

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



MULTI-CHAPTER NEW YEAR'S DAY FIRST HIKE AND FEAST

January 1
Edgar Evins State Park
2.5 or 4.5 miles
Moderate

All members of all TTA Chapters are invited to start the New Year off right with an invigorating hike and traditional New Year's Day lunch along with the Friends of Edgar Evins State Park.

The adage is that what you do on the first day of the year you will continue to do all year long. We'll meet at the covered picnic shelter #1 at the lower part of the Marina parking lot at 10:00 am CT to drop off food. We will then carpool to the trailhead to save space there.

The hike will be on the 2.5 mile Millennium Trail built by Tennessee Trails Association in 2000. The trail is classified as moderate in difficulty.

After the hike we'll return to the picnic shelter for hot chocolate and lunch. The lunch will feature your traditional New Year's Day dishes such as ham, black eyed peas, collard greens, corn bread, dips and chips, salads, desserts, etc. Just bring your favorite New Year's dish to share. There are electrical outlets and water for those who want to bring food in crock pots, etc. Restrooms are also available on site. We'll have a roaring fire going to help keep the chill at bay. Edgar Evins State Park is furnishing the shelter and free firewood. The Friends of Edgar Evins State Park will furnish the disposable dishes.

After lunch those who wish may also hike the 2 mile (moderate but hilly) Highland Rim Nature Trail.

For more information contact Fount or Anna Bertram, fwbertram@dtccom.net or home phone 615-765-5357.

EVAN MEANS SMALL GRANTS PROGRAM

Deadline is Dec 31, 2015

In February 2016, 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, 2015.

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 2016 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.

Applications should be submitted to:

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

For more information, contact Bob Richards at TRAC@tennesseetrails.org.

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.



Office Location 409 Thurman Avenue,
Ste 102
Crossville, TN 38555
Office Hours Tuesday – Friday
..... 10 am – 3 pm CT
Phone: 931-456-6259
Office Staff: Marianne Mailhiot
Email: ctcoffice2014@gmail.com
Website: www.cumberlandtrail.org

Southern Trail Crew: With the expanded MOU with the Tennessee Department of Conservation, CTC is planning to establish a Southern Trail Crew using a mixture of paid staff and volunteers. Work will be in Rhea, Hamilton, Marion, and Sequatchie counties. Please contact the CTC office if you are interested in serving in a leadership role or working on this crew.

BreakAway Program in March 2016. Schools are confirmed, Fort Bluff Camp in Dayton is reserved and educational programs are scheduled, so now all we need is YOU! We are in process of confirming the volunteer base needed during our ASB 2016 Program with the goal of one wagon master (trail leader) for every 7 students. Currently we have 155 confirmed students throughout the month of March with the opportunity for more if we have the trail leaders. There is quite a diversity of students coming from Florida, Delaware, Michigan, Boston, Kansas, New York, Illinois, Pennsylvania and Colorado. In addition, Pittsburgh University has procured two 15 passenger vans that will need drivers for the week of March 6-12. Don't miss out on getting your volunteer t-shirt!

CTC would like to extend a big thanks to everyone that made this Fall's Big Dig possible. We have a total of 10,259+ feet of beautiful trail for everyone to enjoy for generations to come. We will be continuing work Monday-Fridays for the coming weeks so please feel free to join us! Volunteers make our project possible and we can't thank you enough.

I hope to hear from you! Mitch

Contact me at any time with questions or concerns.

Email: mitchwolfe.ctc@gmail.com
Cell: 615-481-4946 Office: 931-456-6259
Also join us on Facebook and Instagram
FB: Cumberland Trail Conference
Instagram: @CumberlandTrailTN

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Sandy Janus 931-551-8523
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CHAPTER VICE-CHAIR: Lili Ball 931-552-2773
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TREASURER: Mary Schwab 931-645-9068
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SECRETARY: Pam Gadsey 931-552-2325
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OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarksvillehikes@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>

Dec 5 - Nashville Urban Hike. 4.6 miles. Easy to moderate. Start at Bicentennial Capitol Mall and hike along the Downtown Cumberland Greenway, cross Shelby Street Bridge and hike around Cumberland Park. We will return to the mall through city streets and eat lunch at the Farmers Market; Paul Schwab 931-801-9484. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 39 miles to trailhead.

Dec 11 - Christmas Party Potluck. Meet 6:00 pm CT Dotsonville Community Center.

Dec 19 - Dunbar Cave SNA Recovery Trail. 2 miles. Easy to moderate. Donna Fondren 931-647-3102. Meet 8:00 am CT, picnic table north end of parking lot.

Dec 31 - New Years Eve Hike Downtown Clarksville. 3.5 miles. Moderate. Lionel Senseney, 931-551-6738. Meet 9:00 pm CT, Cumberland River Pavilion, McGregor Park, Riverside Drive. After the hike bring a party snack and come to Jack and Suva Bastin's house for a New Years Eve Party.

GO GREEN

Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Tim Townley at membership@tennesseetrails.org and please include your email address.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Carolyn Watson 901-652-9089
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 Super China Buffet, 5228 Main St., #B1, Spring Hill, TN 37174. Socializing and dinner at 6:00 pm CT; meeting starts at 7:00 pm.

Dec 1 - We will hold the December meeting at Janeth McKendrick's beginning at 6:00 pm. We will eat and have a planning meeting to decide the hikes we'll do in the first half of 2016. Please bring something to share: snacks, veggies, dessert and your choice of beverage. Please confirm with Janeth in order get directions and obtain a code for the gate. Janeth's telephone number is 615-591-9352 and her email address is *janethmck@aol.com*.

Dec 19 - Old Stone Fort. The Old Stone Fort was built during the Middle Woodland Period, 1,500-2,000 years ago. Native Americans used this area continuously for about 500 years, eventually leaving it abandoned. The main hiking trail follows the wall of Old Stone Fort which was used by the Native Americans as a ceremonial gathering place. The trail threads through dramatic scenery where you can see the original entrance of the fort which was designed to face the exact spot on the horizon where the sun rises during the summer solstice. Visitors can learn about the Old Stone Fort on this hike with twelve interpretive panels as well as enjoying the areas graceful waterfalls. We will be able to combine many of the trails in the park which are natural surface with ratings of easy to moderate. The hike will be approximately 4.5 - 5.0 miles. We will meet at Tollgate Medical Plaza at 1106 Elliston Way in Thompson Station at 7:15 am to arrange carpooling. Travel time will be slightly less than an hour. If you want to participate in the hike, contact Jane Coffey at *jecoffey0644@gmail.com* or 615-516-6551. Please leave contact information in the event of inclement weather.

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 2016?

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

Dec 20 - Big Ridge State Park. Big Ridge is located on Norris Lake. It was a CCC project. It offers year round attractions but we will explore it in the winter. The 8 mile loop will take us all around the park. Expect lots of ups and downs climbing the Ridges. You will need a lunch, water, appropriate clothing, hiking boots, \$\$\$ for carpooling and rain gear just in case. We will meet at Outback Steakhouse on Merchants Rd. Park near the KARM store. The carpool leaves at 8 am ET. Please preregister with Chris Hamilton at *hikeintenn@gmail.com*.

GUIDELINES FOR SUBMITTING HIKE INFORMATION

When submitting monthly hike listings, please include the following information:

Date, trail name, location (Park, City, State), mileage, rating (easy, moderate, etc), hike description (what you may expect to see, elevation changes, obstacles that affect the hike rating), what to wear or bring, meeting time and location, and hike leader's contact information. Please identify any hikes that are multi-chapter events. Please DO NOT format the submissions (avoid bold, italics, underlining or colored text), as this slows the editorial process.

Hike descriptions are strongly encouraged, but not mandatory. A good hike description can encourage members (and prospective members) to try a new hike, but also alerts prospective hikers to outings that may be unsuitable for their level of expertise or fitness.

All submissions should be made by e-mail to *editor@tennesseetrails.org*. This e-mail address is automatically copied to our webmaster. All submissions MUST be received by the 10th of the month PRIOR to the hikes (I.e. February hike listings must be submitted by January 10) in order to be included in the newsletter. Late submissions will be updated on the TTA website, but have no guarantee of inclusion in the newsletter.

We will also be glad to print any hike reports, general chapter news and hike or event photographs as space permits.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CO-CHAIRS: Naullain Kendrick 931-224-6225
highlandrim@tennesseetrails.org
SECRETARY Carolyn Fitz 931-598-0597
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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)

NO CHAPTER MEETING THIS MONTH

Dec 5 – Stone Door, Big Creek Gulf, Connector Trails to WPA Road and Beersheba, TN. South Cumberland State Park. About 8 miles. Strenuous and challenging due to steep, rocky slopes. Shuttle required. Marietta Poteet will lead a hike from Stone Door to the Big Creek Gulf Trail to the Connector Trail. We will then take the WPA Road up the mountain to Beersheba. This unique hike will be interesting. Bring water, snacks, lunch, a light and hiking poles. Wear sturdy hiking boots. Please call or email Marietta at *nannietta@blomand.net* or 931-924-7666.

Dec 12 – Prentice Cooper State Forest, near Whitwell, TN. Easy hike to Snoopers Rock on the Mullens Cove Trail. 6.8 miles roundtrip. This hike offers views of the Tennessee River Gorge, rock bluffs, and cascading streams. The bare rock promontory of Snoopers Rock offers a wide view of the Tennessee River Gorge and a great lunch spot! Bring water, snacks, lunch, hiking poles and a light. Wear sturdy hiking boots. Contact our hike leader, Joan Hartvigsen, for carpool information, *jhartvigs@comcast.net* or 931-962-0811.

Dec 19 – Highland Rim Chapter Christmas Party. Jim and Marietta Poteet invite the Highland Rim Chapter members to their annual Christmas Party. If you would like to hike, please arrive at the Poteets' home at 3:00 pm to drop off your food and carpool to Kirby Smith Trail in Clifftops, Monteagle, TN. If you are not hiking please come at 5:00 pm to share food, laughter and companionship. The Poteets will provide a ham and non alcoholic drinks. Please bring a side dish which will go with ham and any other drinks you would like. Please RSVP after the November meeting for a code with which to enter the gate and directions to the Poteets' house. Respond to Marietta or Jim at *nannietta@blomand.net* or 931-924-7666.

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

JACKSON CHAPTER

CHAPTER CHAIR: Vicky Moeller 731-668-9336
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TREASURER: Anne Goodson 731-664-1556
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SECRETARY: Don Dresser 731-668-4190
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OUTINGS COORDINATOR: Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org
(call Glen & volunteer to lead an outing)

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

Dec 1 - Chapter Meeting. Join us for dinner and a hike planning meeting.

Dec 5-6 - Lessons and Carols, Sewanee. This outing will include both hikes and attendance at the 56th Annual Festival of Lessons and Carols in Sewanee. To carpool, we will leave at 6:00 am from the Panera parking lot. Plan on spending one night near Sewanee. For more information and to register for the trip, please contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

Dec 12 and 19 - Local hikes. Weather permitting, we will take some short hikes at our local parks. More details will be provided later.

REMINDER

Many chapters hold their elections at this time of the year. If your chapter leadership is changing, please include that information with your January newsletter submission (due December 10) so that we can update your chapter masthead. Thanks!!

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.

MEMPHIS CHAPTER

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

VICE-CHAIR: Francis Ruffin 662-781-5034
memphisvice@tennesseetrails.org

Dec 5 - Collierville Greenway, W. C. Johnson Park, 419 Johnson Park Drive. Meet at W. C. Johnson Park next to the lake for a 5-mile loop hike. Please arrive by 8:45 am to sign release form and we will leave at 9:00 am. We will first take the Primitive Trail 2.5 miles, then Wagon Road .50 mile, then down Shelton Road .50 mile to Wolf River Trail. Bring water, lunch or snack. After the hike, we will have lunch by the lake. Rain will cancel. Contact: Beverly Hollingsworth, 901-647-1835. Directions from Memphis: Go east on Wolf River Blvd cross Houston Levee Road. Continue past Holy Apostles Church on the left to intersection of Wolf River and New Byhalia Road. At the first stop light, turn left into W.C. Johnson Park. Follow park road past ball fields and watch for the covered picnic area on left next to water park.

Dec 10 - Memphis Chapter Christmas Party and Potluck. Margaret Smith will be hosting our annual party at 7421 Wendy Street in Bartlett. Bring your favorite festive dishes to share with the group. The club will supply ham. Socializing begins around 5:30 pm with dinner at 6:30 pm. We will supply plates, glasses, and eating utensils. Bring your beverage of choice. If you would like to participate in the gift exchange, bring a \$10 gift. RSVP by Dec 8 to *spikie542003@yahoo.com* or text to Margaret at 901-210-6097.

Planning Ahead:

Jan 1 - T O Fuller State Park New Year's Day Hike. 1500 Mitchell Road. Welcome the New Year with a hike at T.O. Fuller State Park. We will meet at the Visitor Center at 9:30 am. The Discovery Trail hike is about a 6 mile continuous loop trail ranging from moderate to rugged. There are a few hills. We recommend wearing hiking boots or sturdy shoes. Bring water and snack. Rain/sleet/snow will cancel this hike. Contact: Gloria Folk 901-277-5756. Directions: Go I-240 West to I-55 North, Exit 7 South to Highway 61(3rd Street) drive south approx 1 mile and turn right onto Mitchell Road, continue 3 miles west to the T.O. Fuller Park sign and turn right at the Visitor Office.

MURFREESBORO CHAPTER

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

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

PROGRAM COORDINATOR: Valerie Galan 615-516-6441
murfreesboroprogram@tennesseetrails.org

HIKE COORDINATOR: Jennifer Zahn 615-943-8853
murfreesborohikes@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

Dec 5-6 – Small Wild on Fiery Gizzard Trail. This is a starter winter backpacking experience of only 4.4 one miles round trip on fairly level ground. We will be testing our winter outdoor skills on this easy hike to Small Wild back country camp site. Starting at the Foster Falls Ranger Station we will take Fiery Gizzard Trail to the camp site, which will take about one hour. This will allow us to carry all sorts of winter gear. We will also have time to gather lots of fire wood to enjoy the December evening in the woods. Small Wild has a one of the best overlooks in the Savage Gulf Area. Call Andy Meeks 813-447-1224 to reserve one of eight spaces.

Dec 8 – Chapter Holiday Potluck. 6:00 pm. NOTE TIME CHANGE. Barfield Crescent Wilderness Station. Invite your family and friends, and bring a covered dish to share. Chapter will provide utensils, plates, napkins, and beverages. Please RSVP to Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Dec 19 - Bearwaller Gap, Carthage. 5.6 miles. Moderate to difficult. This hike goes along the shoreline of Cordell Hull Lake passing waterfalls, old home sites and rocky overlooks. We'll start at the Defeated Creek campground area and hike to the Tater Knob Overlook. Bring lunch, snacks and water. Sturdy hiking boots are recommended. To register, 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

Dec 12 - Gift wrap event, REI, Brentwood, TN. This will be the fourteenth year we have been invited to wrap gifts at REI in Brentwood. This year we will be wrapping gifts on Saturday, Dec. 12th from 10:00 a.m. till 5:00 p.m. Our annual Christmas Party will be that night so there will be plenty of time to get there. Come join us for this fun and successful event. We need volunteers to wrap gifts in exchange for donations. These donations are given to the Cumberland Trail Spring Breakaway Program and have been used to offset some of the costs of feeding the trail-building volunteers. Sign up for a two hour slot: 10-12, 12-2, 2-4, and 4 till around 5:30 to help with closing up. This is truly a great way to Fundraise and no experience necessary! To volunteer contact Amy Sutton at amy109@gmail.com or at 615-739-5858.

Joining TTA as a New Member? Membership Up For Renewal? Your Generosity Benefits All!

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues.

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. During the 2001 Annual Meeting, TTA's Board of Directors voted to allocate Supporting Member donations to the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

PLATEAU CHAPTER

(Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436

plateau@tennesseetrails.org

TREASURER: Bill Quattrociocchi 931-484-4230

plateautreas@tennesseetrails.org

MEETS MONTHLY: 2nd Thursday at 6:00 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.

Dec 5 – Chapter Christmas Party. 4 to 7 pm, Fairfield Glade Community Library. Bring a dish to share and optional “Dirty Santa Christmas” gift for exchange valued at \$15. For more information contact Linda Barclay at linbarc@gmail.com.

Dec 12 - Angel Falls Trail/Smith Homestead & Cemetery/Chimney Rocks. We will first hike 2 miles along the river from Leatherwood Ford to the beautiful Angel Falls rapids. We will then continue 1.3 miles to the Smith Homestead and Cemetery then return to our cars for about 6.5 moderate miles. We will drive towards Oneida for 12-14 miles to Chimney Rocks and another interesting cemetery. Not much hiking here but a little walking and a very interesting area. Bring snacks, water and lunch. Plateau Chapter will depart from Cracker Barrel at 8:00 am CT. For more information and to register, contact Bill Harris at 931-484-9152.

Dec 19 – Fairfield Glade Northern Loop/Fairfield Forest Trail. Enjoy 2 Fairfield Glade trails totaling about 6.3 miles. The first trail is the Northern Loop consisting of the McGinnis, Good Samaritan and Canyon trails. This is a strenuous 4.3 mile loop. We will have some steep climbs and descents, mountain views, a walk through interesting rocks formations then back up the canyon to the trailhead. We will then travel a short distance to the newest trail in Fairfield Glade, Fairfield Forest Trail, for an easy 2 mile walk through the woods. This is a lollipop shaped trail with 7 bridges some over streams and some between large rock. Meet at the 4-way stop on Peavine at 8:15 am CT. Bring snacks, water and lunch. For more information and to register, contact Bob Obohoski at rao88@yahoo.com or 931-456-4282.

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>

Dec 1 - Harrison Bay State Park. Approximately 4-1/2 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am. Hike Leader: George Bonneau.

Dec 5 - Piney River. Approximately 8-9 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Dec 8 - Elsie Holmes. Approximately 3-1/2 miles. Easy to moderate. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: George Bonneau.

Dec 12 - Upper Leggett to Rock Creek bridge and back. Approximately 6 miles. Slightly strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Dec 15 - Falling Water Falls. Approximately 5 miles. Easy to moderate. Meet at WalMart parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Dec 19 - North Chickamauga. Approximately 9 miles. Strenuous. Meet at WalMart parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Dec 22 - Raccoon Mountain. Approximately 4 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Dec 29 - Enterprise South. Approximately 6 miles. Moderate. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: TBA.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Sally Ticaric 615-218-1086
Bob Crouch

sumner@tennesseetrails.org

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

Dec 1 - Holiday Party at Chop House in Hendersonville.

A group email was sent and reservations were to be finalized by Nov. 27th. Hope to see you there.

Dec 5 - Cummins Falls State Park. One of Tennessee's newer state parks. We will hike the Overlook Trail and part of the Downstream Trail. I would rate this part of the trail as easy to moderate due to uneven footing. If the group decides to add on to this, we can take part of the Downstream Trail into the gorge. This is a bit more challenging. The trail itself has some handrails and built in steps, but is steep. We would not access the falls here. That would require water crossing, not what I want to plan in December! However, the view of the river and cliffs is from below is very nice. Boots, hiking poles and appropriate weather gear advised. After our hike we will drive to Gainesboro, TN for lunch at The Bull and Thistle Pub. Meet at the parking lot of the Presbyterian Church in Hendersonville at 9 am CT or the trailhead parking lot at 10:30 am CT. Contact Sally Ticaric at 615-218-1086 or daytrippersal@gmail.com.

Dec 29 - Stones River Greenway, Nashville. 3 miles. Easy. Our hike will start at the Wave Pool right off Briley Parkway and end at the Kohl Center parking lot on Lebanon Rd. in Hermitage. The Greenway is paved all the way and more or less follows the Cumberland and Stones Rivers. One nice feature is the walking/biking bridge over the Stones River right before it flows into the Cumberland - also a nice pastoral section. We will need to drop a car or two at the Kohl's access so we can get back to our trailhead - you shouldn't need your boots for this one - bring water and dress for the weather. After the hike we'll go to lunch at Santa Fe Cattle Company. Meet at First Presbyterian Church in Hendersonville at 9 am CT for carpooling. For further info contact Two Rivers Al at ballallenger@aol.com.

Attention: Hike Coordinators (aka Hike Leaders)

A TTA **Release of Claims & Hold Harmless Agreement** form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our website: www.tennesseetrails.org/release.php

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CO-CHAIRS: Louise Miniard 931-239-5425
Jennifer Carroll 661-369-6619

uppercumberland@tennesseetrails.org

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

Dec 5 - We will hike two different areas in the Manchester, TN area. 1st. we will hike at Old Stone Fort Archaeological State Park and do the Old Stone Fort Loop Trail (2.6 miles moderate). The trail is between forks of the Duck River and we will see cascades, bluffs, and waterfalls. 2nd: We will then travel to Short Springs State Natural Area and hike the loop trail to Machine Falls (2.9 miles moderate). Bring snacks, water, lunch and water shoes as the trail to the falls can be under water. Meet us at J.C. Penny's Cookeville at 7 am. or U.S. Bank, Hwy111 in Sparta across from McDonalds at 7:30 am. For information or to register contact Pete Broehl at 931-738-3551 or pabroehl@blomand.net.

Dec 12 - Christmas Social and hike. We will hike at Rock Island State Park. The hike will start with the Upstream Trail (1.0 to 1.4 miles moderate) and the Downstream Trail (1.7 miles easy) on the White County side of the park and then drive to the Warren County side of the park. We will do some or all of the following trails: Collins River Nature Trail (3 to 4.6 miles easy), Old Mill Trail (1.0 miles Moderate), Eagle Trail (1.5 miles moderate), Moonshine Trail ((1.0 miles moderate), Blue Hole Trail (1.0 miles strenuous), Bluff Trail (1.7 miles easy), and Gorge Overlook Access (0.4 miles easy). The trails we do will depend on the group and what time they want to get off the trail for our Christmas party. Bring snacks, water, lunch, boots, poles, etc. You can meet us at J.C Penny's in Cookeville at 7:30 am or at the U.S. Bank Hwy 111 in Sparta across from McDonalds at 8 am. For information or to register contact Pete Broehl at 931 738-3551 or pabroehl@blomand.net. Christmas Social will begin at 5:00. For information and to RSVP to social contact: Kathleen Sullivan at 931-284-7822 or katsully4@gmail.com.

Dec 19 - Pickett State Park, Jamestown, TN. 6 miles. Easy. We will hike a collection of short but scenic trails: Natural Bridge, Hazard Cave, Lake View, Lake, Ladder, and Island Trail. Highlights include two natural bridges and Hazard Cave. You can meet us at 8:00 am CT in the Penney's parking lot in Cookeville. Bring water, snacks, and lunch. For information and to register contact Kathleen Sullivan at 931-284-7822 or katsully4@gmail.com.

OFFICERS:

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TN Rails To Trails Advisory Council Representative
 Bob Richards 615-532-0753
TRAC@tennesseetrails.org

CHAPTER REPRESENTATIVES ON THE BOARD
 ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor
 LouAnn Partington 931-393-4835
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>
Dec 10	Jan 1
Jan 10	Feb 1
Feb 10	Mar 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

INACTIVE CHAPTERS

We have three chapters in the process of being reorganized. If you are interested in assisting with this process, please see below for the contact information.

Cove Lake Bruce Whitehead 941-716-3620
eastregional@tennesseetrails.org

Dyer County Graydon Swisher 901-737-3114
westregional@tennesseetrails.org

Northwest Graydon Swisher 901-737-3114
westregional@tennesseetrails.org

TIP

In the fall, winter and spring, always bring a stocking cap or warm hat. Weather is often unpredictable, and covering your head will keep you more comfortable in a variety of conditions.

TIP

Dressing in layers will allow you to adjust to different levels of exertion. Weather can change unexpectedly in the spring, fall and winter, and proper layering will help keep you comfortable, warm and dry.

TIP

Avoid cotton clothing as "cotton is rotten" and "cotton can kill" when outdoors in cooler temperatures. Cotton dries slowly and won't keep you warm when you get wet, while wool, fleece and other synthetics will. Reconsider wearing jeans if rain is predicted – they weigh too much and take forever to dry.

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

Dec 15

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

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, 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 | ___ Murfreesboro |
| ___ Columbia/Franklin | ___ Nashville |
| ___ Cove Lake (Inactive) | ___ Northwest (Inactive) |
| ___ Dyer County (Inactive) | ___ Plateau (Crossville) |
| ___ East TN (Oak Ridge/Knoxville) | ___ Soddy Daisy |
| ___ Highland Rim (Manchester/Tullahoma) | ___ Sumner Trails (Sumner County) |
| ___ Jackson | ___ Upper Cumberland (Sparta/Cookeville) |
| ___ Memphis | ___ 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.