



# **THE CHEROKEE HIKER AUGUST 2025 VOLUME 42, ISSUE 8**

## **NOTE FROM THE PRESIDENT**

"Life is a balance between holding on and letting go." - Rumi

Without question, from the day we are born until the day that we die, life is a continuing balance between holding on and letting go. What often works for us at one stage of life no longer works at the next stage of life. It's sad to see a teenager acting like a 5-year-old, and even sadder to see a 50-year-old acting like a teenager. Understanding what to hold on to and what to let go demands not only knowledge but also wisdom. Only with wisdom are we able to maintain the balance necessary for continued stability as we age. Each day take care of your intellect by reading worthwhile and useful information; your body paying attention to diet, sleep, and exercise; your emotions by handling stress and relationships constructively; your spirituality by seeking to appreciate the gift of life living in harmony with why we are here.

See you at the August club meeting at the Charleston City Park on Thursday, August 14, 2025. Our presentation will be *Enhancing the Camping/Hiking Experience* presented by Jack Callahan. Some like to bring camping chairs, but there are picnic tables available.

**Rob Coombs, Club President**

## **REMINDER**

**TO ATTEND ANY EVENT, YOU MUST CONTACT THE EVENT LEADER AS THERE ARE TIMES DUE TO WEATHER OR OTHER CONDITIONS WHERE A HIKE IS CANCELED OR RESCHEDULED. THE EVENT LEADER WILL NOT BE ABLE TO CONTACT YOU IF YOU DO NOT GET ON THE ATTENDEE LIST**

## AUGUST EVENTS

**Wednesdays, August 6, 13, 20, 27 - Wednesday Walks on the Cleveland Greenway** Every Wednesday Jack Callahan leads a 3.75-mile walk on the Cleveland Greenway, meeting at the lower end of the parking lot across from Perkits and the Gondolier restaurant adjacent to Keith Street. Meet time is currently 4:30 P.M. A note on the walk is sent out the beginning of each week on Messenger. Hike difficulty is rated *easy*. Contact Jack Callahan at 423-284-7885 if you want to be included in the messages.

**Thursday, August 14, 2025 - Thursday Monthly Club Meeting** Potluck supper at 6:00 P.M, followed by a presentation by Jack Callahan on Enhancing the Camping/Hiking Experience. Meet at the Charleston City Park, and bring a camp chair. Presentation by Jack Callahan - *Enhancing the Camping/Hiking Experience*.

**Saturday, August 16 - Saturday, August 23, 2025 - Boundary Waters**, Ely, Minnesota Paddle six days and camp five nights in the Boundary Waters Canoe Wilderness. One spot remains open on this trip. Contact Jennifer Schroll at 423-284-1256 or [jennifergeologist@gmail.com](mailto:jennifergeologist@gmail.com) for more information.

**Thursday, August 21, 2025 - Monthly Hike Club Breakfast** Join us for conversation over breakfast at 8:30 A.M. at Old Fort Restaurant on 25th Street in Cleveland. For more information, contact Jack Callahan at 423-284-7885.

**Saturday, August 30, 2025 - Paw Paw** Meet at Childers Creek at 10:00 A.M. and walk 200 feet to the Paw Paw groves. We will collect and sample fruit from various trees. Afterwards, we will enjoy lunch at a local restaurant. Hike difficulty is rated *easy*. We should return around 2 P.M. Contact Jack Callahan at 423-284-7885 for additional information.

## SEPTEMBER AT-A-GLANCE

**Wednesdays, September 3, 10, 17, 24 - Wednesday Walks on the Cleveland Greenway** Every Wednesday Jack Callahan leads a 3.75-mile walk on the Cleveland Greenway. Contact Jack at 423-284-7885 if you want to be included in the messages.

**Thursday, September 11, 2025 - Thursday Monthly Club Meeting** Potluck supper at 6:00 P.M, followed by a presentation by Jennifer, Jack, Janet and Rob Coombs on The Boundary Waters. Meet at the Etowah Senior Center.

**Tuesday, September 16 - Monday, September 22, 2025 - Utah National Parks Camping Trip** Boundary Waters Canoe Trip. This trip is currently full. Contact Jennifer Schroll at [jennifergeologist@gmail.com](mailto:jennifergeologist@gmail.com) for more info and/or to be put on a waiting list.

**Thursday, September 18, 2025 - Monthly Hike Club Breakfast** Join us for conversation over breakfast at 8:30 A.M. at Old Fort Restaurant on 25th Street in Cleveland. For more information, contact Jack Callahan at 423-284-7885.

## PLAN AHEAD...

*More details of the following can be found in the 2025 Calendar of Events:*

- Land Between the Lakes, October 13-17, 2025. Book early! Individual participants will be responsible for booking their own accommodations. Refer to e-mail dated 5/9/25 for all the details.
- Lakeshore Trail Backpack, November 3-7, 2025, in Smoky Mountain National Park. Buddy Arnold needs a count of those interested by mid-August. See calendar of events for November at [cherokeehikingclub.org](http://cherokeehikingclub.org). Contact Buddy at [we\\_arnold@outlook.com](mailto:we_arnold@outlook.com) or 601-415-3551.

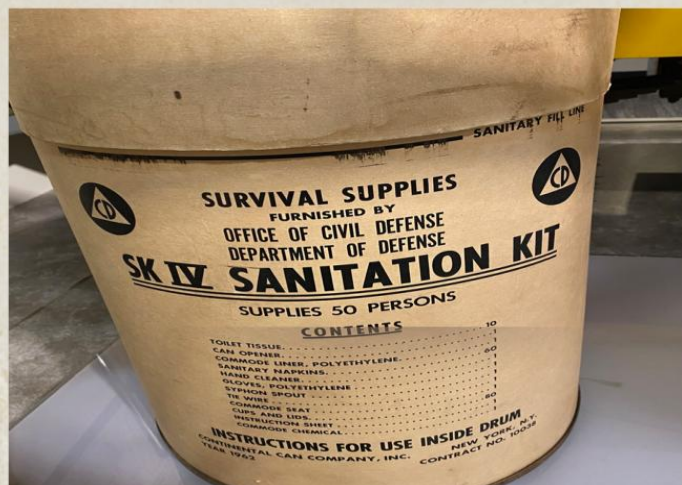
## HIGHLIGHTS OF PAST EVENTS

Greenway Walks, Wednesdays in July 2025, Jack Callahan





**Oak Ridge Event** On July 12, 2025, eight club members met at K-25 museum and toured the site. The emphasis was on the construction of the facility and the production of plutonium for the war effort during the Second World War. This site was one of several secret facilities of the Manhattan Project.



The tour gives a good idea of the size and scope of the effort. At its peak, some 80,000 people were at work on the large site that is now Oak Ridge and the surrounding area. Only a very few of those who worked there knew what it was for. Afterwards the group met with two more members who had toured another site that morning and everyone had lunch at Calhouns.

After lunch most of the group met at the UT Arboretum and had a nice tour led by Mary Alton. We saw numerous interesting plants and returned to the parking lot just in time to avoid being drenched by an afternoon thunderstorm. Jack Callahan





**Breakfast, July, at Old Fort Restaurant in Cleveland, Jack Callahan**

Ten members met for breakfast at Old Fort Restaurant in Cleveland, Tennessee. Contact Jack Callahan at 423-284-7885 for more details.

**Trip Report, AT Backpack, June 23-26, 2025**

Three club members, Buddy Arnold, Charlie Snow, and Rachael Brew, are shown below at the beginning of the hike at Caver's Gap near Roan Mountain. The first day we made the short but steep hike from Caver's Gap about two miles to Roan High Top, elevation about 6200 feet.





Roan High Top Shelter is closed for repairs. We tent camped nearby. After setting up camp, we hiked about 1.5 miles to the Azalea Park. This is the great view from the overlook with the Azaleas still in bloom.

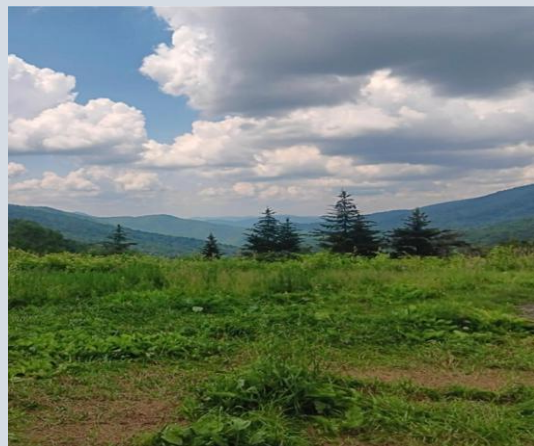




The next day, we hiked back to Caver's Gap and then down to the area known as "The Barn Shelter." The shelter had gotten in bad shape and had to be removed. However, the open field area is still a great place to camp.



The view from there is beautiful.





The next day we made the strenuous climb up Little Hump and Big Hump and over to Doll Flats to spend the night. On the way we saw numerous Gray's Lillies and Flame Azaleas in bloom.



Making our way up Little Hump. Grandfather Mountain in background.





On the last day we hiked back to Highway 19E and returned to Cleveland. We hiked about 30 miles total and saw some beautiful views. This is one of my favorite hikes on the AT.



Thursday, July 10, 2025- Monthly Club Meeting- There was a great turnout this month for the presentation on *The Great Allegheny Passage Trail*, and everyone enjoyed the delicious potluck.





## Minutes

Cherokee Hiking Club  
Monthly Club Meeting  
6:00 P.M., July 10, 2025  
Etowah Senior Center

President Rob Coombs opened the meeting and welcomed everyone. The meeting Sign-in Sheet was distributed and 29 members signed. Jim Whisman won the Tonight's Lucky Hiker door prize.

I. The Treasure's Report was given by Jennifer Schroll. The current balance in the club treasury is \$2901.67. A motion was made to accept the report as reported, seconded, and accepted.

II. Corrections from the March minutes published in our newsletter.

A. No Corrections were made

B. A motion was made to accept the report as reported, seconded, and accepted.

III. Unfinished Business - No unfinished business to report

IV. New Business

A. New members added to our club roster.

1. Kathy Makani
2. Kathy Makani spouse

B. Hikes / Meetings / Events since our last meeting.

1. 5/12 - 5/15 - Red River Gorge at Koomer Ridge, Jerry Schneider
2. 6/07 - National Trails Maintenance Trip, Claire Sullivan
3. 6/08 - 6/15 - Great Allegheny Passage Trail, Jerry Schneider
4. 6/10 - Lost Creek, Sue Robinson
5. Wednesday Walks on the Cleveland Greenway, Jack Callahan
6. 6/19 - Monthly Hike Club Breakfast, Jack Callahan
7. 6/23-6/27 - AT Backpack, Roan Mountain, Buddy Arnold

C. Hikes / Activities / Events scheduled for the two months ahead.

1. 7/12 - Oak Ridge and University of Tennessee Arboretum, Jack Callahan
2. 7/17 - Monthly Hike Club Breakfast, Jack Callahan
3. 7/26 - Brasstown Bald, Jennifer Schroll
4. 7/29 - Bob Bald, Anne Anderson

5. Wednesday Walks on the Cleveland Greenway, Jack Callahan

IV. Our presentation for the evening was entitled The Allegheny Passage Trail presented by James Anderson, Otis Pannel, and Rob Coombs.

VII. Our next meeting will be held August 14, 2025. Our presentation for the evening will be *Enhancing the Camping/Hiking Experience* presented by Jack Callahan at Charleston City Park. It is recommended that you bring camp chairs.

Respectfully submitted by Otis Pannel, Vice President on July 10, 2025



# NON-CLUB OPPORTUNITIES

## **TELICO/OCOE VOLUNTEER TRAIL CREW**

Check the Facebook page for future workdays.

**BENTON MACKAYE TRAIL ASSOCIATION** See the calendar for upcoming events and trail maintenance sites.

**As always, go to the specific sponsor web page for more information on these events if you plan on attending.**

