

# FOOTSTEPS

## NEWSLETTER OF SEQUOYAH HIKING CLUB

TAKE ONLY PICTURES \*\*\*\*\* FEBRUARY 1999 \*\*\*\*\* LEAVE ONLY FOOTPRINTS



### Sequoyah Hiking Club

#### Officers

##### President

Paul Gamble

##### Vice-President

Bobbie Arp

##### Secretary

Liz Yates

##### Treasurer

Johanna Cooley

##### Editor

Helen Maxwell

#### Purpose

- 1-To plan and enjoy hikes in local areas.
- 2-Little organization
- 3-Few rules
- 4-No by laws

#### Meetings

4th Monday of each month

#### Dues

\$12 per year

#### Footsteps

Monthly newsletter

## JANUARY MEETING

The January 25th meeting of the Sequoyah Hiking Club was a super success as we enjoyed a Pizza supper at Bert's Hometown Grill. The food was paid for by our treasury. There were 25 present: Luci Alexander, Bobbie Arp, Johanna Cooley, Elbert Croft, Joyce Denton, Paul, Shaun and Amanda Gamble, Judy Hedrick, Rosemary Hill, Lee Roy Holt, J. D. and Anna Lea Jones, Houston and Freda Lowry, John and Judy Maiuri, Helen Maxwell, Rudy and Kathleen Norris, Clayton Pannell, Wayland and Carolyn Shook, Sue West and Liz Yates. In addition Betty Spurling came by before the supper and meeting to say that she had a conflicting meeting and could not stay for the meeting.

New members who joined the club at the meeting were Rudy and Kathleen Norris, Sue West and Judy Hedrick. Rosemary Hill rejoined the club after not being an active member for a while. We welcome all of you and look forward to spending time with you on the trails and at meetings ---- or eating

if you want to eat at the meetings as some of us do.

Our meeting began with introductions by each of us. The treasurer, Johanna Cooley, reported that we had \$286.92 in the treasury. That amount did not include the dues paid by members at the meeting nor was the cost of the pizza supper subtracted from it. Several hikes were planned for the next month and reports were given on some of January's hikes.

## BENTON FALLS HIKE

Six people showed up at Wal Mart parking lot at 2PM for the Sunday January 17 hike to Benton Falls and decided not to hike because it was raining. Before the leaders, Helen Maxwell and Paul Gamble, left the parking lot, Bill and Marcia Long, Marie Henry and Guntaus Rizijis arrived for the hike and wanted to hike even though it was raining. The rain stopped by the time the group reached Etowah. Chilhowee Mountain was a little foggy, and the sky was overcast, but it did not rain. The woods were primeval and beautiful. The falls were quite heavy since there had been a lot

of rain recently. It was indeed a beautiful hike.

## MARYVILLE-ALCOA GREENWAY HIKE

Elizabeth Johnston, Luci Alexander, Sue West, Lee Roy Holt, Betty Spurling, Imogene Cantrell, Robert Millsaps, Johanna Cooley, Brenda Lee and Freda Lowry journeyed to Maryville on the 20th of January to walk on the Maryville-Alcoa Greenway. The group hiked about six miles of the eight mile trail. The Greenway is paved. There are historic plaques along the trail giving information on the sites and structures that are or have been present near the Greenway.

After the hike the group stopped at the new Belle Air restaurant in Maryville to eat.

## WHY IS IT CALLED.....?

The hiking club has hiked on many trails, up mountains, over knobs and along streams. They all have names, but do we know why they have been given those names? Frequently the reason for the names has been lost, yet some are known and there are stories about others that are interesting and very likely true. Cades Cove and Abrams Creek have been areas that the club has hiked; the story of their names follow:

There was a Cherokee town on the Little Tennessee River named Chilhowie and during Revolutionary War days the chief of Chilhowie was Old Abram. The creek draining from Cades Cove empties into the Little Tennessee River near Chilhowie, and the name of the creek came from the old chief's name, thus Abrams Creek. It has been said that Abram's wife was known to the whites as Kate, and that Cades Cove was properly Kate's Cove. Perhaps Kate's home village was the ancient Cherokee village, Tsiyahi, "the otter place", which was on Cove Creek in Cades Cove.

## AIR POLLUTION: COLD & TOXINS<sup>1</sup>

Canada's Inuit Indians and other native peoples of the Far North might seem as far from pollution as they could get; however, scientists have long known that the atmosphere carries toxins to regions of the world

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<sup>1</sup> National Wildlife, Feb/Mar 1999, p-12



**TOXINS** cont from p-1

**CALENDAR OF EVENTS**

that are distantly removed from the regions that produce the toxins. Cold temperatures cause the toxic substances to condense out and settle on the surface where they enter the food chain. Now recent studies have confirmed that the Inuit are increasingly contaminated and that their health is at risk. These toxins include the pesticide chlordane, mercury and PCBs. In the breast milk of Baffin Island women, scientists found levels of chlordane 10 times higher and levels of PCBs 5 times higher than in breast milk of women in southern Canada. Almost a third of the women take in too much mercury.

Scientist reasoned that high altitudes, which are cold and receive high levels of precipitation, might also invite contamination. Sure enough, researchers found that snow from an altitude of over 10,000 feet has as much as 100 times more persistent organic pollutants than snow at 2,500 feet. They have pointed out that snowmelt from high mountains, including the American West, has the potential to carry toxins.

February 3, Wednesday - Cucumber Gap; 7.2 miles, easy to moderate; Leave Wal Mart parking lot at 8:00 AM; Leader - Freda Lowry, 423-442-2161.

February 13, Saturday - Rabbit Creek; 8 miles, moderate; Leave Wal Mart parking lot at 8:00 AM; Leader - Bobbie Arp, 423-442-1932 Note: this hike replaces the Oswald Dome hike announced in the paper.

February 17, Wednesday - Greenway/Maryville - 8 miles, moderate (because of length); Leave Wal Mart parking lot at 8:30 AM; Leader - Freda Lowry, 423-442-2161.

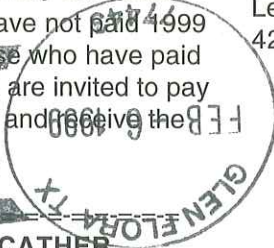
February 20, Saturday - Topoca, Benton MacKay Trail; 5 miles, moderate to difficult; Leave Wal Mart parking lot at 9:00 AM; Leader - Clayton Pannell, 423-263-9730. This hike is with the Cherokee and Hiwassee Hiking clubs.

February 22, Monday - Monthly Meeting at Bert's Hometown Grill at 7 PM.



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**— Important Dues Notice —**  
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1999 dues are due. We will send February and March "Footsteps" to all 1998 members who have not paid 1999 dues. Beginning in April 1999, only those who have paid 1999 dues will receive "Footsteps". You are invited to pay your 1999 dues, be an active member and receive the monthly "Footsteps".  
**We need you!**



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**A LETTER FROM BETTY CATHER**  
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Helen Maxwell has received a letter from Betty Cather, the founder of Sequoyah Hiking Club. She also sent a newsletter of the Potomac Appalachian Trail Club of which Betty is a member. Betty is hiking on the Appalachian Trail regularly and helping refurbish a cabin that is the Blackburn Trail Center. The newsletter reports that "Blackburn continues to grow and change before our eyes..... to make

February 28, Sunday - Ball Play Falls; 2 & 1/2 miles, easy; Leave Wal Mart parking lot at 2 PM; Leader - Paul Gamble, 423-442-9382.

→ → → **Reminder** → → → →  
↑ If you are going on a hike, it will ↓  
↑ be helpful for you to let the leader ↓  
↑ know that you are going. ↓  
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this the most memorable Trail Center along the Appalachian Trail. Already we have built a new kitchen and bunk room, replaced the old roof, added huge sun-loving windows and replaced the old porch roof. Still needed are stone work, porch extension and rescreening, the installation of crimped metal roofing and much, much more".



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