

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



MESSAGE FROM THE PRESIDENT (of TTA)

The Tennessee Trails website has a new look! Check it out at www.tennesseetrails.org. In addition to a new overall design, the home page now has two summary calendars: a 30-day meeting calendar and a 7-day calendar of upcoming hikes. A full detailed calendar is still available at its regular place. We have also changed the menus slightly, and have added a link to Amazon.com on the home page. Use this link to make your purchases from Amazon.com which earn commissions for TTA. If there are other improvements you'd like to see made to the website, send an email to webmaster@tennesseetrails.org.

As we start our new hiking year with all the exciting opportunities ahead and this includes our old and lots of new events coming up too. Let's just take one minute and remember the several hikers who have passed this last year. I realize all our members may not have had the good fortune to have met these wonderful people (and I am one) but if you have ever hiked with even one of these remarkable hikers who passed this last year; then you were truly blessed (as I feel that I am). Without mentioning names, our departed will be recognized as their memorials are received by our newsletter editor. Starting this New Year at TTA, we welcome any member to submit an article of remembrance on their departed TTA friend and his/her accomplishments during their hiking years together. We want to remember our friends and acknowledge their contributions to our organization.

Moving forward in 2009, our possibilities seem to be endless. Our chapters are busy with hiking, meetings and festive events. TTA Chapter officers are faced with countless obstacles during the hiking season (weather, insects, gas prices, etc.) and I would like to commend them on their perseverance and fortitude in the wake of variables. It's not easy to build and maintain a chapter but it does have many rewards and I know the rewards make it all worthwhile.

I have three subjects I would like to touch briefly on in this New Year TTA Newsletter. First of all, our wonderful trail building associate, Cumberland Trails Conference is in need of additional support from us in 2009. They are facing a budget cut from our State and this has come at a very stressful time for them. They have been forced into legislation with the "rock mining" companies who have done great harm to sections of our precious "Cumberland Trail". They need our monetary support and our volunteer hours to get them through the tough times.

The next subject, dear to my heart, is our own Great Smoky Mountains National Park. It's 75 years old this year and that's something we can all celebrate. My own East Tennessee Chapter will be hosting the Annual Convention for '09 and our theme and focus will be on the 75th birthday of GSMNP. Please make your plans to help us celebrate this special event.

I couldn't close without saying how proud I am of our Soddy Daisy Chapter. They started their reorganization in July '08 and have grown by leaps and bounds. They continue to grow their membership with great enthusiasm and active participation. Chapter officers, Carla Hilling and Don Deakins are great leaders and they have helped to make our organization very successful.

I am excited about this New Year and all the challenges we will face together. Rosemary Marshall - TTA President

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

CTC

A new year is here. A year that will offer many new challenges and opportunities for the Cumberland Trail Conference and the Cumberland Trail Project. As has already been reported, the State of Tennessee will cease supporting the operations of the Conference on June 30, 2009. However, the CTC does not see this as an insurmountable problem, only as a mountain to be climbed with many wondrous views once the summit is reached. The CTC is dedicated to the goal of working until there is a continuous trail from Signal Point to Cumberland Gap. In 2009, please consider supporting the CTC by assisting with Break-Away (Feb 22-March 21) and other trail programs, and by continued financial support. Also, checkout the CTC website for new CT merchandise such as t-shirts, water bottles, coffee cups, and bumper stickers. For it is a fact, with the continued financial and volunteer trail support of TTA members, the goal of a complete trail will become a reality, creating a lasting legacy.

Tony

Yes, I want to help the Cumberland Trail Conference change the map and leave a legacy!

Name _____
Organization or business name if applicable _____
Address _____
City, State, Zip Code _____
Email _____
Phone _____

Donation gifts:

- \$1,000+ receives stainless steel water bottle, wicking t-shirt, and mug
 \$500+ receives wicking t-shirt and mug
 \$100+ receives a mug
 \$50 trail supporter t-shirt (cotton)
 \$25
 Other

Method of Payment:

Check, made payable to "Cumberland Trail Conference"
 Visa MasterCard _____ card no.

Signature _____ Exp date _____

*The Cumberland Trail Conference, an associate organization of the Tennessee Trails Association, is a 501 (c) (3) non-profit organization and donations are tax-deductible. Please see your tax advisor. **We are grateful for you support.***

All donors will receive a bumper sticker and recognition in our newsletter

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.)

Jan 3 Annual Business Meeting Saturday evening at 8:00 p.m. Eastern time, in the Rugby Community Building. We'll elect officers and solicit ideas for 2009 hikes. For everyone who missed the statewide TTA meeting, our program will be a repeat of Jim Poteet's 40th anniversary slide presentation on the early years of TTA, featuring several familiar faces. Please join us at 7:00 p.m. for our monthly community potluck before the meeting.

Jan 6 Weekly Tuesday hikes resume. Meet at 9:00 a.m., Eastern time, in front of the Historic Rugby Visitor Centre for a morning hike in or near Rugby. E-mail Tom or Benita Howell to be added to our information distribution list.

Jan 24 Snow and Ice Hike and Chili Lunch. Meeting of the Waters, Rugby, TN Plan to join us for this joint Big South Fork and Murfreesboro chapter event. Check the Murfreesboro blog for hike details and car pool information, or register with Benita Howell at 423-628-5521 or *bjhowell@highland.net*. Note: this date corrects my error in the December Newsletter.

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Paul Schwab 931-645-9068
paulschwab@bellsouth.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.

Jan 1 Annual New Year's Day hike, Montgomery Bell State Park; 8 miles, moderate; (traditional black-eyed peas, cornbread, and other choice goodies at the hike halfway point); Suva Bastin 931.645-2849 or Merri Hinton 270.725-0220

Jan 3 No hike.

Jan 10 Beaman Park, Nashville, Tn. (Near Joelton, Tn.); 5 miles easy; Suva Bastin 931.645-2849.

Jan 17 Rotary Park, Clarksville, Tn.; 3 or 4 miles easy; Renate Gills 931.648-1448.

Jan 24 Land Between the Lakes (Adopted section of North South Trail); 8 miles moderate; Sandy Janus 931.551-8523.

Jan 31 Rails to Trails, Ashland City, Tn. (We will hike the unpaved Eagle Trail); Approximately 6 miles easy; Lili Ball 931.552-2773.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Bobby Hardeman
615-430-0638 *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.

Jan 6 Regular Monthly Meeting Guests will be Tonya and Dirk Peterson presenting a program about their hiking adventures in South America. Through pictures and commentary attendees will have the opportunity to visit such exotic locales as the Inca Trail, Machu Picchu, Galapagos and the Amazon.

Jan 1 Multi-Chapter New Year's Day Hike. This is a 6 mile moderate hike. Bring food to share with the group as we feast at Screw Bluff Overlook. Wear sturdy boots; bring plate, knife and fork and plenty of water. We will leave A&D Market at 6:30. Register with Bobby Hardeman at *puttr22@aol.com* or call 615-430-0638. See also your December news letter for detailed description of the hike.

Jan 10 Chickamauga Battlefield Memorial Hike. This is an 8.5 mile hike rated easy to moderate only because of the length. We will hike over the battlefield, which is mostly level ground, following the trail of 8 fallen Generals of the battle. This will be a slower paced hike as we take lots of photos, and stop to read the memorials. We will have lunch on the trail at one of the picnic areas about half way through our hike. As always wear sturdy boots, watch the weather and dress appropriately and bring lunch and water for the trail. We will stop in Chattanooga on our way home at not only Marvin's but Rick's favorite restaurant, "The Hair of the Dog" for dinner. Register with Bobby Hardeman at *puttr22@aol.com* or call 615-430-0638. We will leave A&D Market at 6:30.

Jan 24 Johnsonville State Historic Area. This is an easy to moderate 6 mile hike. We will hike the area where Union forces, in the war of Northern aggression, delivered supplies by river before unloaded them and taking them by train to Nashville. We will see where the Confederate Cavalry, lead by Gen. Nathan Bedford Forrest, attacked and defeated the Union Naval force. This was the only time that a Naval force was ever defeated by Cavalry. Wear sturdy boots and bring lunch and water for the trail. Register with Rick Lausten at *saturncar1@aol.com* or phone 615-373-0029.

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

Jan 17 - Let's explore... right in our own backyard! Join us for an exploratory hike at Seven Islands Wildlife Refuge, located along the French Broad River in Knoxville, TN. Encompassing 360 acres, SIWR is a wildlife sanctuary with recreational use by the general public. For further details and to RSVP, please contact Mark Paulley at mpaulley451@hotmail.com or 865-405-9879.

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.



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.

Jan 5 Happy New Year! We will meet back at The LaFollette Recreation Center @ 6:00 p.m. to discuss upcoming events. Bring your ideas and share. More information contact Richard Helm 423-562-1110

Jan 17 We will meet 9:00 a.m. @ Eagle Market. To go on an exiting hike to Yahoo Falls located in the Big South Fork in Ky. More information or reservation contact Richard Helm 423-562-1110. Everyone is welcomed. The hike is moderate 3 miles

Jan 24 Meet 9:00 a.m. at Eagle Market . We will carpool out to Frozen Head State Park located in Wartburg, Tn. The hike is approx 3-4 miles stretch difficult. More info. contact Jerry Phillips 423-563-0867

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: H.T. (Tom) Bentley
931-455-5849 htbentley@lighttube.net
VICE PRESIDENT: Joette Carter 931-968-0073
OUTINGS COORDINATOR / NEWSLETTER CONTACT:
Contact Tom Bentley
MEETS MONTHLY: 1st Tuesday at Crockett's restaurant in Tullahoma. Socializing & dinner at 6:00pm CT; meeting starts at 7:00pm

Jan. 1, Multi-Chapter New Year's Day Hike and Feast, Bridgestone-Firestone Centennial Wilderness, DeRossett, TN, 6 miles rated moderate We will hike Polly's Branch Falls Trail to the Screw Bluff Overlook, where we will serve up a New Year's Day feast, socialize, and take in the views of the Canyon Fork River Gorge. We will return via the Chestnut Mountain Trail. **WHAT TO BRING:** Everyone is to bring a traditional New Year's Day food to share, with whatever is needed to serve it, a large black garbage bag, and their own place setting of plate, bowl, knife, fork, spoon, cup or glass, and napkins. Contact Bobby Hardeman of the Columbia/Franklin Chapter or Fount Bertram abertram@dtccom.net or phone 615-765-5357.

Jan 6 7:00 Monthly meeting at **CD Stamps Community Center**. The CD Stamps Center is on your left coming into Tullahoma from Sewanee/Winchester/Estill Springs- Linda Hudson will be presenting a travel log on her trekking in Costa Rica with her sister. Contact Tom Bentley (931) 455-5849.

Jan 10 Chilly/Chili Hike at Sewanee - We will meet at Grundy Forest Pavilion (the trail head for Fiery Gizzard) and hike 1.5 miles to Sycamore Falls (3 miles round trip). It is rated easy to moderate - moderate due to uneven trail. There is an alternative trail for those who do not want to walk all the way to the falls which is the Grundy Forest Day Loop (2 miles total). The Pavilion is located off 41 just before entering Tracy City. Follow the signs. We will meet at the trail head at 9:00 am, hike, then return to the Poteet's for a Chili lunch. We will have soft drinks and some et.al. If you want to come just to eat, come at about 1:00. The gate is not guarded on the weekend and we have to be there to let you in. If you want, you can bring some sort of finger food to contribute to the lunch. We will have chili, cornbread, and brownies. Please call at 931-924-7666 or email at nannietta@blomand.net to let us know you are coming in order to make planning easier. Hope to see a lot of you there. Maybe the mountain will have some snow.

Jan 17 3rd Saturday Eat-Hike-Eat Hike Informal. Usually easy hike, 4-5 miles. Start 9:45 Blue Chair Sewanee - Contact Tom Bentley 455-5849 htbentley@lighttube.net

Jan 24, Carter Mountain exploratory hike, off trail, strenuous 6 to 8 miles Joette 968-0073 For recent details and contacts: <http://ttahighlandrim.blogspot.com/>

Jan. 1, 2009 -- Multi-Chapter New Year's Day Hike and Feast, Bridgestone-Firestone Centennial Wilderness, DeRossett, TN,

(6 miles). You may have the announcement on the front page of the December newsletter. Basically easy, it is rated moderate due to the rocky, uneven terrain, tree stubs, and two small stream crossings. We will hike Polly's Branch Falls Trail to the Screw Bluff Overlook, where we will serve up a New Year's Day feast, socialize, and take in the views of the Caney Fork River Gorge. We will return to our cars via the Chestnut Mountain Trail. Sturdy hiking footwear that provides stability is strongly advised. We will hike an alternate trail if the water is high in the streams.

WHAT TO BRING: Everyone is to bring a traditional New Year's Day food to share, with whatever is needed to serve it, a large black garbage bag, and their own place setting of plate, bowl, knife, fork, spoon, cup or glass, and napkins. Don't forget the usual things, too, such as your personal drinking water. (Several of the garbage bags, placed end to end, form the "buffet" from which the food is served, others may be used to sit upon, and they all can be used to take the trash back out.)

TIPS FOR PACKING FOOD: Duct tape is a really good sealer for Tupperware-type bowls. Also, double bagging in zip-lock bags is always recommended for runny foods. Food will be carried in backpacks for about 3 miles and we'll transport the remains back about the same distance.

In the past all TTA Chapters have been represented except Memphis and Clarksville. It will be led this year by Bobby Hardeman of the Columbia/Franklin Chapter but Fount Bertram will be the local coordinator to report to Bobby. To sign up contact Fount or Anna at abertram@dtccom.net or phone 615-765-5357.

-YOU ARE INVITED TO ATTEND-

TTA 1ST QUARTERLY BOARD MEETING

FEBRUARY 7, 2009 1:00PM CT

WILLIAMSON COUNTY PUBLIC LIBRARY

FRANKLIN, TENNESSEE

**HOSTED BY THE COLUMBIA/FRANKLIN
CHAPTER**

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.*

IN MEMORIAM

Ray Haley

" Chooooow Time!" Ray's always-punctual shout resounded from the big porch of the Dogwood Lodge all the way down to the lake where some of us used to camp during CTC's BreakAway and Big Dig trail construction programs. Then later, while waiting in the chow line, I would often feel a gentle tap on my shoulder: "Yours is over there" Ray would whisper. Even though Ray and Carol might be busy feeding over 100 hungry volunteers, he would never fail to tell me where to find a portion they had put aside for me that did not contain a certain ingredient to which I am allergic. That was Ray's way--quiet, gentle, thoughtful, and a hard working, faithful volunteer.

Ray and Carol would drive all the way from Memphis to volunteer for CTC, both in the kitchen and on the trail. But while most of us volunteered a few days at a time, Ray and Carol would come for the duration--4 or 6 or more weeks. And they did this over and over again! For this almost unbelievable service, he received The Cumberland Trail Award in 2004 and the Tennessee Trails Award in 2007 as part of the "Kitchen Crew" of Betty Porter, Carol Haley, and Ray Haley.

On a typical day, Ray would be in the kitchen long before sunrise to get the coffee started--including an extra strong pot for those of us who needed it. Sometimes he'd prepare a dish guaranteed to wake us up and get us off to the trail on time--"Ray's Firecracker Grits". This was a big hit among the BreakAway students, especially those from Indiana University of Pennsylvania (IUP). Is Ray's breakfast the reason this particular school always constructed more quality trail--especially rockwork--than any other? Anyway, Ray was so popular with the IUP students that they named a band in his honor. Its name? "Ray's Firecracker Grits", of course. A recent Google search turned up 9 references to this band that has been making the rounds in the Pittsburgh area. You can hear it on several of the referenced sites, and find a link to Ray's recipe; the recipe also appears in the CTC Newsletter dated Summer/Fall 2005.

After the breakfast clean-up, while most volunteers were out building trail, Ray performed another indispensable service. Did you ever wonder who sharpened many of the mattocks, fire rakes, saws, and other implements of destruction we all used? Then, after working in the kitchen and in the tool shed and maybe doing some food shopping, Ray would return to the kitchen to help with dinner!

Finally, after the dinner dishes were done, Ray got to his favorite part of the day--fishing down at the lake. I would sometimes join him there, and learned that he had fished all over the country, and once--in Alaska--caught a 37-pound salmon that was about as long as he was tall! He certainly never forgot that fish, and those of us who were fortunate enough to know him will not forget Ray.

Ray passed away November 16, 2008 leaving Carol, his wife of 45 years, a daughter Margie and her husband Mark, and two grandchildren, Eliana and David.

Submitted by Warren Devine

This portion of the newsletter will be dedicated in memoriam to individuals who have given so much to TTA and CTC over the years and whose "boots" will echo along the trails of Tennessee. If you wish to make a submission to this segment recognizing fellow hikers who have not previously been recognized in the newsletter, please send it to rosemary_l@hotmail.com.

CORRECTION

I want to draw attention to a misprint on Page 8 in the December Newsletter. In thanking those who attended the Annual Conference the Alabama Trails Association was given credit. They did not attend. I attended and set up a booth and gave information out about the **Alabama Hiking Trail Society** which is a true state-wide trail organization in Alabama.

I thank the TTA for allowing me to attend their Annual Conference representing the AHTS.

Rick Guhse', VP-Membership, AHTS

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.

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.ttamurfreesboro.blogspot.com

Jan 1 Multi-Chapter Hike-See Page 6

Jan 10- Jim and Marietta Poteet will host their annual Chilly Chili Hike. We will meet at Grundy Forest Pavilion (the trail head for Fiery Gizzard) and hike 1.5 miles to Sycamore Falls (3 miles round trip). It is rated easy to moderate - moderate due to uneven trail. There is an alternative trail for those who do not want to walk all the way to the falls which is the Grundy Forest Day Loop (2 miles total). The Pavilion is located off 41 just before entering Tracy City. Follow the signs. We will meet at the trail head at 9:00 am, hike, then return to the Poteet's for a Chili lunch. We will have soft drinks and some et.al. If you want to come just to eat, come at about 1:00. The gate is not guarded on the weekend and we have to be there to let you in. If you want, you can bring some sort of finger food to contribute to the lunch. We will have chili, cornbread, and brownies. Please call at 931-924-7666 or email at nannietta@blomand.net to let us know you are coming in order to make planning easier. Hope to see a lot of you there. Maybe the mountain will have some snow. Tony Jones will be the Murfreesboro contact 615-397-4463 awj68@comcast.net. Please sign up to get carpool information.

Jan 13- Monthly Meeting, 7PM Barfield Crescent Park Wilderness Station. Program TBA.

Jan 17- Buggytop Trail. The Buggytop Trail is a 2.2-mile hike (4.4 miles total) to the impressive entrance of Lost Cove Cave. (We will stop on the way for half an hour to see the Sewanee Natural Bridge.) The terrain to the Cave is rated moderate due to high bluffs and a steep descent. It can be muddy after a rainfall. Come with sturdy footwear, snacks and water. Those wishing to briefly explore the cave should come with flashlights, preferably headlights. After the hike we plan to have lunch at a restaurant close to the Sewanee campus. Contact Nabil Wakid at 615-893-7942 nwakid@bellsouth.net

Jan 24- Snow and Ice Hike and Chili Lunch, Meeting of the Waters-Rugby, TN. Plan to join us for this joint Big South Fork and Murfreesboro event. Carpool from Murfreesboro with Fount & Anna Bertram, let them know you are coming via e-mail at abertram@dtccom.net. Benita Howell of Big South Fork the leader and chili maker!

Jan 31- Green Mountain. Huntsville, AL 6 miles, moderate. Bob Goodwin and Sandra Parker will lead this hike which offers panoramic views of Huntsville and the Tennessee Valley. Meet at Sam's in Murfreesboro for 8AM departure. It is about 90 miles from Murfreesboro. Contact Bob Goodwin at 256-564-8417 or camel40@earthlink.net

Planning Ahead

Feb 7 -TTA Board Meeting....All members welcome

Avoiding Hypothermia

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

Early Symptoms:

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

Prevention:

Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.

- Eat high-energy foods frequently and drink plenty of fluids.
- Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.
- Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.
- In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

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

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

PLATEAU CHAPTER (Crossville)

CO-CHAPTER OFFICERS: Jan Barber
931-839-6663 *taxxing@aol.com*
Myra Holloway
931-788-1724 *followthesun12@live.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.

Jan 8. Chapter Meeting. 6:30 PM at the Art Circle Public Library Community Room. Jim McCullough has volunteered to entertain us with photos from hikes. We also need to plan hikes for February and March. For more information, please contact the Chapter Co-Chairs.

Jan 10. Pioneer Trail Long Loop at Cumberland Mountain State Park. Crossville, TN. This is an easy hike of 5 miles around Byrd Lake. Meet at the boat dock parking lot at Cumberland Mountain State Park at 9 AM CST. For more information and to register, contact Carolyn Miller at 931/456-4465 or by e-mail at cardan@frontiernet.net.

Jan 24. Bald River and Conasauga Falls, near Tellico Plains. We will begin at 80 foot Bald River falls and hike about 2.5 miles one-way (5 miles round trip) beside various falls and cascades of the Bald River. After returning to the trailhead, we will also check out some other waterfalls along the road near Bald River and hike another 2-3 miles round trip to Conasauga Falls. The Conasauga trailhead is a short drive from Bald River. The drive to Tellico Plains is 1.5-2 hours, so it will be a fairly long day. There is good barbeque restaurant on the way home in case the group wants to stop for dinner. Meet at Trinity Tabernacle church (south of Crossville on Hwy 127) at 8:00 AM CST. For more information and to register, email Jim McCullough at sue1290@frontiernet.net.

Soddy Daisy Chapter

Treasurer: Carla Hilling
423-266-2507 X4 *carlahilling@comcast.net*
Hike Coordinator: Don Deakins
423-842-3140 *don.deakins@gmail.com*
Meet Quarterly: Time and location to be announced on our schedule
Schedule: See current schedule at <http://tinyurl.com/6np53k>
Blog: <http://sdtta.blogspot.com>

Jan 3 Cumberland Trail - Piney River segment near Spring City - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

Jan 5 Quarterly meeting - 6:00pm in Soddy-Daisy Municipal Building court room. Reconvene afterwards at Rafael's Italian Restaurant for pizza. Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

Jan 10 Cumberland Trail - Snow Falls segment in Dayton - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

Jan 17 Cumberland Trail - Brady Mtn segment in Grassy Cove near Crossville - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

Jan 24 To be announced - see Soddy Daisy schedule at <http://tinyurl.com/6np53k>

Jan 31 Cumberland Trail Conference Volunteer Appreciation Day - Cumberland Mountain State Park - Crossville - Contact Marleya Pendleton at (931) 456-6259 or marleyapendleton@frontiernet.net

Don't Miss an Outing Plan Ahead Register Early!

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

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

NASHVILLE CHAPTER

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

OUTINGS COORDINATOR: Libby Francis
libbyslibbys@comcast.net

(email Libby & volunteer to lead an outing)

MEETS MONTHLY: 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

Jan 27 Monthly Meeting. Tennessee Parks and Greenways Foundation (TPGF) played a pivotal role in protecting the head of the Sequatchie Valley, Black and Brady Mountains - all of which are key points of interest along the Cumberland Trail. TPGF's Executive Director, Kathleen Williams will be updating us about various TPGF conservation efforts and their impact on outdoor recreation in Tennessee. Kathleen's presentation will be followed by refreshments and socializing. Bring a friend - they're always welcome - and join us at 7:00p at TWRA's Region II office located on the campus of Ellington Agriculture Center (Edmondson Pike). For driving directions, visit: www.state.tn.us/twra/gis/miscpdf/Location%20of%20TWRA2.pdf

Or, if you need additional information, contact Nora Beck at 615-517-6486; nora_beck@comcast.net

Jan 10 Chilly Chili Hike, South Cumberland State Park. Monteagle, TN. For several years now Jim & Marietta Poteet (Highland Rim Chapter) have organized and led this multi-chapter event. First, we gather to hike and then afterwards we head to Jim & Marietta's home which is nearby for lunch, socializing, chili, cornbread and brownies. We will hike to Sycamore Falls which is 3 miles roundtrip and rated easy to moderate (moderate for the uneven, rocky terrain). For the hike, carry the usual: water and 10 essentials; wear trail worthy hiking shoes/boots; and, dress appropriately for the weather. For the chili lunch, Jim and Marietta will be providing the chili, corn bread, brownies, and some soft drinks. Everyone is invited to bring a side dish or finger food to contribute to the lunch. This is always fun event where you will get to visit with members from across the state. In order for Jim and Marietta to have an accurate headcount YOU MUST PRE-REGISTER (on or before Jan 8) with Diane Manas since she will be organizing the Nashville bunch, which will be carpooling from I-24 and departing around 7:00am. For additional information and/or to register and obtain the carpool meeting location, call Diane Manas at 615-352-7777.

Jan. 17 Shelby Bottoms, Nashville @9am CT. Hike 7 miles of flat wooded trails. Moderate hiking. We will be hiking on the lesser known parts of Shelby Bottoms. Bring snacks, water, and plan for lunch at one of east Nashville's fine cafes afterwards. For more info contact Jerry at Bigwagee@comcast.net

Jan. 24 Cedar Glades and Flat Rock hike, Nashville. Time for something a little different. Explore this unique and interesting area. Contact Nora Beck at nora_beck@comcast.net or 615-517-6486 for more details.

Jan. 31 Dog Hole/ Fiery Gizzard Loop, Grundy Forest, near Monteagle - This 6.6 mile hike is rated difficult for rocky terrain and elevation changes, but is worth the effort for exceptional views and amazing rock formations. The hike starts at Grundy

NASHVILLE (cont)

picnic shelter outside of Beersheba Springs, TN and proceeds 2.8 miles along a ledge on the easy Dog Hole trail to Raven Point. The return will be rock hopping beside Big Fiery Gizzard Creek for 2.5 miles, then 1.3 miles more past Sycamore Falls. (The return trip will be back via the Dog Hole trail in the event of inclement weather.) Wear sturdy boots; bring water, lunch and money for carpooling. For more information and to register contact Garnett Rush at 352-7217 or e-mail rushga01@yahoo.com

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Mary Jane Ware
maryjaneware@bellsouth.net

Jan 3 Cloudland Canyon, Rising Fawn, Georgia. 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 Cindy Johnson at cjhike@comcast.net or 931-570-0122.

Jan 10 Twin Arches to Middle Creek, Big South Fork NRR, Jamestown, TN. This hike features the Twin Arches, the largest natural bridge complex in Tennessee, Slave Falls, Needle Arch, rock houses, and other rock formations. Slave Falls is spectacular when frozen. The hike is about 11 miles and is rated easy for the terrain and moderate for the distance. Bring water, snacks, and lunch. You can meet us in the Penney's parking lot in Cookeville at 7:30am CT. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Jan 17 Natural Bridge, Hazzard Cave, Lake View, Lake, Ladder, and Island Trails, Pickett State Park, Jamestown, TN. We will hike a collection of short but scenic trails in Pickett State Park. Highlights include two natural bridges and Hazzard Cave. The total distance is about 6 miles and is rated easy. You can meet us at 9:00am CT in the Penney's parking lot in Cookeville. Bring water, snacks, and lunch. For information and to register contact Kathleen Sullivan at 931-520-6294 or ksully@frontiernet.net.

Jan 31 Golden Squirrel Hike, Franklin-Marion State Forest, Sewanee, TN. We will hike the 12 mile, West-Side Trail from the ranger station to the fire tower. We will need to set up a shuttle. The hike is rated moderate for the terrain and strenuous for the distance. You can meet us at 7:00am CT in the Penney's parking lot in Cookeville, at the US Bank across from McDonald's in Sparta at 7:30am, or at Exit 111 off of I-24 at 8:30am. Please bring warm clothes, plenty of water, and sturdy hiking boots. For information and to register contact Cindy Johnson at 931-570-0122 or cjhike@comcast.net

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

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

Please send all submissions to:
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PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

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

- A NEW MEMBER** Jan 09
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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:
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Nashville, TN 37204-1446

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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:

- | | | | |
|-----------------------|---|--------------------------------------|--------------------------|
| ___ 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

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P. O. Box 41446
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Leslie El-Sayad
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December 16, 2008

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