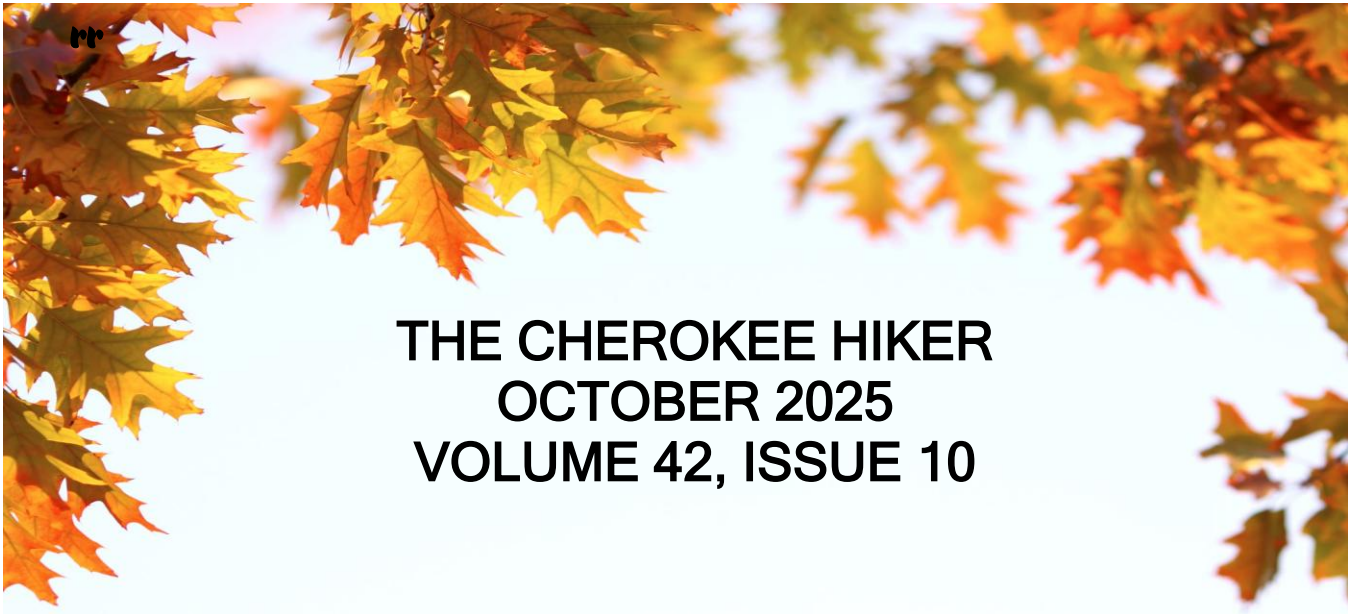




THE CHEROKEE HIKER OCTOBER 2025 VOLUME 42, ISSUE 10

NOTE FROM THE PRESIDENT

“There are no shortcuts to any place worth going.” - Beverly Sills

Our club enjoyed an absolutely stunning account of the six-day, five-night, canoe trip in the wilderness area of the Boundary Waters north of Ely, Minnesota. Jennifer Schroll prepared an amazing power point presentation capturing the beauty, the challenges, and the camaraderie of the 15 hike club members who participated. Janet Coombs and Jack Callahan added color commentary along with several other hike club members who were part of this adventure.

It appears that in recent years we have seen a dramatically increased interest in living a healthy life, yet fewer and fewer in contemporary society are actually practicing healthy lifestyle behaviors. In fact, only a tiny fraction of Americans, around 2.7%, meet all four basic criteria for a healthy lifestyle: being physically active, eating a healthy diet, being a nonsmoker, and having a recommended body fat percentage. It's clear that exercise at any age is good for one's health, but especially important as we age. Physical exercise can actually slow down the process of aging by helping us maintain muscle and bone strength. In addition to feeling better and actually increasing our life expectancy, regular exercise helps preserve mental sharpness and can help combat depression later in life. Our hike club has a variety of meaningful activities that add vitality to life. Regular participation helps provide the exercise our bodies need, connections that can keep us happier, and increases our appreciation and wonder for the great outdoors.

See you at the October club meeting at the home of Janet and Rob Coombs on Thursday, October 9, 2025. We will be set up by 4:30 p.m. for outdoor games and socializing, with dinner at 6 p.m. Only thing you need to bring is an appetite, as dinner will be provided with meat and

vegetarian hamburgers, hot dogs, sides, etc. Join us for an evening of conversation, playing games, outdoor grilling, and dining by the pool. The address is 5057 South Lee Highway, McDonald, TN 37353.

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.

OCTOBER EVENTS

Thursday, October 9, 2025 - Thursday Monthly Club Meeting We will be meeting at the home of Janet and Rob Coombs on Thursday, October 9, 2025. We will be set up by 4:30 p.m. for outdoor games and socializing, with dinner at 6 p.m. The only thing you need to bring is an appetite, as dinner will be provided with meat and vegetarian hamburgers, hot dogs, sides, etc. Join us for an evening of conversation, playing games, outdoor grilling, and dining by the pool. The address is 5057 South Lee Highway, McDonald, TN 37353.

Monday, October 13 - Friday, October 17, 2025 - Piney Campground at Land Between the Lakes - During the May 8, 2025, business meeting, it was decided that our group camp scheduled for the second week of October would be moved from Big South Fork to Land Between the Lakes, a large recreation area that borders Kentucky and Tennessee. Travel time from our area to the campground we selected in Land Between The Lakes is approximately a 4-hour drive from Cleveland. The Land Between the Lakes area is exceptionally scenic and provides a multitude of things to do including 100 miles of hiking trails, a Bison & Elk Prairie, Planetarium & Observatory, Homeplace Working Farm, Woodlands Nature Station, Lake access for fishing, paddling kayaks, and canoes (bring or rent), and an archery range. Check-in is Monday October 13, 2025, and check-out is Friday, October 17, 2025. Utilizing club funds, a pavilion has been rented at Piney Campground for our use Monday - Thursday. The pavilion located in the campground is a Pole Barn shelter with picnic tables & electric lights, fans, and outlets. An important change for this year's group camp is that individual participants will be responsible for booking their own accommodations. The Piney Campground consists of 8 "Loops" that include tent & RV sites plus a few cabins. Showers & flush toilets are available. Only Dogwood Loop has full hookups with electric, water, & sewer. Six other loops are electric sites with water available at hydrants throughout; one loop (Virginia) is tent only, no electric. The campground is in good proximity to Land Between the Lakes activities. Another close lodging option is Paris Landing State Park (6 miles away) with a very nice new lodge Campers should book their own campsites or other accommodations as soon as possible as this is an extremely popular camping area (especially in the Fall) and many sites are already taken. Reservations may be made online at: landbetweenthelakes.us/piney or on phone 931-232-0720. Piney Campground offers 50% off camping site fees with National Parks and Federal Rec Lands

Passes. If you are going on this trip, and have NOT already let Rob Coombs know, contact him as soon as possible so he can get a count. His number is 423-400-8008.

Thursday, October 16, 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.

Wednesdays, October 1, 8, 15, 22, 29 - 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.

Tuesday, October 21, 2025 - Club Workday on the Childer's Creek Trail This event is to carry out trail maintenance on a beautiful 3-mile section of the Benton MacKaye Trail that runs along the Hiwassee River just upstream and east of Reliance TN. The Cherokee Hiking Club has officially voted to help maintain this section. We will meet at 9 a.m. at the Big Bend Parking lot on the Hiwassee River which is at the easternmost end of this section. A typical maintenance day may involve using loppers to cut branches, pruning saws, brush cutters, or painting trail blazes on trees. No experience is required. Dress in long pants, long sleeves, wear sturdy boots, and bring plenty of water and snacks or lunch. Return time will be mid to late afternoon. Anyone planning to attend is asked to text or call James Anderson, the event leader, at 423-715-8824 so you will be aware of any event changes or cancellations. Event difficulty is *Easy* to *Strenuous* depending upon what activity you choose to do that day.

NOVEMBER AT-A-GLANCE

Thursday, November 13, 2025 - Thursday Monthly Club Meeting and potluck dinner, 6:00 p.m., Etowah Senior Center

The Cherokee Hiking Club will have a **special guest** at their November meeting. We will have a visit from Anne Van Curen, alias Grandma Gatewood. Anne is a resident of Maryville, Tennessee, and she is also a performer and presenter at Wildlife Wilderness Week in the Smokies. Anne's presentation of Grandma Gatewood is a delight to experience. By invitation, she is bringing her presentation to our November meeting at the Etowah Senior Center. Join us for a fun evening combining history and the story of a remarkable "senior" hiker. More information about Anne Van Curen is available at www.mountainstorytelling.com.

Wednesdays, November 5, 12, 19, 26 - 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 at 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.

Update on Nov 3-7, 2025, Lakeshore Trail Backpack Smokies Mountain National Park, about three hours from Cleveland, TN, near Fontana Dam I have done some research on the best way to get to the trailhead from Fontana Dam to start the hike. Taking a boat up to the trailhead is too expensive. I have found a shuttle service that can do it for about \$30 a person depending on the number. Right now, I have 3 confirmed hikers and 2 or 3 maybes. I will limit the number to 6 total. We can possibly handle the shuttle ourselves depending on the number of hikers. The charge for the campsites is \$10 per person per night at the 4 sites. So, the total cost of the trip per person will be about \$40 for the campsites plus about \$30 for the shuttle (about \$70 total).

The plan is to meet at Fontana Dam about 11:00 a.m. on Nov. 3, park vehicles there, and catch the shuttle. We will return about midday on Nov 7.

I will need to make the reservations for the campsites on October 2, so contact me prior to that date if you are interested in the hike. Buddy Arnold, 601-415-3551.

Tuesday, November 11, 2025-Sycamore Creek Trail Starts at the Tellico River Fish Hatchery off the Tellico River Road. Leave at 9:00 a.m., return 1:00 p.m. Trip is rated *moderate*. For additional information contact Leslie Auriemmo at 423-331-8967 or email her at LAuriemmo@yahoo.com.

Thursday, November 20, 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, November 29, 2025 - Linda Davis Memorial Greenway Hike Meet on the Cleveland/Bradley Greenway at the pavilion at Raider Drive. We will depart at 9 a.m. and return at 11:00 a.m. Bring clothing as appropriate and water. Hike difficulty is rated *Easy*. For additional information contact Randy Morris at 423-650-0985 or randytaylormorris@gmail.com.

HIGHLIGHTS OF PAST EVENTS

Greenway Walks, Wednesdays in September 2025, Jack Callahan



Monthly Meeting, Thursday, September 11, 2025 - The Monthly Club Meeting was held at the Etowah Senior Center and followed by a presentation by Jennifer, Jack, Janet and Rob Coombs on The Boundary Waters. Otis was the winner of the *Tonight's Lucky Hiker* door prize.

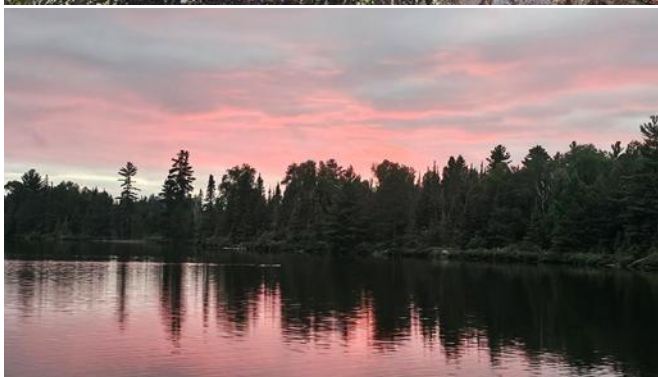


BOUNDARY WATERS CANOE TRIP, August 16-23, 2025

Fifteen intrepid travelers met in Ely, MN: 13 club members and 2 grandsons of the Harris's. Jennifer, Jack, Jerry Schnieder, Benton Harris, Rob & Janet Coombs, and Al Johnson made up Group 1. Rick & Brenda Harris, Ed & Clair Sullivan, James Anderson, Henry, Alex Harris, and Jerry Barrow made up Group 2. Everyone stayed at the Adventure Inn and met up for dinner on the Saturday before we launched.



Day 1 was gorgeous but windy. A decision was made to stick close to land to avoid the worst of the wind. Some paddlers were together for the first time. This route resulted in 2 moderately difficult portages for the day. It turns out that unoccupied campsites were hard to find. Group 2 ended up camping on a steep island site. We had spectacular sunsets every night.



Day 2 we had 6 short portages, but some were rugged and rocky. The paddling took us to several small, beautiful lakes and along narrow channels filled with grasses, lily pads, and blooming flowers. We saw lots of seagulls and loons. At night we could hear the Loons calling (a unique sound). Both groups had nice campsites on the second night. It had rained off and on, so everything was hung out to dry. Group 2 roasted socks; Group 1 roasted marshmallows.





Day 3 started with a foggy morning and tough, short portages, and then some pretty narrow passages with lily pads and flowers and one canyon-like passage with colorful walls. It was neat to think that the only way to see these places was by canoe. We had 4 portages and came into a big lake – Thomas Lake. Again, several campsites were occupied, and we had to hunt around to find a site. Al and Jennifer went fishing and caught a small-mouth bass which we cooked up and ate.



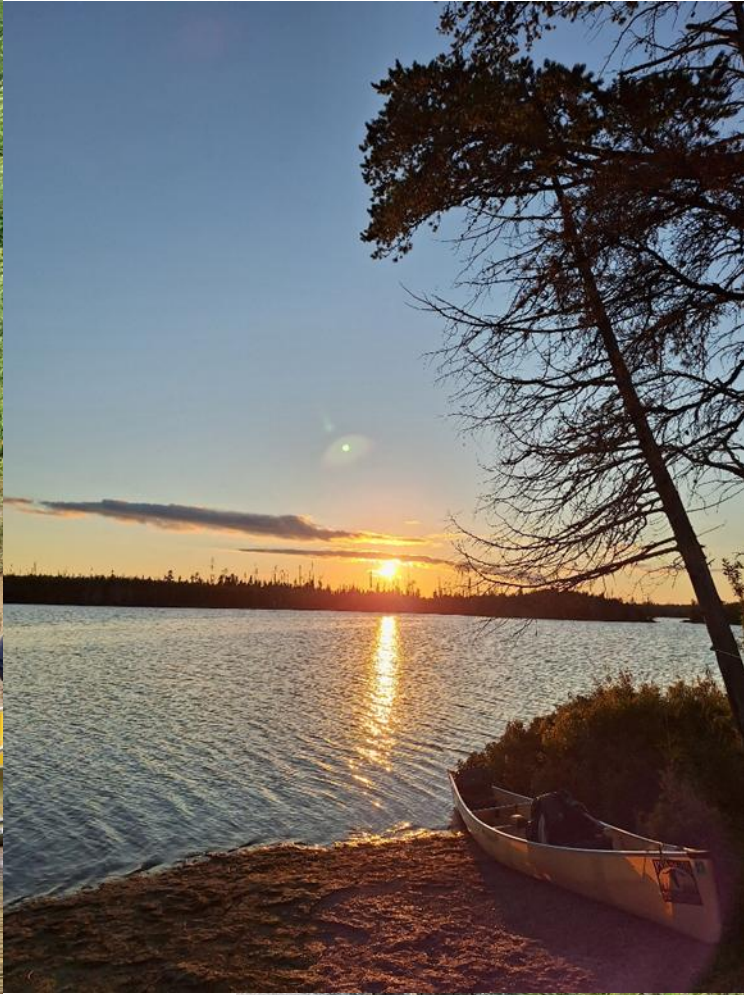
Day 4 was a beautiful day with only 2 portages, but one of them, the longest of the trip at .6 miles, took us into Lake Insula. Lake Insula had lots of small islands that made navigation a little tricky at times. Both groups found campsites in the southern part of the lake. Group 2 found a site with views of Eagles fishing. So, they followed the Eagles and came away with a bunch of fish. James caught several fish and Rick cooked them up. Yum! More awesome sunsets.





Day 5 was a perfect day, puffy white clouds, smooth water until the afternoon. We were in a section of the Kawishiwi River for the rest of the trip. The wind picked up in the afternoon and made the open water very wavey. We had 3 portages around rapids. The portages took us from Lake 4 to Lake 3 where the wind came up. Group 2 stopped at an island in Lake 3. Group 1 pushed on, passing 6 campsites that were all occupied. Just as we were giving up hope, we found our best campsite of the trip in Lake 2. The wind had kicked up a fire in the grate that was not put all the way out, so the site even came with hot coals.





Day 6, our last day on the water was phenomenal. We could see rain in the distance, but it never came close to us. As group 1 was preparing to leave, Group 2 came paddling by. We all grouped together on the last day. Both portages were back-to-back and were the easiest of the entire trip. After that, we kicked back and slowly paddled our way through Lake 1. Lake 1 had a narrow waterway through big pine trees before opening up at our take-out.

We called and Piragis came early to pick us up and then loaded all of the canoes onto the trailers and had cold drinks and snacks waiting in the vans. Piragis was a great outfitter. They even had our cars valet parked at their office, so it was easy to get our nasty gear loaded into our cars.







Breakfast, September 18, at Old Fort Restaurant in Cleveland (Photo credit: Gail Gray)

Edmond and Gail were lucky to find a seat. The conversation seemed very familiar and one-sided. 😊



Minutes

Cherokee Hiking Club
Monthly Club Meeting
6:00 p.m., September 11, 2025
Etowah Senior Center

President Rob Coombs opened the meeting and welcomed everyone. The meeting Sign-in Sheet was distributed and 18 members signed. Charlie Snow won the Tonight's Lucky Hiker door prize. Rob Coombs shared thoughts about his month's hike club quote: "There are no shortcuts to any place worth going." Beverly Sills

I. The Treasure's Report was given by Jennifer Schroll. The current balance in the club treasury is \$2,848.23. A motion was made by Jack Callahan to accept the report as reported, seconded by Clare Sullivan, and accepted.

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

A. No Corrections were made

B. A motion was made to accept the report as reported by Jack Callahan, seconded by James Anderson, and accepted.

III. Unfinished Business - No unfinished business to report

IV. New Business

A. New members added to our club roster.

1. Gary Harwell

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

1. 8/16-23 - Boundary Waters, Ely, Minnesota, Jennifer Schroll

2. 8/30 - Paw Paw at Childers Creek, Jack Callahan

3. Wednesday Walks on the Cleveland Greenway, Jack Callahan

C. Hikes / Activities / Events scheduled for the month ahead.

1. Tuesday, September 16 - 22 - Utah National Parks, Jennifer Schroll

2. Thursday, September 18 - Monthly Hike Club Breakfast

3. Monday, September 29 - Dutch Settlement - Ken Jones and Clare Sullivan

V. Our presentation for the evening is entitled The Boundary Waters presented by Jennifer Schroll, Janet Coombs, and Jack Callahan

VI. Our presentation for the next meeting will be at the home of Janet and Rob Coombs on Thursday, October 9, 2025. Join us for an evening of conversation, playing games, outdoor grilling, and dining by the pool. Our address is 5057 South Lee Hwy, McDonald, TN.

Respectfully submitted by Otis Pannel, Vice President on September 11, 2025

NON-CLUB OPPORTUNITIES

TELLICO/OCOE VOLUNTEER TRAIL CREW

Check the Facebook page for future workdays.

BENTON MACKAYE TRAIL ASSOCIATION October 25, 2025, BMTA Annual Work Trip

VOLUNTEER DAYS at the ORCHARD, October 18 and 19, 2025

Hello Everybody!

It has been a big year for the AFFN orchard! Thanks to everyone's work, the Orchard now contains over 75 pawpaw varieties and 200 persimmon varieties. And after this year of planting, pawpaw varieties will exceed 125 and persimmons will be over 300! The orchard was featured at the recent 2025 Northern Nuts Growers Association conference and is now recognized as being possibly the largest public collection of persimmons and pawpaws in the country. In 2026, we will be (hopefully) completing the persimmon and pawpaw collections and more intensively collecting nut varieties like hickory, uncommon pecans, and "hicans" (crosses of hickories and pecans). Also, some of our trees are now old enough that they are showing their first fruits. This will expand in coming years, and I will keep everyone posted for pickings.

Of course, more trees than ever, also means more work than ever! :-) So this autumn, on a Saturday and a Sunday, on October 18th and 19th, "Volunteer Days at the Orchard - 2025" will take place. I am looking forward to everybody who can come, and the work that we will do together. **Please write to me to confirm you'll be coming (which days, how many people), so I have an idea of the quantity of tools and refreshments to have on site.** Please also send me the contact information of people whom you know who would like to participate!

Just as in previous years, the worksite is across the street from Coghill Baptist Church in Etowah, TN. The address is 104 County Rd 810, Etowah, TN 37331. I am looking forward to everybody who can come, and the work that we will do together!

The work we will do falls into three main categories – plant/cage maintenance, hole digging and some planting.

Things to definitely bring:

- Folding chairs – so you have a place to sit to take a break!
- Work gloves
- Sun-protective hat and clothing
- Heavy shoes or work boots

Helpful, but optional, things to bring:

- Hand tools: shovels, spades, hand rakes, shears

- Wheelbarrows
- Weed whacker with fuel (or charged up)
- Hedge trimmer with fuel (or charged up)
- Ear protection
- Eye protection

We'll have liquid refreshments and a light lunch on hand:

- Ciders and juices (apple, muscadine, scuppernong)
- Sandwiches (whole grain bread + nut butters + jellies – fig, blackberry/elderberry)
- Fresh apples and persimmons (and possibly fresh pawpaws, if they keep for the duration)
- Pawpaw ice cream, Persimmon pudding
- Water

The refreshments are centered around featuring the Local Fruits and Flavors of the plants on which everyone will be working. However, if you need additional or specialized sustenance, please bring it.

Some human needs items: For sanitary facilities, the Orchard's neighbors, Alan and Faith, have generously offered their bathroom to those who may need to use it. So, no one needs to worry that they may be "stranded" at the site. We will also have light first-aid materials on hand to handle any bug bites and minor scratches that may crop up.

Looking forward to seeing everyone who can make it!

Ken

423-544-0224

kechance@gmail.com

Also, here is a link to Ken's AFFN website:

Appalachian Foothills Fruits and Nuts, a 501.c.3 – Preserving America's Edible Plantscape

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

