

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



HIKING CURES ALL AILMENTS

Excerpts from article by Bruce Douglas of the Rocky Top Trail Shop:

I am one of those people who believe that hiking and backpacking in the mountains will cure any ailment or condition you may have.....

I found out the hard way that backpacking is a 100% guaranteed weight loss plan. Have you ever hear, "Lose weight and still eat as much as you want?" Long distance hiking really does allow for this. In addition you don't have many opportunities to stop and eat fried chicken and biscuits so your caloric intake is considerably less.

Hiking also does wonders for the back. My lower back always feels better when I come home from a backpacking trip. Carrying a heavy pack on your back for several days strengthens the back tremendously and will keep your lower back in good shape... Many times I have stepped on the trail with a cold or a touch of the flue. Within a few hours I can feel the congestion leaving my body only to be replaced with good clean mountain freshness. It must have something to do with breathing clean air and drinking clean (filtered) spring water. If I could only bottle it and sell it, I would retire and be spending my days hiking in New Zealand.

There must be a lot of bad things floating in the air around the city. Or maybe it's just the constant stress we're under at work, or the frustrations we have when we sit in traffic. Whatever it is, I think they're all factors as to why we get those darn headaches. To this day, I cannot ever remember developing a headache while hiking. If you have a really bad headache that no amount of aspirin seems to cure, then I suggest you head for your favorite trail. I promise the pain will be gone in a short while.

Ever wake up with a stiff neck? Try hiking it out. I used to try everything to get rid of a stiff neck. I tried stretching, walking, lying down, sitting up, heat, ice, hotshowers and once had my wife walk on my back. One morning I work up with one of the worst neck wrenches I have ever had. I was already committed to a morning hike with myfamily so I reluctantly rolled out of bed and was practically carried to the trailhead. In one hour, I was able to look around in every direction and still keep an eye on the trail.

Backpacking will cure all your internal plumbing problems. Whether it's colitis or irregularity, the exercise and diet of backpacking will do wonders for your metabolism. If you are having irregularity, try hiking in the rain or when the weather is cold and miserable. Nature always calls during the most inopportune moments.

Need to quit smoking? Try hiking up a 5,000 foot mountain on a day hike. You'll be craving for more air?

Do you suffer from insomnia? Try getting up at dawn...carry a 45 pound backpack..8-10 hours...breaking down and setting up camp..filtering water...outsmarting bears..you'll get a good night's sleep.

In my opinion, backpacking is as good as the fountain of youth...I am convinced that elderly hikers are more alert and twice as healthy as the rest of us.

(My apologies for having to cut out about half of this article due to lack of space. You get the idea!!!)

2009 Annual Convention

November 6,7,8 2009

Valley View Lodge & Convention Center,
Townsend, TN (on the quite side of the
Smokies)

Quarterly Board Meeting

Saturday, May 2, 2009 beginning at 1:00pm CT
REI Community Conference Room
261 Franklin Road
Brentwood, TN 37027
615-376-4248 for directions

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 Schedule

May 7 - 10, 2009 - Southeast Foot Trails Coalition Conference - Pine Mountain State Resort Park in Pineville, KY - Meetings and some activities will take place at Pine Mountain State Resort Park in Pineville, KY. Other activities will be held at nearby Cumberland Gap National Historical Park. Park staff will lead guided hikes. We will have educational sessions and group breakout discussions. There will be social activities including a square dance on Friday evening and a visit to the Hensley Settlement at CGNHP on Saturday evening for a cookout and some night sky / night hike activities. A special public ceremony is planned to recognize the connection of Cumberland Trail and Pine Mountain Trail at Cumberland Gap. Registration will open in January on the SEFTC website.

May 21-June 21 Little Possum FPR bridge construction: This bridge project will take the place of the traditional *Big Dig* program. The weekend of May 23-24 volunteers are needed to move the bridge and construction materials to the bridge site. Volunteers will also be needed to help construct abutments and the bridge after the material is moved into the gorge. Volunteers are welcome to come out on multiply weekdays or weekends to help with construction. The CTC will be able to provide food and lodging at the Dogwood Lodge on Lee Pike

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Jim Meadows
423-628-6475 jhnmhm@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.)

May 30: Edwards Mountain and Rice Hollow, Wayne County, KY. Leaders: Lavonne and Charles Gibbs. The location is the leaders' large property in an area just west of the Cumberland Plateau. Wayne County is on Eastern Time. Car pool leaves from the Harrow Road Cafe at 9 AM ET, driving west on TN 52 to the Jamestown US 127 bypass. Go north on US 127, stopping at the old Forbus Store at 9 AM CT (10 AM ET) at Forbus, TN on US 127 north of Jamestown for anyone wanting to meet us there. Charles will lead the car pool to his property, where we'll tour a 400 foot long sandstone cave (easy walking, only flashlights needed) and also see a huge poplar growing there. We'll then drive in and hike along Big Hickory Road into Rice Hollow, an easy 1.7 mile on level and downhill slope to the Gibbs cabin for a picnic lunch. Contact Charles and Lavonne Gibbs, clgibbs@highland.net, to register.

Upcoming Hike

June 20 Obed Section of the Cumberland Trail, led by Randy Hedgepath

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.

May 2 Old Stone Fort, Manchester, TN; 4 miles, easy; Suva Bastin 931.645-2849; meet 8:00 a.m., I 24 Exit 11 community parking lot.

May 9 Spring Fling; Dunbar Cave State Natural Area, Clarksville, TN.

May 23 Memorial Day; No hike.

May 30 Garden of The Gods, Shawnee National Park. Illinois; 6 to 8 miles, moderate; Sandy Janus 931.551-8523 and Sandy Hamilton 931.920-2760; meet 7:30 a.m., Kroger Parking area, Dover Crossing, Clarksville, TN.

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.

May 4 Our monthly meeting will be 6:00 p.m. @ Cove Lake State Park shelter 1. More information or contact Richard Helm 423-562-1110. Come out and enjoy, where you would like to hike.

May 16 We will be hiking in Van Hook Falls in London Ky. Meet @ Jacksboro Middle School 8:00 a.m. More information or reservation contact Richard Helm 423-562-1110

May 30 Meet 8:00 a.m. @ Jacksboro Middle School. We will be hiking the Sugarland Trail. More information contact Richard Helm 423-562-1110

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.

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

May 2 Russell Smith is leading a hike at Beaman Park in Nashville. Meet at A&D Market on Hwy. 231, just south of I-840 at 8:00 am. Contact Russell at 615 790-1833 or *carving082334@aol.com* for more details and to register for the hike.

May 5 Regular monthly meeting at Grand Buffet. Tony Hooks, General Manager of the Cumberland Trail Conference, will give a presentation of his recent hikes and an update on the Cumberland Trail.

May 16 Twin Arches Hike led by Bobby Hardeman. The Twin Arch hike is moderate 7 mile hike in Big South Fork Park. There is 450 foot ascent and descent thru the hike. This is primitive trail with no bathrooms at trail head. Bring plenty water, lunch and snacks. Wear sturdy boots. We will leave A&D Market at 6:30 AM. Please plan to stop at Marvin's favorite restaurant on our trip home for dinner. Register with Bobby Hardeman at *puttr22@aol.com* or call 615-430-0638.

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

MAY 2 We'll hike the famous Abram Falls Trail in our own GSMNP. We will see the 20 foot high waterfall and it has a very large volume of water rushing. If you want to cool off, just dip in its pool. The 5 miles, moderate trail is lined with pine/oak forest and hemlock and rhododendron. Meet at the Townsend Y at 9:00am ET to car pool to Cades Cove and tailgate on to the Abrams Falls trailhead. Please pre-register with Mike Bickford 865-556-6920 or *tmontmcor72@yahoo.com*

May 9 Ramsey Cascade is the tallest waterfall in the GSMNP that is located on an official trail and one of the most spectacular. The water drops 80-100 feet over rock outcroppings and collects in a small pool. We will gain 2270' elevation in 4 miles. The trail follows rushing waters for much of its length and the last 2 miles pass through an old-growth cove hardwood forest with some very large tulip poplar trees. Hike is 8 miles, rated strenuous. We are going to tag along with the Foothill Striders and meet at Olympia Athletic Club in Alcoa/Maryville at 8am on May 9th. Directions: After the airport take the left split toward Townsend, turn right after Kroger onto Gill Street, go one block and turn left and you run into the Olympia parking lot. If you get lost call Mark Paulley at 405-9879.

May 23 -Rainbow Falls in GSMNP is the oldest route to Mount LeConte. We will see an 82' waterfall which can be either heavy or light. The distance is 2.7 miles each way and rated moderate. Meet at trailhead at 9:30am ET. Directions: Turn at traffic light #8 in Galatinburg, also known as Airport Rd. After one mile road changes to To pre-register, call Lesley Price 865-254-1193 or *stenogirlprice@comcast.net*

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 We eat at various places, this coming month is Ruby Tuesdays at 5:30 and meeting is at 7:00 at CD Stamps.

May 3 - Tim's Ford State Park, a Family Afternoon Hike. Easy four mile hike from picnic area to Weavers Point and back. Bring lunch to eat at 12:30. Hike begins 2:00. The trail is paved ideal for all family. There are some expansive views of the lake and local wildlife. Contact Joan Hartvigsen (931)962-0811

May 5 - Joint meeting with Friends of Short Springs Lyle Mason with TWRA fish hatchery at Normandy to be speaker. 5:30 Dinner at TBA location. Program 7:00 CD Stamps. Contact Tom Bentley 931 273-6344 *htbentley@lighttube.net*

May 8 South East Foot Trails Coalition Conference Friday - Sunday, May 8, 9, & 10, 2009 at Pine Mountain State Resort Park (KY) and The Cumberland Gap National Historical Park (TN). Lodging and meetings for the coalition will be at Pine Mtn but some activities will be held at Cumberland Gap. Let's send a few HR folks

May 16 3rd Saturday Eat-Hike-Eat Hike Informal. Easy hike. 4-5 miles Start 9:45 Blue Chair Sewanee - Contact Tom Bentley 455-5849 *htbentley@lighttube.net* Coordinator

May 16 Cloudland Canyon May 16 - Cloudland Canyon - See Murfreesboro description. Please call Marietta Poteet at 931-924-7666 or email at *nannietta@blomand.net*.

May 25 Memorial Day lake party, bring lunch (grill provided), drinks, ice, hike 1:30 5 miles easy; paddle boats, swimming, canoeing available. Directions from Winchester courthouse: go west on Bus 64, courthouse on left, 2 miles from square take Hwy 16 south go 10 miles turn left onto Jehovah Jireh Lane (betw mile markers 22 and 23). Follow paved road to lake and home. Activities begin around 11 am and ends ? Joette 968-0073

JACKSON CHAPTER

CHAPTER OFFICER: Candy Higgs
731-695-1960 *chiggs_3@yahoo.com*
TREASURER: Sara Hakim
206-553-9334 *sara.hakim@gmail.net*
SECRETARY Don Dresser
731-668-4190 *Donald_Dresser@usit.net*
OUTINGS COORDINATOR: Glen Rognstad
731-217-5966 *glenrognstad@gmail.net*
MEETS MONTHLY: 2nd Mon at Perkins Restaurant, 999 Vann Drive
in Jackson. Socializing & dinner starts 6:00pm CT; meeting
starts 7:00pm

May 11 - Chapter Meeting: Meet at Perkin's Restaurant on Vann Drive. We will eat at 6:00 p.m. and the meeting will start at 7:00 p.m. Please contact Candy Higgs at *chiggs_3@yahoo.com* or 731-695-1960 for additional information.

There will be no meetings in June, July or August.

May 16 - Cumberland Trail - Soddy Creek segment: This will be an overnight trip for the Jackson Chapter. We are considering starting at the Mowbray Pike trail head and walk north along the escarpment about 4 miles, past Clemmons Point to the Little Soddy Historic Mining Area and return the same route. Maps and descriptions can be found at <http://www.cumberlandtrail.org/soddy.html> Please bring lunch/snack, plenty of water and sturdy hiking boots are recommended. For information and to register, contact Donald Dresser at 731-668-4662 or *donald_dresser@usit.net*

MEMPHIS CHAPTER

CHAPTER OFFICER: (Memphis BD REP) Margaret Smith
901-210-6097 *spikie542003@yahoo.com*

MEETS MONTHLY: (Sep - May) 3rd Thursday at 7:00pm CT at Cordova Library, 8457 Trinity Rd.

May 16 - Memphis Chapter Annual Picnic Time: 4:00 p.m. Location: Johnson Road Park in Germantown - Park Pavilion on the south side of the lake The Memphis TTA Chapter invites you to participate in our annual picnic at the park pavilion on the south side of the lake at Johnson Road Park in Germantown. This park is located behind Germantown Baptist Church. We will begin eating around 5 p.m. Please assist us by bringing a food item to share as this is a potluck picnic. The organization will provide soft drinks and ice. There is a charcoal grill near the pavilion if anyone wishes to use it. There are hiking trails available, so bring your walking shoes along. Come early and walk or stay late and walk. Directions to Johnson Road Park: Take Poplar Avenue east through Germantown to Johnson Road. Take a left on Johnson Road and look for park sign. Turn right at the park sign and you will soon see the pavilion on your left.

May 21 - Monthly Meeting - CANCELLED

May 22-25, Cumberland Trail Bridge Building - PRE-REGISTRATION REQUIRED Help the CTC transport bridge building materials to Possum Creek site. Work Saturday and Sunday, hike Rock Creek, all the way through, on Monday and cross the new Rock Creek Bridge built last fall. Lodging and food provided by CTC at the beautiful Dogwood Lodge in Soddy-Daisy, TN. REGISTRATION REQUIRED. Call Carol Haley at 901-388-9163.

PLATEAU CHAPTER (Crossville)

CO-CHAPTER OFFICERS: Jan Barber
931-839-6662 *taxxing@aol.com*
Myra Holloway
931-788-1724 *lowthesun12@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 visit the Plateau Chapter Blog at <http://ttaplateauchapter.blogspot.com> Rain cancels.

May 9 - Walls of Jericho Wilderness and Recreation Area, Winchester, TN and Jackson County, AL. The hike is 7 miles roundtrip and is rated strenuous due to the elevation change of 1000 feet and the slippery areas near the bottom of the trail; however, the hike is worth the effort due to the 150 - 200 foot rock cliffs in the canyon from which the area derives its name. Wear boots and bring a hiking staff, food, water, and snacks. Meet at the Tractor Supply parking lot in Crossville at 7:00 CDT to carpool. A group of hikers is planning to eat dinner at the Foglight Restaurant near Rock Island State Park on the way home. Bring money (also BYOB) if you intend to eat at the restaurant. For more information and to register, contact Bill Harris at 931/484-9152.

May 14. Chapter Meeting. Art Circle Public Library Community Room. 6:30 PM CDT. Tony Hook, General Manager of the Cumberland Trail Conference, will give us a presentation about his 2008 backpacking trip in the Sierra Nevada Mountains.

May 30. Piney River Trail, Spring City. Randy Hedgepath, State Naturalist, will lead a slow-paced hike upstream for a roundtrip of about 5 miles. Cooling off in the stream will be allowed. Bring a picnic lunch and experience one of the jewels of Tennessee. To carpool, meet at 8 AM CDT at the Trinity Tabernacle church on Highway 127 South (across from the gated community). For more information and to register, contact Jan Barber at 931-931/839-6662 or by e-mail at taxxing@aol.com

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

May 2- Foster Falls, S. Cumberland State Park, 4-5 miles, Moderate. From parking lot we hike to river and cross over cable bridge to view falls. We skirt along the bottom of famous cliffs known to rappel climbers as the White Walls and the Dihedrals. A steep climb precedes our way back along the top of the cliffs. You will need sturdy boots and plenty of water. After the hike we will have lunch in Monteagle. Register with Nabil Wakid at nwakid@bellsouth.net or call 615-893-7942.

May 9- Bowie Nature Park, 5.5 mi., easy/moderate. Bowie Nature Park is located in Fairview, TN and contains a glorious 722 acres of forest, lakes and trails. We will have lunch at a local restaurant after the hike. Bring a snack and water for the trail and \$ for lunch after. For more information and to register contact Ann Jacobs at eannjacobs@aol.com or 615-896-3935.

May 9-10- Backpack on the Possum Creek and Rock Creek segments on the CT, 15 miles, Strenuous. This is a beautiful hike. We will begin on the Possum Creek Segment of the CT and will descend into both the Big Possum Creek and Little Possum Creek Gorges. We will continue on the Rock Creek segment for a couple more miles and will then camp for the night. Sunday's hike will be fairly short, but it will have some beautiful views. Contact Charlotte Broyles at broylescha@hotmail.com or 615-890-6308.

May 12- Murfreesboro Chapter Meeting, 7PM Barfield Crescent Park Wilderness Station. We will be PLANNING our next six months hikes 7-09 through 1-10. Please bring a finger food dish to share and NOTE THE TIME CHANGE!

May 16- Day Hikes at Cloudland Canyon State Park, Northern GA, near Chattanooga, 2 Hikes to choose from...**Jim & Marietta Poteet will lead either** the West Rim Trail (5.2 mi.) or Backcountry Trail (6.2 mi.) the trails are rated moderate with the exception of a strenuous, but short, walk down to the waterfall. Fount & Anna Bertram will lead a slower paced 4.8 mi. hike along the West Rim rated moderate with several very short but strenuous sections. Both hikes depart at 10am central time. Features include wonderful views and blooming Mtn. Laurel and Rhododendron. The groups will meet for dinner at a local restaurant after hiking. For info on the longer hike call Marietta Poteet at 931-924-7666 or nannietta@blomand.net. To sign up for the shorter hike contact Fount or Anna Bertram at abertram@dtccom.net or 615-765-5357. **Camping or cabin rental is also available; the Bertram's will be camping May 15-17.**

May 23- Wade Mountain Preserve, Northwest Huntsville, AL, 5 mi., moderate. Wade Mountain Preserve consists of 821 acres, with a semi-arid micro climate at the top and with views of Northern Alabama and Tennessee. The trail is in

MURFREESBORO (cont)

good condition with uneven-rocky footing in a few areas and climbs 350 feet in about 1½ miles and another 150 feet in ½ mile. Once at the high point we will gradually descend 500 feet in 3 miles. Legend has it, that the Devil's Race Track at the top was used many years ago for horse racing. Bring water, snacks, and \$ for dinner at a local restaurant after the hike. We will leave from Murfreesboro Sam's Club overflow parking lot behind Hardees at 8:00 AM. For more information and to register for the hike, please contact Bob Goodwin at CAMEL40@earthlink.net

May 23-25- GSMNP Backpacking Hike, 21.5 miles, strenuous. We will park a car(s) at our terminus trailhead, Alum Cave, and then head for Newfound Gap, our starting point on Saturday afternoon. Saturday's hike (5.4 miles total) will start with a gorgeous 1.7 mile ridge walk along the Appalachian Trail to the Sweat Heifer Creek Trail. We will then hike down 3.7 miles to the Kephart Shelter. Sunday will be an early start straight up for 3 miles back to the AT and on to the Boulevard Trail over to Mt. LeConte where we will stay in out tents. Note: We will not be staying in the lodge. Sunday's hike is 11 miles. One of the highlights of the trip will be watching the sunset and sunrise on Mt. LeConte! Monday's hike is a 5 mile downhill hike on Alum Cave Trail back to our cars. This hike is limited to 6 strong hikers. To register please email Tammy Day. tday@comcast.net

May 29-31- Ramseys Cascades, GSMNP, 8 miles difficult. This is a steep and stony hike with a gain of about 2,140 ft. in altitude. Most of the hike will be along the stream called Ramsey Prong. We also walk in the largest section of old-growth forest in the Great Smokies. I have a cabin reserved in Gatlinburg for Friday and Saturday nights. Space is limited so if you are interested in this hike please contact me soon. eannjacobs@aol.com . 615-653-6354.

May 30- TTA Yard Sale at 1132 West Clark Blvd., Murfreesboro: Need volunteers for all or part of the day, or cash contributions, items to sell and tables/racks on which to display them, also customers. Every member of the chapter should be able to help in some way! Spread the word to your families, friends, neighbors, co-workers so they can also give items and come to buy. The proceeds will reimburse our chapter's annual expenses and special projects. We have not held a sale now for over two years so it is time to replenish our funds. The plan is for donated items to be delivered to the sale site at 8 AM the day of the sale. Items need to be pre-priced before they are delivered. It does not matter what price you put on an item as we will change it later if necessary. Masking tape is cheap and works well on most items as a pricing tag. Tables and other display items also need to be delivered by 8 AM but be sure they are plainly labeled with the words "not for sale" and your full name and contact information. If you have items but cannot deliver them the morning of the sale, please let us know that too and we will try to arrange a pick-up. Contact Anna Bertram for more information and to volunteer: abertram@dtccom.net or 615-765-5357

Planning Ahead.....

June 6- National Trails Day!

June 9- Chapter Meeting. ANNUAL PICNIC Barfield Park Shelter 5

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.tennessee-trails.org/nashville.php

May 28: Annual Chapter Picnic! Shelter 10, 3:00 p.m. to sunset. If you haven't come to a meeting yet, this is a great one to get you started. *The picnic is the program!* Bring food to share and personal beverage; ice, flatware, napkins, provided. We'll have a twilight hike after the 5:30 meal. TTA members will be at shelter by 3:00 p.m. **Directions:** From Nashville, travel west on Highway 100 from Highway 100/70 split. Continue 3-4 miles to Old Hickory Boulevard and turn left onto it. Continue to first traffic light at Vaughn Road, go .3 miles, and take right into picnic shelter area (there will be signs). For those who prefer to navigate using GPS: 36.03.64 N; 086.54.888 W. For info contact Nora Beck, nora_beck@comcast.net or 615-517-6486

May 2, Standing Stone State Park Hilham, TN. This loop trail winds around lake for 5 miles rated moderate. There should be wildflowers, swinging bridges, switchbacks, and overlooks. Bring snacks and water. Phone Nancy Juodenas at 615-319-8811 or e-mail: njuodenas@hotmail.com for info and to register.

May 9 Pot Point Loop Trail, Prentice Cooper State Forest. N. Chattanooga, TN. The Pot Point Loop offers several grand overlooks into the Tennessee River Gorge. In addition to the overlooks, we'll pass over a 30-ft high natural bridge of sandstone. Along the way we may see some turkey, red-tail hawks and birds of prey, as well as wildflowers. Pot Point Loop is 11.9 miles rated moderate to strenuous for rocky, uneven terrain, rolling hills few stream crossings. Sturdy hiking boots/shoes required! Stream crossings may come up to ankles – so bring “croc” or stream-crossing shoes. Bring snacks, lunch, water for all-day outing. For more carpool and to register, call Diane Manas at 615-352-7777.

May 16 Walls of Jericho near Winchester, TN. 7 mile hike rated strenuous due to the elevation change of 100 feet and the slippery areas near the bottom of the trail. Creek crossing is involved. This hike is well worth the effort due to the 150-200 foot rock cliffs in the canyon from which the area derives its name. Wear boots; bring hiking stick, water, snacks, lunch and money for carpooling. (This hike is weather dependent - the hike will be canceled if there has been rain or rain is predicted and the ground is slippery.) For more information and to register call Garnett Rush at 352-7217 or e-mail rushga01@yahoo.com.

Other Activities

May 16 & 17, Over night kayak trip on the Caney Fork River. Everyone should have their own kayak or made arrangements for one. We will stop (9 miles) on Betty's island and finish the rest of the trip the next day (26 miles total). Food and rain gear a must. Email Jerry at Bigwagee@comcast.net

Special note of thanks: We appreciate all who helped with the Earth Day Celebration in Nashville on Apr. 18 and at the Long Hunter State Park event on April 25!

SODDY-DAISY CHAPTER

Chapter Officer: Brandy Selman (423) 544-9608
chatttowngrill@gmail.com

Treasurer: Jan Agee (423) 504-3581
ageejanice@bellsouth.net

Hike Coordinator: Don Deakins (423) 842-3140
don.deakins@gmail.com

Meet Quarterly: First Monday of Jan, Apr, Jul, and Oct at 6:00pm in Soddy Daisy Municipal Building

Schedule: See current schedule at <http://tinyurl.com/6np53k>
Blog: <http://sdtdta.blogspot.com>

May 2 Cumberland Trail - Soddy Gorge - Complete leaf removal on our adopted section of trail. We previously completed trail maintenance from Hotwater Road to Posey Point. We will hike to Posey Point where work will begin and attempt to clear the trail all the way to Deep Creek. Each worker will need to bring a broom rake. - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

May 9 Cumberland Trail - Piney River - Assemble at Piney River Trailhead no later than 9:30am EDT. Leave appropriate number of vehicles at Piney River Trailhead and proceed to Duskin Creek parking area where hike will begin. This will be an approximate 8 mile hike which is rated moderate. We will form a caravan if anyone is not familiar with our destination. - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

May 16 Cumberland Trail - North Chickamauga - Spring BreakAway failed to complete the entire trail construction project at Cooper Creek due to bad weather. We will hike in from the Cooper Creek end and complete trail construction required to connect the new Cooper Creek section to Stevenson Branch Campsite. Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

May 23-24 Cumberland Trail - Assist Cumberland Trail Conference with bridge construction on Little Possum Creek. - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

May 30 Cumberland Trail - Assist Cumberland Trail Conference with bridge construction on Little Possum Creek. - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

TTA's Calendar

- May 2 Board of Directors' Quarterly Meeting
(Location TBA)
- May 7-10..... Southeast Foot Trails Coalition
Conference (Pine Mountain State Resort
Pk, Pineville, KY)
- May 15-17..... Scout Weekend Trail Building on CT
(Scott Cty)
- May 31-Jun 6 American Hiking Society's Volunteer
Vacation Trail Building Event on the
Cumberland Trail
- Jun 6 National Trails Day (Locations TBA)
- Aug 1 Board of Directors' Quarterly Meeting
(Location TBA)
- Sep 13-19 Bike Ride Across TN (B.R.A.T.)
(Proceeds Benefit the Cumberland Trail)
- Sep 26 National Public Lands Day (Location
TBA)
- Nov 6-8 Annual Meeting in Townsend (Smoky
Mountains) hosted by East TN Chapter

OFFICERS:

President

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

Vice-President

LouAnn Partington 931-393-4835
louannpartington@yahoo.com

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

Graydon Swisher 901-737-3114
go2swish@bellsouth.net

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

Ron Dunn 615-867-3301
trekkingtn@comcast.net

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>
May 5	June 1
June 10	July 1
July 10	August 1

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

Please send all submissions to:

editor@tennesseetrails.org

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER:
maryjaneware@bellsouth.net

Mary Jane Ware

May 2 Maude's Crack, Big South Fork NRRA, Jamestown, TN. Maude's Crack is a shoulder width crack in a rock cliff about 100 feet high. It was used as a shortcut by Minnie Maude Royston to bring supplies from a settlement near the bottom of the cliff to workers at the top. The hike is a loop (plus a side trip to the John Muir Overlook) that descends to the bottom of the No Business Creek gorge, then follows the creek for a mile or so and then ascends to the rim of the gorge. The last 100 feet of the climb is through Maude's Crack. There are relics of an early 20th century settlement along No Business Creek. The side trip to the John Muir Overlook is a steep climb. The hike is approximately 8.5 miles and is rated moderate to strenuous because of the rugged terrain, a stream crossing, and two several hundred foot climbs. Bring snacks, water, lunch, and hiking boots. You can meet us at 7:30am CT in the Penney's parking lot in Cookeville. For information and to register contact Kathleen Sullivan at 520-6294 or ksully@frontiernet.net.

May 9 Walls of Jericho Wilderness and Recreation Area, Winchester, TN - Jackson Co., AL. The Walls of Jericho is a massive unique geological rock formation featuring 150-200 foot vertical limestone walls at the closed end of a half mile long wooded canyon. We will also go down to the Mill Creek gusher. A cave when cresting gushes water out 15 feet at chest level! The hike is about 8.5 miles total and is mostly downhill going into the gorge so the return trip is mostly uphill. The trail is often muddy after rains. The hike is rated moderate. Bring hiking shoes, snacks, water, and lunch. 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 7:30. For information and to register contact Dave Simpson at 615-869-9163 or drossic@comcast.net.

May 16 Mount Cammerer, Great Smoky Mountains National Park, Cosby, TN. We will hike from Cosby Campground to Low Gap and the follow the Appalachian Trail to the Mount Cammerer Trail and on to the fire tower. The hike is 11 miles and rated strenuous because of the elevation change. Mount Cammerer is noted for outstanding views and its historic fire tower. Bring water, snacks, lunch, and hiking boots. You can meet us at 7:00am CT in the Penney's parking lot in Cookeville. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

South East Foot Trails Coalition Conference

Friday - Sunday, May 8, 9, & 10, 2009

Pine Mountain State Resort Park (KY) and The
Cumberland Gap National Historical Park (TN).

Lodging and meetings for the coalition will be at Pine Mtn
but some activities will be held at Cumberland Gap.
See April 2009 Newsletter for details

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

ADDRESS SERVICE REQUESTED

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NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below.
PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

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

Please Mail This Form To:
Membership Director
P.O. Box 41446
Nashville, TN 37204-1446

- A NEW MEMBER** May 09
- RENEWING MY MEMBERSHIP**
- Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Ron Dunn 615-867-3301 trekkingtn@comcast.net

PLEASE, PRINT CLEARLY.

___ Individual \$25.00	Name _____
___ Family \$35.00	Address _____
___ Student (FULL-TIME) \$15.00	City _____ State _____
___ Supporting (\$50.00, \$100.00 or more)	Home Phone (___) _____ Zip _____ -- _____
___ Life Member (Individual) \$500.00	Work Phone (___) _____
___ Life Member (Family) \$750.00	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

April 16, 2009

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

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: May 2009

Number of pages submitted
with this purchase order: 8 pages

Printed Paper size: 2 - 11 x 17 sheets

printed on 2 sides

11 x 17 pages to be folded in ½ by Color Plus

Paper Weight: 20 pound paper weight

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Ink Color: black

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Approximate Cost:

Send **TAX EXEMPT** Invoice to:

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

Leonard, please contact Diana Manas at 615-352-7777

- 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:
April 20 at 6:00pm at Garnett Rush's home 6309 Bresslyn Rd. 615-352-7217