

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



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*





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..... 10 am – 3 pm CT
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“It’s official.” CTC is now its own 501 (c)(3) corporation with a new name, “Cumberland Trails Conference”, with a stronger purpose in finishing the Cumberland Trail.

We would like to thank all of our members, donors, supporting organizations, crew, board members, park rangers and volunteers for all your support past and present. It’s because of the combined effort of many that we have accomplished so much over the years.

BreakAway Program (ASB) in March 2016 - Schools are confirmed, camp and educational programs reserved, and now all we need is YOU. We are in process of confirming the volunteer base needed during the 2016 ASB Program. The goal is a wagon master for every 7 students. Currently we have 165 confirmed students throughout the month of March with the opportunity for more if we have the trail leaders. In addition, the University of Pittsburgh has procured 2- 15 passenger vans that will need drivers for March 6-12. These drivers will stay at the camp for the week plus drive the students to their choice of destination on their day off on Wednesday. Looking for a great vacation with some great kids and great co-workers—then come drive for CTC! Don’t miss out on getting your volunteer t-shirt! **Contact Marianne at the CTC Office to volunteer for BreakAway 2016:** 931-456-6259 or ctcoffice2014@gmail.com.

BreakAway schedule:

- Mar 6–11: 70 students (Florida State, Boston University, Michigan State University, Indiana University of Pennsylvania and University of Pittsburgh)
- Mar 13–18: 50 students (Lehigh, Waubonsee Community College, Hamilton, University of Kansas and University of South Florida)
- Mar 20–25: 24 students (Allegheny College, Boulder)
- Mar 27–April 1: 21 students (University of Delaware)

Daddy’s Creek Work Continues

Even if Big Dig is over, Pete Berntsen and the regular CTC crew would love company as they push on with the work next to Daddy’s Creek in Cumberland County. Normally they work Tuesday through Thursday starting at 7:30 am CT. Call the office to get directions and details. If you arrive before 7:30 am CT you can ride the 4x4 in on a logging road to get closer to the work site. Otherwise it is about a three mile hike in from the trail head. CTC is looking for a volunteer coordinator for our Central crew, this person would give proposed volunteers exact start times, trailhead location and week to week details.

Southern Crew Starts Work: Volunteers Welcome. The newly formed Southern Trail Crew began work in January 2016. The crew will work Thursday thru Saturday. Initial work will be near Graysville, TN. Southern Crew is under the direction of Red Young, and works on Eastern Time. Contact Don Deakins 423-842-3140 or email: don.deakins@gmail.com for exact start times, trailhead locations and week to week details.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Ken Johnson 931-802-6343
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Lili Ball 931-552-2773
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TREASURER: Mary Schwab 931-645-9068
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clarkvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarkvillehikes@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>

Feb 6 - Bells Bend, Loop Trail. 2.5 miles. Easy. Suva Bastin 931-645-2849. Meet 8:00 am CT. Madison Street Kmart parking lot. 39 miles to trailhead.

Feb 13 - Fort Donelson National Battlefield, hike around the battlefield and out and back to the Fort Donelson National Cemetery. 5.5 miles. Moderate. J.R.Tate 931-378-6559. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 29 miles to trailhead.

Feb 16 - Monthly Meeting.

Feb 20 - Liberty Park, Clarksville. 3.5 miles. Easy. Paul Schwab 931-801-9484. Meet 8:00 am at the Liberty Park Pond parking area.

Feb 27 - Indian Town Bluff, near Ashland City, TN. 4 miles. Moderate. Paul Schwab 931-801-9484; meet 8:30 am CT, Madison Street Kmart, Clarksville, TN. 28 miles to the trailhead.

**TTA Board of Directors Meeting
REI, Brentwood
Saturday, February 6
1:00 PM – 5:00 PM CT**

- Approve Budget for 2016
- Review and Approve Evan Means Grants for 2016
- Website Update Proposals
- CTC (Cumberland Trails Conference) and TTA Update
- 2016 Annual Meeting Update
 - Disposition of 2016 Annual Meeting proceeds
- Committee Appointments: (requesting board approval)
 - Nominating Committee
 - Awards Committee

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.

Feb 2 – Monthly Meeting. Note change in meeting location. The meeting begins at 7:00 pm. We will meet in the St. Paul's Episcopal Church Annex which is located at 506 Fair Street, Franklin. Parking is available both in front of and behind the Annex. Please enter the Annex from Fair Street and enter through the door on the left. If you come at 6:00 pm, pizza and soft drinks will be available. If you need any help with directions, call or text Ellen Clark at 615-482-3605. Our guest speaker will be Cindy Whitt who will talk about her hikes in Glacier National Park in August 2015. The hikes include the Grinnell Glacier Trail and the Highline Trail which both provide vistas of glacier carved valleys and mountain peaks. It is expected that by 2030 glaciers will be gone, but Glacier's pristine forests, alpine meadows, rugged mountains, and spectacular lakes will remain.

Feb 13 - Pinson Mounds. Tommy Haskins will lead this hike to the Pinson Mounds State Archaeological Area, 440 Ozier Rd, Pinson, TN 38366. The Pinson Mounds comprise a prehistoric Native American complex located in Madison County, Tennessee in the region that is known as the Eastern Woodlands. The complex, which includes 17 mounds, an earthen geometric enclosure, and numerous habitation areas, was most likely built during the Middle Woodland Period (c. 1,500 AD). The complex is the largest group of Middle Woodland mounds in the United States. Sauls' Mound, at 72 feet, is the second-highest surviving mound in the United States. There are five trails in the park that combined are 6.3 miles. We will determine which trails we will take upon arrival. Bring boots, water snacks and a change of clothing. We will depart at 7:30 am from the Tollgate Medical Plaza which is just north of 840 on Hwy 31 (1106 Elliston Way, Thompson's Station, TN 37179). It takes a little over 2 hours to drive to Pinson Mounds via 840 and I-40. Contact Tommy Haskins to register or for questions: *swissman10@hotmail.com*, cell 931-628-8600.

Feb 27 - Mossy Ridge. Carolyn Watson will lead a hike on the Mossy Ridge Trail in the Edwin Warner Park in Nashville. Mossy Ridge Trail is a 4.5 mile loop trail and is rated as moderate. We will meet at McDonald's at the north end of Spring Hill, 5431 Main St, Spring Hill, TN 37174 at 8:00 am. Please wear sturdy boots and bring a snack and water. We will pick a place for lunch after the hike.

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

Feb 20 - Coytee Loop Branch and Glendale Branch Trails. 5.4 miles. Easy. This hike will start at the Coytee Loop Branch trailhead parking lot and connect with the Glendale Branch Trail. The trail basically follows the shoreline of Tellico Lake. The trails are relatively flat, a few hills but nothing difficult. A shuttle will be provided. For those interested in carpooling, meet at Central Baptist Church of Bearden parking lot where we will leave from there at 8:30 am ET. Other carpoolers can meet at Lenoir City, Wal-Mart Murphy Gas Station where we will leave from at 9:00 am ET. Be sure to wear appropriate shoes and clothing and bring snacks and water and \$\$\$ for carpooling. Pre-registration is not required. Our leader will be Tom Cressler.

Feb 13 - Baker Hollow Branch to Mizell Bluff. Part of the East Lakeshore Trail System (*tellicowater.org/trailheads.html*) Roundtrip about 6 miles. Starting at the dead end of Antioch Church Road West, follow the dirt road to the trailhead sign and proceed about 3 miles to the bluff. This trail is gently rolling and easy to the bluff. Return same route. This trail has water views and is a nice forest walk. The bluff is a summer jump off spot for the young at heart. We will meet at the dead end at 10 am. Any earlier and it might be foggy, blocking the water views. You may preregister with leader, Mark Paulley at *mpaulley451@hotmail.com*.

Feb 27 - Burnt Mill Bridge Loop, Big South Fork NRR. 5 miles. Moderate. This hike provides a variety of scenery from rolling rivers to rock bluffs. Be sure to wear appropriate shoes and clothing and bring snacks and water and \$\$\$ for carpooling. For those interested in carpooling, we will meet at the Oak Ridge Museum of Science & Energy parking lot at 9:00 am ET. Pre-registration is required with Rosie Marshall at *mrosemary04@gmail.com* (new email address) or 865.951.8317.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

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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.

Feb 13 – Virgin Falls State Natural Area. 8 miles. Moderate to strenuous. De Rossett, TN. (11 miles east of Sparta). Joint Hike with the Nashville Chapter. Marietta Poteet will lead this wonderful winter hike in Virgin Falls State Natural Area. This is a beautiful trek passing Big Laurel Falls, Sheep Cave and Sheep Falls, ending down at 110 ft. Virgin Falls. Virgin Falls is a beautiful and interesting waterfall emerging from a cave to flow and fall 110 feet into another cave. Hopefully it will be icy around the falls which further enhances its beauty. This hike is rated moderate to strenuous because of the 8 mile total length and 800 ft. NET elevation change. Bring water, snacks, lunch, hiking sticks and sturdy hiking boots. We will meet at the Virgin Falls parking lot located near De Rossett, TN at 9:00 am. Please call Marietta Poteet at 931-924-7666 or email at *nannietta@blomand.net* to register and gain further information.

Feb 20 – Montague Mountain Hike. Bridgeport, AL. 7 miles, 1,100 ft. elevation change. Moderate to strenuous. Creek crossings. Vehicle shuttle required. Bring water, snacks and lunch. Bring hiking poles and lights. Wear sturdy hiking boots. Meet at 9:00 am CT at Russell Cave National Monument Visitor Center, 3729 County Road 98, Bridgeport, AL. This is an opportunity to hike on privately owned land. Register with Tommy Bean *tbean52@hotmail.com* or 423-596-4909. Contact Joan Hartvigsen for carpool leaving from Monteagle Elementary School, *jhartvigs@comcast.net* or 931-962-0811.

Feb 22 – Chapter Meeting. Dinner at 5:00 pm at Applebee's Restaurant, 1957 N. Jackson Street, Tullahoma. Meeting is 7:00 p.m. at D. W. Wilson Community Center. Program to be announced.

Feb 27 – Eat-Hike-Eat Hike, Sewanee Perimeter Trail, Sewanee, TN. 4 to 5 miles. Moderate. Meet at 9:00 am CT at the Blue Chair Restaurant in Sewanee for breakfast or 9:30 am if you just want to hike. We will begin our hike at Gate 5 on Brakefield Road. We will hike to the Forestry Cabin, which overlooks Thumping Dick Cove. Then we will hike past Cherry Point, Rutledge Point and KA Point to Green's View. We will enjoy beautiful views of Roark's Cove Valley and enjoy a picnic lunch at Green's View. This hike requires a vehicle shuttle. Bring water and lunch, hiking sticks and sturdy hiking boots. Please register with our hike leader, Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811.

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

Feb 2 - Chapter Meeting.

Feb 13 - This will be an easy walk, at **Chickasaw State Park**, so please invite your friends who might not have hiked with us before. Vickie Cochran will be the hike leader, together with Sherrell Cole. Please contact Vickie at *vickiecochran731@yahoo.com* or 731 426 3244. We will meet at 9:00 am at Panera to carpool.

Feb 20 - We will walk one of the loop trails at **Land Between the Lakes**, a distance of either 5 or 7 miles. Steve Cole will be your hike leader, together with Don Dresser. Steve can be reached at *StephenCole39@hotmail.com*. If you are going, please meet us at Panera Restaurant in Jackson at 8:00 am or arrange to meet us at the Fort Henry trailhead.

Planning Ahead

Mar 1 - Chapter Meeting.

Mar 5 - We will walk one or more of the loop trails at **Nathan Bedford Forrest State Park**. Howard Ropp will be your hike leader; he can be reached at *howardropp1@gmail.com* or 731 693 4248. If you are going, please meet at Panera Restaurant in Jackson at 8:00 am or arrange to meet us at the visitor center at the park.

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

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-781-5034
memphisvice@tennesseetrails.org

Feb 6 - Horse Trail near Poplar Tree Lake, Meeman-Shelby Forest. 7 miles. Moderate to strenuous. This hiker/horse loop trail takes us over a mixture of hills and flat areas around Poplar Tree Lake. Hike starts at the parking lot near the stables at 9:00 am. Some will meet at the Poplar Tree Lake (where there are bathrooms) at 8:30 am or 8:45 am and then proceed to the Horse Trail Parking Lot. Bring water and snacks. Hiking boots are recommended. Rain or snow will cancel. For additional information contact hike leader, Lynne Witherington at 901-230-1501.

Feb 13 - Wolf River Trail North of Walnut Grove, Lucius Burch Natural Area. Join us for a loop hike - relatively flat, approximately 6 miles along the Wolf River and through a hardwood forest. Bring water and a snack if desired. Hiking boots recommended. We will meet for registration and announcements at 9:00 am in the parking lot off Walnut Grove Road just east of Wolf River Bridge. Turn south into parking lot off Walnut Grove Road, west of Farm Road. Contact Marion at 901-482-8640 for information. We will be departing the parking lot promptly at 9:15. Cancelled in the event of rain or snow.

Feb 20 - Tour de Wolf Trail, Shelby Farms. 6 miles. Easy. Woody will lead this hike along the Tour de Wolf "off road" bicycle course. This trail is not paved; so, wear sturdy shoes or boots. We will meet at the Shelby Farms "Temporary" Visitor Center at 9:00 am sharp. The Temporary Visitor Center is located across the road from the Woodland Discovery Playground. It's easiest to reach from the park entrance on Mullins Station Road. If you enter the Park from Farm Road, there are signs directing you through the Park, past the old (now closed) Visitor Center, to the Temporary one on the Mullins Station Road side of the Park. For information contact Woody Pierce at 901-755-5635 or *woodyperce2@gmail.com*.

Memphis Chapter – con't.

Feb 27 - Arkabutla State Park. Moderate. 4.9 mile loop. The trail system explores the wooded bottomlands below Arkabutla Lake Dam in the Coldwater River drainage. We will leave the recreation facilities area and follow a winding track paralleling old drainage canals in big woods. We will end our hike traveling the Big Oak Nature Trail along the Coldwater River. This is all flat land. Bring water and wear comfortable shoes. We will meet at the trail head at 9:30 am. Rain, snow or sleet will cancel the hike. Hiking time: 2.5-3.5 hours. Hike leader Francis Ruffin, 901-573-9998. Directions: From exit 280 on Interstate 55, Hernando/Commerce Street, take Highway 304 west 1.4 miles to the Hernando town square. Continue west on Highway 304 for 10.6 more miles, to the community of Eudora, and turn left at a four-way intersection on to Highway 301 south, following signs for Arkabutla Lake Dam. Go for 4.1 miles, then turn left onto Pratt Road. Continue forward for 1.8 miles, then reach the base of the dam. Turn right toward Outlet Channel. Go for 0.8 mile, then turn right, following the road to Outlet Channel. Enter circular drive and picnic recreation area, reaching the trailhead near the Outlet Channel and covered pavilion.

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 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.

MURFREESBORO CHAPTER

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HIKE COORDINATOR: Jennifer Zahn 615-943-8853
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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

Feb 6 – Hidden Passage Overnight Backpack, Pickett State Park, TN. 10 miles, Moderate. We will hike along some of the best rock shelters in the state. With any luck we will get to see an incredible icicle display along the canyon wall. We will need to negotiate several short steep climbs along the way. The camping area is below Thompson Overlook, in a beautiful hemlock grove. If conditions allow we can take a short hike to Double Falls and later back up to Thompson Overlook to enjoy a 10-degree temperature improvement. For more information call Andy Meeks at 813-447-1224 or email usmcmeeeks@gmail.com.

Feb 9 – Chapter Meeting. Susan and Donnie Welchance will be our guest speakers regarding beekeeping and what non-beekeepers can do to help honey bees survive. Susan and Donnie began beekeeping in 2009 with 3 hives of honey bees. They currently maintain an apiary of 17 beehives in northwestern Rutherford County in the Leanna community on the banks of the West Fork of the Stones River. They are members of the Rutherford County Beekeepers Association, Nashville Area Beekeepers Association, and the Tennessee Beekeepers Association. They harvest honey, beeswax, and propolis from their hives. They will bring components of a beehive and various beekeeping implements to show the audience.

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

Feb13 - Virgin Falls. Joint hike with Highland Rim Chapter. Doug Burroughs (Nashville) and Marietta Poteet (Highland Rim) will co-lead a hike to Virgin Falls Pocket Wilderness Area. See description under Highland Rim Chapter for hike details. Please bring snacks, lunch, boots, sticks, and clothing suitable for the weather there that day. We will carpool from the FedEx/Kinko on Donelson Road at 7 am or you can meet us at the Virgin Falls parking lot located near DeRossett, TN at 9:00 am. Please contact Doug Burroughs at dougburroughs@tennessee.usa.com or 615-587-0085 to register and for further information.

Nashville Chapter – con't.

Feb 20 - two options: 1) Volunteer Day Loop Trail, Lone Hunter State Park, 4 miles total; or 2) Continue hiking on the Volunteer Trail to complete 11 miles total. Directions: From I-40 East, take Exit 226, turn right onto Highway 171, then right onto Baker's Grove Road. There is a sign to indicate "Volunteer Trail," which is about .7 miles prior to reaching the main entrance to Long Hunter State Park. The Day Loop Trail contains large oak trees, shagbark hickory and sugar maple. At the end of the trail, there is a backpacking camping area with nice benches where we will take a break for snacks/lunch. After the break, we will traverse back to the trailhead. For information, contact Betty Magee, e-mail: monetfan455@yahoo.com, phone 615-319-5394.

Feb 23 - Chapter Meeting. The Pembrokehire Coastal Path winds along 186 miles of the western coast of Wales and offers some breathtaking views and a wide range of maritime landscapes. Rick Lausten of TTA's Columbia/Franklin chapter hiked it for himself this past fall, and will be describing this trek in person at our February meeting. Be sure to come and bring a friend.

Feb 27 –Cub Lake Trail and Deer Trail, Natchez Trace State Park, Wildersville, TN. 8 miles. Moderate. Natchez Trace State Park is located on an alternate route of the old Natchez Trace. The name originally applied to a series of trails and paths that originated with animal migration routes and American Indian trade and travel routes. The trails wind through the forest and fields and along the lakeshores and streams of Natchez Park. Visitors also enjoy the museum that features local and park history, and the park's restaurant. This is a good winter hike. No ticks! Bring water, snacks, good hiking boots, and trekking poles are always a good bet. We may eat at the park restaurant before returning to Nashville, depending on the interest of the group. Contact Nancy Juodenas at njj1011@gmail.com or 615-319-8811 to register and for meeting time and place.

THANK YOU: Each December the Nashville TTA chapter has been invited by REI to wrap presents in exchange for donations. These donations are used to offset some of the costs involved with completing the Cumberland Trail. Again this year we had a very successful and fun event. We raised close to \$600 from gift wrap and donations for the book Cumberland Odyssey. I would like to say a huge thank you to the generous volunteers that made this possible: Doug Burroughs, Dianna Richter, Betty Magee, Jim and Jenice Johnson, Patricia Moisan, Jackie York, Nora Beck, Elizabeth Gerlock, Libby Francis, Rachel Jakubovitz and Brenda Clampitt. In addition, I would like to thank Brenda, Mike and REI for welcoming us at such a busy time of year. Amy Sutton

Continued on next page.

Nashville Chapter – con't.

LOOKING AHEAD: A reservation has been made at the Rattler Ford Group Camp near the Joyce Kilmer Memorial Forest, Robbinsville, NC. We are planning a weekend of hiking, camping, campfires and fun, from April 29-May 1. This Group Camp is huge and even has a lovely bath house with hot showers. We wanted to give people plenty of time to make room on their calendars for this event. The wildflowers should be in their glory and the weather should be mild by this time. So mark your calendars and contact Nancy Juodenas njlj1011@gmail.com or Gloria Dale Williams gdw12@comcast.com for more information.

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436

plateau@tennesseetrails.org

TREASURER: Bill Quattrociochi 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.

Feb 11 – Chapter Meeting. 6:00 PM. Program: New Products with Plateau Outdoors. First United Methodist Church Annex, 69 Neecham Street, Crossville. Dinner at Gondola's Restaurant, Woodmere Mall, Crossville at 4:45 pm CT. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information. Please bring peanut butter, jelly, and grocery bags to donate for CTC Breakaway Program.

Feb 20 – Soddy Creek Gorge, Cumberland Trail, Soddy-Daisy. Joint hike with Soddy-Daisy Chapter led by one of their members. It will be a 10 mile strenuous hike with a car shuttle from Sluder Lane to Hwy 111. The hike includes crossing the new bridge across Big Soddy Creek and Board Camp Falls. Bring your lunch and water and we will leave from the Trinity Tabernacle parking lot at 7:30 am CT. To carpool from Crossville contact Cheryl Heckler at thehecklers@charter.net or 931-200-7430 for additional information.

Feb 27 – Middle Creek and Slave Falls, Big South Fork, Jamestown. 7 miles. Moderate. The hike includes Slave Falls, Indian Rockhouse and Needle Arch. This hike will require a short car shuttle and qualifies for the Big South Fork Centennial Challenge -- 100 Miles for 100 Years. Bring a lunch to eat on the trail and water. Depart from Cracker Barrel's rear lot at 8 am CT. Contact Cheryl Heckler at thehecklers@charter.net or 931-200-7430 for additional information.

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>

Feb 2 - Blue Blazes. Approximately 3 miles. Easy. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Feb 6 - Frozen Head. Approximately 8 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

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

Feb 13 - Roaring Creek. Approximately 12 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Feb 16 - Lenfoot Hike Inn - Amicalola Falls.

Feb 20 - Sluder Lane to Hwy 111. Approximately 10 miles. Strenuous. Joint hike with Plateau Chapter. Meet at Durham Street parking lot in Soddy Daisy at 10 am. Hike leader: George Bonneau.

Feb 23 - Climbers parking lot to Big Soddy Gulf. Approximately 6 miles. Moderate. Will stage vehicles. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: Bob McGavock.

Feb 27 - Chickamauga Battlefield. Approximately 7 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Carpool Etiquette

Gasoline prices have continued to roller coaster up and down. Please be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience of having to stop to locate change).

Your driver is not a chauffeur. Assist him or her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing.

All passengers must wear seat belts to minimize the risk of injury in case of an accident !!! *The drive to and from a trailhead is generally the most dangerous part of any hiking trip.*

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.

Feb 2 - Monthly Meeting. Note change in meeting night for this month. Barefoot Charlie's Restaurant 125 Sanders Ferry Rd., Hendersonville. This will be our annual Trivia Night. The game starts at 6, so we plan to meet around 5:30 to place food orders and get our thinking caps on! For more info call Sally Ticaric at 615-218-1086 or Barbara Krawchuk at 615-822-6952.

Feb 19 - Beamon Park. 3.5 miles. Moderate. This will be a Ranger guided hike of Henry Hollow Loop led by Kevin Sykes. Meet at the First Presbyterian Church in Hendersonville at 9 am CT for carpooling or at the trailhead at 10 am. After the hike we will eat lunch at Richard's Louisiana Cafe on White's Creek Pike. For more information please contact Rusty Krawchuk at 615-822-6952 or tnbeachbumr@aol.com.

Feb 27 - Bledsoe Creek State Park. 3.5 mile loop. Moderate. The beginning portion of the hike travels along paved all-access trails alongside Old Hickory Lake before picking up the natural terrain Shoreline Trail. At the end of the Shoreline Trail the hike continues up a steep section (with steps) which leads to the High Ridge Trail which features some former homesites before descending from the ridge back down to the shoreline and back to the trailhead. Dress for the weather and wear your boots or heavy walking shoes and bring your walking sticks - it could be muddy or snowy. Meet at First Presbyterian Church in Hendersonville at 9 am for carpooling or at the trailhead at 9:45 am CT. Our trailhead will be the boat ramp on Zieglers Fork Road which is about a mile past the entrance to the park - if you drive into the park you have gone the wrong way. For further info contact All Access AI at ballallenger@aol.com.

**TWELVE NEWSLETTERS EACH YEAR.....
TWELVE ACTIVE CHAPTERS....
COINCIDENCE?**

We are always looking for articles of interest for the monthly newsletter. We'd love to feature hikes or destinations that are the favorites of each chapter. What makes the destination or hike special to you? Not only will you be touting your favorite spot, but it will also give other members across the state some great hiking ideas.

Please submit your articles to editor@tennesseetrails.org. Pictures are also welcome!

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

Feb 6 - Savage Gulf History Hike, Savage Gulf SNA, Beersheba Springs, TN. We will descend into the Gulf through the Stone Door and use the Big Creek Gulf Trail to reach Big Creek where we will begin an exploration of the cove below the Stone Door. Highlights include many springs along Big Creek, old fields in the cove and other evidences of past habitation, and the middle sink along Big Creek. Passing the lower end of the cove we will reach the Cove Spring and the Catur Savage cabin before ascending from the Gulf on Grassy Ridge Road. There is one short section which at some points requires hands and feet to negotiate. The route is not possible to follow at times of high water so in that event the hike will be altered. The hike is about 7 miles and is rated strenuous due to the climb out of the Gulf and one section with rough terrain. You can meet us in the Penney's parking lot in Cookeville at 7:30, at the US Bank across from McDonald's in Sparta about 7:45, or at the Stone Door Ranger Station at 9:00. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Feb 13 - Cardwell Mountain, meal & cupid gift exchange. Moderate 5 mile hike starting at Cumberland Caverns parking lot. Potluck dinner at Nora's after hike. Bring hiking shoes, snacks, water, and lunch. Call Nora at 931-808-2560 for meeting time and information regarding gift exchange & dinner.

Feb 20 - Lone Mountain Loop Trail in Morgan County. The state acquired the land for Lone Mountain State Forest in 1929 through a tax delinquency sale. Lone Mountain reflects the handiwork of the state forestry crews naming a spring and ridge after the men who built the trails. On a clear day, from Coyote Point you can see the Smoky Mountains. The trail is opened to horseback riding, mountain biking, and hiking. A section (approximately 2 miles) is designated for hikers only and follows LaRue Ridge. This hike is 10+ miles and is rated strenuous because of elevation change and the numerous steep pitches. Bring water, snacks, and lunch. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville. Due to the possible winter weather during this time of year, please register in case you need to be contacted for any changes to the hike. For information and to register contact Jennifer Carroll at jennifer.carrolldb@yahoo.com.

Feb 27 - Upper and Lower Piney Falls Loop, Sting Fork Pocket Wilderness, and Twin Rock Nature Trail. We will hike a 2-mile loop and see the Upper and Lower Piney Falls in the Piney Falls State Natural Area. We will do one water crossing as long as the water is not too high. If too high we will backtrack. We will then do Sting Fork Pocket Wilderness. The trail provides an overlook of the Sting Fork River gorge at Indian Head Point and ends at the base of Sting Fork Falls. The trail is 3 miles round trip and rated moderate. We will end are hike doing the Twin Rock Nature Trail 2.5 miles round trip. Wear sturdy hiking boots and bring snacks, water and lunch. You can meet us at 8:00 am CT in the Penney's parking lot in Cookeville. To register contact Pete Broehl at 931-738-3551 or pabroehl@blomand.net.

OFFICERS:

President	Carolyn Miller	931-839-3213 <i>president@tennesseetrails.org</i>
Vice-President	Bruce Whitehead	941-716-3620 <i>vicepresident@tennesseetrails.org</i>
Treasurer	Kathy Woods	615-473-6824 <i>treasurer@tennesseetrails.org</i>
Secretary	Diane Manas	615-352-7777 <i>secretary@tennesseetrails.org</i>
Membership Director	Tim Townley	731-607-0512 <i>membership@tennesseetrails.org</i>
Past President	Millette Jones	615-397-9588 <i>pastpresident1@tennesseetrails.org</i>
Previous Past President	Don Dresser	731-668-4190 <i>pastpresident2@tennesseetrails.org</i>
West TN At-Large Director	Margaret Dixon	901-603-7680 <i>westregional@tennesseetrails.org</i>
Middle TN At-Large Director	Joan Hartvigsen	931-962-0811 <i>middleregional@tennesseetrails.org</i>
East TN At-Large Director	Garnett Rush	865-268-5181 <i>eastregional@tennesseetrails.org</i>
Cumberland Trail Conference Representative	Frank Jamison	865-376-4120 <i>CTC@tennesseetrails.org</i>
TN Rails To Trails Advisory Council Representative	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
Newsletter Editor	LouAnn Partington	931-393-4835 <i>editor@tennesseetrails.org</i>

Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Feb 10	Mar 1
Mar 10	Apr 1
Apr 10	May 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	Garnett Rush	865-268-5181 <i>eastregional@tennesseetrails.org</i>
Dyer County	Margaret Dixon	901-603-7680 <i>westregional@tennesseetrails.org</i>
Northwest	Margaret Dixon	901-603-7680 <i>westregional@tennesseetrails.org</i>

President's Corner

In my January column, I omitted a big thanks to Kathy Tange-duPre for serving as the Middle Tennessee Regional Representative for 2015. She did a great job of producing the 2015 Membership Directory. Joan Hartvigsen volunteered to serve as the Middle Tennessee Regional Representative for 2016 and the membership agreed. Anyone who knows Joan, knows that she is committed to TTA and will continue to work hard to promote TTA and in her new position.

We have an exciting year ahead of us. Plans for the 2016 include partnering with CTC to promote trail projects to further the completion of the 300 mile long Cumberland Trail, awarding Evan Means Grants for trail building projects across the State, supporting our chapters in local projects, such as the bridge over Bobo Creek at Short Springs Natural area, and updating the TTA website, and of course, the annual meeting.

The Memphis chapter will be hosting the annual meeting the weekend of October 28 – 30 at Pickwick Landing State park in Savannah. Put these dates on your calendar and plan to meet hikers from across the state as we explore this part of Tennessee.

Happy Trails,

Carolyn Miller

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

Feb 16

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 Trails 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 partner organization (CTC) and associate organization (TRAC). (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.