' awarded Evan Means Small Grants to four volunteer groups across Tennessee for their trail-related projects. Volunteer-based, non-profit organizations, working alone or through public agencies, were eligible to apply for Evan Means Small Grants. These awards 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.*

Congratulations to the following recipients:

Beaman Park (Nashville, TN) was awarded \$300 to buy materials necessary for completing the construction of a foot bridge. The foot bridge is the final piece that will connect a one-half mile segment of trail from the brand new Nature Center to the existing trail system.

Cumberland Trail Conference (Crossville, TN) was awarded \$600 to help defray the expense of housing and feeding the volunteers during the Spring Trail Building and Maintenance Programs taking place on the Cumberland Trail in the Sundquist WMA, Black and Brady Mountain and Rock, Possum and Soddy areas.

Student Group from Ohio State University (Columbus, OH) was awarded \$300 to use towards their travel and food expenses that they will incur during a one-week trail service project on a segment of the Cumberland Trail - located within the park boundary of the Cumberland Gap National Historical Park. Work is not limited to but will include installation of water bars and structures to facilitate drainage, re-grading trail tread, and clearing and removal of vegetation. Cumberland Gap NHP is located at the boundary where Tennessee, Kentucky and Virginia meet.

WATeR (Loudon, TN.) was awarded \$637 for the purchase of materials and supplies needed for the construction of two benches, trail markers and three timber fence stiles on the East Lakeshore Trail located along the eastern shoreline of the Tellico Lake Reservoir. The trail's construction began 5 years ago and has grown to 11 miles.

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 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.

Grant requests for 2009 are currently being accepted and must be submitted by December 31, 2007. All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application. 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 to obtain an application, please write to: TTA Grants Administrator P. O. Box 41446 Nashville, TN 37204.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

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

Cumberland Trail Spring Programs 2008

Mach 27-April 3: NCCC Week- Join a dedicated group of young people in construction of the Cumberland Trail from Frozen Head State Park to the Sundquist WMA. This will be a *Back Country Outing* in Frozen Head State Park; therefore volunteers are responsible for their own camping gear and the CTC will provide food and water. Work day will be 8-4:30 every day.

April 7-11: Grassy Cove Week- a NCCC team and volunteers will perform maintenance on Black/Brady Mountains. Food and lodging will be provided by the CTC @ Devil's Step Hollow in the Sequatchie Valley. Work day will be 8-4:30 every day.

May 1-June 14: Big Dig 2008 in the Smoky Mountain Segment, food and lodging will be provided by the CTC @ Stony Fork School. Work day will be 8-4:30 every day.

May 1-12: Phase 1 of bridge building in Rock/Possum/Soddy, food and lodging provided @ the Lutheran Camp near Soddy Daisy, Tennessee. Work day will be 8-4:30 every day.

May 4-10: AHS Week- The Cumberland Trail Conference will host an American Hiking Society Volunteer Vacation which will focus once again on the Smoky Mountain Segment. This is not limited to only AHS members but anyone who wants to work with this high spirited and hard working group of people. Food and lodging will be provided by the CTC @ Stony Fork School. Work day will be 8-4:30 every day.

May 16-18: Come out for the **Scout Weekend**, where you'll get the chance to work with girls and boy from all over Tennessee. Boys and Girl Scouts will be staying @ Nick's Creek Campground. For this event, food, water, and camping gear will be provided by the scout groups. There is a \$3.00 registration fee to cover the cost of the patch.

May 19-June 14: Phase 2 of bridge building in Rock/Possum/Soddy, food and lodging will be provided @ Lutheran Camp near Soddy Daisy, Tennessee. Work day will be 8-4:30 every day.

In order to make food and lodging plans, we ask that interested trail volunteers register for these events. Registration can be completed on-line at www.cumberlandtrail.org or call the CTC office at 931-456-6259, fax 931-456-4934.

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER:

423-628-6475

Jim Meadows

jhnmhm@highland.net

SECRETARY / TREASURER:

423-628-5521

Benita Howell

bjhowell@highland.net

BOARD REPRESENTATIVES:

615-824-7048

Tim & Lynn Takacs

lynnTakacs@comcast.net

or ttakacs@comcast.net

OUTINGS COORDINATOR

423-628-5521

Tom Howell

tshowell1003@highland.net

(Call Tom & volunteer to lead an outing.)

TRAIL MAINTENANCE COORDINATOR

Bob Hemminger

dagbob@juno.com

Mar 29 Spicewood Branch - Old Mac Trail, Frozen Head State Park, Wartburg. Tom and Benita Howell will lead this approximately 7 mile hike, rated moderate to strenuous because of the 1500 foot climb. We'll traverse some prime areas for viewing spring wildflowers, follow the Chimney Top trail northward to its intersection with the Frozen Head tower trail and return to the trail head via the South Old Mac Trail. Dress appropriately for changeable weather, wear sturdy boots, and bring lunch, snacks, and plenty of water. Carpool will leave Harrow Road Cafe in Rugby at 9:00 EDT, or plan to meet at the Frozen Head Visitor Center parking lot at 10:00 EDT. Please register with Tom Howell at tshowell1003@highland.net, or phone 423-628-5521.

THE "10* ESSENTIALS"

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

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



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.

CLARKSVILLE CHAPTER

CHAPTER OFFICER:

J.R. Tate

931-920-2692

modelt@charter.net

OUTINGS COORDINATOR:

Suva Bastin

931-645-2849

(call Suva & volunteer to lead an outing)

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

Mar 1 LBL Bear Creek Loop; 7 miles; easy to moderate; Bob Lyon, 931-648-2354.

Mar 8 Mousetail Landing; 8 miles; moderate; Renae Gills, 931-648-1448.

Mar 15 Walls of Jericho; 8-10 miles; moderate to difficult – Merri Hinton spunky@cebridge.net 270-725-0220.

Mar 22 Good Friday / Easter Weekend – No Hike.

Mar 29 Dunbar Cave; 2-3 miles; Easy; Pam Gadsey, 931-552-2325.

COLUMBIA/FRANKLIN CHAPTER

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

MEETS MONTHLY: 1st Tuesday at Grand Buffet
(Hwy 31, north side of Spring Hill).
Socializing and dinner at 6:00pm CT;
meeting starts at 7:00pm.

Mar 4 Regular monthly meeting. Come for dinner at 6pm CT and/or meeting to follow at 7pm. Pam Richards, from Loretto, will share pictures and information about Tennessee wildflowers. As a former biology teacher she has always had a special interest in this field. She will draw on her experience and expertise to present an interesting program.

Mar 8 Canal Loop, LBL, 10 miles, moderate hike. Meet at A&D Market, Hwy 431 at 7 a.m. Register with Marvin Caine at 931-486-1632 or MLCaine@aol.com.

Mar 29 Hike Walls of Jericho. Meet at A&D Market at 7a.m. For details and to register contact Craig Perkins at 931-964-0088 or fortyseven_retired@yahoo.com.

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
423-562-1110 Richard.Helm@ahss.org

CO-CHAIR: George Gill 423-562-7121

MEETS MONTHLY: LaFollette Recreation Center's Craft Room, 201 S. 9th St at 6:00pm ET. Call Richard Helm for meeting date.

Mar 3 Monthly Meeting. 6pm ET at the Recreation Center, Rm 201 in LaFollette. For info, call Richard Helm at 423-562-1110.

Mar 9 Old Grist Mill. Norris, TN. 2½-miles rated easy. Meet at Eagle Mkt at 1:30pm ET. For info, call Richard Helm at 423-562-1110.

Mar 29 Big South Fork. 2½-miles rated moderate. Meet at Eagle Mkt at 9am ET. For info, call Richard Helm at 423-562-1110.

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.tennesseehikes.org/release.php

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall
865-548-6171 Rosemary_L@hotmail.com

CHAPTER CO-OFFICER: Allie Sasser Hubbs
865-494-9522 hike_announcement_etchapter@yahoo.com

ASSISTANT CO-OFFICER: Elise Eustace
865-712-1916 eliseus@hotmail.com

TREASURER: Bob Uhren
snowcap34@hotmail.com

Mar 1 Great Smoky Mountains. A day of Gaps. The hike will begin at FightingCreek Gap on Little River Road (across from Laurel Falls Trail parking). We'll go 3.1 miles on the Sugarland Mountain Trail to Huskey Gap, go west on Huskey Gap to Little River Trail and then take Cucumber Gap trail to Elkmont. A short shuttle will be required. Distance is 8 miles rated easy but it depends on weather. Climb 1500'. Contact Lynn atKszos@charter.net.

Mar 15 Schoolhouse Gap Trail. It starts at Laurel Creek Road for 1.1 miles, turns onto Turkeypen Ridge Trail for 3.4 miles, turns onto Finley Cane Trail for 2.8 miles, turns onto Bote Mountain Trail for about 1/2 mile and then gets back onto Schoolhouse Gap for 1.2 miles back to where we started on Laurel Creek Road. Total is about 9 miles. This is a moderate hike at lower elevation over rolling terrain. We will carpool from the Food City on Hall Road in Alcoa at 10:00am. Please call Mark for further details and to reserve space on the hike at 865-405-9879.

TTA's Calendar*

The following dates in 2007 refer to statewide activities that TTA as a whole participates in. Please refer to this calendar often so that you . . .

- will know when your volunteering interests are especially needed (such as during BreakAway, National Trail Days, etc.)
- will consider organizing/leading volunteers from your chapter/region for an event listed
- can be sure to prevent scheduling conflicts with an activity you wish to plan

Mar 1-8	CTC's Spring BreakAway, Wk 2 in Royal Blue-Sundquist WMA (Caryville)
Mar 9-15	CTC's Spring BreakAway, Wk 3 in Royal Blue-Sundquist WMA (Caryville)
Mar 16-22	CTC's Spring BreakAway, Wk 4 in Royal Blue-Sundquist WMA (Caryville)
Mar 23-29	CTC's Spring BreakAway, Wk 5 in Royal Blue-Sundquist WMA (Caryville)
Apr 7-13	TDEC's Natural Areas Week (Statewide)
Apr 18-30	CTC's Big Dig Trail Building Event on the Cumberland Trail
Apr 19	Earth Day Events (Observed Apr 22)
May 1-31	CTC's Big Dig Trail Building Event on the Cumberland Trail
May 3	Board of Directors' Quarterly Meeting (Location TBA)
May 4-10	American Hiking Society's Volunteer Vacation Trail Building Event on the Cumberland Trail
May 16-18	Boy & Girl Scout Troops Trail Building Event on the Cumberland Trail
Jun 1-14	CTC's Big Dig Trail Building Event on the Cumberland Trail
Jun 7	National Trails Day
Aug 2	Board of Directors' Quarterly Meeting (Location TBA)
Sep 14-20	B.R.A.T. (Proceeds Benefit the Cumberland Trail)
Sep 27	National Public Lands Day (Location TBA)
Oct 24-26	Annual Meeting (Liberty, TN) hosted by Nashville Chapter

*Calendar will be revised as needed.

HIGHLAND RIM CHAPTER (Tulahoma Area)

CHAPTER OFFICER: H.T. (Tom) Bentley
931-455-5849 *htbentley@charter.net*
VICE PRESIDENT: Joette Carter 931-968-0073
OUTINGS COORDINATOR / NEWSLETTER CONTACT:
Marietta Poteet 931-924-7666
nannietta@blomand.net

(contact Marietta & volunteer to lead an outing)

MEETS MONTHLY: 1st Tuesday at Crockett's restaurant in Tulahoma.
Socializing & dinner at 6:00pm CT; meeting starts at 7:00pm

Mar 4 Monthly meeting. Crocketts at 6:00 pm for dinner and 7:00 pm for the meeting. The meeting will be a Tennessee State Parks update. Contact Tom Bentley 931-455-5849 for more information.

Mar 8 Marietta and Jim Poteet will lead a trip to Mullens Cove Loop Trail, Prentice Cooper State Forest north of Chattanooga, TN. Mullens Cove Loop Trail offers views of the Tennessee River Forge, rock bluffs, and cascading streams. The trail is rocky in places and passes over several streams and hills. The hike is rated moderate for the hills, mileage of 10.2 miles, uneven and rocky terrain, and one large boulder field. Call Marietta at 931-924-7666 or *nannietta@blomand.net*.

Mar 18 Eat Hike Eat - #3 Cheston Lake via Audubon Lake, Harpers Loop, Elliot Point via Otey Point, and Audubon Lake, and Fire break return. Easy. Meet at the Blue Chair in Sewanee at 9:00 am. Call Tom Bentley at 931-455-5849 or email at *htbentley@charter.net*.

Mar 22 Reuben Creek near Sherwood, TN. 6 60 8 miles, moderate beautiful area. There are several creek crossings with some off trail hiking. Meet at the Baptist Church in Cowan. Contact Joette Carter at 931-968-0073.

Mar 29 Jim and Marietta Poteet will lead a hike to Blue Bell. This hike is very easy and very short, but very lovely with hundreds of Bluebells in bloom (hopefully). There is one point where we have to cross the creek to get to the island which can be tricky. Call Marietta at 931-924-7666 or email at *nannietta@blomand.net*.

JACKSON CHAPTER

CHAPTER OFFICER: Candy Higgs
731-695-1960 *chiggs_3@yahoo.com*
TREASURER: Sara Hakim
206-553-9334 *hakim@lambuth.edu*
SECRETARY Don Dresser
731-668-4190 *Donald_Dresser@usit.net*
OUTINGS COORDINATOR: Glen Rognstad
731-217-5966 *grognstad5966@charter.net*

(Call Glen & volunteer to lead an outing)

MEETS MONTHLY: 2nd Monday at Perkins Restaurant, 999 Vann Drive in Jackson. Socializing & dinner starts at 6:00pm CT; meeting starts at 7:00pm

Mar 15 Natchez Trace State Park, Lexington, TN, 8+ miles or more, moderate due to length. Will hike on the recently reopened (by Tennessee Youth Conservation Corp) 40-mile Red Leaves backpacking trail. Will do a section of trail - exact length, start and stop to be determined. For more information contact Gary Cooper at 731-424-5375.

Mar 29 Wild Flower Hike - Cumberland Trail Piney River Segment, Spring City, TN, 9+ mile one-way top to bottom. Best know for its wildflowers - popular area for botanists and wildflower enthusiasts. Descend along Duskin Creek and Piney River over multiply bridges with small waterfalls and cascades. Stop to view the wildflowers - the closer you look, the more beauty you will find. For more information contact Glen Rognstad at 731-217-5966 *grognstad5966@charter.net*

MEMPHIS CHAPTER

CHAPTER OFFICER: Sandra Amsden
901-830-8311 *amsden61@yahoo.com*
MEETS MONTHLY: (Sep - May) 3rd Thursday at 7:00pm CT at
Cordova Library, 8457 Trinity Rd.

Mar 1 Delta Heritage Trail - Barton, AR. **REGISTRATION REQUIRED!** Brand new trail, and first time for TTA to hike! This rails-to-trails conversion in SE AR is being developed in phases along the 73-mile former Union Pacific Railroad right-of-way that stretches from one mile south of Lexa (six miles west of Helena) to Cypress Bend. We will hike a 7-mile section of trail from Barton to Oneida. Meet at the park visitor center located on Ark. 49 in Barton at 9:45 a.m. To register call Deena Spuryer at 901-685-7706. Directions to Barton: Take Hwy 61 South toward Clarksdale, MS. About 15 miles past Tunica, look for Lula, and take Hwy 49 West, to Helena and cross the Mississippi River. Barton is about 7 miles out of Helena, look for signs to Delta Heritage State Park Visitor Center on left. A Park Ranger will assist with shuttling cars, so registration is required.

Mar 8 Big Hill Pond State Park, Pocahtontas, TN (approx 1 ½ hour from Memphis). Meet at the boat dock at 9:45 a.m. We will start the hike promptly at 10:00. The hike will start at the boat dock crossing a bridge to pick up the trail. We will cross the boardwalk over the swamp area (I saw a herd of about 20 white tail deer when I was out there last time). Turning left off the boardwalk, we will walk up to the tower. It is about 75 feet tall and has a great view of the area. From there we will walk down a horse trail, following the signs back to the dam. This is a nice spot to sit and have a snack, preparing for the short, but very steep, climb up off the levee (it really isn't that bad). At that point we will be back to the trailhead and returning to the boat dock. Hike is approximately 6 miles total. Overall, the hike is fairly easy. Bring water & lunch. If you have questions, please contact Sandra Amsden at 901-830-8311 or e-mail at *amsdens61@yahoo.com*.

Mar 15-16, Sat-Sun Petit Jean Mountain State Park, Morrilton, AR. **REGISTRATION REQUIRED!** By popular demand, Deena will lead the Petit Jean hike. Saturday 4-8 mile hike rated easy to moderate. Meet Deena at Mather Lodge on top of the mountain, at 8:30 a.m. Sunday meet at the lodge at 8:30 a.m. for a short hike before returning to Memphis. For those wanting another option, there are a lot of other neat things to do on the mountain. Be sure to visit Petit Jean's gravesite and boardwalk, (which offer a breathtaking view of the Arkansas River), the Automobile Museum, and Bear Cave area. You can walk to these sites from within a few feet of the parking lot. Pick up brochures at the visitor center, or the lodge. To register call Deena at 901-685-7706. Reservations for park lodge, cabin, or camping call 800-264-2462. If you stay at a hotel in Morrilton, plan on a 15-20 minute drive to get to the lodge atop Petit Jean. Directions to park: take Hwy 9 (Exit 108) off I-40 at Morrilton south 9 miles to Oppelo. Then head west 12 miles on Hwy 154 to the park; OR, take Hwy 7 off I-40 (south). Driving time is estimated at 3 hours from Memphis. www.petitjeanstatepark.com

Mar 20 Monthly Meeting 7:00 p.m. Cordova Public Library, 8457 Trinity Road.

MEMPHIS cont. on page 5

(cont.) MEMPHIS

Mar 29 Meeman-Shelby Forest - Chickasaw Bluff Trail Meet Woody Pierce at the Visitor Center at 9:00 a.m. and bring water and snacks/lunch. Hike begins with a car shuttle to the north end of the trail for 7 to 8-mile easy to moderate hike through the forest and connect up to the Woodland Trail then hike back to the Visitor Center. New hikers welcome! For information Linda Coffield, 901-372-9028.

Mar 30 Lucius Burch Natural Area Lucius Burch Natural Area - Yellow Trail Meet at 1:30 p.m. in the Lucius Burch Natural Area off Germantown Road. Turn off at the traffic light on Germantown Road between Agri Center & Lowe's. Weather permitting we will do a 3-4 mile hike. For information call Freddi Felt 901-685-9915.

MURFREESBORO CHAPTER

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

OUTINGS COORDINATOR / CO-OFFICER: Tony Jones
615-397-4463 *awj68@comcast.net*

(Call Tony & volunteer to lead an outing)

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

Mar 1 Rainbow Mountain, Madison, Alabama, 3 miles, moderate. Rainbow Mountain (1,136 feet), a Huntsville Land Trust property, is one of several mountains in the Huntsville area. Bob Goodwin and Sandra Parker will lead this hike which will include views of the Tennessee Valley and interesting rock formations. The trail is in good to fair condition, and very rocky and uneven in some places. There will be a 360 foot elevation gain over a mile and a half. After our hike we will have lunch at a local restaurant. We will leave from the Murfreesboro Sam's Club overflow parking lot next to Hardees at 8:00 AM. Distance from Sam's Club to Huntsville is about 90 miles. For more information and to register for the hike, please contact Bob Goodwin at CAMEL40@earthlink.net or 256-564-8417.

Mar. 1-2 Beginner's Backpack to Savage Gulf. We will have some of the best views around as we hike from Stone Door to the Alum Gap campsite. It is 8.6 miles round trip; an easy hike with good footing, gentle hills and amazing views. This should be a fun trip for both beginner's and experienced backpacker's. Contact Tammy Day at TLDay@comcast.net for more info and to sign up.

Mar 8 Mullens Cove Loop Trail, Prentice Cooper State Forest north of Chattanooga, TN, 10.2 miles, moderate. Mullens Cove Loop Trail offers views of the Tennessee River Forge, rock bluffs, and cascading streams. The trail is rocky in places and passes over several streams and hills. The hike is rated moderate for the hills, uneven and rocky terrain, and one large boulder field. Marietta and Jim Poteet will lead this hike. Call Marietta Poteet at 931-924-7666 or nannietta@blomand.net Sara Pollard will serve as Carpool Coordinator for the Murfreesboro members. Please contact Sara spollard@mtsu.edu or 615-896-5804 to sign up and get information on meeting and departure times.

Mar 11 Murfreesboro monthly meeting at 7 PM at the Wilderness Station at Barfield Crescent Park. Bob Goodwin will present pictures of his 17 day trip to Colorado, Utah, Arizona and New Mexico during the fall of 2007. Over 15 National Parks, Monuments and other sites were visited with 12 hikes of various lengths and difficulty accomplished. Emphasis will be on easy, moderate and "somewhat strenuous" hikes.

(cont.) MURFREESBORO

Mar 15 Adventure Trip- Annual Waterfall Tour sponsored by the Friends of Edgar Evins State Park. We will be riding to Fall Creek Falls SP in state vans from the Edgar Evins SP Visitors Center where the observation tower is. We will meet there at 8:00 am. Fall Creek Falls SP staff is planning a special program for us and will conduct a driving tour of the major falls in the park and hiking trips to some of the more obscure falls for those who wish to do that. We will have lunch at the restaurant at the park ... a buffet. The cost for the outing is \$10.00 for adults and \$5.00 for 12 and under, plus the cost of your meal(s). This is by reservation only and we always sell out early. To sign up and/or for more information contact Fount Bertram. 615-765-5357, cell: 615-848-3771 or fwbertram@dtccom.net

Mar 15-16 Cumberland Trail Backpack, Rock Creek/Possum Creek Gorges, approx. 20 miles, difficult due to distance and elevation gain and loss going into and out of these beautiful creek gorges. We'll be treated to beautiful views, several creek crossings and awesome rock staircases built by CT volunteers. A car shuttle will be necessary. In case of heavy rains before the hike, the hike will be cancelled. The backpack is limited to 8 people. Contact Charlotte Broyles at broylescha@hotmail.com or call her at 615-890-6308 to reserve your spot.

Mar 22 Russell Cave National Monument, 1.2 mi. moderate or .6 mi. easy, Bridgeport, AL. Join us for hiking and demonstrations of prehistoric tools and weapons, a cave shelter tour, a short film and a museum full of artifacts. Depending on your stamina you may choose the 1.2 mile trail straight up and then down Montague Mtn. or the shorter, easier .6 mile nature trail with its informative markers. Bring a picnic lunch to enjoy after the demonstration. Russell Cave is significant because archaeologists have uncovered over 9,000 years of human use and occupation there from the Early Archaic period thru the Mississippian period. We will meet at 7:45 am for a prompt 8am departure from the Cracker Barrel on Church St./US 231. Contact Tony Jones at 615-397-4463 or awj68@comcast.net to sign up or for more info. Check out the cave at www.nps.gov/ruca

Mar 29 Blue Bell Island, Very short and very easy. This is a very lovely hike, led by Jim and Marietta Poteet, with hundreds of Bluebells that will hopefully be in bloom. There is one point where we have to cross the creek to get to the island which can be tricky. For information only contact Marietta at marietta@blomand.net. Ann Jacobs will be the carpool coordinator for this hike for Murfreesboro members. To sign up and info on meeting and departure time contact Ann at spollard@mtsu.edu or 615-896-3935.

PLANNING AHEAD:

Apr 5 Green Mountain Nature Trail and Tennessee River Greenway. The hike will be in two parts. Part 1 is the Madison County Green Mountain Nature Trail. Green Mountain (1,500 feet) is one of several mountains in the Huntsville area.

Apr 8 Murfreesboro monthly Meeting 7:00 PM at the Wilderness Station at Barfield Crescent Park. Join us for a special presentation on Heli-Hiking in Canada by Gregor Adventures.

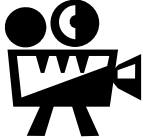
◆ Save ◆ the ◆
◆ Date ◆

TTA's 2008 Annual Meeting October 24, 25 & 26, 2008
Indian Creek Camp ◆ (Liberty, TN)



Hey Middle TN Members!

Banff Mountain Film Festival World Tour Coming to Middle TN March 25, 2008



Want to watch some serious Eco-adventure films? Films that feature a broad cross-section of styles and themes; including climbing, skiing, kayaking, adventure, culture and the environment. Banff Mountain Film Festival's World Tour is coming to Nashville on Tuesday, March 25, 2008. For thirty-two years the Banff Mountain Film Festival (BMFF) has been celebrating the spirit of adventure and the mountain environment.

Each November, the world's best films on mountain (and outdoors) themes draw an international audience to the town of Banff, Canada, located in the Canadian Rockies. Then about twenty years ago, BMFF began an outreach program to extend the festival to other communities and to people who cannot make the annual trek to the Canadian Rockies. Festival organizers wanted to showcase the efforts and talents of the world's finest mountain filmmakers. Today, the best films from each year's festival go on tour immediately following the three-day event in Banff.

The BMFF tour makes its only stop in Tennessee at the Belcourt Theater in Hillsboro Village (Vandy area) in Nashville on Tuesday March 25 at 7:00 p.m. (CT). Tickets will be available around March 10 at Blue Ridge Mountain Sports (615-356-2300) at 108 Page Rd in Belle Meade ahead of the show for \$10 per person. On the night of the show, tickets may be purchased at the Belcourt Theater for \$12 per person. Please note, since seating is limited at the Belcourt Theater, and may sell out due to the popularity of this event, it is wise to purchase the tickets ahead of time.

This event is for everyone; whether you are an experienced mountaineer or an armchair adventurer, you won't want to miss the best of mountain and outdoor adventure films on the big screen!

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 waster properly.



NASHVILLE CHAPTER

CHAPTER OFFICER:

615-517-6486

Nora Beck

nora_beck@comcast.net

OUTINGS COORDINATOR:

Libby Francis

libbyslibbys@comcast.net

(email Libby & 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

Mar 1 Beaman Park, Nashville. Another fabulous Trail building Workday at Beaman Park from 9 till noon. Join us at the Creek side Trail head. We are trying to finish the connector trail between the new bridge and the nature center site. We will provide the tools, work gloves, drinks and snacks. Bring a friend. All are welcome. Call if you need more information or directions. Nancy Dorman at 615-202-5891.

Mar 1 Bear Waller Gap, Carthage, TN. This Corps of Engineers trail extends from Tater Knob Overlook above the Cordell Hull Dam to Defeated Creek Recreation Area on Cordell Hull Lake for a total of 5.7 miles. The trail provides many dramatic overlooks from the bluffs, and often we spot wild turkeys, turkey vultures, and waterfowl. This is a one-way hike and requires a car shuttle between the Tater Knob Overlook and Defeated Creek Recreation Area. The trail is rated moderate for the several rolling hills we will climb. Bring snacks, lunch, water, and wear hiking boots. Contact Karl DuPre for carpool info, meeting times and place. kard@comcast.net.

Mar 8 Bledsoe Creek Loop, Gallatin. This loop hike offers lakeside walking in addition to some hilltop walking through prime deer and wild turkey habitat. The 3.1 mile trail is rated easy to moderate. Bring snacks, water and sturdy walking shoes. Contact Libby Francis, 615-889-5718 or libbyslibbys@comcast.net for more info.

Mar 14-16 Annual Leprechaun Leap Backpacking Event Tennessee River Gorge Section of the Cumberland Trail, Signal Mountain ,TN andPrentice Cooper State Forrest.(above Chattanooga) This trail has some of the most spectacular views of the TN River Gorge, making it one of the finest treks in all of TN. We will camp 2 nights at Poplar Springs campsite and enjoy a nice campfire each night. There will be a 2 and 3 day option available. Also the howlers in the group will enjoy an almost full moon. Contact Gary Keckley at 615-804.8565 / gkeckley@yahoo.com; or Herb Kneeland at 615-972.9249 / hdk3@comcast.net

Mar 22 Old Stone Fort/Short Springs Loops, Manchester. This 2 part hike is great for beginners. Old Stone Fort, in the Manchester area, is a moderate 2.6 mile hike over high river bluffs, narrow rock ledges, riverside bottomland and waterfalls circling around a 2,000 year old stone wall built by ancient American natives. We will then lunch at beautiful Rutledge Falls located a few miles down the road. The second part of the hike is about 4 miles further to Short Springs State Natural Area. This 2.9 mile loop is a moderate hike through hardwood forest with waterfalls. Bring water, snacks, lunch and \$\$\$ for carpooling. For more information and to register call Garnett Rush at 352-7217, or e-mail rushga01@yahoo.com

NASHVILLE cont. on page 7

(cont.) NASHVILLE

Mar 23 Beaman Park. Joelton, TN. Anemone, Bloodroot, Spring Beauties, Cut-leaf Toothwort, Hepatica, Dwarf Larkspur, oh my. This must mean that it's wildflower time. Because this is a wildflower hike you can expect a very SLOW pace. Beaman Park lies on the Highland Rim and its terrain features steep, forested slopes, with drier ridge tops and deep hollows that contain pristine springs and streams. The vegetation is incredibly diverse and wildflowers abound. We'll hike the 2.1-mile Henry Hollow Trail which is fairly easy, yet borderline moderate due to a couple of ascents and descents along the way, and uneven terrain. Bring water and snacks, and wear sturdy hiking shoes/boots. We will meet at 2:00pm CT in the "Creekside Trailhead" – the first parking area you come to after entering the Park. DRIVING DIRECTIONS (taken right from their website: www.nashville.gov/parks/locations/beaman.htm): From West Nashville: take Briley Parkway to Exit 24, Ashland City Highway/State Route 12. From Briley, head south on S.R. 12, away from Ashland City. Turn left at the flashing caution sign onto Eatons Creek Road. Go four miles. Cross Old Hickory Boulevard and in less than a mile turn left onto Little Marrowbone Road. The park entrance is a half-mile farther on the left. For additional information, call Diane Manas at 615-352-7777.

Mar 25 Monthly Meeting. Our special guest will be Nashville photographer Joe Allen. He is the recent winner of the Scenic Tennessee Photo Contest, co-sponsored by the Land Trust for Tennessee. See Joe's winning image and those of all the other winners at www.scenictennessee.org/index.htm. Joe's work is available in bookstores in Compass American Guides Tennessee, now in its second printing, and in the 2008 Wild and Scenic Tennessee wall calendar. Come and enjoy some of Joe's finest images of the Volunteer State! 7PM at the TWRA Region 2 building on the Ellington Ag Center campus.

Mar 30 Mossy Ridge Trail, Warner Parks. West Nashville, TN. Bloodroot, Spring Beauties, Cut-leaf Toothwort, Phacelia, oh my. It's wildflower time. And for wildflowers, you can expect a SLOW hike – can you say "tortoise?" Therefore, all of you rabbits need not consider going on this hike unless you can tolerate slow and informative; otherwise, you'll be bored to tears. Depending on where the winter into spring cycle is will determine which wildflowers will be visible. Mossy Ridge trail is 4.5 miles long, and rated moderate due to the uneven terrain and several ascents/descents we will encounter along the way; however, at wildflower viewing pace, and if you have maintained a regular walking program, one should be fine. Bring water and snacks, and wear sturdy hiking shoes/boots. We will meet at 10:00am CT in the "Deep Well" area of the park. To get to Deep Well from Nashville: head west on Hwy 70 (West End Ave). In Belle Meade (after crossing over Woodmont Blvd, passing Kroger on the right, the mansion on the left), Hwy 70 splits. Take the left side, which puts you on Hwy 100. Go approx 2 miles and turn left into the grey stone entrance, drive to the end/intersection – you're in Deep Well. If you reach Old Hickory Blvd, you've gone too far. For additional information, call Diane Manas at 615-352-7777.

NORTHWEST CHAPTER (UT at Martin/Weakley County)

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

Our Chapter is working on the 2008 hike schedule and is active despite not having an announcement for specific hikes. Call Jim Clark at 731-587-2225 to find out what you can do to help the chapter.

PLATEAU CHAPTER (Crossville)

CO-CHAPTER OFFICERS: Jan Barber
931-839-6663 taxxing@aol.com

931-788-1724 Myma Hollowat
genetn1@hotmail.com

SECRETARY/TREASURER: Jim Grove
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 e-mail list for the hikes, contact Bill Harris at 931-484-9152 or Jim McCullough at sue1290@frontiernet.net. Rain cancels.

Mar 1 Lilly Cliffs and Lilly Bluff, Obed Wild and Scenic River. These two hikes total about 6 miles over rough terrain causing the hike to be rated difficult. The first hike begins at the top of Lilly Cliffs which overlook the 200 foot Clear Creek gorge. After hiking downstream along the top of the gorge and passing several overlooks the trail descends to the base of the cliffs and heads back upstream along the cliff line, climbing back to the top and the cars. While at the base of the cliffs, cantilevered rocks of the overlooks can be seen. The second hike starts at Lilly Bluff Overlook on the other side of Clear Creek. It descends to the river passing two waterfalls. The hike concludes with a trip into Lilly Boulders which is a network of rock houses and large boulders that climbers use to practice maneuvers. Meet at the Crossville outlet mall parking lot behind Vanity Fair at 8:00 AM CST. Bring \$1 to pay to park on private property at the trailhead and \$3 to reimburse your driver for gasoline. For more information and to register, contact Jim McCullough at 931-484-8222 or sue1290@frontiernet.net.

Mar 13 Chapter meeting. Recreation Building, Cumberland Mountain State Park 5:00 – 7:00 PM CDT. Come eat and meet the college students working with us to build the Cumberland Trail. RSVP to Carolyn Miller by Tuesday, March 11 at 931-456-4465 or cardan@frontiernet.net.

Mar 15 O & W Bridge/Devil's Den, Big South Fork. This is an approximately 5½ mile out-and-back hike within the impressive Big South Fork river gorge and is rated easy. Starting at Leatherwood Ford, the trail follows the river upstream (south) for 2.3 miles to the O&W railroad bridge. The trail ranges from river level to an elevation above the river along a forested slope. Close to the river, we will pass large boulders, see the Echo Rock Rapids, and look for early spring wildflowers, including trout lilies and bloodroot. We will cross the O & W Bridge and continue about a half mile uphill to Devil's Den, a semi-circular rock shelter. Meet at the Crossville outlet mall parking lot behind Vanity Fair at 8:00 AM CDT. For more information and to register, contact Joe Matlock at 865-354-6101 or o3trail@usit.net.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

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

Mar 1 Collins River Nature Trail and Eagle Trails, Rock Island State Park, Walling, TN. We will hike the Collins River Nature Trail that is a 3 mile loop and rated easy. After lunch at the Blue Hole Picnic Area, we will hike the Eagle Trail, which is also 3 miles and rated moderate because of elevation changes. Bring snacks, water, and lunch. After these hikes those interested will drive to Burgess Falls State Natural Area to do the short (2.5 mile) hike in that park. You can meet us at 9:00am CT in the Penney's parking lot in Cookeville, or at the US Bank across from McDonald's in Sparta at 9:30am. For information and to register contact Hix Stubblefield at 931-526-2312 or *hixstub1@citlink.net*.

Mar 8 Gilbert Gaul Loop, Fall Creek Falls State Park, Pikeville, TN. The loop begins on an old dirt road, travels downhill to an open field close to the Gilbert Gaul homestead, and finally on to the head of the lake. From this point, the actual trail begins along the lake, continues on to the Frazier Rain Shelter (our lunch venue) then alongside the park lakeside villas. The hike is 3.36 miles with the only elevation change being a gentle hill of .2 miles before returning to the old road. After lunch those interested can hike the Paw Paw Trail (2.6 miles) and/or the Cable Trail (.25 miles rated strenuous). Bring lunch, water, snacks, sturdy hiking boots, etc. You can meet us at 9:30am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 10:00. For information and to register contact Mary Jane Ware at 931-261-4222 or *mjhike@bellsouth.net*.

Mar 15 Fiery Gizzard, South Cumberland Recreation Area, Tracy City, TN. This hike begins on top of the plateau within Tracy City then immediately descends into a beautiful old growth hemlock forest at the head of the gorge of Fiery Gizzard Creek. There are lots of impressive rock formations in the area. Later, the trail enters younger forest and ascends further down the creek to an overlook at Raven Point. Those wanting a shorter hike can now return to the beginning via the Dog Hole Trail for a total hike of about 9 miles. The Fiery Gizzard Trail continues mostly on top of the plateau through gently rolling oak forest, reaching Foster Falls at the southern end (at about 12.5 miles). The trail is rated strenuous for the rocky, uneven terrain and the distance covered. Bring water, lunch, snacks, and hiking boots. You can 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 7:30am. For information and to register contact Richard Savage at 931-526-2035 or *savage_richard@hotmail.com*.

Mar 21-22 Laurel-Snow Pocket Wilderness backpack, Dayton, TN. Friday we will hike to Laurel Falls and set up camp. Saturday morning we will hike up to Snow Falls. This hike features the panoramic overlook of the Great Valley of East Tennessee from Buzzard Point and overlooks of the Richland Creek Gorge. The hike is about 10 miles and is rated moderate to strenuous because of the distance and an elevation change of about 900 feet. Bring the necessary camping gear and food. You can meet us at 8:00am CT in the Penney's parking lot in Cookeville. For information and to register contact Kathleen Sullivan at 931-520-6294 or *gkhs@multipro.com*.

Mar 29 Cloudland Canyon, Rising Fawn, GA. There are spectacular views of Cloudland Canyon as well as Trenton, Georgia, and neighboring Sand Mountain. We will hike on the Waterfalls Trail down over 500 steps to two waterfalls, 60 and 90 feet high, and we will also hike 4.8 miles on the West Rim Trail for a total of about 6.5 miles. The hike is rated easy to moderate because of the number of steps. 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 8:30am. Wear sturdy hiking boots, and bring snacks and lunch. For information and to register contact hike leader Cindy Johnson at *cjhike@comcast.net* or by phone at 931-570-0122. Or, with associate hike leader Lillian Ey at 615-478-4761.

Tick Season is Approaching Be Prepared!

Tick season usually begins in late March (or whenever the warm spring weather arrives) and lasts until the first major frost. Unlike other biting insects, ticks do not bite immediately; they crawl around and find a nice, warm, hairy area, and then dig in.

You can prevent bites by wearing gaiters or long pants, tucked into your socks, spraying your clothes and skin with insect repellent, treating your clothes (not your skin) with Permethanone, and checking your body regularly for ticks. If you wear shorts, you will need to inspect your bare legs often. Light-colored clothing makes it easier to spot and remove a tick.

Although there are many methods for removing ticks, it is best to use forceps or tweezers, grasp the tick closely around its entire body, and pull straight out, gently and firmly. Afterwards scrub and sterilize the area.

Tiny deer ticks can cause Lyme Disease. In addition, larger ticks can carry Rocky Mountain Spotted Fever. If you experience flu-like symptoms and/or a spotted or measles-like rash, see a doctor immediately. Both conditions are treatable but fatal if not treated properly.

Hike Registration? Why?

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

Please, be considerate and register.

◆ Save ◆
the
◆ Date ◆

TTA's 2008 Annual Meeting
October 24, 25 & 26, 2008
Indian Creek Camp ◆ (Liberty, TN)
Lots more information to come

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Bob Richards 615-532-0753
robert.richards@state.tn.us

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 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>
March 10	April 1
April 10	May 1
May 10	June 1

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

Please send all submissions to:
editor@tennesseetrails.org

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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 . . .

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Garnett Rush 615-352-7217 rushga01@yahoo.com

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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) |
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| | | | <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

February 6, 2008

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