

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



Improved Steps on CT Black Mountain Trail

Plan a hike on the Cumberland Trail Black Mountain segment and check out the improved stairs through the big rocks on the main trail. The improved stairs were done by members of the Plateau Chapter funded by the TTA Evans Means Grant. The pictures included with this article show the top where additional steps and a railing were added and the new steps added at the bottom to minimize the steepness. The improved steps not only look good but make it much safer to hike through the rocks.

We would like to take this opportunity thank all the volunteers from both the TTA and CTC who worked on the repairs or contributed to make this project possible: Jim Hardy (Lead Planner and Supervisor), Mark Ritchie, Michael Durnwald, Dennis Barber, Bruce Whitehead, Anthony Jones (Cumberland Trail State Park), and Phillip Scruggs (Cumberland Trail State Park).

A total of 124 hours of labor went into the project. With their time and efforts, we were able to complete this project under the allotted grant amount of \$600.

We also want to thank both the Cumberland Trail State Park and the Cumberland Trail Conference for lending tools and equipment such as a generator that was necessary in such a remote area. Thank you Tennessee Trails Association for your generous gift through the Evan Means Grant that ensures hikers will have safer travels on Black Mountain.

Submitted by Cheryl Heckler
Plateau Chapter Chair





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 Website: www.cumberlandtrail.org

The CTC board of directors met on Saturday, October 4 to discuss options for hosting an Alternative Spring Break program for 2015. Planning is underway.

Please stay tuned to see how you could be a supporter, volunteer or partner for a Spring Break program on Graysville Mountain on the Cumberland Trail during March 2015.

The CTC board also approved to pursue the purchase of a mechanized piece of trail building equipment and discussed appointments to the nominating committee to seek officer and board candidates for 2015.

If you have questions about CTC, please feel free to contact:

CTC Chair: Gary Grametbauer at gramet@att.net.

TTA 2014 CALENDAR

The following dates in 2014 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 or leading volunteers from your chapter/region for an event listed.
- can be sure to prevent scheduling conflicts with an activity you wish to plan.

FOURTH QUARTER

Oct 24-26 TTA's Annual Meeting; Montgomery Bell State Park; hosted by Nashville Chapter

CLARKSVILLE CHAPTER

CHAPTER CHAIR: J.R. Tate 931-920-2692
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Ken Johnson 931-802-6343
clarksville@tennesseetrails.org
TREASURER: Mary Schwab 931-645-9068
clarksvilletreas@tennesseetrails.org
SECRETARY: Pam Gadsey 931-552-2325
clarksvilleshikes@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarksvilleshikes@tennesseetrails.org
(call Paul & volunteer to lead an outing)
MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT,
 Crow Community Center, 211 Richview Rd.
Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/clarksville>

Nov 1 - Annual Bonfire at Rotary Park Amphitheater (hike and pot luck supper). 2 miles. Moderate. Eat after hike. Suva Bastin 931-645-2849.

Nov 8 - Overnight LBL, Fort Henry Trail System. 9.5 miles to campsite, moderate. 5.5 miles back to cars, moderate. J.R. Tate 931-378-6559. Meet 8:00 am CT, Kroger parking area, Dover Crossing Road, Clarksville. 35 miles to trailhead.

Nov 15 - Shelby Bottoms Greenway from Shelby Park to Heartland Park Trailhead, 3135 Heartland Drive. 3.7 miles. Easy. Paul Schwab 931-801-9484. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 41 miles to trailhead.

Nov 18 - Monthly Meeting.

Nov 22 - Ashland City Rails-to-Trails unpaved section. 6 miles out and back. Moderate due to length. Ken Johnson 931-802-6343. Meet 8:00 am CT, Madison Street Kmart parking lot, Clarksville. 18 miles to trailhead.

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.

Plan ahead and register early.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Marvin Caine 931-486-1632
columbia@tennesseetrails.org
PROGRAM COORDINATOR: Ellen Clark 615-595-2640
columbiaprog@tennesseetrails.org
HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org
MEETS MONTHLY: 1st Tuesday at Fulin's Asian Cuisine, 1009
Crossings Boulevard, Spring Hill. Socializing and dinner
at 6:00 pm CT; meeting starts at 7:00pm.

Nov 4 - Chapter Meeting. Renowned conservationist and State Archeologist/Naturalist Emeritus, Mack Prichard, will take us on a tour across Tennessee that will highlight some of our fine walking, paddling, and motor ways. Mack will tell us about the trailblazers that helped create these corridors from the ridge tops to the rivers that offer some of America's finest recreational resources. Mack will share a photo history of the statewide leaders who saved these Tennessee treasures. Please join us for an inspiring and informative evening with Mack.

Nov 8 - Survival Day Activities. 10 am-2 pm CT. Russell Smith will host a Survival Day on his property. Participants will start fires with one match, cook a small meal, (you provide or bring a snack) build a group limb/brush shelter and a tarp shelter. Other activities will include: a review of (set) animal snares and deadfalls, various fire starters, cooking on a flat rock, archery and slingshot practice. A variety of homemade survival items, including primitive camp furniture, will be displayed. A review of available wild food plants and teas will also be sampled by the host and any willing participants. Location: Approximately one mile south of the intersection of Hwy 431 South (Lewisburg Pike) and Hwy 247 (Duplex Road) - from Spring Hill on the West side of Hwy 431. Site known as "Fort Smith" is located on a 15 acre field along Rutherford Creek. Suggested items to bring: meal or snack, water or other drinks. Suggest wearing old clothes. Also, bring a small camp chair, or stool if desired. To make reservations contact Russell Smith at 615-790-1833 or e-mail *carving082334@aol.com*. A TTA sign and American flag will be posted at the entrance. NOTE: A portable restroom will be available.

Nov 15 - Honey Creek Loop trail, Big South Fork National River & Recreation Area. 5.5 miles. Difficult. This spectacular hike is rated difficult due to elevation change and rugged terrain. The trail crosses Honey Creek and travels over, under and around huge boulders. The scenery is spectacular and if we get rain, we should be able to see waterfalls and cascades. We'll stop for breakfast at the West End Cafe in Jamestown and have lunch on the "big flat rock" about 2/3 of the way through the hike. Bring sturdy hiking boots, a change of clothes, water and lunch. We will meet at 4908 Main Street (Hwy 31), behind McDonald's in the Campbell Station Shopping Center on the notch end for Spring Hill. We will depart at 6:30 am CT sharp, so come a little early to sign the waiver of liabilities form. Register with Rick Lausten at *saturncar1@aol.com* or 615-516-1417 (cell).

Nov 29 - Radnor Lake State Natural Area. 5 miles. Moderate. Rick Pinkleton will lead a hike of all the trails at Radnor Lake. Those who want a shorter hike can do the Lake Trail which is about 2.0 miles. We'll begin the hike at the Visitor's Center. We will meet at 4908 Main Street (Hwy 31), behind McDonald's in the Campbell Station Shopping Center on the north end for Spring Hill and leave at 8:00 am CT. Bring sturdy hiking shoes, water and a snack. Call Rick Pinkleton to register at 931-619-5012.

COVE LAKE HIKING CHAPTER

This chapter is in the process of being reorganized.

For further information, contact Levonn Hubbard at 931-707-1020 or *eastregional@tennesseetrails.org*. In the interim, you are welcome to attend (12 to select from) other chapters' outings, events and meetings.

DYER COUNTY CHAPTER

This chapter is in the process of being reorganized.

For further information, contact Graydon Swisher at 901-737-3114 or, *westregional@tennesseetrails.org*. In the interim, you are welcome to attend (12 to select from) other chapters' outings, events and meetings.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-951-8317
easttennessee@tennesseetrails.org
WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Nov 8 - Curry Mountain, Meigs Mountain, and Meigs Creek trails. The hike will be from the Metcalf Bottoms parking area near the Curry Mountain trailhead. We will hike Curry Mountain trail to Meigs Mountain trail, about 3.3 miles gaining about 1100 feet. Then we will hike Meigs Mountain trail to Meigs Creek trail, about 1.9 miles losing about 400 feet. And finally we will take the Meigs Creek trail to the Sinks parking lot, about 3.5 miles losing about 800 feet. On the Meigs Creek trail we will lose about 700 feet then regain about 200 feet before losing the final 300 feet. The total distance is about 8.8 miles. The hike is rated as moderate due to both the distance and elevation change. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other weather appropriate clothing, a snack, a drink and a camera. This is a car shuttle hike. We will leave one vehicle in the Sinks parking lot to shuttle drivers back to the Metcalf Bottoms parking lot where the hike started. We will meet in the parking area of Browns Shopping Center (near the Sonic) on Lamar Alexander Parkway in Maryville at 8:45 am ET and we will leave promptly at 9 am ET. Pre-registration is required. Contact Rosie at 865.951.8317 or *rosemary_L@hotmail.com*.

Nov 28 - Lookout Tower Trail, Norris TN. We can hike those added calories off with this after Thanksgiving 5 mile moderate hike. There is a beautiful view from atop this highpoint area of Norris. Come join us. Pre-registration is required. Contact Rosie at 865.951.8317 or *rosemary_L@hotmail.com*.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CO-CHAIRS: Naullain Kendrick 931-224-6225
highlandrim@tennesseetrails.org
SECRETARY Carolyn Fitz 931-598-0597
highlandrimsecy@tennesseetrails.org
TREASURER/MEMBERSHIP: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org
OUTINGS & PROGRAM COORDINATOR & NEWSLETTER CONTACT: Joan Hartvigsen 931-962-0811
highlandrimhikes@tennesseetrails.org
(contact Joan & volunteer to lead an outing)
MEETS MONTHLY: 4th Monday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Nov 1 – Franklin State Forest, Sewanee TN. 6 to 8 miles. Moderate. Marietta Poteet will lead this hike featuring waterfalls, fall colors and beautiful views of Sweeton Cove. Hike length determined by the group's preference. Bring water, snacks, lunch and lots of water. Please call or email Marietta, *nannietta@blomand.net* or 931-924-7666.

Nov 2 – Short Springs State Natural Area, Tullahoma TN. 5 miles. Moderate due to steep climbs and slick rocks. We will hike to awesome Machine Falls. Along the way we will visit the Wildflower Loop. After viewing Machine Falls we will head up to Adams Falls Loop then loop back around on the Connector Trail to Busby Falls Loop. We will then cross beautiful cascading Bobo Creek to hike the Laurel Bluff Trail. Meet Joan Hartvigsen Sunday at 1:00 pm CT in the Short Springs parking lot. Bring water, snacks, hiking sticks and wear sturdy hiking boots. Please register with Joan at *jhartvigs@comcast.net* or 931-962-0811.

Nov 7-9 - Friends of Tennessee State Parks Annual Conference. Pickwick Landing State Park, Pickwick Dam, TN. Everyone who loves our Tennessee State Parks is invited to come and learn from educational sessions and participate in the fun of hikes and special outings. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 for more information and carpool. Pickwick Landing State Park is located along the beautiful Tennessee River in southwest Tennessee near Savannah TN.

Nov 15 – Eat-Hike-Eat Hike, Sewanee Perimeter Trail, Sewanee TN. 4 miles. Moderate. Route TBA. We will not be climbing over Proctor's Hall. Meet Joan Hartvigsen at 9:00 am CT at The Blue Chair Restaurant in Sewanee for breakfast. Hike begins at 9:30 am. Bring water, snacks, hiking poles and wear sturdy hiking boots. Register with Joan Hartvigsen *jhartvigsen@comcast.net* or 931-962-0811.

Nov 22 - Lost Creek Trail and a portion of the Ray Branch Shoreline Trail, Tims Ford State Park, Winchester TN. 7 miles. Moderate. Joint hike with the Plateau Chapter. Meet Joan Hartvigsen at 9:00 am CT in the parking lot of the new Visitor Center. Bring water, snacks and lunch. This hike features suspension bridges over forested coves and great views of beautiful Tims Ford Lake. The trail follows the shoreline and consists of rolling hills. Hiking sticks and sturdy hiking boots are recommended. Register with Joan at *jhartvigs@comcast.net* or 931-962-0811.

Highland Rim Chapter – con't.

Nov 24 – Chapter Meeting. We will have dinner at 5:00 pm CT at Las Trojas Mexican Restaurant, 1905 N. Jackson St, Tullahoma, TN, near Kroger. Our meeting is 7:00 pm at D. W. Wilson Community Center. Mary Priestley from the Sewanee Herbarium and the Tennessee Native Plant Society will give a presentation on edible and medicinal plants of the area.

Nov 28 – Old Stone Fort State Archaeological Park, Manchester, TN. 4 miles. Moderate due to steep climbs and eroded trails. Join us for our traditional after Thanksgiving Day Joint Hike with the Murfreesboro Chapter. Meet Friday after Thanksgiving at 9:00 am CT in front of the Museum. We will hike the Old Stone Fort Trail, River Fork Loop, Backbone and Little Duck Loop and the Old River Channel Trail. We will see Bluehole Falls, Big Falls, the confluence of the Duck and Little Duck Rivers and limestone cliffs bordering the rivers. Bring water and a snack. Hiking boots and hiking sticks are recommended. After our hike we will gather at a local restaurant for lunch. Register with Joan Hartvigsen *jhartvigs@comcast.net* or 931-962-0811.

Nov 29 - Work Day at Short Springs State Natural Area, Tullahoma TN. Meet Joan Hartvigsen at 9:00 am CT in the Short Springs parking lot. Bring work gloves, pruners and loppers and trash bags. Bring water and a snack. We will work until 12 Noon. Register with Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due as follows:

<u>Due</u>	<u>For Newsletter Dated</u>
Nov 10	Dec 1
Dec 10	Jan 1
Jan 10	Feb 1

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:

editor@tennesseetrails.org

JACKSON CHAPTER

CHAPTER CHAIR: Vicky Moeller 731-668-9336
jackson@tennesseetrails.org

TREASURER: Anne Goodson 731-664-1556
jacksontreas@tennesseetrails.org

SECRETARY: Don Dresser 731-668-4190
jacksonsecy@tennesseetrails.org

OUTINGS COORDINATOR: Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org
(call Glen & volunteer to lead an outing)

MEETS MONTHLY: 1st Monday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

Nov 1 - Cane Creek Nature Preserve. If you have not seen the Cane Creek preserve, you need to take this opportunity. We will leave Jackson at 8:00 am CT from Panera Bread. For more information and directions contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

Nov 3 - Chapter Meeting. Perkins restaurant at 6 pm CT for dinner and a meeting starting at 7. Election of officers for 2015 will be our top priority.

Nov 22 - Percy Warner Park. This park is near Nashville, yet you would never know that the city is close. For more information and to register, please contact Anne Goodson at 731-664-1556 or *annegoodson@eplus.net*.

Planning Ahead:

Dec 5-7 – Sewanee. This is a weekend outing to hike and also enjoy the Festival of Lessons and Carols at Sewanee. For additional information and to register, contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com*.

Dec 20 – Mousetail Landing State Park. This is an eight mile loop to a high bluff overlooking the Tennessee River below. This is a favorite hike of the Jackson Chapter. The trail is rated moderate. Bring lunch and plenty of water. For additional information and to register, contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com*.

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org

VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Hike Information unavailable at press time.

OFFICERS:

President
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president@tennesseetrails.org

Vice-President
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vicepresident@tennesseetrails.org

Treasurer
Kathy Woods 615-473-6824
treasurer@tennesseetrails.org

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Diane Manas 615-352-7777
secretary@tennesseetrails.org

Past President
Millette Jones 615-397-9588
pastpresident1@tennesseetrails.org

Previous Past President
Don Dresser 731-668-4190
pastpresident2@tennesseetrails.org

West TN At-Large Director
Graydon Swisher 901-737-3114
westregional@tennesseetrails.org

Middle TN At-Large Director
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middleregional@tennesseetrails.org

East TN At-Large Director
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eastregional@tennesseetrails.org

Membership Director
Tim Townley 731-607-0512
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Cumberland Trail Conference Representative
Frank Jamison 865-376-4120
CTC@tennesseetrails.org

TN Rails To Trails Advisory Council Representative
Bob Richards 615-532-0753
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CHAPTER REPRESENTATIVES ON THE BOARD
ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor
LouAnn Partington 931-393-4835
editor@tennesseetrails.org

MURFREESBORO CHAPTER

CHAPTER CHAIR: Sara Pollard 615-714-3610
murfreesboro@tennesseetrails.org

TREASURER Ann Jacobs 615-896-3935
murfreesborotreas@tennesseetrails.org

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

BLOG: www.tennesseetrails.org/blog/murfreesboro

Nov 1 – Edgar Evins State Park Annual Boat Color Cruise. Reservations are open and this event sold out quickly last year. Reservations may be made online at the following website: www.tnvacation.com/events/9218, or you can call the park office at 931-858-2114 or 800-250-2114. For more information you can contact Fount Bertram at fwbertram@dtccom.net.

Nov 2 – Bowling Farm Fall Hike and Potluck, Monterey, TN. 4 miles. Moderate. Come join us for our annual Fall hike at the Bowling Farm in Monterey. Even if you are not able to hike, come and enjoy the scenery and friendship with the Bowlings. Or you may join us for the first mile of the hike that will loop back to the house and enjoy relaxing on the porch. Bring a dish to share. Tony Jones will lead the carpool from Murfreesboro. Contact Tony at 615-397-4463 or awj1968@comcast.net.

Nov 8-9 - Backpack the Cumberland Trail - Cumberland Mountain Segment. We will be hiking to the shelter and back, 8.9 miles each day. Beautiful mountain with waterfalls, overlooks, and the most unique rock formations that are actually part of the trail. We will meet in Murfreesboro at the Rutherford Blvd Walmart at 7:15 am CT. We should be at the trailhead by 10:30 am CT. Contact Craig McBride at 615-394-6121 or rutherfordvfd@gmail.com.

Nov 11 – Chapter Meeting. 6:00 pm. NOTE TIME CHANGE. This will be our hike planning meeting for January-June 2015. The Barfield-Crescent Park Wilderness Station is closed November 11 so we will meet at a local restaurant to plan hikes and enjoy dinner together. Please RSVP before Sunday, November 9 if you plan to attend. Bring your calendar to schedule hikes you want to lead or ideas for hikes you would like to take. Chapter officer elections for the year 2015 will be held at our December meeting. For information, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Nov 15 – Savage Gulf Day Loop. 4.2 miles. Moderate. This relatively short hike passes through varied wooded sections on its way past Savage Falls and Rattlesnake Point, which presents dramatic views of the Savage Gulf. Wear hiking shoes, bring water and snack. We will eat lunch after the hike. Inclement weather will cancel hike. Contact Ann Jacobs for meeting time at 615-653-6354 or eannjacobs@aol.com.

Nov 28 – After Thanksgiving Day Hike, Old Stone Fort Archaeology Park. Manchester - 4 miles. Moderate. Join us for our annual after Thanksgiving Day hike. This joint hike with the Highland Rim chapter is a family friendly hike. Bring your family and enjoy the Duck River, Little Duck River, old earthen walls and waterfalls that are spectacular this time of year. After the hike we will go to a local restaurant for lunch. If you would like to meet at the Visitors Center, please be there by 9:00 am CT. For carpool information from Murfreesboro, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-283-0507
nashville@tennesseetrails.org

OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org
(email Nancy & volunteer to lead an outing)

MEETS MONTHLY: 4th Tuesday at 7:00 pm CT in the REI Community Room, 261 Franklin Road, Brentwood. For directions, visit: www.tennesseetrails.org/nashville.php

BLOG: www.tennesseetrails.org/blog/nashville

Nov 15 - Bird Mountain Loop, Frozen Head State Park, Wartburg TN. 7.2 miles. Moderately strenuous. We will meet our guide Carolyn Reeves from East TN Chapter at 10:00 am ET at the visitor's center. Climbing to an elevation of 2,900 ft., we will pass Castle Rock, and the Bird Mtn. campsite. This will be a very scenic hike with numerous rock formations, and, views of the valleys below, since the foliage will have thinned out. Wear clothing appropriate for late fall weather and sturdy boots. Bring water, snacks, and lunch. Trekking poles also will be helpful. For more information and to register call or e-mail Nancy Juodenas at 615-319-8811 or njuodenas@yahoo.com. There may also be an option to camp at Frozen Head on Friday night. If interested let me know at time of registration.

Nov 25 - Monthly Meeting. Sue Biggers, Nancy Juodenas, Gloria Dale Williams and Garnett Rush all of (or formally of) the Nashville chapter, travelled to the Canadian Rockies this past summer. Their trip included visits to Banff, cycling the Icefields Parkway, hiking at Lake Louise, a guided walk on Victoria Glacier, cycling and hiking in and around Jasper, glorious mountain and icefield vistas, alpine meadows and a few interesting wildlife sightings. Come view a powerpoint about their multisport adventure with "Backroads" travel company. Other support materials (photos, maps, brochures) will be on display. Questions and discussion are always welcome. Bring a friend!

PLANNING AHEAD:

Dec. 13 - Thirteenth Annual Gift Wrapping Booth at REI. Details to follow in the December newsletter.

NORTHWEST Chapter (UT at Martin / Weakley County)

This chapter is in the process of being reorganized.

For further information, contact Levonn Hubbard at 931-707-1020 or eastregional@tennesseetrails.org. In the interim, you are welcome to attend (12 to select from) other chapters' outings, events and meetings.

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-456-6437
plateau@tennesseetrails.org
TREASURER: June Parker 615-945-7462
Bill Quattrociocchi 931-484-4230
plateautreas@tennesseetrails.org
MEETS MONTHLY: 2nd Thursday at 6:30 pm CT
BLOG: www.tennesseetrails.org/blog/plateau

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information, contact Bill Harris at 931-484-9152 or visit the Plateau Chapter Blog. Rain cancels.

Nov 8 – CT Obed River Section, Wartburg. Come hike with us on part of the Obed Segment of the Cumberland Trail. This is a 10 mile (approx.) thru hike with car shuttle. Hike is rated difficult due to length, rocks & some elevation change. Plan to spend all day on the trail and plan to arrive back in Crossville after dark. Highlights include views of the bluffs above the Obed river, dramatic overlooks of the Obed river, Anvil Rock, and water fall near Turkey Creek. We will start at the Rock Creek campground trailhead near Nemo Bridge. Meet at the Crossville Outlet Mall parking lot before 7:00 am CT when we plan to leave. Bring water, lunch and snacks and wear sturdy hiking boots. Contact Curt Thomas for more info at 931-260-2140, or curtethomas@frontiernet.net.

Nov 13 -- Chapter Meeting. 6:00 pm. Program: Middle TN Hikes by Sandy Obodzinski with TN Nature Conservatory. First United Methodist Church Annex, 69 Neecham Street, Crossville. Dinner at La Costa's Restaurant, The Crossings, Crossville at 4:45 pm. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information.

Nov 22 – Lost Creek Trail and Portion of Ray Branch Shoreline Trail, Tims Ford State Park, Winchester. 7 miles. Moderate. Joint Hike with the Highland Rim Chapter. This hike features suspension bridges over forested coves and great views of Tims Ford Lake. The trails follow the shoreline and consist of rolling hills. Hiking sticks and sturdy hiking boots recommended. Bring water, snacks and lunch. Depart from Tractor Supply in Crossville at 7:00 am CT. To carpool from Crossville contact Cheryl Heckler at thehecklers@charter.net or 931-200-7436.

SODDY-DAISY CHAPTER

CHAPTER CO-CHAIRS: Ed & Donna Pyers 423-344-9271
soddydaisy@tennesseetrails.org
HIKE COORDINATOR: George Bonneau 423-842-3619
soddydaisyhikes@tennesseetrails.org
TREASURER: Bob McGavock 423-843-4646
soddydaisytreas@tennesseetrails.org
MEETS QUARTERLY: 1st Tuesday in Jan, Apr, Jul, Oct at
6:00 pm ET at Burk's United Methodist Church, 6433
Hixson Pike, Hixson
Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/soddydaisy>

Nov 1 – Signal Mountain High School to Hwy 27 and back. Approximately 8 miles. Strenuous. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike leader: George Bonneau.

Nov 4 – Camp Jordan. Approximately 4 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: George Bonneau.

Nov 8 – Fort Mountain State Park in Georgia. Approximately 7 miles. Slightly strenuous. Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: George Bonneau.

Nov 11 – Retro Hughes to Rock Creek and back. Approximately 5 miles. Easy to moderate. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: Bob McGavock 423-667-2960.

Nov 15 – Rainbow Lake to Signal Mountain High School. Approximately 8 miles. Strenuous. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Will stage vehicles. Hike leader: George Bonneau.

Nov 18 – Red Clay State Park. Approximately 2+ miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: George Bonneau.

Nov 22 – Savage Gulf. Approximately 10 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: George Bonneau.

Nov 25 – Sterchi Farms. Approximately 5 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: George Bonneau.

Nov 29 – Heiss Mountain to Big Soddy Creek and back. Approximately 12 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: George Bonneau.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Jane Hamm 615-757-3331
Gayle Livingston 615-264-2940
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Monday at 7:00 pm CT.

Nov 3 – Chapter Meeting. Please note new Monday night, 7:00 PM meeting time at the First United Methodist Church, Hendersonville. Program information not available at press time. Look for update on website and emails.

Nov 8 - Hike is being planned, but information not available at press time. Please look for update on website and emails.

Nov 15 - History hike in Hendersonville. We will start at Hazel Path Mansion and walk parallel to the shores of Drakes Creek. After a couple small stops and a longer one at Rock Castle, our destination will be the slave cemetery at Windward Point and Lake Terrace Drive. We will discuss the role of the Cumberland River, Old Hickory Lake and Drakes Creek in the history of the area. This 4.5 mile hike involves a couple of slight hills and a small bit of off-road walking. Meet at Hazel Path Mansion, 105 Hazel Path Court, Hendersonville at 9:00 am CT. We will drop a few cars at hike destination so we can ride back to Hazel Path Mansion. After the hike we will eat lunch at The Black-eyed Pea in Hendersonville. Our hike leader is Jamie Clary, author of *City By The Lake*. For more information contact Jane Hamm at janetntrails@gmail.com or 615-757-3331.

Nov 22 - Crooked Branch Greenway, Old Hickory, TN. It is an easy, paved 1.5 miles through foliage, wild flowers, and we should see some pretty Fall color. Parking is scarce so we will car pool from the First Presbyterian Church in Hendersonville where we will meet at 9:30 am CT. Lunch will be at a restaurant in the Rivergate area. For more information contact hike leader Shirley Hall at shall1948@bellsouth.net or 615-972-7028.

Each month TTA offers opportunities to volunteer – be it leading hikes, organizing events, fundraising, leadership on the Board – if you’ve never volunteered to help before, how about it in 2015?

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-528-9115
uppercumberland@tennesseetrails.org

HIKE COORDINATOR: Kathleen Sullivan 931-284-7822
uppercumberlandhikes@tennesseetrails.org

Nov 1 – Pogue Creek and Ridge Trails at Pickett State Park. 7 miles. Moderate. We will meet at the Park Headquarters for a ranger led hike on their newest trail that winds around bluffs and along the creek ending at a beautiful overlook of Pogue Creek Gorge. It is approximately 3 miles round trip and rated moderate. After this we will drive to Moccasin Rd., which is a dirt road, and hike to the 3 mile Ridge Trail at Pickett State Park, also rated moderate, for a total of approximately 7 miles for the day. Bring hiking boots, water, snacks, and lunch. You can meet us at JC Penney in Cookeville at 7:30 am CT or the Pickett State Park Headquarters at 9:00 am. For information and to register contact Margaret Massa or Peter Krauss at 931-864-7782 or email: mycorey@twlakes.net.

Nov 8 –Sewanee Perimeter, start at Greens View. Hike on the perimeter trail to the gates, out to Piney Point, back to Beck with trail to Greens View. The 5-mile hike is rated moderate. For those who want more we can then go to the Cross to Bridal Veil Falls & back. You can meet us Green’s View at 9:00 am CT or in Sparta at the US Bank across the street from McDonald’s at 7:00 am CT. Bring water, snacks, lunch, and hiking boots. To register contact Cindy Watson at 931-247-1459 or cgrwatson@gmail.com.

Nov 15 – Brady Mountain segment of the Cumberland Trail, Crossville, TN. We will hike the length of the trail from the Jewitt Road trailhead to highway 68. Highlights of the trail include spectacular views of Grassy Cove and the mountains to the east. The hike is about 8 miles and is rated moderate to strenuous because of the elevation gain. Bring water, snacks, lunch, and hiking boots. You can meet us in the Penney’s parking lot in Cookeville at 8:00am CT. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Nov 22 –Old Prison Mines, Frozen Head State Park, Petros, TN. Our hike begins at the Hwy 116 end of the Lookout Tower Trail and climbs to the Old Prison Mine Trail where we will see an old guard house, two mine entrances and many historical artifacts. We will then return to the main trail and see additional mining sites and artifacts of the area’s coal mining history. Total hike distance is 6-8 miles and is rated strenuous due to elevation changes and unmaintained trail. Those wanting a longer hike can continue to the lookout tower at the top of Frozen Head Mountain. Bring snacks, lunch and water and be prepared for some briars and unmaintained trail. Meet at Penny’s in Cookeville at 8 am CT. For more information and to register contact Lillian Ey at 615 478-7461 or eyintn@hotmail.com.

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 overheated, 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*

Evan Means Small Grants Program Deadline is Dec 31, 2014

In February 2015, TTA's Board of Directors will award small grants memorializing Evan Means. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: *promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources.* Project proposals are due no later than December 31, 2014.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application for the February 2015 Evan Means Small Grant Program Award.

Grant requests in the range of \$300-\$600 are encouraged. However, if a project requires additional grant money, considerations will be made.

For additional information and an application, please write to:

TTA Grants Administrator
P. O. Box 41446
Nashville, TN 37204

The small grants program was established in February 1999 to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of the Cumberland Trail, and co-founder of the Tennessee Trails Association. Mr. Means won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.



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

ADDRESS SERVICE REQUESTED



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**
 RENEWING MY MEMBERSHIP

Nov 14

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Tim Townley 731-607-0512 membership@tennesseetrails.org

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
 I would like to receive my newsletter by email.

** CTC Membership ** **\$5.00**

** Special \$5.00 rate for membership in Cumberland Trail Conference if you also are joining TTA or renewing your TTA membership. CTC is building the Cumberland Trail, which will go from Chattanooga to Cumberland Gap. Over 185 miles are now complete and open for hiking. More information can be found at www.cumberlandtrail.org. Please consider enhancing your commitment to Tennessee's great trails by joining the CTC.

Please list me with the following chapter:

___ Clarksville
___ Columbia/Franklin
___ Cove Lake
___ Dyer County
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ Northwest (UT at Martin/Weakley)
___ Plateau (Crossville)
___ Soddy Daisy
___ Sumner Trails (Sumner County)
___ Upper Cumberland (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, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

As a member of TTA, you are welcome to attend any/all TTA/CTC/TRAC functions.