

TNP Pre-approved CE List for 2025 Trails and Trilliums

TNP is responsible for approving CE hours for each student once they have been entered by the student into the online portal after the event

Student Instructions

When entering the sessions you have attended into the TNP Portal for CE Credit the following **MUST** be used and included in the information provided:

1. The Sponsoring Organization is "Friends of South Cumberland State Park (TNP Chapter)".
2. See the list below for the continuing education category to enter for that specific session.
3. Follow any additional instructions included in the list below for each session you attended. Most sessions do not have additional instructions but some do so check carefully.
4. You are required to include the **instructor name and email** for that specific session.

FRIDAY, APRIL 4, 2025

Fri. 10:00–11:45 (KING) Workshop: Create Your Own Nature Journal Book, Lendon Noe and Mary Priestley. Limit 17. **CATEGORY: Nature Journaling**

Prepare for your Trails and Trilliums experience by building your own book in which you can record observations, make sketches, and preserve memories of your weekend. Lendon Noe and Mary Priestley are delightful teachers, with decades of experience in journaling and leading nature journaling groups. Materials will be provided.

Fri. 10:15-4:00 (HIKE CENTRAL) Hike: Explore Big Creek Gulf, Laurel Creek Gulf, and Ranger Falls, John Collins, 6.1 miles, Difficult. Limit 12. **CATEGORY: Forest Systems Education**

Enjoy another way to find the wildflowers that bloom in the gulfs of Savage Gulf State Park. John will lead an adventurous hike from Stone Door down into Big Creek Gulf, heading first to the Laurel Creek Gulf Bridge, and then to Ranger Falls (if water levels in Big Creek permit) before returning up to Stone Door. If you want to take lunch with you, reserve a lunch to go at the food and lodging link on the T&T website or bring your own. The climb back up to the Stone Door is steep. Bring a water bottle.

Fri. 10:30-4:30 (HIKE CENTRAL) Hike: Collins Gulf Wildflowers, Holly Taylor, 5.5 miles, Difficult. Limit 18. **CATEGORY: Plant Education**

Area 3 Interpretive Ranger and wildflower expert Holly will lead a hike through Collins Gulf to one of the most beautiful spring wildflower displays in the Park. You will hike past Suter Falls down to scenic Horsepound Falls and back. Bring a water bottle and snacks or lunch. You may reserve a lunch to go at the food and lodging link on the T&T website or bring your own. Bring a water bottle.

Fri. 11:00-3:30 (HIKE CENTRAL) Hike: Salamander Adventure, Dustin Thames, Kristen Cecala & Kevin Fouts, 2 miles, Moderate. Limit 24. **CATEGORY: Animal Education**

Join Dustin Thames, TWRA agent, and University of the South biologists Kristen Cecala and Kevin Fouts. You'll search behind and below Suter Falls for elusive green salamanders (and other amphibians of interest). If you want to take lunch with you, reserve a lunch to go at the food and lodging link on the T&T website or bring your own. Bring a water bottle.

Fri. 11:15-3:30 (HIKE CENTRAL) Hike: Greeter and Boardtree Falls, Stuart Carroll, 1.5 miles, Moderate. Limit 12. CATEGORY: Forest Systems Education

This beautiful hike is one of the best short waterfall hikes on the plateau. The loop leads to three or four waterfalls, numerous bluffs, and the Greeter Homeplace historic site. The trail along the bluff is easy, but below the bluffs is very rocky. This will be a leisurely hike with time to picnic. You may reserve a lunch to go at the food and lodging link on the T&T website or bring your own. Bring a water bottle.

Fri. 11:30-3:30 (HIKE CENTRAL) Hike: Suter Falls & Collins Gulf Rim, Randy Hedgepath, 5.5 miles, Moderate/Difficult. Limit 18. CATEGORY: Forest Systems Education

Retired Tennessee State Naturalist Emeritus Randy Hedgepath, who spent many years as a ranger at South Cumberland, will lead a hike to beautiful Suter Falls. Enjoy the magnificent views from the Collins Gulf Rim, cross the Collins River on a swinging bridge, explore the cave behind Suter Falls, and picnic on the boulders. If you want to take lunch with you, reserve a lunch to go at the food and lodging link on the T&T website or bring your own. Bring a water bottle.

Fri. 12:00-4:00 (HIKE CENTRAL) Canoe Adventure: Explore Three Forks Lake by Canoe, Ranger Todd Childress. Limit 14. CATEGORY: Water/Waterways/Watershed Education (picnic time not included)

Join Ranger Todd Childress for a canoe exploration of Three Forks Lake in the newly-acquired, undeveloped property at Savage Gulf State Park. Canoes, paddles and life vests supplied. Family friendly. We will have a lakeside picnic before we head out. Reserve a lunch at the food and lodging link on the T&T website or bring your own. Bring a water bottle.

Fri. 12:00-3:30 (HIKE CENTRAL) Hike: Explore Stone Door at a Naturalist's Pace, Nick and Jenny Barsotti, Easy. Limit 15. CATEGORY: Fieldwork Techniques

Join naturalists Jenny and Nick Barsotti for a hike at Stone Door where every step is a deliberate exploration of the wonders hiding in plain sight around us. Slow down and deepen your connection to nature as you use hand lenses, digital microscopes, field guides, and iNaturalist to observe the intricate details of the world. This unhurried adventure invites you to observe with intention. Materials and tools provided (or bring your own). Downloading the free iNaturalist app on your phone prior to the hike is suggested. Flat ground and suitable for all ages.

Fri. 1:00-3:45 (KING) Nature Journaling Afternoon Workshop: Basic Sketching and Phenology Wheels, Laura Blackman and Deb Tucker. Limit 17. Not Eligible for CE Credit

Spend an afternoon of creativity with two experienced Tennessee Naturalists and nature journalists. Laura Blackman will begin with a tutorial on basic sketching for nature journals. In the second section, "A Circular Approach to Journaling" Deb Tucker will reprise her inspiring workshop on creating phenology wheels. Each participant will make their own wheel. For all levels. Materials provided.

Fri. 1:00-3:45 (BANKS) Nature Photography Workshop: The Art of Seeing, Robin Conover. Limit 15.

CATEGORY: Nature and Art Education

Robin, longtime photography editor of the *Tennessee Magazine* and winner of numerous photography awards, will hold a workshop called "The Art of Seeing" for all levels of photographers. The workshop will begin with a "lunch and learn" session from 11-12:00. She will focus on how to see with regard to the subject, composition, background and lighting. Register for a BSA box lunch or bring your own. After lunch, the group will take a photo walk to the bluff to take photos of the view and discuss techniques.. Open to any level/equipment, even smart phones. In her 33 years with the magazine, Robin has hiked many miles of trails to capture thousands of images of the state's scenic natural areas.

Fri. 1:00-3:45 (BOSTICK) Workshop: Field Notes and Nature Writing, Mary Pollock. Limit 20.

CATEGORY: General Fieldwork Techniques

Emerita Professor Mary Sanders Pollock will lead a workshop on creating field notes for greater personal understanding of the natural world or as preparation for literary and scientific writing. Mary taught nature writing in the English and Environmental Studies programs at Stetson University for twenty-five years. Her books include *Storytelling Apes* (2015), an account of field narratives by primatologists Jane Goodall, Dian Fossey, Robert Sapolsky, and others, and *The Evolution of Gerald Durrell: Biography of an Author and Wildlife Conservationist* (2024). Participants should bring a small notebook.

Fri. 1:00–3:45 (GILL) Hands-On Nature: Setting Up for Trails and Trilliums, Beth Girard, Margaret Matens, and friends. CATEGORY: Animal Education

Throughout the weekend, we will feature hands-on programming in the Gill building central hall. Stop by to see marsupials, animal pelts, reptiles, and participate in programming like build your own hiking stick. Beth Girard and Margaret Matens, amazing nature educators, will be the hosts for these hands-on opportunities for all to enjoy. Families are particularly welcome. Beth and Margaret will be setting up on Friday afternoon. Stop by to say hello and get a glimpse of what is in store for the weekend.

Fri. 2:00-4:00 (QUAD) Hot Cider and S'mores on the Quad Not Eligible for CE Credit

Go by the Gift Shop to purchase your s'mores kit, and then settle down for a treat and a nice chat by the fire circle in the Quad before heading to your next event. Hot cider will also be available, or you can pick up some hot chocolate in the dining room.

Fri. 2:00-3:45 (WALK DEPARTURES) Walk: Introduction to Beersheba Springs and More, Sanford McGee. Limit 14. CATEGORY: Forest Systems Education

Learn about the fascinating place where you will be spending this special weekend. Renowned science educator, artist, conservationist, and Beersheba Springs native Sanford McGee will introduce you to wonders of the area hiding in plain sight. Grandson of the former owner of land that encompassed Laurel Falls almost to Stone Door, Sanford grew up exploring the area on foot and horseback. Join him for a stroll through time as he weaves tales of the history, botany, and birds of the area, sprinkled with stories of mountain natives such as Leonard Tate and his talented siblings.

FRIDAY NIGHT PROGRAMS

Fri. 5:30-7:30 (HOTEL LOBBY & PORCH, DINING HALL): Hootenanny and Cookout (requires meal ticket)

Not Eligible for CE Credit

Join your friends for a social hour & music 5:30-6:30 with a cookout meal from 6:30-7:30.

Fri. 7:30-9:00 pm (SMITH) Friday Star Program: Richard Clements. CATEGORY: Astronomy Education

Join astronomer and engaging naturalist Richard Clements, Professor of Biology and Environmental Science, for a star program suitable for all levels. If the sky is clear, we will gather outside and he will give a general star talk using a green laser pointer. If the skies aren't clear, Richard will do an indoor star presentation. Family Friendly.

Fri. 7:30-9:00 pm (GILL) Hands On Nature: Biofluorescence, Bioluminescence and Phosphorescence, Beth Girard. CATEGORY: Animal Education

Short 15-20 minute slide program followed by interaction time with fluorescence (markers, flying squirrel pelt, scorpions, millipedes, biofluorescent bones of fox squirrels). Activity including using fluorescent paint or markers. Outside hike (if the weather permits) looking at all of the fabulous things that biofluoresce (like millipedes and poison ivy!!).

Fri. 8:00-9:30 pm (HOTEL LOBBY) Night Hike at Stone Door, Spencer Baxter, 2 miles, Easy. Limit 12.

CATEGORY: Forest Systems Education

What is it like to explore the park trails by moonlight? Ranger Spencer Baxter will lead an easy moonlit night hike to the Great Stone Door. Depart from the Hotel Lobby at 8:00 pm. Trail is on top of the plateau, relatively flat. A portion is paved. Family friendly.

SATURDAY, APRIL 5, 2025

Sat. 6:30-8:30 (WALK DEPARTURES) Walk: Birding on the Assembly Loop, Holly Taylor, Easy. 1 Mile. Limit 20. CATEGORY: Animal Education

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Those new to birding as well as seasoned birders are invited to join Area 3 Interpretive Ranger Holly Taylor for this early morning outing to observe Beersheba Springs's avian community. Bring your binoculars.

Sat. 7:00-8:45 (WALK DEPARTURES) Walk: Birding Walk & Workshop, Kristen Garrison, Easy, 1 mile. Limit 20. CATEGORY: Animal Education

CATEGORY: Animal Education

Join Naturalist Kristen Garrison on a short hike around BSA as we investigate where birds focus their daily foraging energy. We will talk about bird behavior and feeding habits as we find and identify as many birds as possible. We will discuss how to use Merlin and eBird apps. Be ready to spot movement and bring your binoculars if you have them. Beginners welcome.

Sat. 8:00-12:30 (HIKE CENTRAL) Hike: Hike to Falls on Fall Creek, Ranger Aaron Reid, 3 miles, Very Difficult. Limit 10. CATEGORY: Forest Systems Education

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Explore a new area of Savage Gulf State Park as Park Manager Aaron Reid leads us down into Fall Creek, a feeder stream to the Collins River. You will find two beautiful practically virgin waterfalls with expectations of wildflowers similar to nearby Collins Gulf. Wear good boots and consider hiking poles

due to difficulty with the steep and rocky terrain. This is a very strenuous hike! After arriving at the Savage Gulf South Trailhead, you will be shuttled by rangers to our starting point. Reserve a lunch at the food and lodging link on the T&T website or bring your own. Bring a water bottle.

Sat. 9:00-10:45 (WALK DEPARTURES) Walk: Introduction to Beersheba Springs and More, Sanford McGee. Limit 14. [CATEGORY: Forest Systems Education](#)

Learn about the fascinating place where you will be spending this special weekend. Renowned science educator, artist, conservationist, and Beersheba Springs native Sanford McGee will introduce you to wonders of the area hiding in plain sight. Sanford grew up exploring the area on foot and horseback. Join him for a stroll through time as he weaves tales of the history, botany, and birds of the area, sprinkled with stories of mountain natives such as Leonard Tate and his talented siblings.

Sat. 9:00-10:45 (WALK DEPARTURES) Walk: Edible, Medicinal, and Poisonous Plants, John Ford, Easy, 1 mile. Limit 20. [CATEGORY: Foraging Education](#)

John Ford is a TN Naturalist from Grassy Cove and an edible/medicinal plant authority. During this 45 minute hike around the Assembly grounds, John will help you identify edible, medicinal and poisonous plants. You will compare some species to their poisonous look-alikes and note identification traits. John will also share some traditional and folklore uses of these plants for food and healing.

Sat. 9:00-11:30 (HIKE CENTRAL) Hike: Explore Stone Door at a Naturalist's Pace, Jenny and Nick Barsotti, Easy, 2 miles. Limit 15. [CATEGORY: General Fieldwork Techniques](#)

Join naturalists Jenny and Nick Barsotti for a hike at Stone Door where every step is a deliberate exploration of the wonders hiding in plain sight around us. Slow down and deepen your connection to nature as you use hand lenses, digital microscopes, field guides and iNaturalist to observe the intricate details of the world. This unhurried adventure invites you to observe with intention. Trail is on top of the plateau, relatively flat. A portion is paved. Materials and tools provided (or bring your own).

Downloading the free iNaturalist app on your phone prior to the hike is suggested. Flat ground and suitable for all ages.

Sat. 9:00-12:30 (HIKE CENTRAL) Hike: Boardtree Falls and Big Bluff Overlook, Randy Hedgepath, 2.5 miles, Moderate. Limit 15. [CATEGORY: Ecology/Natural Systems Education](#)

Retired Tennessee State Naturalist Emeritus Randy Hedgepath, who spent many years as a ranger at South Cumberland, will lead an informative hike starting at the Savage Gulf West/Greeter Falls Trailhead. Beautiful views, wildflowers, and spectacular waterfalls. This hike is on top of the plateau, relatively flat. Hiking with Hedgepath is always worthwhile!

Sat. 9:00-9:45 (BANKS) Presentation: Exploring the Keys to Mushrooms—Mycology with Dr. Hill Craddock. [CATEGORY: Fungi, Lichens, and Mosses Education](#)

Prepare for a mushroom foray in Beersheba in the afternoon with Dr. Craddock, UTC Davenport Professor in Biology, and Kristen Garrison, naturalist and interpretive guide. Dr. Craddock will give an introduction to the wonderful variety of mushroom species and how to identify them.

Sat. 9:00-9:45 (SMITH) Presentation: Evidence Underfoot—The Geologic Stories of the Stone Door and Greeter Falls, Bran Potter. [CATEGORY: Geology Education](#)

The talk will provide an outline of our area's geologic history with emphasis on field observations that can be made at Stone Door and Greeter Falls. Both locations provide clues about the ancient environments that prevailed in Mississippian and Pennsylvanian times. Emeritus Professor of Geology Bran Potter has studied the geology of the South Cumberland Plateau extensively and worked with student field researchers in Fiery Gizzard. He is a recipient of the Yeatman Environmental Educator Award.

Sat. 9:00-9:45 (BOSTICK) Presentation: How TennGreen Land Conservancy Protects Native Habitat and Plants in the South Cumberlands and Tennessee, Christie Henderson. CATEGORY: Professional

Development

Hear from the Deputy Director at one of the most active conservation groups in TN. They will describe TennGreen's conservation strategies that range from protecting private land with conservation easements, like Mitchell Cove in Sewanee, to securing public spaces through land acquisition, like the 650-acre expansion of Savage Gulf and the recent additions to the new state park, Head of the Crow. Additionally, she will share TennGreen's strategic focus on lands around the South Cumberland's and highlight other conservation efforts.

Sat. 9:00-9:45 (KING) Workshop: Landscape Sketching and Painting on the Plateau, Lendon Noe. Limit 17. CATEGORY: Nature and Art Education

Join an easy and pressure-free workshop with artist and teacher Lendon Noe, where you'll learn to sketch and paint the stunning rocks and boulders of our beloved Cumberland landscape. This workshop is perfect for both beginners and seasoned artists looking to refine their techniques. We will review pencil, pen, and paint techniques, and you will receive hands-on guidance from Noe. Bring your own art supplies or use the shared supplies provided.

Sat. 9:00-10:45 (GILL) Hands-On Nature: Make Your Own Hiking Stick, Margaret Matens. Limit 20.

CATEGORY: Wilderness Survival Education

Margaret Matens is a legend in naturalist circles and provides this fun hands-on activity in making hiking sticks. In the session, you will select your own sapling, and we will show you how to cut, peel bark, affix a leather strap, and more. Bring a pocket knife if you have one. Appropriate for participants of all ages (parents should supervise use of pocket knives). Materials will be provided (except pocket knives).

Sat. 9:30-11:30 (HIKE CENTRAL) Hike: Wildflowers in Tarlton Valley, Richard Clements, 2 miles, Easy/Moderate. Limit 15. CATEGORY: Plant Education

Longtime science professor and botanist Dr. Richard Clements will lead a hike to Tarlton Valley/Lower Collins Gulf. Do you love the spring wildflowers but are hesitant about long up and downhill treks? Walk along Savage Gulf Road and Dry Collins River to view an array of wildflowers as Dr. Clements reveals the wonders of the forests and geology of the Cumberland Plateau.

Sat. 10:00-4:00 (QUAD) Native Plant Sale Not Eligible for CE Credit

Casey Harmon of Overhill Gardens will be in the Quad all day Saturday to help you choose the native plants you need for your garden this year.

Sat. 10:00-12:00 & 3:00-4:00 (KING) Nature Journaling Drop-In **CATEGORY: Nature Journaling, track your own amount of time spent here and do not just input the entire time slot**

Join Lendon Noe in a casual setting to learn more about Nature Journaling and do some journaling of your own.

Sat. 10:00-10:45 (GILL) Hands-on Nature: Wildlife in Your Backyard: What to Fear and What to Appreciate Might Surprise You, Margaret Matens. **CATEGORY: Animal Education**

Margaret Matens, educator, permitted wildlife rehabilitator, and founder/creator of Trails & Trilliums, will bring her menagerie of friendly snakes, turtles, toads, and Mr. Pickles the Possum to help you learn more about wildlife in our area. What makes a snapping turtle snap? What's an easy way to identify a venomous spider? How can a little information help you appreciate the critters around you and maybe make you more confident in the woods? Get a chance to hold or touch these "friendly" critters during the hands-on part of the program.

Sat. 10:00-12:30 (HIKE CENTRAL) Hike & Rappel: Rappelling at Stone Door, 2 miles, Easy. Limit 12. NO CE CREDIT

Take this opportunity to rappel down the face of the Great Stone Door (110 feet) with the guidance of a park ranger and the Grundy County Fire Department. This adventure outing for all ages includes an easy, relatively flat, walk out to the Stone Door and back, a portion of which is paved.

Sat. 10:00-12:00 (HIKE CENTRAL) Hike: Wildflower Hike in Tarlton Valley, Yolande Gottfried, 2 miles, Easy/Moderate. Limit 15. CATEGORY: Plant Education

Do you love the spring wildflowers but are hesitant about long up and downhill treks? Join botanist Yolande for a walk on flat ground along Savage Gulf Road and Dry Collins River to view an array of wildflowers.

Sat. 10:00-11:45 (WALK DEPARTURES) Walk: Tree Identification on the Assembly Loop, Sandy Baird, 1 mile, Easy. Limit 18. CATEGORY: Plant Education

Sandy Baird, a naturalist with a love of trees, will lead a tree identification walk on trails around the Assembly. Enjoy this informative walk with an engaging guide.

Sat. 10:00-11:45 (WALK DEPARTURES) Walk & Workshop: Forest Bathing, Melissa Jean. Limit 12. NO CE CREDIT

Drawing upon the Japanese principles of Shinrin-yoku, taking in the forest atmosphere, forest bathing involves connecting with nature using all five senses. Melissa Jean, a forest therapy guide certified by the Association for Nature and Forest Therapy and a professor at Lesley University, will be your guide as you come into deeper contact with yourselves and our more-than-human world. The walk will begin with a brief talk on the history and health benefits of nature exposure, some exercises designed to open our senses, and concluding with a contemplative forest tea ceremony.

Sat. 10:00-10:45 (SMITH) Panel Discussion: Transforming Your Yard into a Biodiverse Habitat, Deb Tucker, Moderator. Panelists Dennis Bishop, Matthew Deist, Andrea Ludwig, and J. Paul Moore. CATEGORY: Plant Education

We take pleasure in natural spaces, but what can we give back in return? Whether you have a few pots on a balcony, a yard, or acreage, you can make a difference! Engage in a lively discussion on the whys and hows of transforming our own yards into wildlife habitats. The panelists—native landscape designers, Extension Agents, and Smart Yards specialists—will share practical measures that we all can employ to have an impact. Imagine what we can create together!

Sat. 10:00-10:45 (BOSTICK) Presentation: Cave Fauna in the Southeast, Dr Kirk Zigler. **CATEGORY: **Animal Education****

Biologist Kirk Zigler earned his doctorate studying marine animals. Hired at the University of the South, hundreds of miles from the ocean, he has developed a robust research laboratory studying the animals that live in caves. Learn about new species he and his students have discovered and the fascinating fauna of local cave animals. <https://new.sewanee.edu/features/what-lives-beneath/>

Sat. 10:00-10:45 (BANKS) Presentation: Savage Gulf Shortleaf Pine Restoration, Murray Gheesling. **CATEGORY: **Environmental Issues****

Savage Gulf is home to an increasingly rare ecosystem of Shortleaf pine-oak woodland. Absence of fire on the landscape, naturally low germination, and timber management practices have led to a dramatic decline in Shortleaf pine over the past century. Working with grant partners, Natural Areas and State Parks began a restoration of shortleaf pine habitat north of Savage Creek. Prescribed fire, Shortleaf pine planting, invasive species treatments, and research are all playing a role in the active management of the restoration site. This presentation will discuss the history and vision of this project.

Sat. 11:00-11:45 (SMITH) Panel Discussion: Pleasurable Instruction—Exploring the Lives of Naturalists and Scientists with Authors Who Know Them Well, Tom Sanders, moderator, with panelists Patrick Dean, Mary Pollock, Mary Priestley, and Ray Zimmerman. **CATEGORY: **Professional Development****

Why write about nature? Why write about naturalists? These four panelists have written about international figures such as Mark Catesby, Jane Goodall, and Gerald Durrell, as well as important regional naturalists such as Mack Prichard and Robert Sparks Walker. Tom Sanders, chair of the Friends of the Parks, will lead a lively conversation that shines a light on these authors' respective works and the impulses that animate their subjects' lives. We will all draw lessons about our past and gain direction for the future.

Sat. 11:00-11:45 (BANKS) Presentation: Night Lights: An Introduction to the Fireflies of Tennessee, Holly Taylor. **CATEGORY: **Animal Education****

Interpretive Ranger Holly Taylor can always be counted on to shed LIGHT on our natural world. Be amazed as she unveils the mysteries, complexities and surprising diversity of fireflies, much loved invertebrates. We will explore their captivating life histories, biology, ecological roles and the conservation challenges of these charismatic insects.

Sat. 11:00-11:45 (BOSTICK) Presentation: The Native Plant Sharing Network, Dennis Bishop. **NO CE CREDIT**

Dennis will introduce the fundamental ideas that make the Native Plant Sharing Network (NPSN) work. The goal of the NPSN is to form a matrix of people and plants that increases the flow of native plants in our communities. It is founded on the principles of reciprocity and gratitude as put forth by Robin Wall-

Kimmerer. The NPSN requires givers, of course, but just as importantly, it requires receivers. There is only one requirement for joining the network, and that is to share with others by either giving or receiving a native plant. The only requirement for maintaining a membership is to either give or receive another plant. The NPSN is self-sustaining; it feeds on itself through reciprocity and gratitude. Together, collectively, we are the native plant nursery!

Sat. 11:00-11:45 (GILL) Hands On Nature: Reptiles of Tennessee, Beth Girard and Jasper Sentell.

CATEGORY: Animal Education

Stop by Gill House and Hands-On Nature to learn about reptiles of Tennessee with a seasoned naturalist and an enthusiastic youthful naturalist heading toward an impressive future. Beth and Jasper will share their own collections for the “hands on” experience as well as their love for these amazing creatures.

Sat. 12:00-1:45 (SMITH) Plenary and Keynote Luncheon: Wonders Hiding in Plain Sight, Jon Evans, Ned Murray, & Friends of South Cumberland Parks. CATEGORY: General Fieldwork Techniques

Join our plenary session, a celebration of what may soon be known as a new species. Jon Evans, professor of biology at the University of the South, will tell a fascinating tale of how iNaturalist and other crowdsourcing tools are revolutionizing the scientific understanding of the world and have led to a groundbreaking discovery right in our parks on the South Cumberland Plateau. The session will close with the presentation of the Trails & Trilliums Tribute Award and the Yeatman Environmental Education Award.

Sat. 1:30-3:00 (HIKE CENTRAL) Hike: Stone Door Interpretive Hike, Kris Light, 2 miles, Easy/Moderate.

Limit 15. CATEGORY: Forest Systems Education

Knowledgeable and engaging naturalist and science educator Kris Light will lead a hike out to and around the Stone Door. The trail is on top of the plateau, relatively flat, and a portion is paved. Kris will focus on the forests, flowers, and geology of the Cumberland Plateau.

Sat. 2:00-4:00 (QUAD) Hot Cider and S’mores on the Quad NO CE CREDIT

Go by the Gift Shop to purchase your s’mores kit, and then settle down for a treat and a nice chat by the fire circle in the Quad before heading to your next event. Hot cider will also be available, or you can pick up some hot chocolate in the dining room.

Sat. 2:00-3:45 (WALK DEPARTURES) Walk: Edible, Medicinal, and Poisonous Plants, John Ford, Easy, 1 mile. Limit 20. CATEGORY: Foraging Education

John Ford is a TN Naturalist from Grassy Cove and an edible/medicinal plant authority. During this 45-minute hike around the Assembly grounds, John will help you identify edible, medicinal and poisonous plants. You will compare some species to their poisonous look-alikes and note identification traits. John will also share some traditional and folklore uses of these plants for food and healing.

Sat. 2:00-4:00 (HIKE CENTRAL) Hike: Exploring Plant Behavior, Nick and Jenny Barsotti, 2 miles, Easy.

Limit 15. CATEGORY: Plant Education

Join Naturalist Nick and Jenny Barsotti for a relaxed hike to Stone Door, where Nick will point out interesting examples of plant behavior along the way. Enjoy the trail while gaining insights into how plants interact with their environment. Flat ground and suitable for all ages.

Sat. 2:00-3:45 (BANKS) Presentation/Walk: Mushroom Foraging and ID Walk, Kristen Garrison and Hill Craddock. Limit 20. CATEGORY: Fungi, Lichens, and Mosses Education

After meeting at Banks to look at some slides and review fungus terminology, embark upon a walk on the Assembly Nature Loop with Kristen Garrison, a former park ranger, and Dr. Hill Craddock, UTC Davenport Professor in Biology, to observe and forage for fungi. You will be foraging and photographing what you can find hiding in plain sight.

Sat. 2:00-4:00 (HIKE CENTRAL) Hike: Phacelia Hike at Greeter Falls, Jon Evans, 1.5 miles, Moderate. Limit 12. CATEGORY: Plant Education

Join keynote speaker Jon Evans for a hike around Greeter Falls for an exploration and more in-depth discussion about the recently discovered new species of Phacelia that has been hiding in plain sight on the Cumberland Plateau. Learn more about the plant and the story of its discovery. This recently renovated trail includes two staircases, one of them spiral. Steep climb back to the trailhead.

Sat. 2:00-3:30 (HIKE CENTRAL) Hike: A Mack Prichard Hike of Remembrance—Stone Door Interpretive Hike, Ranger Stuart Carroll, 2 miles, Easy/Moderate. Limit 15. CATEGORY: Ecology/Natural Systems Education

In honor of our first State Naturalist Mack Prichard, longtime Park Ranger and manager of Virgin Falls State Natural Area Stuart Carroll will lead a hike out to and around the Stone Door. He will focus on forests and geology of the Cumberland Plateau. This trail, all on top of the plateau, is relatively flat, and a portion is paved.

Sat. 2:00-2:45 (SMITH) Panel Discussion: The Multiple Roles of the Parks in Conserving Nature, Educating the Public, and Making Peoples' Lives Better. Iva Michelle Russell, moderator, with Patrick Dean, Bill Loewer, Aaron Reid, and George Shinn. CATEGORY: Professional Development

Join the Director of the Mountain Goat Trail Alliance and our local Park Managers (Head of the Crow, Savage Gulf, and South Cumberland) in a discussion of how public lands and assets boost local economies, conserve natural resources, provide ecosystem services, and promote health. Talented interviewer Iva Michelle Russell will lead a discussion that will help everyone understand better the value of our parks and trails as natural, economic, and cultural assets.

Sat. 2:00-2:45 (BOSTICK) Indigenous Cultural Resources of Southeast and South Central Tennessee, Jan Simek. Under Evaluation for CE Credit, to be determined after the event

Join Professor Emeritus and Distinguished Professor of Science and Archaeological Anthropology Jan Simek in a discussion of rock art and other cultural resources. The parks on the South Cumberland Plateau contain significant cultural sites. Simek, a leading expert on rock art, will explain the importance of these cultural resources.

Sat. 2:00-2:45 (GILL) Hands On Nature: The Amazing Marsupials, Beth Girard and Margaret Matens. Not Eligible for CE Credit

Marsupials first evolved in continents in the southern hemisphere, moving slowly from Australia and South America to our part of the world. They evolved fascinatingly different ways of being from other

mammals in the northern hemisphere (how they reproduce and carry and deliver young for one). Learn about those amazing differences and put your hands on a live opossum.

Sat. 2:00-2:45 (KING) Nature Journaling Workshop: Creating Landscapes with Torn Paper, Lendon Noe. Limit 17. CATEGORY: Nature Journaling

Using torn paper can be an interesting and fun way to create a landscape, adding texture and depth to your artwork. In this workshop, Lendon Noe will provide all the materials you need and guide you through this creative play.

Sat. 3:00-4:45 (WALK DEPARTURES) Walk: History-Nature Walk Around Beersheba Springs, Paul Moore 1.5 miles, Easy. Limit 25. NO CE CREDIT

Join this tour for a glimpse of Beersheba Spring's fascinating past. Amanda Shadowens, a member of the Beersheba Springs Historical Society, will join naturalist Paul Moore who will be botanizing with you. Learn about the resort era, the Civil War, plus connections to the founding of The University of the South. Beautiful homes will be featured, some from the 1800s, along with other treasured residences.

Sat. 3:00-5:00 (HIKE CENTRAL) Stone Door Nature Hike, Julia Garcia, 2 miles, Easy/Moderate. Limit 15. CATEGORY: Forest Systems Education

Enjoy an easy hike to the Stone Door with Julia Garcia. Explore the nature along the rim of Savage Gulf State Park.

Sat. 3:00-3:45 (GILL) Hands-On Nature: Mammals of Tennessee, Beth Girard. CATEGORY: Animal Education

Learn some interesting facts about the non-human mammals that live in our beautiful state. We will have plenty of biofacts (pelts, skulls, and more) to engage all of your senses!

Sat. 3:00-3:45 (BANKS) Workshop: Wilderness First Aid, John Cousino. Limit 20. CATEGORY: Wilderness Survival Education

John, a professor at Chattanooga State, has taught Wilderness First Aid classes for 20 years. He is a certified wilderness paramedic/critical paramedic. His workshop, which is designed for the average outdoorsman, will introduce wilderness first aid and how it differs from standard first aid. The session will include both an AV and a hands-on portion.

Sat. 3:00-3:45 (SMITH) Panel Discussion: Lessons from Lone Rock in Science and Song. Camille Westmont and Denis Kiely. NO CE CREDIT

A version of the folk song, "Buddy Won't You Roll Down the Line" was recorded in the 1920s as "Lone Rock Song," by Uncle Dave Macon. The song is set at the Lone Rock Stockade and Mine in the Grundy Lakes area of South Cumberland State Park. Camille Westmont, a professor and historical archaeologist, has opened an exploration of the site. She will partner with Denis Kiely, a folklorist and president of the Tennessee Folklore Society, to explore how the song does (or does not) reflect the physical reality revealed by the archaeological work. The presentation will feature visual presentations, explanations of the song and the site, and how those stories intertwine.

Sat. 3:00-3:45 (BOSTICK) Presentation & Demonstration: Hemlock Woolly Adelgid—History, Status and Management, Katherine Kilbourne. **CATEGORY: Invasive Species Education**

Kathreine Kilbourne, a forest health specialist who has been central to the fight to preserve our stunning Eastern Hemlock stands on the Plateau, will give an overview of the damage caused by the Hemlock Woolly Adelgid (HWA), which is an invasive insect that has spread throughout hemlock forests in TN. The HWA Strike Team is responsible for treating tens of thousands of hemlocks on thousands of acres statewide. Learn about the background, damage, current issues, and management options. At the end of the talk, she will conduct a demonstration of how you can treat your hemlocks.

Sat. 3:00-3:45 (KING) Nature Journaling Drop-In, Lendon Noe. **CATEGORY: Nature Journaling, track your own amount of time spent here and do not just input the entire time slot**

Join Lendon Noe in a casual setting to learn more about Nature Journaling and do some journaling of your own.

Sat. 4:00-4:45 (GILL) Hands-On Nature: Animal Drop-In, Beth Girard. **Not eligible for CE Credit**

Stop by to see marsupials, animal pelts, reptiles, and more. Families are particularly welcome.

Sat. 4:00-4:45 (SMITH) Presentation: The Birds and Bees of Pollination, Kris Light. **CATEGORY: Animal Education**

Kris Light, a Trails and Trilliums favorite, who can speak authoritatively and engagingly on almost any topic related to the natural world, will provide a presentation on the myriad ways that pollination takes place and the creatures that make this vital process happen.

Sat. 4:00-4:45 (HOTEL LOBBY) Poetry Reading. Readings from “It’s Just a Phase,” Ray Zimmerman.

****CATEGORY: Nature and Art Education****

Join Zimmerman at the fireplace in the Registration/Hotel Lobby area for an intimate reading of poems from his recently published book. The book’s cover art was inspired by his introduction to nature journaling.

SATURDAY NIGHT PROGRAMS

Sat. 5:00-7:30 pm (BIG RED BARN) Wine & Wildflowers **NO CE CREDIT**

This event is included in Weekend Pass. Holders of Student and Day Passes need to buy a separate W&W ticket at [trails and trilliums.org](https://trailsandtrilliums.org). Enjoy a cocktail hour and dinner at the Big Red Barn. If you don’t come to Wine & Wildflowers and need a dinner meal, try the Beersheba Springs Market across the road from the Beersheba Springs Assembly.

Sat. 7:30-8:30 pm (BIG RED BARN) Campfire Program: Bran Potter, Mary Priestley. Limit 35.

Following Wine & Wildflowers, come enjoy a campfire with some readings and reflections by Bran Potter, Mary Priestley, and friends. The fire circle is adjacent to the Big Red Barn. **NO CE CREDIT**

Sat. 7:30-10:00 pm (BIG RED BARN) Star Program: Richard Clements, 1 mile, Easy. Limit 25. **CATEGORY: Astronomy Education**

Join astronomer and engaging naturalist Richard Clements, Professor of Biology and Environmental Science, for a star program suitable for all levels. View the night sky using telescopes to peer into deep space and observe planets, double stars, star clusters, nebulae, and galaxies. Richard Clements is a professor at Chattanooga State and active with the Barnard Astronomical Society of Chattanooga. He is the winner of the 2022 FSC Yeatman Environmental Education Award and teaches astronomy for the Tennessee Naturalist Program. After Wine & Wildflowers, meet at the entrance to the Big Red Barn for a half-mile walk. Bring a flashlight and a blanket or lawn chair. If the skies aren't clear, Richard will do an indoor presentation.

SUNDAY, APRIL 6, 2025

Sun. 6:30-8:30 (WALK DEPARTURES) Bird Walk: Beersheba Birds, Dr. Garrett Adams and Kristen Garrison, 1.5 miles, Easy. Limit 35. **CATEGORY: Animal Education**

Those new to birding as well as seasoned birders are invited to join longtime birder and Beersheba native Dr. Garrett Adams and naturalist Kristen Garrison for this early morning birding walk on the Assembly Loop Trail. If the group is large, we will split into two groups.

Sun. 8:30-9:15 (VESPER POINT) Outdoor Service: No registration required. All are welcome. **NO CE CREDIT**

Sun. 8:30-1:30 (HIKE CENTRAL) Hike: Into the Old Growth Forest, Ranger Aaron Reid, 4 miles, Very Difficult. Limit 10. **CATEGORY: Forest Systems Education**

Ranger Aaron Reid, the manager of Savage Gulf State Park, will lead a strenuous hike into the Old Growth Forest of Savage Gulf. This tract is one of the largest stands of old growth, virgin forest in the region, and can only be accessed when led by a ranger. If you want to take lunch with you, reserve a lunch to go at the food and lodging link on the T&T website or bring your own. Terrain is steep, with some loose boulders. Hiking sticks are recommended.

Sun. 9:00-10:45 (WALK DEPARTURES) Walk: Tree Identification on the Assembly Loop, Sandy Baird 1 mile, Easy. Limit 18. **CATEGORY: Plant Education**

Sandy Baird, a naturalist with a love of trees, will lead a tree identification walk on trails around the Assembly. Enjoy this informative walk with an engaging guide.

Sun. 9:00-1:00 (HIKE CENTRAL) Hike: Medicinal and Edible Plants on the Savage Day Loop Ranger Joseph Gonzales 4.2 miles, Moderate. Limit 10. **CATEGORY: Foraging Education**

Explore the east side of Savage Gulf State Park with Interpretive Ranger Joseph Gonzales, who will show you the various plants along the trail that can be eaten or used as medicine. In addition, enjoy the views from overlooks as the trail loops through the forest. Trail is relatively flat, all on top of the plateau. If you want to take lunch with you, reserve a lunch to go at the food and lodging link on the T&T website or bring your own.

Sun. 9:00-10:45 (WALK DEPARTURES) Walk: History-Nature Walk Around Beersheba Springs, Paul Moore 1.5 miles, Easy. Limit 25. **NO CE CREDIT**

Join this tour for a glimpse of Beersheba Spring's fascinating past. Amanda Shadowens, a member of the Beersheba Springs Historical Society, will join naturalist Paul Moore who will be botanizing with you. Learn about the resort era, the Civil War, plus connections to the founding of The University of the South. Beautiful homes will be featured, some from the 1800s, along with other treasured residences.

Sun. 9:00-9:45 (GILL) Hands-On Nature: Skull Identification for Beginning Naturalists, Beth Girard. Limit 24. CATEGORY: Animal Education -OR- General Fieldwork Techniques

Ever find a skull in the great outdoors and wondered what it was? This session will offer tips and techniques to aid you in determining what group that animal belongs to. We will use a dichotomous key designed to identify the skulls we will be using. This is a very hands-on class, so be prepared to use your eyes, ears and hands! Beth is a longtime naturalist resource educator and master naturalist in both Minnesota and Tennessee. She currently volunteers as a naturalist at Tims Ford State Park. Family Friendly for those 8 and older.

Sun. 9:00-9:45 (BOSTICK) Presentation & Book Talk: Hiking Tennessee, Ranger Stuart Carroll. Not eligible for CE Credit

If you're into hiking, you will want to hear this talk and buy this book! Veteran Park Ranger Carroll, co-author of *Hiking Tennessee*, manages three natural areas: Virgin Falls, Lost Creek, and Dog Cove. He has spent his 30+ years as a park ranger exploring the parks and natural areas of our state. His talk will focus on East Tennessee hikes that you will want to add to your bucket list. *Hiking Tennessee* will be available for purchase and signing.

Sun. 9:30-11:45 (HIKE CENTRAL) Hike: A Naturalist Walk to Stone Door and Laurel Falls. Randy Hedgepath, 2.5 miles, Easy. Limit 12. CATEGORY: Ecology/Natural Systems Education

Enjoy a leisurely walk with Retired State Naturalist Emeritus Randy Hedgepath. Enjoy the scenery in a new way as you learn from a favorite ranger about the geology, flora, and fauna hiding in plain sight around you.

Sun. 10:00-11:45 (GILL) Hands-On Nature: Animal Encounters, Beth Girard, No Registration Needed. Not eligible for CE Credit

Stop by to see marsupials, animal pelts, reptiles, and more. Families are particularly welcome.

Sun. 10:00-3:00 (HIKE CENTRAL) Hike: Explore Upper Collins Gulf. Mary Priestley, 3 miles, Moderate/Strenuous. Limit 15. CATEGORY: Forest Systems Education

The plan is to hike to the suspension bridge over upper Collins River and return. The hike includes an overlook with a beautiful view down the Collins River valley. The trail traverses one short, steep hill and several boulder fields with loose rocks. Hiking sticks are recommended. We are not sure what we'll find in the way of wildflowers, but this will be an adventure. If you want to take lunch with you, reserve a lunch to go at the food and lodging link on the T&T website or bring your own. Bring water.

Sun. 10:00-10:45 (BOSTICK) Presentation: The Cedar Glades and Barrens—Tennessee Treasures, Kris Light. CATEGORY: Plant Education

Join Kris, who has been leading wildflower hikes for 36 years, to learn about some lesser-known wildflowers. Some are endemic to the cedar glades (such as the Tennessee Coneflower and Sunnybells)

and some are usually found in the barrens. Kris is the Science Outreach Educator for the American Museum of Science and Energy in Oak Ridge.

Sun. 10:00-11:45 (WALK DEPARTURES) Walk & Workshop: Forest Bathing, Melissa Jean. Limit 12. NO CE CREDIT

Drawing upon the Japanese principles of Shinrin-yoku, (taking in the forest atmosphere), forest bathing involves connecting with nature using all five senses. Melissa Jean, a forest therapy guide certified by the Association for Nature and Forest Therapy and a professor at Lesley University, will be your guide as you come into deeper contact with yourselves and our more-than-human world. The walk will begin with a brief talk on the history and health benefits of nature exposure, some exercises designed to open our senses, and conclude with a contemplative forest tea ceremony.

Sun. 10:30-1:00 (HIKE CENTRAL) Hike: Geology of Greeter Falls, Bran Potter, 2 miles, Moderate. Limit 15. CATEGORY: Geology Education

Retired Sewanee geology professor Bran Potter, who created the Walking the Land class at Sewanee and teaches in the Tennessee Naturalist Program, will be your guide at Greeter Falls. Learn about the geology of the area from one of our favorite guides. If you want to take lunch with you, reserve a lunch to go at the food and lodging link on the T&T website or bring your own.

Sun. 11:00-4:00 (HIKE CENTRAL OR TRAILHEAD) Hike: Fiery Gizzard to Sycamore Falls, Jason Reynolds. 3 miles, Moderate. Limit 18. CATEGORY: Forest Systems Education

Meet Park Ranger Jason Reynolds at the Fiery Gizzard North trailhead for a magical hike along the headwaters of the Big Fiery Gizzard creek, one of the most famous hikes on the plateau. This creek-side hike has some steep rocky sections that can be challenging to negotiate. Bring a picnic lunch if you choose. The time allotted includes travel time from BSA (21 miles) and back. If you choose, you can meet at the trailhead at 11:30. The trailhead is located at 131 Fiery Gizzard Rd, Tracy City, TN 37387 (GPS 35.25233, -85.74768).

Sun. 11:00-11:45 (BOSTICK) Presentation: Nature Photography—The Art of Seeing, Robin Conover. CATEGORY: Nature and Art Education

“The Art of Seeing” is a look into the art of making a photograph. Robin, longtime photography editor of the *Tennessee Magazine* and winner of numerous photography awards, notes that “having an eye is just as important, if not more so, than being technically able to capture it.” This session, aimed at all levels of photographers, will focus on how to see composition, background, and lighting with regard to the subject. It will not get into the weeds of f-stops and shutter speeds. Participants will learn how to take what they see through the viewfinder, or on a smartphone screen, and refine it before they ever make an exposure. Learning a few basic techniques will help participants train their eyes to see the elements of an image before looking through the lens.

Sun. 1:00-3:30 (HIKE CENTRAL) Hike: Stone Door & Laurel Falls, Nick & Jenny Barsotti, 2.5 miles, Moderate. Limit 15. CATEGORY: Forest Systems Education

Don't miss the chance to visit the Great Stone Door and nearby Laurel Falls. Join naturalists Nick and Jenny for this hike exploring the Stone Door, Savage Gulf Rim, and Laurel Falls, all close to the North Trailhead. The trail to Stone Door is flat and partially paved; Laurel Falls is lower, the trail fairly steep.

