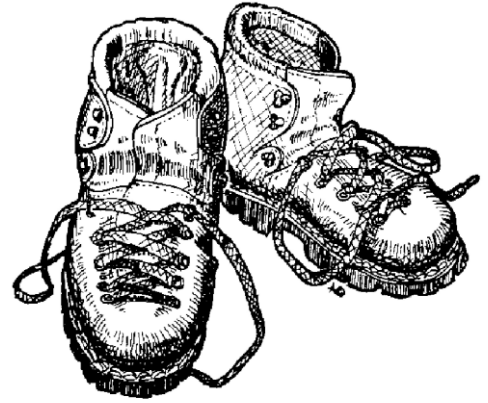


# TENNESSEE TRAILS

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



## President's Corner

Saturday, June 4 is American Hiking Society's National Trails Day! Mark your calendar, and celebrate by hiking, biking, paddling, maintaining trails, or exploring the outdoors. The theme for 2016 is "Find Your Trail".

National Trails Day is the nation's largest annual celebration of trails observed on the first Saturday in June. Last year more than 176,000 individuals participated in more than 2,300 activities such as guided hikes, stewardship projects, bike rides, paddle trips, horseback rides, and much more! Find an event perfect for you in the June TTA newsletter or visit the American Hiking Society website to find events across Tennessee and the United States.

Actions from the April 30<sup>th</sup> Quarter Board Meeting:

- Approved Evan Means Grant to the Cumberland Trails Conference for \$2500 to purchase a spare pair of tracks and replacement parts for the mechanized Ditch Witch and to fund Big Dig trail building efforts.
- Due to the progress that CTC made with trail building efforts in 2015 and into 2016, the TTA board approved that the remaining Anne Potter Wilson Foundation funds be transferred to CTC to continue to fund the trail crew.
- Website committee and bylaws committees discussed their needs.

Look ahead to the fall hiking season and reserve the weekend of October 28 – 30 for the TTA annual meeting. The Jackson and Memphis chapter are the hosts for the 2016 annual meeting at Pickwick State Park in Savannah, TN. This is the best chance to meet and hike with members from chapters other than your own.

We will elect officers for 2017 during the general membership meeting on Saturday evening, October 29. Officers are elected annually to serve from January through December. The TTA officer positions are President, Vice President, Secretary, Treasurer, and Membership Director. If you want to serve on the TTA board, please consider serving as an officer or chapter chair.

Enjoy a summer of hiking and outdoor activities, and **Find Your Trail.**

*Carolyn Miller*

## Mark Your Calendar!

2016 Annual Meeting  
October 28-30, 2016  
Pickwick Landing State Resort Park  
Pickwick Dam, Tennessee

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## SEEKING NOMINATIONS FOR ANNUAL AWARDS

TTA is seeking nominations for awards to be presented at the annual meeting in October. We annually present the Tennessee Trails Award and the Bill Stutz Awards. The Bob Brown Lifetime Achievement Award is awarded periodically to those with a lifetime of leadership and extraordinary contributions.

Please send written nominations for the TTA awards to a member of the nominating committee (Doug Burroughs, Carolyn Miller, or Sara Pollard) one of the chapter chairs or to one of the TTA officers. Nominations should include contact information for the person making the nomination, a full name and address of the nominee and a paragraph stating why the person should be nominated for the award.

**Tennessee Trails Award.** This award is presented for outstanding contributions to the Association or for the furtherance of trails and natural resource programs and opportunities within Tennessee.

**Bill Stutz Award.** The Association gives this award in honor of the late Bill Stutz, past TTA member and beloved hiker. Any chapter (or voting member) can make a nomination to the Board for the recipient of this award. The award is to be presented to an active hiker for his or her individual contribution to the Association or one its chapters.

**Bob Brown Lifetime Achievement Award.** The Board of Directors of the Association established this award to honor the extraordinary lifetime leadership and personal contributions of Bob Brown to hiking and conservation in the State of Tennessee. The Board may give a Bob Brown Award from time to time to others for lifetime leadership and contributions that it finds equally extraordinary.



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](mailto:ctcoffice2014@gmail.com)  
Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

The CTC Leadership announces two Big Dig Events for 2016: The Big Dig is the CTC program for concentrating volunteer efforts on a specific section of trail.

**Register for the Spring Big Dig! May 4 to Jun 11.**

The work week is Wednesday through Saturday. Individuals, groups and hiking clubs are encouraged to come and help build the trail. The May Big Dig will focus on expanding the Daddy’s Creek section in the Catoosa WMA. Accommodations will be available nearby. To confirm your participation, contact Marianne at the CTC Office at 931-456-6259 or [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com).

**Jun 4 - National Trails Day is a scheduled work day during Big Dig.** Contact the CTC office to see how you can participate and celebrate the day on the Cumberland Trail.

**Save the dates: Fall “Big Dig” Sep 14 to Oct 22 - Wednesdays through Saturdays.**

**Job Opening - Trail Building Assistant (Trail Crew Member).** Base Locations: Crossville. Work Week: Part-time/Average 2 – 3 days per week which includes some weekend work. Qualification: Community member who loves to build trail. Contact CTC Office: 931-456-6259 or [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com).

If you are planning an overnight camping trip on the Cumberland Trail (which is part of the Cumberland Trail State Park), registration is requested by the state park rangers. The registration may be done online at the Friends of the Cumberland Trail website or by calling the park office at 423-566-2229.

**CLARKSVILLE CHAPTER**

**CHAPTER CHAIR:** Ken Johnson 931-802-6343  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**CHAPTER VICE-CHAIR:** Lili Ball 931-552-2773  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**TREASURER:** Mary Schwab 931-645-9068  
[clarksvilletreas@tennesseetrails.org](mailto:clarksvilletreas@tennesseetrails.org)  
**SECRETARY:** Donna Burdick 931-220-8497  
[clarksvillesecy@tennesseetrails.org](mailto:clarksvillesecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Paul Schwab 931-645-9068  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)  
*(call Paul & volunteer to lead an outing)*  
**MEETS MONTHLY:** 3<sup>rd</sup> 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>

**Jun 4 - National Trails Day.** A project will be announced. John Harris 270-227-9871. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville.

**Jun 11 - Old Stone Fork State Park (3 trails). 3.3 miles. Moderate.** Suva Bastin 931-645-2849. Meet 7:30 am CT, I 24 Exit 11 commuter parking lot. 100 miles to trailhead.

**Jun 18 - Overnight hike. Virgin Falls Natural Area, Virgin Falls Trail. 8 miles. Difficult.** Bob Lyon 931-648-2354. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 148 miles to trailhead.

**Jun 21 - Monthly Chapter Meeting.**

**Jun 25 - Annual Picnic** (bring a dish). Dunbar Cave State Natural Area, Dunbar Cave Road, Clarksville; Suva Bastin 931.645-2849; 4:00 pm CT until dusk.

**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](http://www.tennesseetrails.org/release.php)

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## 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:** 1<sup>st</sup> 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.

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**Jun 4 -National Trails Day.** National Park Service and the Natchez Trace Parkway Association are sponsoring a work and information day at Garrison Creek Historical site on The Natchez Trace at Mile Marker 427.6. Garrison Creek Site is located about 12 miles south of the intersection of the Trace and Highway 96. Trail maintenance goes from 8 am until lunch. Then there are seminars and hiking. Tommy Haskins plans to work on the overgrown entrance which will involve taking down a split rail fence and sling blading, and he would appreciate help with this. He recommends bringing your boots, gloves, insect spray, hand tools, and drink/snacks/lunch. Contact Tommy Haskins at *swissman10@hotmail.com*.

**Jun 11 - Stillhouse Hollow Trail.** Trail and bridge work begins at 8 am. The site is located south of Summertown adjacent to Hwy 43. There are state signs identifying the site. Work items include repairing the trail in a few places where the logs have rotted which support the trail. We also need to spray sealant on Rick's Bridge to slow down the weathering process. I will survey the trail and report at the June meeting which will be held before the work day. Bring lunch, tools, drinks, etc. Tommy Haskins has the sprayer for the sealant and materials to retain the trail. We will end work at 12 noon and then eat lunch at the falls.

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## 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*

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**Jun 11 – Firefly Extravaganza, GSMNP.** The group will meet Karen Towle and Robby Paul at the Cherokee Grill in Gatlinburg towards the Park end at 6:00 pm ET for dinner. After dinner, we will drive/carpool to a secret location ( not Elkmont!) to view the fireflies. Please bring a chair, water, bug spray, flashlight with a red cellophane cover, and jacket/rainwear if necessary. Pre-registration is required by Thursday, June 9. Please pre-register with Robby Paul at 865-850-1503 or *robbypaul@hotmail.com*.

## Vital Liquid

Pure water is vital to health. Our bodies cannot store water, so we must drink constantly. The need for water is driven by temperature, metabolism and work. Our bodies perspire to control the body's core temperature during exercise, such as hiking. Water is also needed by the body for breaking down and metabolizing our food intake. Even while resting, we can lose 4 pints (2 liters) of water per day just through normal perspiration, urination and breathing.

Hiking is a strenuous activity, and adequate hydration is crucial for optimal performance and health.

How much water to drink? Drink frequently, between 1 to 2 cups of water per hour and before you feel thirsty, to avoid dehydration. (A good sign that you've drunk enough water - clear urine! Cloudy or colored urine indicates the need to drink more.) You can be slightly dehydrated and not feel thirsty. The signs and symptoms of dehydration may include fatigue, flushed skin, headache, dizziness, chest pain, irritability, feeling tired, and cramps. Extreme cases of dehydration could lead to death.

If you've run out of water, and as long as you're close to a water source, most water can be made fit to drink. Never assume the water source to be safe - even if the water is fast flowing, crystal clear and cold. How you purify your water is a matter of preference; however, some methods are safer than others.

One of the most reliable methods of purifying your water is to boil it. This requires a heat source and a container to boil the water – items not common to a day hiker's backpack. Another effective treatment is to use purification tablets (iodine). They are lightweight and easy to use. One pill purifies one quart of water in about 10 minutes. A drawback to iodine tablets is the bad taste it leaves in the water. However, neutralizer tablets placed into the water after the purification process will eliminate the iodine aftertaste. Finally, there are filters. Water is hand pumped through a narrow intake hose, where it passes into a filter assembly for purification, then exits ready to drink. Filters don't leave a bad aftertaste, weigh as little as ¾ of a pound, are easy to use and remove a wide range of contaminants; both organic and inorganic.

For a day hike you may not need to consider utilizing any of the above water treatment processes – just be sure you have plenty of water for the hike, and enough to get you back into civilization.

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## 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:** 4<sup>th</sup> Monday at 7:00 pm CT at the D. W.

Wilson Community Ctr., 501 N. Collins St., Tullahoma.

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**Jun 4 – National Trails Day.** Our Chapter will celebrate National Trails Day 2016 with a Work Day on the Fiery Gizzard Trail in South Cumberland State Park, Tracy City. For more information contact Naullain Kendrick *naullain@hotmail.com* or 931-224-6225.

**Jun 5 – Tennessee River Gorge Paddle, Nickajack Lake, near Chattanooga.** Sunday morning we will paddle through the beautiful Tennessee River Gorge from Suck Creek to Raccoon Mountain, 9 miles. Bring a lot of water, snacks, lunch, hat, sun glasses, sunscreen, binoculars and camera. Plan to wear your PFD. We will meet at the Suck Creek Boat Ramp at 8:00 am CT (9:00 am ET) to arrange a shuttle. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 to register.

**Jun 10-12 - Great Smoky Mountains National Park Camping and Hiking Weekend. Joint activity with the Murfreesboro Chapter.** Camping in Cosby Campground June 10 and 11, Group Campsite G003. Friday: Sutton Ridge Overlook by way of the Lower Mount Cammerer Trail. 3.6 miles out and back. 400 ft. elevation change. Easy. Views of Gabes Mountain, Cosby Valley and Gilliland Ridge. Saturday: Mount Cammerer Lookout Tower via Low Gap, Appalachian and Mount Cammerer Trails. 11.2 miles round trip. 2,780 ft. elevation change. Strenuous. Features streams, ridgeline, geologic interests, summit, spectacular views of Mount Sterling and its fire tower, the Pigeon River and Stone Mountain. Sunday: Hike to Hen Wallow Falls via Gabes Mountain Trail. 4.4 miles round trip, moderate. 850 ft. elevation change. Steep side trail to Hen Wallow Falls descends 700 ft. Highlights: waterfall, creeks limestone bluffs. Friday evening after our hike we will share a potluck dinner at Group Campsite G003. Saturday we will eat out at Ruby Tuesday in Newport. Register early with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811.

### *Highland Rim Chapter – con't.*

**Jun 18 – Eat-Float-Eat-Float-Eat, Elk River from below Tims Ford Dam on Hwy 50 to Farris Creek Bridge.** Meet us at Sample's Family Restaurant, 204 S. Main Street (Hwy 41A), Estill Springs, TN at 8:00 am CT for breakfast or 9:30 am at the put in below Tims Ford Dam to organize a shuttle. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 to register.

**Jun 25 – North Rim and North Plateau Trails to Hobbs Cabin, Savage Gulf, South Cumberland State Park, Palmer TN. 18.2 miles. Difficult.** Marietta Poteet will lead a hike on North Rim and North Plateau Trails to Hobbs Cabin in Savage Gulf. There is very little elevation change but there are numerous stream crossings although they should be dry. We will see views of the gorges and old growth forest and a nice visit to Hobbs Cabin. Since it is summer, we will need lots of water. Also bring lunch and snacks. Wear sturdy hiking boots. Please call Marietta at 931-924-7666 or email at *nannietta@blomand.net*.

**Jun 27 – Chapter Meeting.** Dinner at 5:00 pm at Red Lobster, 1913 N. Jackson Street, Tullahoma. Our meeting is 7:00 p.m. at D. W. Wilson Community Center. Michael Glennon will present a Short Course, "Backpacking 101".

### **Planning Ahead:**

**Aug 26-28 – Whitewater rafting, "flatwater" kayaking and camping weekend.** Camp at Gee Creek Campground, Campsite G6 August 26 and 27, Hiwassee/Ocoee Scenic River State Park. Whitewater rafting on Ocoee River August 27. Folks not planning on whitewater rafting on Saturday can hike in the Cherokee National Forest. Potential hikes are the Oswald Dome Hike near Reliance, TN, Big Frog Wilderness Hike near Ocoee Dam #3 and the Old Copper Road Trail which begins at the Ocoee Whitewater Center. Sunday, we will use our own kayaks to paddle the lower, "quieter" section of the Ocoee River. Contact Naullain to borrow a kayak. Contact Joan Hartvigsen soon to reserve space at the campsite, *jhartvigs@comcast.net* or 931-962-0811. Contact Naullain Kendrick soon to reserve a spot for whitewater rafting on the Ocoee River on August 27, *naullain@hotmail.com*. Friday evening we will share a potluck dinner at the campsite. Saturday evening we will eat at a restaurant.

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## 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:** 1<sup>st</sup> Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

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**Jun 4 - Savage Gulf State Natural Area Overnight Outing.** Taking in Greeter Falls and Stone Door. Melinda Pearson will be your hike leader; she can be reached at *hurstme@bellsouth.net* or 731-225-4293. There will be at least two choices of routes that you can take, around 8 or 10 miles in length. For those who stay over a second night, we also will arrange a short hike on Sunday. A number of our group will be staying Friday evening at the Super 8 Motel in Monteagle. Camping is also an option. Whichever you choose, we will meet at 9 am Saturday at the Stone Door Ranger Station. Please give Melinda as much advance notice as you can if you would like to join us. Also, please make arrangements through Melinda if you wish to carpool from Jackson.

**Jun 7 - Chapter meeting.**

**Jun 25 - Canoe the Buffalo River.** This will be an easy canoe trip – no experience is necessary – down Tennessee’s Buffalo River, which crosses I-40 at MM 143. We will leave from Panera at 8 am. Registration is required so that we can reserve canoes in advance. For additional information and to register, contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

**Planning Ahead:**

**Sep 17 - Annual cookout (and hike).**

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## MEMPHIS CHAPTER

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

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

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No hikes planned for June, July or August. See you in September!

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## 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:** 2<sup>nd</sup> Tuesday at 7:00 pm CT, Barfield-Crescent Park’s Wilderness Station, 697 Veterans Parkway, Murfreesboro

**BLOG:** *www.tennesseetrails.org/blog/murfreesboro*

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**Jun 4 – National Trails Day, Barfield Crescent Park, Murfreesboro. 5.5 miles. Moderate.** To celebrate National Trails Day, we will hike trails in our beautiful Barfield Crescent Park. We’ll start out on the Marshall Knob trail behind the Wilderness Station, take the short Rocky Path and Valley View loops. Then we’ll continue on the Marshall Knob trail that goes along the West Fork Stones River. We’ll have a short paved trail from the river back to the Wilderness Station to complete our hike. Meet in the Barfield Crescent Wilderness Station parking lot at 9:00 am to begin our hike. For more information or to sign up, contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

**Jun 10-12 –Great Smoky Mountain National Park Camping and Hiking Weekend. Joint activity with the Highland Rim Chapter.** Camping in the Cosby Campground, group campsite G003. Friday: Sutton Ridge Overlook by way of the Lower Mount Cammerer Trail, 3.6 miles rated easy. Friday evening we will share a potluck dinner at the campground. Saturday: Mount Cammerer Lookout Tower via Low Gap, Appalachian and Mount Cammerer Trails, 11.2 miles rated strenuous. After the hike, we will eat at Ruby Tuesday in Newport. Sunday: Hike to Hen Wallow Falls via Low Gap, Appalachian and Mount Cammerer Trails, 4.4 miles rated moderate. To reserve a campsite in the group campsite, contact Joan Hartvigsen at 931-962-0811 or *jhartvigs@comcast.net*. Sara Pollard will coordinate a carpool from Murfreesboro and contact her at 615-714-3610 or *sarabpollard@gmail.com*.

**Jun 14 - Chapter Picnic.** Pavilion #5. Barfield Crescent Park, Murfreesboro **Note time change to 6:00 pm CT.** No business will be held and open to all TTA members, families and guests. There are picnic tables under the shelter and the chapter will provide barbecue, drinks, utensils, napkins and ice. Bring a side dish or dessert to share. Please register, along with how many are coming when you RSVP to Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*. We want to make sure enough supplies are provided. Picnic is rain or shine.

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## 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:** 4<sup>th</sup> Tuesday at 7:00 pm CT in the REI  
Community Room, 261 Franklin Road, Brentwood. For  
directions, visit: [www.tennesseetrails.org/nashville.php](http://www.tennesseetrails.org/nashville.php)  
**BLOG:** [www.tennesseetrails.org/blog/nashville](http://www.tennesseetrails.org/blog/nashville)

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### **Jun 4 - Honey Creek, Big South Fork National Recreation Area, near Rugby, TN. 5 miles. Strenuous.**

This is a difficult hike through creeks, over boulders, and up steep and rugged terrain. But, there will also be great overviews, waterfalls, and interesting geological features. Bring water, snacks/lunch, waterproof boots with ankle support, and clothing appropriate for the weather that day. There is an option after the hike to stop for food in Rugby or somewhere along the road back to Nashville. The total time commitment could be up to 12 hours: Driving up, hiking 5 difficult miles, dinner, and then driving back. Contact Doug Burroughs at [dougburroughs@tennessee.usa.com](mailto:dougburroughs@tennessee.usa.com) or 615-587-0085 (to leave a message) for more information and to register. Meeting Place: Kinko's parking lot on Donelson Road just north of I-40. Meeting Time: 7:30 am.

**Jun 5 - Beaman Park, Joelton TN. 6 miles. Moderate.** Get outside and come hike the lovely hills and dales of Beaman Park. Nestled in the northwest corner of Davidson County, the area was once know as Paradise Ridge, named for the Paradise brothers. It has morphed from a homesteading and moonshining area, to a hunting preserve to what it is today; a wild and rugged Metro Park, where opportunities to enjoy nature abound. Come experience the solitude and serenity while hiking the forested slopes of Beaman Park. Bring water, snacks and wear hiking boots. For more information and to register call or e-mail Linda Latter at 615-419-4845, [lindaalatter@yahoo.com](mailto:lindaalatter@yahoo.com).

**Jun 11 - Seek Refuge!** Seek a couple of refuges, in fact. We'll travel to Cross Creeks National Wildlife Refuge to hike the Woodpecker Trail and take in at least one other seasonal foot trail along the Cumberland River. From there we'll proceed to the Big Sandy Unit of the Tennessee National Wildlife Refuge, further west, to visit their new visitor center and hike the Britton Ford Trail. All trails are easy to moderate and we'll get in 4 to 5 miles; more are possible with the consensus of the group. You'll want sunscreen and plenty of water plus a lunch. On our way home we'll plan a stop for an early evening meal for all who want to do so. Contact Nora Beck to sign up and get the details -615-517-6486 or [norellibee@gmail.com](mailto:norellibee@gmail.com).

## Nashville Chapter – con't.

**Jun 19 - Father's Day Special, Urban Hike. 6 miles. Moderate.** Finished by lunchtime and before the heat of the day sets in. We start from Ft. Negley at 9 am, and will walk up to the old fort, which also offers a view of the Nashville skyline. We'll then take 8<sup>th</sup> Avenue towards downtown, getting a view of the Gulch and continuing to Demonbreum Street, close to the new Westin hotel. Turning west, we walk to the roundabout leading into Music Row, and then hike 16<sup>th</sup> Avenue South, for about a mile. Arriving at Belmont University, we walk across that magnificent campus and back, then return via Wedgewood Avenue and up across Reservoir Park. Hike leader Tom Vickstrom [tomzinger55@gmail.com](mailto:tomzinger55@gmail.com) or 615-405-6713.

**Jun 25 - Old Stone Fort Archeological Park, Manchester, TN. Wall Trail, Little Duck River Trail and Forks of the River Trail. 3 mile loop. Easy.** Meet at 9 am CT at the Museum/Gift Shop at the Park. Pre - registration required. This hike has been described as one of the best in Middle Tennessee, passing over an impressive old forest along bluffs overlooking the cascading forks of the Duck River. The Wall Trail circles around a 50 acre hilltop enclosure mound site which served as a central ceremonial gathering place for some 500 years. The Forks of the River Trail and Little Duck River Trail present oak forests, confluence of the Little Duck and Duck Rivers including Big Falls, where the 90 foot wide river drops 7 feet before plunging 30 feet over a bedrock overhang into a big deep pool. Pre -register with Betty Magee, [monetfan455@yahoo.com](mailto:monetfan455@yahoo.com) or 615 -319 - 5394.

**Jun 28 - Monthly Program Meeting.** Martin Penny represents the Pew Charitable Trusts, and he's hard at work in Tennessee on the Centennial Campaign for the National Parks. He's going to tell us about the work of the campaign and what's planned and needed for the National Park lands in Tennessee that include some of our most iconic places to hike - Shiloh, Big South Fork, and the Smokies. Be sure to bring a friend. Our national parks are getting a lot of public attention in this centennial year; let's get informed about what the future holds.

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## PLATEAU CHAPTER

### (Crossville)

**CHAPTER CHAIR:** Cheryl Heckler 931-200-7436

[plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org)

**TREASURER:** Bill Quattrociochi 931-484-4230

[plateautreas@tennesseetrails.org](mailto:plateautreas@tennesseetrails.org)

**MEETS MONTHLY:** 2nd Thursday at 6:00 pm CT

**BLOG:** [www.tennesseetrails.org/blog/plateau](http://www.tennesseetrails.org/blog/plateau)

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There is a leaderless hike (typically 5-7 miles) every Wednesday morning. For additional information, Primary Contact: Bruce Whitehead at [trailwalker80@gmail.com](mailto:trailwalker80@gmail.com) or 941-716-3620. Secondary Contact: Bill Harris at 931-484-9152 or visit the Plateau Chapter Blog. Check blog for cancellations or changes before hiking.

**Jun 4 - National Trails Day Hike**, Daddy's Creek section of the Cumberland Trail, Hebbertsburg. This is an in and out hike of approximately 6 miles on a newly constructed section of the Cumberland Trail. The hike is rated moderate due to the length, but is fairly flat, except for the gentle descent into the Daddy's Creek Gorge. At about 1 ½ miles, we come to an overlook of the gorge, and then at about 2 miles, we reach Daddy's Creek. The trail follows Daddy's Creek for about another 1 ½ miles to the site of a fire ring. Along this section, the creek is to one side and there are several rock ledges along the other side. Come celebrate National Trails Day and hike the trail that was built with a combination of a mechanized Ditch Witch, paid trail crew and volunteer labor. If there is sufficient interest, a shortened version of this hike may be offered. However, to reach the creek would be about 4 miles in and out. To carpool, depart from Cracker Barrel in Crossville at 8 am. Bring water, wear appropriate shoes/boots, and bring snacks. Contact Carolyn Miller at 931-260-6674 or [cardan@frontiernet.net](mailto:cardan@frontiernet.net) to register and for more information.

### No Plateau Chapter meeting for June and July.

**Jun 18 – GSMNP Gregory Ridge Trail, Cades Cove.** This is an 11 mile strenuous hike up Gregory Ridge Trail with a 3020' elevation gain to see the flaming azaleas and panoramic views on Gregory Bald. Wear hiking boots and bring water and lunch. Contact Cheryl Heckler at [thehecklers@charter.net](mailto:thehecklers@charter.net) or 931-200-7430 to register and for additional information.

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## SODDY-DAISY CHAPTER

**CHAPTER CO-CHAIRS:** Ed & Donna Pyers 423- 344-9271

[soddydaisy@tennesseetrails.org](mailto:soddydaisy@tennesseetrails.org)

**HIKE COORDINATOR:** George Bonneau 423-842-3619

[soddydaisyhikes@tennesseetrails.org](mailto:soddydaisyhikes@tennesseetrails.org)

**TREASURER:** Bob McGavock 423-843-4646

[soddydaisytreas@tennesseetrails.org](mailto: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>

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**Jun 4 - Flipper Bend. Approximately 8 miles. Strenuous.** Meet at WalMart parking lot in Soddy Daisy at 8 am. Hike leader: John Politte 423-304-8327.

**Jun 7 - River walk. Approximately 5 miles. Easy.** Meet at parking lot by the Boathouse restaurant at 8 am. Hike leader: Donna Pyers 423-344-9271.

**Jun 11 - Fall Creek Falls. Approximately 12 miles. Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: George Bonneau.

**Jun 14 - Upper Leggett Road to lower Leggett Road. Approximately 3 miles. Moderate.** Will stage vehicles. Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: Bob McGavock 423-667-2960.

**Jun 18 - Roaring Creek. Approximately 12 miles. Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: John Politte 423-304-8327.

**Jun 21 - Little Cedar Mountain. Approximately 5 miles. Moderate.** Meet at Food City parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

**Jun 25 - Cloudland Canyon west rim. Approximately 6 miles. Moderate.** \$5 parking fee. Meet at Food City parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

**Jun 28 - White Oak Mountain. Approximately 4-1/2 miles. Moderate.** Meet at Target parking lot on Hwy 153 at 8 am. Hike leader: George Bonneau.

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## SUMNER TRAILS CHAPTER

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

*sumner@tennesseetrails.org*

MEETS MONTHLY: 1<sup>st</sup> Monday at 7:00 pm CT.

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**Jun 4 - National Trails Day White House Greenway "Hike With The Mayors". 4 miles. Easy.** County Executive Anthony Holt and White House Mayor Mike Arnold will lead a 4 mile walk on the White House Greenway. This hike is sponsored by Sumner Trails Chapter and the Hendersonville Rotary Club to commemorate National Trails Day. Since 1993 the first Saturday of June has been known as National Trails Day, encouraging the public nationwide to seek out, discover, learn about, and celebrate America's Trail system. National Trails Day was begun by the American Hiking Society. Sumner County continues with the development and construction of trails that will ultimately connect parts of the County, providing safe and healthy opportunities for residents and guests. The White House Greenway is paved so you won't need your boots for this one. Meet in the parking lot of White House High School at 10 am CT. For carpooling from Hendersonville meet at First Presbyterian Church at 9:15 am CT. For further info contact Millie at *mil412@att.net* or Owl at *ballallenger@aol.com*.

**Jun 6 - Social at Moby Dickies, 155 Sanders Ferry Road, Hendersonville.** We will gather at 6:30 pm for drinks, dinner and conversation. For more information contact Sally at *daytrippersal@gmail.com* or Barbara at *tnbeachbumr@aol.com*.

**Jun 25 - Dunbar Cave Recovery Trail and Lake Trail, Clarksville, TN. 2.5 miles. Moderate.** At Dunbar State Natural Area, we will hike the shaded Recovery Trail which has a small hill and will end the hike along the easy Lake Trail with a visit to the historic Dunbar Cave entrance. There we will see the site of the old dance floor where big bands like Benny Goodman and Tommy Dorsey played. Dunbar Cave is the 280th largest cave complex in the world. You may want to bring water and hiking poles and wear sturdy hiking shoes. We will eat at Liberty Park Grill in Clarksville after the hike. Meet at First Presbyterian Church in Hendersonville at 9 am CT for carpooling to Dunbar Cave. For more information call Judy Jenkins at 615-403-0002 or Lea Whitton at 615-289-4842 or email *Judy\_Jenkins@comcast.net*.

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## 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*

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Hike information unavailable at press time.

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### Excellent Volunteer Opportunity!

At the end of 2016, the Board of Directors will be looking for someone to serve as TTA's statewide Secretary. This is a great volunteer position (get the inside scoop on what your hiking club is doing) and an excellent opportunity to serve on the Board of Directors. We are soliciting names of interested people now so that a candidate can have several months of introduction before assuming office.

No "professional" experience is required; however, you must have: (1) internet access (preferably at your home), (2) basic computer skills, (3) an organized filing system for maintaining records, (4) a small amount of storage space (currently there are 3 stacking file boxes containing minutes and other archival documents from 1976 to current; one box is half empty with room for several years of records), (5) the ability to attend quarterly board meetings, and (6) a willingness to devote approximately five hours before and after each board meeting (recording and circulating meeting minutes).

C'mon whatyathink? Really, this truly is a fun, but important, position, and does not require a huge amount of your time. For more details, contact the nominating committee or Diane Manas at 615-351-6431 or *DManasHikes@comcast.net*.



## OFFICERS:

<b>President</b>	Carolyn Miller	931-839-3213 <i>president@tennesseetrails.org</i>
<b>Vice-President</b>	Bruce Whitehead	941-716-3620 <i>vicepresident@tennesseetrails.org</i>
<b>Treasurer</b>	Kathy Woods	615-473-6824 <i>treasurer@tennesseetrails.org</i>
<b>Secretary</b>	Diane Manas	615-352-7777 <i>secretary@tennesseetrails.org</i>
<b>Membership Director</b>	Tim Townley	731-607-0512 <i>membership@tennesseetrails.org</i>
<b>Past President</b>	Millette Jones	615-397-9588 <i>pastpresident1@tennesseetrails.org</i>
<b>Previous Past President</b>	Don Dresser	731-668-4190 <i>pastpresident2@tennesseetrails.org</i>
<b>West TN At-Large Director</b>	Margaret Dixon	901-603-7680 <i>westregional@tennesseetrails.org</i>
<b>Middle TN At-Large Director</b>	Joan Hartvigsen	931-962-0811 <i>midlleregional@tennesseetrails.org</i>
<b>East TN At-Large Director</b>	Garnett Rush	865-268-5181 <i>eastregional@tennesseetrails.org</i>
<b>Cumberland Trail Conference Representative</b>	Frank Jamison	865-376-4120 <i>CTC@tennesseetrails.org</i>
<b>TN Rails To Trails Advisory Council Representative</b>	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
<b>Newsletter Editor</b>	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>
Jun 10 .....	Jul 1
Jul 10 .....	Aug 1
Aug 10 .....	Sep 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.

<b>Cove Lake</b>	Garnett Rush	865-268-5181 <i>eastregional@tennesseetrails.org</i>
<b>Dyer County</b>	Margaret Dixon	901-603-7680 <i>westregional@tennesseetrails.org</i>
<b>Northwest</b>	Margaret Dixon	901-603-7680 <i>westregional@tennesseetrails.org</i>

### The "10\* Essentials"

Before you head out on the trail, check your pack to be sure it contains the following items:

- whistle
- water
- hat/sunglasses
- food
- map
- 1<sup>st</sup> aid kit
- compass
- flashlight
- fire starter
- rain gear/extra clothing

Other considerations:

- leave someone a copy of your hiking plans
- hiking poles
- common sense

\* This list is not to be considered cast in concrete – and should be customized to each outdoor enthusiast's needs.

## 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.

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**

Jun 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](mailto: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](http://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.**