

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



TTA First Quarter 2017 Board of Directors Meeting
REI, Brentwood
Saturday, February 4
1:00 PM – 5:00 PM

Welcome and Introductions

Secretary's Report –

- Approval of the Minutes of November 2016 General meeting
- Approval of the Minutes of November 2016 Board meeting

Treasurer's Report

- Results for 4th quarter 2016
- Approve Budget for 2017

Membership Report

New Business

- Evan Means Grants
 - Board Vote: Approve funding.
- 2016 Annual Meeting Update
 - Board Vote: Disposition of 2017 Annual Meeting proceeds
- Committee Appointments: (requesting board approval)
 - Board Vote: Nominating Committee
 - Board Vote: Awards Committee

Old Business

- ByLaws Update
- Website Update

SAVE THE DATE

TTA Annual Meeting

October 13-15, 2017

Dubose Conference Center
Monteagle, Tennessee

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.



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

If you want to support the trail building activities, work with the trail crew or offer your skills, contact the CTC office to register to participate in one of the upcoming trail building programs.

Jan 10 – Feb 28: AmeriCorps (NCCC). Based at Eden Ridge camp in Hebbertsburg. Work with an energetic group of young adults as they build the Cumberland Trail. If you want to get to know this team of 11 men and women, plan to join them on the trail, volunteer to cook a meal for them or plan an educational meeting. Please contact the CTC office.

Feb 25 – Mar 3 - Wartburg College. Based at Eden Ridge camp.

Mar 5 – Apr 1 - Spring Alternative Spring Break program (ASB). Based at Fort Bluff Camp in Dayton. 160 students are scheduled to spend their spring break helping to build the Cumberland Trail. Come join us and build lasting memories for yourself and the students. Food and lodging provided.

Mar 24 - CTC Volunteer Appreciation Dinner. Fort Bluff Camp in Dayton.

May 3 – Jun 10 - Spring Big Dig (Work days: Wednesday through Saturday). Based at Eden Ridge camp.

Volunteer Trail Builders are also welcome to join the Central or Southern crew during the week. The Central Crew works in Crab Orchard on Daddy's Creek and the Southern Crew works in Graysville in the McGill Creek Gorge. Training always provided.

WagonMaster: Lead a group of 8-10 volunteers, with all trail training and CPR/First Aid provided by CTC.

Camp Moms/Camp Dads: Spend a week providing leadership and guidance to both our adult and university volunteers and build lifelong friend.

Connector Program Leadership/Community Field Team Members/GIS: Have an interest in planning, studying, and exploring new trail corridors? CTC will be fielding numerous community teams to study routes to link our communities to the CTSP. Called the Connector Program, much of this work will be done from maps on your laptop and exploring the local back roads.

CTC wants to remind all TTA members that the Friends of the Cumberland Trail are promoting a specialty license plate "The Cumberland Trail". For more information, visit the Friends of the Cumberland Trail website.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Ken Johnson 865-803-4371
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Paul Schwab 931-801-9484
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TREASURER: Mary Schwab 931-645-9068
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SECRETARY: Donna Burdick 931-220-8497
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-801-9484
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>

Feb 4 – Loop Trail, Stones River Battlefield. 2.4 miles. Easy. And visit the museum. Suva Bastin 931-645-2849. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 69 miles to trailhead.

Feb 11 - 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 931-220-1359. Meet 8:00 am. CT, at Kroger parking area, Dover Crossing Road, Clarksville. 30 miles to trailhead.

Feb 18 - Dunbar Cave SNA Hike, Recovery Trail. 2 miles. Moderate. Paul Schwab 931-801-9484. Meet 9:00 am CT.

Feb 21 - Monthly Chapter Meeting.

Feb 25 - 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.

Don't Miss an Outing Plan Ahead Register Early!

Our hike coordinators are volunteers. Make it easier for them to contact you if a hike needs to be cancelled by registering!

There are times when a hike leader must limit the number of participants (due to park regulations, etc.) on an outing. Please do not wait until the afternoon or evening before the outing to RSVP.

Plan ahead and register early.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: To be determined
columbia@tennesseetrails.org
HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org

No chapter meeting scheduled for this month.

Please check the TTA website for updates on our hikes.

Feb 11 - A. G. Beaman Park, 5911 Old Hickory Blvd, 37015. This wild and rugged land is a unique treasure in Nashville's park system. The area was once known as Paradise Ridge, and while the beauty of the land might inspire one to envision paradise, the name actually comes from two early settlers, the Paradise brothers. In the 1970s the 1500-acre parcel that is now Beaman Park was purchased by a group of doctors. In 1996, the Partners sold their preserve to the Metro Nashville government for roughly half of its appraised value. The land purchase was made possible by a generous gift from Mrs. Sally Beaman in honor of her husband, Alvin G. Beaman, a prominent Nashville businessman and civic leader who served on the Park Board from 1955 to 1963. Beaman Park lies on the Highland Rim, just outside of the Nashville Basin, in the northwest edge of Davidson County. Its terrain features steep, forested slopes, with drier ridge tops and elevations just under 1000 feet. Deep hollows contain pristine springs and streams. Most of the park is drained by Little Marrowbone Creek on the north and Bull Run Creek on the south. The surface geology exhibits limestone, cherty limestone, shale, siltstone and a unique mudstone that is often a beautiful yellow or rust color. The vegetation is incredibly diverse. Oak/hardwood forests dominate the mid to upper slopes while mixed alluvial hardwoods lie in the creek bottoms. A rare community type, known as woodland barrens, occurs and contains post oak trees and native perennial grasses. Contact hike leader Jane Coffey: 615-516-6551 or *jecoffey0644@gmail.com* to register. We will leave from Tollgate Medical Plaza on Route 31 in Thompson's Station at 8:15 am. Interested parties could also meet us at the Beaman Park Nature Center.

Feb 25 - Henry Horton State Park. Details to be provided at a later date and will be found on the TTA website under Columbia/Franklin chapter.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
easttennessee@tennesseetrails.org
WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Feb 11 - Hike Knoxville Urban Wilderness. The hike is between 5 and 6 miles, mostly through the woods, with rolling hills, none very steep. About 2 miles will be along the French Broad River with good views. The hike is rated as easy. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other weather appropriate clothing, a snack, a drink and a camera. You can view the map by going to www.outdoorknoxville.com, select Urban Wilderness at the top of the page and then under printable maps, Urban Wilderness South Loop. The hike will be on the trails on the side of the map along the French Broad River in the Wildlife Management Area. One of our hike trails follows the west boundary of the shaded area, West Boundary Trail, and the remainder follows the purple trails. We will meet in the Central Baptist Church of Bearden parking lot for car-pooling and leave at 9:00 am. If you prefer you can meet us at 9:30 am at the trailhead located at the parking lot at the end of McClure Lane. McClure Lane is on the left just after you pass the parking lot for Meads Quarry (see the map referred to above). After the hike plan on stopping on the way back for a meal and refreshments, perhaps at Calhoun's or somewhere in South Knoxville. For specific information about the hike please call Tom at 865-974-4955 or leave a message at 865-588-5622 or send an email to cressler@utk.edu before February 10th.

Feb 18 - Baker Creek Preserve. 5 miles or less. Easy. This trail system is located in the S. Knoxville Urban Wilderness area. After exploring the lower trails, Redbud Crest, Floyd Fox and Sycamore Loop, we have the option to climb the Best Medicine trail to Pappy's Knob. Here we can get a 360 degree view of Knoxville, the Cumberland Mountains and the Smoky Mountains. Meet at the trailhead parking lot at 1516 Taylor Rd at 12 noon. Leader: Chris Hamilton hikeintenn@gmail.com.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Mary Etta Ward 931-455-4609

highlandrim@tennesseetrails.org

SECRETARY Tanja Kendrick 931-224-6225

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 11 - Foster Falls to Laurel Gorge on Fiery Gizzard Trail, South Cumberland State Park. 6 miles. Easy.

Many sweeping panoramic overlooks and views of awesome Foster Falls. Lunch near the Laurel Gorge Bridge. Bring water and lunch and headlamp and hiking poles. Wear study hiking boots. Register with Joan Hartvigsen *jhartvigs@comcast.net* or 931-962-0811.

Feb 18 – Eat-Hike-Eat Hike, Sewanee Perimeter Trail, Sewanee, TN. 5 miles: four miles easy and one mile moderate. Vehicle shuttle.

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 to KA Point for a great overlook of Roark's Cove and a snack/early lunch. After crossing Roark's Cove Road we will descend into Shakerag Hollow. We will hike the entire length of Shakerag Hollow, ending our hike at the east University Gates. Perhaps we will see Hepatica, an early wildflower! This hike does not involve climbing up scary cliffs! Bring water, snacks and lunch, hiking sticks and sturdy hiking boots. If the group is interested, we can eat at a local restaurant. We could try The Sewanee Inn. Please register with our hike leader, Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811.

Feb 25 – 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.

Highland Rim Chapter – con't.

Feb 27 – Chapter Meeting. Dinner at 5:00 pm at One22West Restaurant, 122 W. Lincoln Street, Tullahoma. Our meeting is 7:00 pm at D. W. Wilson Community Center. State Park Ranger Josh Waggoner will speak on "Old Stone Fort's Confederate Powder Mill."

DON'T Leave Home Without It

What good will a green plastic credit card do you 20 miles from the nearest paved road? What do you really need when out away from civilization?

Experienced outdoor enthusiasts know what items are most important to bring - even for short walks or hikes out of base camp. The "10 Essentials" are items that cannot be improvised from materials lying on the forest floor. To be found without these few items, even only a few miles from car, camp or cabin, can spell disaster. The "Ten Essentials" are the end-product of years of hard-won experience. They are intended to help outdoor enthusiasts avoid getting into trouble in the first place, and, if that doesn't work, to minimize the damage.

The standard list of 10 essentials varies slightly depending on which source you go to. For example, the Boy Scouts, Sierra Club, and The Seattle Mountaineers', each have their own lists, yet they all incorporate the same basic items.

The following list is not to be considered cast in concrete - each outdoor enthusiast should customize his or her own kit for the barest minimum of supplies. Note that the first three items are for finding your way, the second three are for your protection, and the last four are for emergencies.

- Map
- Compass
- Flashlight, extra batteries and bulb
- Hat, sunglasses, bug repellent, gloves
- WATER!!! And a way to purify water. Extra food.
- Clothing: raingear, socks, sweater, space™ blanket
- Matches / lighter, candle / fire starter
- Mirror, whistle
- Pocket knife
- 1st aid kit: moleskin, antibiotic ointment, medications.
- Always tell someone else your hiking plans
- Use your common sense

By avoiding unnecessary problems and dangers you will save on your own personal wear and tear, and probably get back home in one piece. However, if something does come up, at least you know you've got those 10 important items stowed away in your pack.

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293
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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 7 - Chapter Meeting.

Feb 11 - Natchez Trace SP. Kathleen Baczynski will lead us on a walk in the Natchez Trace SP area where she will provide us with an introduction to geocaching. Kat can be reached at *baczynskik@bethelu.edu*. Please contact her if you are interested in learning more about the event.

Feb 25 - Big Hill Pond SP. This will be a walk in the park on trails that you might not have seen before. This hike will be about 7 miles long, with little elevation change. Don Dresser will lead the hike, and can be reached at *donald_dresser@usit.net* or 731-694-0146. If you are going, please meet at Panera Restaurant in Jackson at 8 am, so that we can carpool together, or arrange to meet us at the park around 9:30.

Looking ahead:

Mar 10-12 - Save these dates for a short backpacking trip in the Savage Gulf area. Details to come in the next newsletter.

Mar 11-19 - Natchez Trace SP. Join project leader Dick McKeen, SP Ranger Greg Taylor, and volunteers from the American Hiking Society in rebuilding the Cub Lake Trail. For additional information or to register, please contact Dick McKeen at *sprucemountain@Eplus.net* or 720-469-0619.

Mar 25-26 - Smoky Mtn hike near Cades Cove. The March 25 hike will be in the Great Smoky Mountains National Park. We will hike to Spence Field via the Anthony Creek Trail, which begins at the Case Cove Picnic Area. The round trip distance is 10.3 miles. The trail is strenuous, gaining 2842 feet in the 5.15 miles to the top. It is worth it; if there is good visibility, there are great views to the east into the North Carolina side of the Smokies. A side trip option would add an additional 1.2 miles to Rocky Top. For those interested, we might take a Sunday morning walk to Abrams Falls, 5 miles round trip. For directions, places to stay, additional information or to register, please contact Jeff Chambers at *chambers.jeffreyb@gmail.com*.

Jackson Chapter – con't.

Apr 1 - Bite-size walk. This will be a short 3 mile walk around Pinson Mounds, specially created for newcomers to our group. Please let your friends know about the outing. If you are going, please meet at Panera Restaurant in Jackson at 10 am, so that we can carpool together, or arrange to meet us at the visitor center around 10:30 am. For additional information, please call or write either me or Melinda Pearson, who can be reached at *hurstme@bellsouth.net* or 731-225-4293.

Apr 8 – Wildflowers. Glen Rognstad will lead us on our annual wildflower hike, probably to Stillhouse Hollow Falls NA. For additional information or to register, please contact Glen at *glenrognstad@gmail.com* or 731-217-5966.

Apr 29-30 - Walls of Jericho NA. Plans are being made for a trip to Jericho and Stevens Gap Cave.

MEMPHIS CHAPTER

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

Feb 4 – Ft Pillow State Park, Henning. We will hike the Red Trail, an eight mile loop. The trail begins at the Interpretive Center and is rated strenuous by West Tennessee standards. Early in the hike we visit the site of the historic fort, scene of a well-known Civil War battle. We will have lunch overlooking Fort Pillow Lake. After lunch there will be an option to take the shorter Yellow Trail back to the Interpretive Center, shortening the hike by a couple miles. While there are some steep hills on the trails before lunch, the worst of the climbs can be avoided by taking the shorter trail. Good boots suggested. Bring a lunch and plenty of water. Contact: Wayne Simpson, 901-385-1988 or *w.simpson1@comcast.net*.

Feb 11 - Lucius Burch Natural Area Wolf River. Meet at 8:45 am in Germantown Parking lot across from Lowe's. Hike leaves at 9:00 am for a 6-7 mile hike on the White/Blue/Yellow Trails. Bring water and snack. Rain or snow will cancel hike. For additional information call Lynne at 901-230-1501.

Feb 18 - Tour de Wolf Trail – Shelby Farms. Woody will lead a 6 mile, easy 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 Visitor Center at 9:00 am sharp. For information, contact Woody Pierce at 901-755-5635 or *woodyperce2@gmail.com*.

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

Feb 14 – Chapter Meeting. Marietta Poteet of the Highland Rim chapter will do a presentation on her hike around the Ireland Dingle Peninsula (110 miles), driving a horse caravan near Dingle for 5 days and hiking around Killarney for a week in Ireland. She spent a month in Ireland with TTA friends Marcia Medford, Ruth Wells and Linda Hudson.

Feb 11 – Ranger Creek Falls and Laurel Falls, Savage Gulf State Natural Area. 6.9 miles. Moderate. We'll start our hike at the Stone Door ranger station and descend past the site of an old gristmill before reaching the 25-foot fall Laurel Creek Waterfall and enjoy the view from a platform before returning to the ranger station. This 0.3 mile loop is rated easy. Then we'll continue to the Great Stone Door Overlook and cut through the Stone Door, a crack in a cliff line allowing access to Big Creek. We'll take the Big Creek Gulf Trail and descend to Big Creek, reaching Ranger Creek. The hike to Ranger Creek Falls from the Stone Door ranger station is 6.6 miles there and back rated moderate. Ranger Creek Falls is a 30-foot waterfall that spills in a wide curtain over a stone brim and disappears down a sink. If there's time, we may stop and hike a 1.1 mile loop to Greeter Falls and take the silver spiral staircase to Lower Greeter Falls. Bring water, snacks and lunch. To register or for more information contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

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.*

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

Feb 18 - Volunteer Trail, Long Hunter State Park. 11 miles. Easy to moderate. Wonderful views of Percy Priest Lake can be seen from most of the journey. The trail is mostly flat, with some rocks and roots along the way. 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. 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. 25 - Virgin Falls, Sparta TN. 8 miles. Moderate to strenuous. Joint hike with Highland Rim Chapter. It is a most beautiful trek passing Big Laurel Falls, Sheep Cave and Falls, ending up at 110' high Virgin Falls. This wonderful waterfall is one of the most beautiful and interesting falls around, falling from one cave 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 because of the 800 foot elevation change. (We'll be hiking uphill on the way out.) Please bring snacks, lunch, boots, hiking 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 to get further information.

Feb. 28 – Chapter Meeting. The Cumberland Trail has been a work in progress since the earliest days of the Tennessee Trails Association. Bob Fulcher manages the trail as our state's first linear state park. He will be bringing us history and updates on the trail in which many TTA members have invested their sweat equity as well as financial support. Come to hear what's open and what's happening on the CT

THANK YOU. Once again, the Nashville Chapter of TTA wrapped gifts at REI in exchange for donations. We had another fun and successful year raising \$502.11. This money will go to the Cumberland Trail Conference to help support their Spring Breakaway program. I am so grateful to the following elves who generously volunteered and wrapped some beautiful gifts: Betty Magee, Dianna Richter, Doug Burroughs, Jackie York, Linda Latter, June Callahan, Lindsay Castor, Gloria Dale Williams, Garnett Rush, Nora Beck, and Joni Perrine. Thank you all so much! Amy Sutton

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 Bruce Whitehead at trailwalker80@gmail.com or 941-716-3620, or visit the Plateau Chapter Blog. Check blog for cancellations or changes before hiking.

Feb 9 – Chapter Meeting. First United Methodist Church Annex, 69 Neecham Street, Crossville. Dinner at Gondola's Restaurant, Woodmere Mall, Crossville at 5 pm CT. Program - Iceland by Joe Matlock and Rita Senko. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information.

Feb 18 – Chickamauga Battlefield, Fort Oglethorpe, Georgia. Joint hike with Soddy-Daisy Chapter. The hike will be about a 7 mile moderate hike in the Chickamauga & Chattanooga National Military Park with a Park Ranger leading the hike and talking about the battle. Wear boots, and bring water, lunch and snacks. Due to the distance and time zone change we will depart at 7:30 am CT at Trinity Tabernacle on Highway 127 South. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information and to register.

GO GREEN Electronic Newsletter Available

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

SODDY-DAISY CHAPTER

CHAPTER CO-CHAIRS: Jean Smith 423- 423-3475
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 4 - North Chickamauga Creek to Stevens Branch and back. Approximately 9 miles. Strenuous. Meet at Walmart parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Feb 7 - Enterprise South. Approximately 6 miles. Moderate. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: George Bonneau.

Feb 11 - Roaring Creek. Approximately 12 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

Feb 14 - Hwy 111 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: George Bonneau.

Feb 18 - Chickamauga Battlefield. Approximately 7 miles. Moderate. Joint hike with the Plateau Chapter. Meet at Food City parking lot in Red Bank at 10:00 am. Hike leader: George Bonneau.

Feb 21 - Black Mountain loop. Approximately 3 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Feb 25 - Flipper Bend. Approximately 8 miles. Strenuous. Meet at Walmart parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

Feb 28 - Raccoon Mountain. Approximately 4 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

SUMNER TRAILS CHAPTER

CHAPTER CHAIR: Lynn Takacs

sumner@tennesseetrails.org

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

There will be no scheduled meeting of the Sumner Trails chapter this month. It will be a good time to sit by the fire and study the guide books for trails to explore in the spring. Keep warm!

Feb 25 – Shelby Bottoms Greenway. 4.5 miles. Easy.

This is a good wintertime walk since it can be real steamy in the summertime. This is a pretty flat walk on 8 foot wide paved greenway and follows the west bank of the Cumberland River. We will start at the Forest Green trailhead and walk downstream, ending up at the Nature Center in Shelby Park. This hike will require us to do a shuttle. After the hike we'll have lunch at a Nashville classic: The Gerst House before returning to Hendersonville. Meet at First Presbyterian Church in Hendersonville at 9 am CT for carpooling or at the Forest Green Trailhead at 9:45 CT. For further info contact River Rat Al at *ballallenger@aol.com*.

If there is a pop up hike for our group we will send out a notice and don't forget you can always join other chapters for an adventure with new friends. Check your newsletter.

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 2017?

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

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HIKE COORDINATORS: Kathleen Sullivan 931-284-7822

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uppercumberlandhikes@tennesseetrails.org

Hike information unavailable at press time. Check TTA website for updates.

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.

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

Newsletter Editor

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

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10th of each month for the following month's newsletter.

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

Please note: Newsletter submissions to the "editor" address are automatically copied to the webmaster for inclusion on the TTA website.

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*

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 17

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,
Cheryl Heckler 931-200-7436 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.

Please list me with the following chapter:

___ Clarksville
___ Columbia/Franklin
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ Plateau (Crossville)
___ Soddy Daisy
___ Sumner Trails (Sumner County)
___ Upper Cumberland (Sparta/Cookeville)
___ At Large

When you become a TTA member, you will receive: (1) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes/overnight trips, volunteer opportunities, chapter meeting announcements, as well as events occurring within TTA's 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.