

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



1968: Do You Remember?

- Lace up hiking boots are invented.
- Average weight of a backpack is 8 pounds.
- People stop backpacking with geese because down sleeping bags are invented.
- G.O.R. trail snack is made tastier with the addition of peanuts, thus renaming it G.O.R.P.
- Bears are increasingly interested in G.O.R.P. now because of the addition of peanuts.
- Jokes aside . . . Tennessee Trails Association, Inc. is organized.

This means TTA is 40 years old! It isn't official until December 7, 2008; however, the theme during our Annual Meeting October 24 -26, at Indian Creek Camp in Liberty, TN will be "Celebrating our First 40 Years of Hiking, Trail Building & Maintenance in Tennessee."

If you are a new member or haven't been to an Annual Meeting yet, here's what you can expect: 3 days of hikes; meeting fellow hikers from all across the state (even some from surrounding states); entertainment; updates on TTA business, a beautiful, spacious and modern conference center in Middle TN on Center Hill Lake which offers several levels of accommodations and meals to satisfy both carnivores and vegetarians.

The Annual Meeting starts on Friday with check-in opening at 12noon. Come early to meet friends - especially the ones you may not have seen since last

year's meeting, join in on a hike, or just relax at the lake until the activities begin around dinner time. On Friday night we will have two presentations: "40 Years of TTA," by Jim Poteet (TTA's Webmaster, life member, past president and chapter officer), who will walk us down memory lane; and, "Lore Along the Cumberland Trail," by Bobby Fulcher (Cumberland Trail State Park's Park Manager). As founder and long time Director of the Tennessee State Parks Folk Life Project, Bobby is internationally renowned for his encyclopedic and enthusiastic knowledge of the nature and culture of the Cumberland Mountains, and for many years of important fieldwork and presentation in the traditional arts. After the presentations, it'll be time to put on your dancin' shoes for some great old-time bluegrass music and hoedown. Bobby Fulcher will be our leader in calling the moves we make in the dances. In addition to playing guitar, Bobby will be joined by several well-known musical guests - we're talking a real shindig with fun to be had by all! After all of this fun and weather permitting, we will close out the evening with a bonfire near the shore of Center Hill Lake.

Although most of our hikes are scheduled on Saturday, there will be several choices for hiking on Friday and Sunday. The hikes will crossover into several of our favorite central middle Tennessee destinations. For example, in the Crossville-Sparta area we'll have both plateau and gorge hikes; the Carthage-Smithville area offers a variety of lakeshore hikes through hardwood forests; while the Lebanon-Murfreesboro area sits on limestone karst which has topography and plant species not found anywhere else. Of course there will be a wide variety of hikes for all fitness **(CONTINUED ON PAGE 2)**

3rd Quarterly Board Meeting

August 2, 2008 1:00 pm CT

New Location!!! Jackson Madison County Public Library 433 E. Lafayette St. Jackson, TN Meeting will be in the Board Room at the S.E. Corner of the Main Floor Directions: From Nashville - Travel 1-40 West and exit 82A - proceed South on N. Highland Avenue; east on College St. for .2 Miles. The Library Rear Entrance will be on right. Please park in the parking lot behind the library (additional parking in front on Lafayette) Dinner will be at Sakura

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 Coordinator..... Amanda Leamon.....amanda.leamon@frontiernet.net
Trail Programs Coordinator Alex Schafer.....alex.schafer@frontiernet.net
Office Manager Marleya Pendleton.....marleyapendleton@frontiernet.net

Cumberland Trail UPDATES

Big Dig 2008 Update:

This program was a great success. From May 1 thru June 27, in the Smoky Mountain segment, 177 volunteers donated 2672 hours to help achieve the program's goals. The primary goal for Big Dig was to complete the trail construction in the Lick Creek watershed. Other goals were to finish trail construction from Lick Creek to Bowling Branch and construct trail in other areas of this segment. To assist with accomplishing these goals, a seasonal trail building crew was hired. The volunteers that assisted were made up of diverse groups such as Tennessee Trails Association, Boy Scouts of America, Meet-Up Nashville, Team Green, and University of South Florida. *Big Dig 2008* also had two special events, Scout Weekend and National Trails Day. Volunteers were housed and feed by the CTC at the Stony Fork Community Center.

Goals achieved during Big Dig was construction up the Lick Creek watershed to the top of Lawson Mountain was completed. From that point, trail construction was completed across Lawson Mountain and down its southern slope to the Bowling Town Road. This action extended the Cumberland Trail another 4.7-miles from the New River crossing, making 22.5 miles open and available for hiking from the Cove Lake trailhead. From the point where this newly constructed trail section joins Bowling Town Road, it is a 2-mile walk down to the blacktopped Hembree Road. If a shuttle vehicle was parked at the Norma Road trailhead and another vehicle parked at the Bowling Town and Hembree Road intersection, day hikers could enjoy a very scenic approximately 7-mile hike. The Big Dig trail builders also constructed another 1.5 miles of trail along Smoky Creek and Straight Fork. Due to the tremendous volunteer effort during Big Dig, the Cumberland Trail project is several more miles closer to fruition.

Do You Remember (continued from page 1)

levels – from easy to strenuous. In addition to hiking, there are plenty of other places to explore, to name a few: Appalachian Center for Crafts, Center Hill Dam, Stones River National Battlefield and Off the Beaten Path Studio Tour. Visit TTA's website for a schedule of activities, as well as the hikes.

Oh yes, there are the infamous and often hysterical auctions (Live and Silent) where handmade crafts, hiking gear and "gag items" move quickly to the highest bidder. You'll find bargain prices on gently loved treasures at the White Elephant Sale, and delicious made-from-scratch Bake and Snack Sale items. With the holiday season approaching, the auctions are a perfect venue for purchasing gifts while supporting a good cause – the building of the Cumberland Trail. All proceeds from auctions, white elephant, and bake sale items will help fund the Cumberland Trail Conference's 2009 Spring BreakAway* program in March.

The success we've experienced each year from the fundraising activities (Live & Silent Auctions, White Elephant and Bake Sale) has come from local merchants and YOU! As in year's past, it is requested that each TTA Chapter donate at least 5 quality items for the Live Auction. Items for the Live Auction are usually new, unless their value has increased with age. Examples of items that have been donated in the past include new sleeping bags, tents, trekking poles, daypacks, water hydration systems, paintings, framed semi to professional nature photographs, and handmade bed quilts. As most hikers have enough equipment, consider donating items that might not be related to hiking. We will also need items for the Silent Auction, and these items usually tend to include some gently used equipment similar to the items listed for the Live Auction, and can include new items of lesser value (hiking socks or trail guide books), plus gift certificates for services, such as restaurants, overnight lodging, etc. On TTA's website; follow the link for Auction; to find the forms to help you in soliciting donations and for registering Live and Silent Auction items. Alos, to help expedite the intake of Live and Silent Auction items upon your arrival to the Annual Meeting, please pre-register them with Libby Francis (libbyslibbys@comcast.net), Auction Chairperson. Sometimes there is a fine line between whether an item should be in the Live versus Silent Auction, so the auction "staff" reserves the right to place any item into the auction category that will probably bring the best bid.

(continued on Page 6)

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Jim Meadows
423-628-6475 *jhmnhm@highland.net*
SECRETARY / TREASURER: Benita Howell
423-628-5521 *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*
(Call Tom & volunteer to lead an outing.)

No hike scheduled for _chapter for August. Please participate in surrounding chapters hikes when available.

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.

Aug. 5 Regular monthly meeting. Reports on July hikes and other chapter and state activities. One of our chapter members, Carmen Klapprich, will present the program. She will speak concerning her volunteer work in wild animal rescue and rehabilitation.

Aug. 2 Hike Mossy Ridge, Percy Warner Park. The hike begins at the Deep Wells trailhead and winds 4.5 miles through rich hollows and dry ridges of the Harpeth Hills. There are frequent but never sustained elevation changes. Scattered in the woods are big trees and a spring fed waterfall. Hiking in this park rivals any city park in the country. Bobby Hardeman will lead the hike. Afterwards we'll enjoy a late lunch at Bruegger's Bagel Bakery. To carpool, meet at A&D Market (Hwy. 431) at 7 a.m. or meet the group at the trailhead at 7:45 a.m. Register with Hilda Vaughan (615 794-1331 *jvhk@charter.net*).

Aug. 23 Hike Perimeter Trail, Monteagle. The hike is a series of connecting paths circling the University of the South at Sewanee. Meet at A&D Market (Hwy. 431) at 8 a.m. For more details and to register, contact Bobby Hardeman (615-305-7955 *puttr22@aol.com*).

ATTENTION
SEPTEMBER NEWSLETTER
DEADLINE AUG 5

COVE LAKE CHAPTER
CHAPTER OFFICER: Richard Helm
423-562-1110 *Richard.Helm@ahss.org*
CO-CHAIR: George Gill 423-562-7121
MEETS MONTHLY: Meetings will be held at Cove Lake State Park at 6:00pm on the first Monday each month.
Aug 4 We will meet 6:00 p.m. at Cove Lake State Park shelter 1 to discuss upcoming events. This month is potluck bring covered dish. We will be having a corn roast. More information contact Richard Helm 423-562-1110 Come out , enjoy share ideas.

Aug 9 We will be hiking the backside of Cross Mountain to Coal road. Meet 8:00 a.m. at Bruce Gap parking lot. Its 4 miles rated moderate-difficult. More information contact Jerry and Sharon at 423-563-0867

Aug 30 Richard Helm will lead us on a hike on the Smokey Mountain segment. Start from Coal rd to Montgomery Fork 4 mile rated moderate difficult. Meet Bruce Gap parking lot 8:00 a.m. More info contact Richard Helm 423-562-1110

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.

Aug 2 Meriwether Lewis Park and Natchez Trace Parkway; 6 miles, easy to moderate. Swim in the scenic Buffalo River! Suva Bastin, 931-645-2849

Aug 9 Nashville Greenway: Stones River-Percy Priest Dam; 4 or 8 miles, easy to moderate. Merri Hinton, 270-726-3141 (home) or 270-725-0220 (cell)

Aug 16 Blue Heron Boat Ride (Cumberland River—3 hours), depart from Ashland City. \$10 per person. Pre-register by August 9th. John Sneed, 931-920-3828

Aug 23 Caney Fork Canoe Trip. Pre-register by August 16th (Fee). Bob Lyon, 931-648-2354

Aug 30 Labor Day weekend. No hike.

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 *eliseeus@hotmail.com*
TREASURER: Bob Uhren
snowcap34@hotmail.com

Aug 14 Our only after-work hike will begin at 6:00 pm et and we will walk the Maryville Greenway from Alcoa park to downtown Maryville, approx. 3 miles. Be sure to check your e-mail for additional details.

HIGHLAND RIM CHAPTER (Tullahoma 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 Tullahoma. Socializing & dinner at 6:00pm CT; meeting starts at 7:00pm

NEW VOLUNTEER PROGRAM At South Cumberland State Recreational Area Workdays of varying levels of difficulty Adopt - A - Trails available The 4th Saturday of every month July 28th is the 1st planned workday If you are interested or want more information about this wide ranging program, please contact Frank Cregor 931-692-6289 or Marietta Poteet 931-924-7666 or write at southcumberland@gmail.com **Lunch will be served at each volunteer event.

Aug 5 Crockett's Monthly Meeting Tullahoma- 6:00 dinner and 7:00 meeting. The program will be hiking in Spain, Linda Hudson - Contact Tom Bentley *htbentley@charter.net* (931) 455-5849

Aug 09 - Marietta and Jim Poteet will lead a hike on the Cumberland Trail from Signal Point to Edwards Point Prentice Cooper (near Chattanooga). There are many wonderful views of the Tennessee River Gorge. It will be about 7 miles total rated easy because of little elevation change. Call Marietta at 931-924-7666 or email at *nannietta@blomand.net*

Aug 16 Eat-Hike-Eat Hike will be joining the Murfreesboro group for a tour of TN Aquarium. Start by leaving at 9:00 from Blue Chair and depart to meet in Chattanooga. Sewanee <http://www.thebluechair.com/index.htm> - Tom Bentley 455-5849 H (931) 273-6344 cell *htbentley@charter.net*

Aug 23 Float Trip Elk River In from Dickey Creek to Stump Shoals. Bring all your water toys a lunch to share. 8 1/2 miles Joette Carter (931) 968-0073

Aug 23 - The South Cumberland Recreational State Park Volunteer Workday. Write the volunteer address [:southcumberland@gmail.com](mailto:southcumberland@gmail.com) or contact Marietta Poteet at *nannietta@blomand.net* or information on this month's projects.

Aug 30 Friends of Short Springs Adams Trail loop development volunteer workday -Contact Wally Bigbee at Wally and Pat Bigbee mailto:bigb@blomand.net for further information.

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.

No chapter meeting and hikes scheduled for the month of August. In the meantime, check out other TTA chapter hike listings and join a hike!

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 *grogstad5966@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

The Jackson Chapter doesn't have anything on the calendar for August. We'll start the fall hiking season with a cookout and country walk on September 6 at Don Dresser's house. For more information, please contact Don Dresser at 731-668-4190.

PLATEAU CHAPTER (Crossville)

CO-CHAPTER OFFICERS: Jan Barber
931-839-6663 *taxxing@aol.com*
Myra Holloway
931-788-1724 *genet1@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.

Aug 14. Chapter meeting. Art Circle Public Library Community Room. 6:30 PM CDT. This is our first chapter meeting after the summer break. This will be a good time to socialize, plan hikes for the fall and share stories and pictures from our summer vacations. Be thinking about the plans for a chapter picnic.

Aug 23. Rock Creek Loop, Big South Fork. This is 7 mile hike and is rated moderately difficult due to the steep climb at the end of the hike. The trail follows the banks of Rock Creek, a tributary of the Big South Fork River. It also overlaps parts of the John Muir and Sheltopee Trace Trails. The trail follows part of the old Stearns Logging Railroad along Massey Branch. Meet at 8:00 AM CDT behind the Cracker Barrel in Crossville. For more information and to register, contact Carolyn Miller at 931-456-4465 or cardan@frontiernet.net.

2008 Annual Meeting Registration Form

October 24 – 26, 2008

Indian Creek Youth Camp (Liberty, TN)

Complete a separate form for each attendee. Make copies as needed. **Please print neatly or type.**

Unless otherwise noted, costs are per person. **Forms must be postmarked no later than October 5** – Registration Forms received by October 5 will receive confirmation via snail-mail or e-mail.

Name:		Address:	
City:	State:	Zip:	Chapter:
Telephone – Day:		Night:	Email:

LODGING: THE FINE PRINT. *A limited number of Guest & Counselor rooms are available and will be assigned to attendees staying the entire Annual Meeting weekend on a first-come, first-served basis. If you have plans to share a Guest/Counselor Room, please enter the name in the space provided.*

GUEST Room - motel style accommodations with 1 queen bed, private toilet and bath/shower. Room contains its own heat/AC controls, and INCLUDES BED LINENS & TOWELS , but not toiletries. \$60 per night is the cost for 1 or 2 people in the room. <input type="checkbox"/> <i>If you are sharing, please tell us with who:</i>	FRI \$ 60/night \$ Cost for 1 or 2 people in room SAT \$ 60/night \$ Cost for 1 or 2 people in room
COUNSELOR Room - contains 1 queen bed and 1 bunk bed, private toilet and shower, shares heat/AC w/Dorm next door. NO LINENS. You will need to bring your own bed linens/sleeping bag, towels and toiletries. \$47 per night is the cost for 1 or 2 people in the room. <input type="checkbox"/> <i>If you are sharing, please tell us with who:</i>	FRI \$ 47/night \$ Cost for 1 or 2 people in room SAT \$ 47/night \$ Cost for 1 or 2 people in room
Dorm Room - there will be separate Dorms for men and women. Each Dorm sleeps a total of 11 people (5 bunk beds & 1 queen bed). Each Dorm has toilets & showers. You will need to bring bed linens/sleeping bag, towels and toiletries. <i>If you have a preference for whom you wish to share a Dorm, please list the names on a sheet of paper and attach it to this Registration Form; and if possible, your request will be honored.</i>	FRI \$ 20/night \$ per person / night SAT \$ 20/night \$ per person / night
Tent Camping – separate men’s & women’s bathrooms available close by. In addition to being self contained, you will need to bring your own towels and toiletries. <input type="checkbox"/> <i>If you are sharing, please tell us with who:</i>	FRI \$ 12/night \$ per person / night SAT \$ 12/night \$ per person / night
RV (no hook-ups) - separate men’s & women’s bathrooms available close by. In addition to being self contained, you will need to bring your own towels and toiletries. <input type="checkbox"/> <i>If you are sharing, please tell us with who:</i>	FRI \$ 14/night \$ per person / night SAT \$ 14/night \$ per person / night
I am staying offsite and will be making my own lodging arrangements	
LODGING TOTAL: \$	

MEALS: Each meal may be ordered separately. NOTE: *Carnivore and vegetarian diets were taken into consideration when planning the menu for Dinner & Breakfast – no need to request special meals, but if you have special dietary concerns, please contact Toni Reeves: 615-372-1582 / treeves@bellsouth.net*

DINNER	FRI \$ 11.00/ person \$ SAT \$ 11.00/ person \$
BREAKFAST	SAT \$ 9.50/ person \$ SUN \$ 9.50/ person \$
TRAIL / SACK LUNCH: <i>Please circle sandwich selection. Choices are: Tuna Fish or Peanut Butter & Jelly</i>	SAT \$ 8.75/ person \$ SUN \$ 8.75/ person \$
MEAL TOTAL: \$	

Enter LODGING & MEALS TOTALS above to the REGISTRATION FEE below to get the GRAND TOTAL.

REFUND POLICY: All cancellations and requests for a refund must be in writing. No refunds will be made after September 30, 2008. Persons canceling before September 30 will be refunded in full, less the \$15 Registration Fee.

PLEASE NOTE: Indian Creek Camp has a strict policy against alcohol, drugs and firearms.

LODGING TOTAL (from above)	\$
MEAL TOTAL (from above)	\$
REGISTRATION FEE = \$15 per person <i>This registration fee can not be pro-rated. The full amount is required of each participant, regardless of the number of days attending.</i>	\$15.00
GRAND TOTAL:	\$\$
One check may cover more than one registration, but please send the individual forms and check together. Make your check payable to: Tennessee Trails Association c/o Diane Manas 5729 Stoneway Trail; Nashville, TN 37209-4556 Need more info? 615-352-7777 / DManasHikes@comcast.net	

START SAVING FOR THE ANNUAL MEETING!!!

Bring all those wonderful goodies you have stashed away but aren't using. TTA needs it!!! The silent and not so silent auction and the white elephant table at the annual meeting await your donations. One person's junk is another person's????????

(Do You Remember? Continued from page 2)

Then there's the "White Elephant Sale", which is similar to a yard sale. Take advantage of this opportunity to clean out your cupboards, closets, nooks, and crannies and bring these items with you when you come. There is no

need to price the items, as there will be tables set up with a range of prices. Just place the item on the table you think is appropriate. These items can be just about anything small enough to carry; however, 8-track tapes, cassettes, vinyl records and clothing (other than hiking or camping gear) just do not sell well. Used books, movies, household and camping items, candles, figurines, wreaths, small appliances, and hand tools are just a few items on the bargain tables that have moved in past years.

Now, no Annual Meeting would be complete without a Bake Sale! We're counting on TTA cooks to bring their homemade goodies; individual wrapped portions are handy for tucking into daypacks. Hikers need lots of calories to replace what they've burned on the trails. We welcome cookies, cakes, pies, brownies, candies, etc. Because the baked goods have been so tasty, several attendees have even purchased bake sale items with the sole intent to take them home to store in their freezer for future hiking outings.

Good fellowship, great hikes, beautiful lakeside setting, stimulating and entertaining programs, tasty meals, and an opportunity to support the Cumberland Trail – what more could you want???

So don't hesitate. Register today on the Registration Form found within the pages of this newsletter. Also, watch for information that will be posted on our website (www.TennesseeTrails.org) and follow the link "Annual Meeting".

Remember – it's our big-0 celebration, too. If you have memorabilia or photos from TTA events of the past, bring them – the hosting Nashville chapter has set aside space for a display to commemorate our 40-year history. Contact Nora Beck (nora_beck@comcast.net) and let her know what you want to bring so we can be ready.

**BreakAway, which runs the entire month of March, is an Alternative Spring Break program and opportunity for students of colleges and universities to participate in a service project – in this case, trail building and maintenance on our wonderful Cumberland Trail.*

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.*

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
- | | |
|-----------|--|
| 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.

LEAVE NO TRACE PRINCIPLES

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



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

BLOG www.ttfamurfreesboro.blogspot.com

Aug. 2- Rock Island State Park, 2 miles, easy, Sparta area. The scenic beauty of this wooded park is great for beginners and newcomers as well as those who just want to splash and cool off. We will begin at Badger Flat Picnic area and will view several waterfalls. We will go to the Great Falls Overlook and Twin Falls. This is a great summer hike with spectacular falls to cool us off. We will have lunch at a local restaurant. We can also swim at the local swimming hole. Good shoes for walking on slippery rocks are a must. Bring swimming clothes, floats, and change of clothes, water and money for lunch. To register contact Kathi Reagh at 615-793-2454 or kreagh115@clearwire.net or Cindy Andrews at 615-893-3088.

Aug. 2-3- Virgin Falls Beginner's Backpack, 8.5 miles easy/moderate, Sparta area. This overnight backpack will pass multiple waterfalls, caves and streams. It is an easy walk in, but moderate the next day as we head out. For information or to register contact Kim Griswold at griswold.kim@gmail.com or 615-893-6489

Aug 9- Ice Cream Social & Pool Party Night This year we will descend upon Tammy & Ron Day's home for our Ice Cream Social Night. Come hang out by the pool, play a game of volleyball or swim. Homemade Ice Cream will be provided bring fruit or a dessert to share. Bring your own drinks. To sign up contact Tammy Day at tlday@comcast.net or 615-904-0009. Time TBA on the blog!

Aug. 9- Cumberland Trail from Signal Point to Edwards Point Prentice Cooper (near Chattanooga), 7 miles, easy. There are many wonderful views of the Tennessee River Gorge. This will be a fantastic hike for those who like to take pictures. This hike is rated easy due to very little elevation change. This is a great opportunity to see the Cumberland Trail up-close. Led by Jim and Marietta Poteet. Contact Marietta Poteet at 931-924-7666 or nannietta@blomand.net Check the 'Boro blog for carpool info.

Aug. 12- Monthly Meeting at Barfield Crescent Park, 7PM. Robert Brandt will be our special guest. Mr. Brandt is the chair of the Metro Parks and Greenways Commission and Vice President of the Land Trust for Tennessee. The program topic is Conservation of Tennessee's Scenic and Historic Resources.

Aug. 16- Snow Falls Trail, 7 miles, moderate near Dayton, Tennessee. This section of the Cumberland Trail was once known as Laurel-Snow Pocket Wilderness. The trail follows Richland Creek and offers a short side trip to Buzzard Point overlook. We will leave from Sam's parking lot at 7:00 am; bring snacks, water and your lunch. Contact Sara Pollard at 896-5804 or spollard@mtsu.edu.

MURFREESBORO (cont)

Aug. 19 - Adventure Trip to Nissan Plant at Smyrna. A tram will take us on a guided tour of this huge auto plant. This is a chance to see how a Nissan is created and assembled by people with the help of complex computerized machines. We'll eat lunch after the approximate 90 minute tour in one of Smyrna's many restaurants. Plans are to carpool from Murfreesboro at 9AM or meet at 9:30 AM at Gate 1 on Nissan Drive. We are limited to 20 on this tour and there are additional instructions necessary for participants. Contact Anna or Fount Bertram at abertram@dtccom.net or 615-765-5357.

Aug. 23- Caney Fork Canoe and Kayak float. The Murfreesboro chapter has been invited to join in on this great summer activity by the Clarksville Chapter. For information or to sign up, contact Tony or Millette Jones at 615-397-4463 and 615-397-9588 or e-mail at awj68@comcast.net. If you are from another chapter your activity contact in Clarksville is Bob Lyon at 931-648-2354.

Aug. 30- Sep 1- Cosby Area Loop- GSMNP, 18 miles, strenuous with elevation gains over 3,000 ft. Highlights include old-growth forest and wildflowers. We will hike 12.5 miles on Saturday beginning at the Cosby Campground. We will take the Gabe Mtn. Trail to Maddron Bald Trail to the campsite. Sunday morning we will finish our ascent to over 5,000 ft. We will take the Snake Den Trail down to the Cosby Campground. Contact Tammy Day to register at 615-904-0009 or tlday@comcast.net

Planning Ahead

Sept 6- Long Hunter State Park Volunteer Trail, 4 miles, easy. Nashville. This will be a great hike for beginners and newcomers led by Cindy Andrews.

Sept 9- Monthly Meeting at Barfield Crescent Park Wilderness Station. 7PM
Guest speaker TBA. Check the 'Boro blog for details.

Sept. 13- Red River Canoe and Kayak Float with the Clarksville Chapter.

NORTHWEST CHAPTER (UT at Martin/Weakley County)

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

Our Chapter 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.

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

Aug 26 - Monthly program meeting: We've taken vicarious hikes in Kansas, the far West of the U.S., the beautiful Blue Ridge - and next we're going adventuring in Morocco, via Elizabeth Gerlock's and Alice Cannon's experiences there last year. We'll also be getting updates on activities directed toward promoting a Bells Bend-to-Beaman greenway and preserving the character of that historic bend in the Cumberland River; and on the preparations for hosting the TTA Annual Meeting this October. Refreshments and time to get acquainted follow. We meet fourth Tuesdays at 7 p.m. at the TWRA Region 2 headquarters building, on the east side of the campus of the Ellington Agricultural Center.

Aug 3, Hiking for Ice Cream on Richland Creek Greenway, West Nashville. Tucked away between the McCabe Golf Course and Richland Creek, this beautiful Greenway segment, takes us to within ½ mile of the well-known Bobbies Dairy Dip on Charlotte Pike Richland Creek Greenway is flat and has a smooth surface – great for walking in street shoes. Along the way we'll pass over Richland Creek several times and see summer wildflowers. We'll meet at 11:00 a.m. and walk 2.5 miles from the Whitebridge Road trailhead to Sylvan Park; then walk an additional 0.5 mile to Bobbies Dairy Dip. After eating we'll walk back Dress for the heat, wear comfortable shoes, bring plenty of water, and an umbrella if you are sensitive to the sun. We'll meet at Whitebridge Road trailhead which is right between West End Avenue (aka Harding Pike) and Post Road. "Greenways for Nashville" has a map on the Internet which you can look at to see exactly where we will be meeting – in the "P" for parking area next to Whitebridge Road: <ftp://ftp.nashville.org/web/parks/greenways/richland%20creek%20greenway.pdf> For info, call Diane Manas at 615-352-7777.

Aug 9, Burgess Falls Annual Butterfly Celebration, near Cookeville. We will visit the large Native Butterfly Garden located adjacent to the upper parking lot at Burgess Falls State Park. Ranger led educational programs celebrate the 20,000 square foot garden that staff and volunteers have landscaped using native plants to beautify the park and attract native butterflies and other wildlife. We will also hike 1.5 miles round trip to the falls along the Falling Water River that drops approximately 250 feet, providing numerous waterfalls, breathtaking scenery and overlooks. The park is home to over 300 species of trees and plants and an abundance of wildlife. Bring lunch and sturdy hiking shoes. For more information please e-mail Libby Francis at LibbysLibbys@comcast.net.

Aug 10 Old Natchez Trace/Garrison Creek Loop – 6.3 miles through ridgetop and creekside forests, up and down, winding in and out of small wooded coves and down the longest section of the Old Trace left in Tennessee. One wet creek crossing. Bring water, snacks and money for carpooling. For more information and to register call Garnett Rush at 352-7217 or e-mail rushga01@yahoo.com

Aug 23, Radnor Lake, Nashville. Enjoy great views of the lake; see the wild flowers, turtles and lots of deer. Newcomers as well as seasoned hikers are welcome.

NASHVILLE (cont)

We will hike the Lake, Ganier Ridge, and the South Cove Trails for a total of 4 ½ miles. The trails are rated easy, though there are some short elevations, wear comfortable shoes. For more information and to register contact Nora Beck, 615-517-6486.

Aug 31 -Bowie Nature Park - Fairview. 5.5 miles of rolling forestland with trees of differing ages, cut by clear creeks forming small valleys. This is a nice, cool walk for a hot, summer day. Wear sturdy hiking boots or trail shoes; bring water, snacks and money for carpooling. For more information and to register contact Garnett Rush at 352-7217 or e-mail rushga01@yahoo.com

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Pam Miller

931-526-9259

pdmiller@citlink.net

Aug 9 Mount Cammerer, Great Smoky Mountains National Park, Cosby, TN. We will hike from Cosby Campground to Low Gap and then follow the Appalachian Trail to the Mount Cammerer Trail and on to the fire tower. The hike is 11 miles and is rated strenuous because of the elevation change. Mount Cammerer is noted for outstanding views and its historic firetower. Bring water, snacks, lunch, and wear hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:00am CT. For information and to register contact Sam Smith at 423-291-9496 or samuel_smith_37683@yahoo.com.

Aug 16 Fundaying, Reliance, TN. We will rent funyaks - inflatable kayaks - from Ocoee Outdoors for an approximately 4 hour paddle down the Hiwassee River. Rental rates are \$23 for a one person funyak and \$37 for a two person. Rates include a life jacket and paddle as well as shuttle to the put in point and pick up at the end. Funyaks are stable and rented to children as young as 10 so you need not be an expert paddler to participate. Funyaks are self-bailing, you will get wet! Group size is limited and registration must be confirmed by August 2. For information and to register contact Lillian Ey at 615-746-8890 or eyintn@hotmail.com.

Aug 23 Burgess Falls, Cookeville, TN. We will first do the short (2.5 Mile) hike in Burgess Falls State Natural Area. After the hike we will go to Pete's house where Pete is providing hamburgers and hotdogs. After eating, those interested will go to Rock Island State Park to hike one (or both) of the 3 mile trails in the park. You can meet us in the Penney's parking lot in Cookeville at 9:00am CT. For information and to register contact Pete Broehl at 931-738-3551 or pabroehl@tnaccess.com.

Aug 30-31 Big Creek Trail, Great Smoky Mountains National Park, Cosby, TN. The Big Creek Trail is an old logging road that roughly follows Big Creek for 5.8 miles. The trail offers views of waterfalls and multiple cascades and sightings of old cable, bolts, and other vestiges of the logging industry. The elevation gain is 1375 feet, but it is a gradual climb. We will camp at one of the backcountry campsites along Big Creek. Bring backpacking gear, food, etc. suitable for the weekend. For information and to register contact Mary Jane Ware at 931-261-4222 or mjhike@bellsouth.net.

OFFICERS:

President

Rosemary Marshall 865-548-6171
Rosemary_L@hotmail.com

Vice-President

LouAnn Partington 931-393-4835
louannpartington@bellsouth.net

Treasurer

Don Dresser 731-668-4662
Donald_Dresser@usit.net

Secretary

Carolyn Miller 931-456-4465
cardan@frontiernet.net

Past President

Anne Wesley 615-851-1052
ttahiker@msn.com

Previous Past President

Fount Bertram 615-765-5357
fwbertram@dtccom.net

West TN At-Large Director

D. Jack Smith 901-685-1586
djlawfirm@yahoo.com

Middle TN At-Large Director

Libby Francis 615-889-5718
libbyslibbys@comcast.net

East TN At-Large Director

Joe Matlock 865-354-6101
matlockjf@usit.net

Membership

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

Cumberland Trail Conference Representative

Ray Garrett 865-483-4466
garrett.ray@comcast.net

TN Rails To Trails Advisory Council

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

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>
Aug 5	Sept 1
Sept 5	Oct 1
Oct 10	Nov 1

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

Please send all submissions to:
editor@tennesseetrails.org

Shop amazon.com Through TTA's Website

When You Buy Books

(or anything else)

at amazon.com

Through TTA's Website

TTA Benefits!

We have an arrangement with amazon.com where TTA receives a commission on all items purchased (such as books, magazines, music, electronics, even perfume – anything purchased through the amazon.com website!!!!) when you enter their site through our website. It's very easy! Go to the TTA website (www.tennesseetrails.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.

Tennessee Trails Merchandise Order Form

_____ TTA Patch5.00
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 35th Anniversary Commemorative Patch5.00
Round embroidered patch commemorating TTA's 35th Anniversary, sew it on anything.

_____ TTA Flashlight Carabineer Key Ring, blue3.00

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

Aug 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.

- ___ 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 _____ -- _____
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:

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

July 17, 2008

Color Plus Printing
415-A Spence Lane
Nashville, TN 37210

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

Newsletter Printing

Cover Date: August 2008

Number of pages submitted
with this purchase order: 10 pages

Printed Paper size: 2 - 11 x 17 sheets
1-8 1/2 x 11 sheet
printed on 2 sides
11 x 17 pages to be folded in 1/2 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 Garnett Rush at 615-352-7217

- Her picking up newsletters from you at Color Plus Printing or,
- Your delivering newsletters to her home or,
- Your delivering newsletters to the newsletter party, which will be:
July 24 at 6:00pm at Nora Beck's home 3811 Baxter Ave., 615-517-6486