



Winter Edition, 2018

### Inside This Issue

- 1 Introduction
- 1 Opportunities
- 2 Winter Safety
- 4 Upcoming Events

## TVA Natural Resources Volunteer Crew

Commitment to service and environmental stewardship are fundamental values at TVA. We do a lot of work to enhance and preserve the cultural and natural resources and increase the recreational opportunities throughout the region. One of the most important things we can do to ensure the legacy and success of our efforts is to share what we know and expand our ability to connect with people and hopefully inspire others to make a difference in the world around them. In order to bring as many opportunities for preservation and recreation on TVA managed lands as possible, we work with partners and volunteers who offer up their time, skills, and expertise to help us protect public land and waters. We are excited to bring you the first edition of Crew Log, a newsletter that brings together all of the volunteer efforts across the Tennessee Valley, spotlights activities, explores our public lands, and connects you to opportunities to learn, serve, and protect. Thank you for your hard work!

## Opportunities

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*We'll help you find ways to get out and have fun, all while helping the valley.*

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We have a lot of opportunities for you to spend some time outside giving back to the places you love to play, care for the plants and animals that live in the Tennessee Valley, and develop a love of conservation. Want to volunteer? We'll help you find ways to get out and have fun, all while helping the valley. Whether you have a day or are looking for an ongoing pursuit that you can fit in on your time, we have several ways that you can be a stewardship hero.

Adopt a Spot/Adopt a Trail is a program for groups who want to learn more about and care for public lands along the Tennessee River. A perfect opportunity for corporate team-building, science classes, scouting groups, and neighborhood home-owner associations. Form your group or go at it solo...either way, you'll enjoy knowing that this spot is being taken care of.

## Opportunities (cont. from page 1)

### **Join the fun!**

We would love to see photos of your volunteer activities and stories.

**Share** your adventure on social media with using #tvafun

**Share** your volunteer story by emailing [volunteer@tva.gov](mailto:volunteer@tva.gov) for a chance to be featured in the Volunteer Spotlight

Find out about volunteer events and opportunities on TVA public lands in other parts of seven states in the Tennessee Valley

**Plan** your next adventure on TVA lands

Event days are half-day or full-day opportunities for you to pitch in and help, learn something about the river and unique habitats we conserve, or join in on a group lead adventure on the trail or float. What day are you celebrating? Public trails that everyone can enjoy? Join us for Trails Day. Free access to bank fishing, picnicking, and the places you spend with your friends recreating? Join us for Public Lands Day. Our events are shaped around a cause and theme to celebrate and promote sustainable environmental stewardship. Check out our calendar on <https://www.tva.com/About-TVA/Volunteering-at-TVA> to learn more or call us at 1-800-TVA-LAND.

TVA's Thousand Eyes Archaeological Site Stewardship Program is an outreach program that trains volunteers to help federal and state agencies with monitoring and protecting archaeological sites in the Tennessee Valley.

Join us with our partner, Discover Life in America, to conduct biological inventories on TVA public lands. These family-friendly events include opportunities to learn more about the plants and animal in their natural habitats and learn how to log your findings in the iNaturalist biodiversity sharing app.

Get paired up! TVA partners with local organizations to maintain trails and clean-up the river. Interested in finding out how you can participate in partner events and get involved in their fun? We'll pair you up.

## Outdoors Winter Safety Tips

Spending time outdoors in the winter months can be a great way to lift your spirits and beat the winter doldrums, but make sure you take a few precautions and don't get caught off-guard. Here are a few reminders and tips to keep in mind before you venture away from your cozy home.

**Dress for success.** Stay dry and warm by layering articles of clothing. Start with your base layer, often referred to as your "long underwear". Avoid cotton, if



## Winter Safety (cont. from page 2)

possible, so that this layer can breathe and wick moisture away from your skin. Next is the insulating layer, such as wool, fleece, or microfleece shirts and/or jackets. This layer should keep you warm. Remember to think about insulated pants, if the temperatures are near (or below) freezing. Top it off with a water-proof shell, so that the wind and snow won't "cut" through your layers.

Don't forget that you can layer your socks and gloves as well and remember... keep your head warm with an insulated hat that can cover your ears. If it is near (or below) freezing, remember to cover your nose and extremities to prevent frostbite.

Footwear! Waterproof boots are the best. In the south, you may think it is warm enough for sandals in the morning, but then realize that you needed your boots half-way up the trail. Be prepared for changing conditions.

**Hello darkness, my old friend.** The amount of available daylight in the winter months is shorter and the sun can set as early as 5:20 (EST). This means that if you live in the western portion of the Tennessee River Valley, it could be dark before you leave work or shortly after you get home from school. Plan on completing any outdoor work or recreation activity early enough in the day or go on the weekend to prevent getting caught out in the dark. Remember to take a flashlight (with working batteries!) or headlamp. Take note of the sun's position in the sky if you are on the trail and remember to get to a safe place before it gets too low in the sky...so, don't go that extra mile.

**It's the journey, not the destination.** Driving in winter conditions can be tricky and a downright nightmare in the south. Keep your car serviced, check your tire tread and pressure, and don't let your fuel level sink too low. Consider taking a vehicle that has 4-wheel drive or chains during times of winter precipitation. Remember to go easy on the brakes, turn your steering wheel into the way your vehicle is sliding...or better yet stay home. Volunteering is just that. Save it for another day. If you are out on the trail and the weather sneaks up on you, remember that slipping and tripping hazards exist. Leaves are wet and slippery and what seems like a gentle rolling hill may end up being a slippery slide on your backside. Go slow and steady. Trekking poles can be good, but they can also slip out from under you on wet rocks and snow. Be aware of your footing and pay attention to the path.

**Remember your essentials.** You can still get a sun burn and become dehydrated in the winter, so remember to take your sunscreen and plenty of water. Your winter pack should also include extra clothes and socks, food, first aid kit, flashlight, map, and emergency contact information. Carry these in a water-proof plastic bag in case the weather turns on you. Lip moisturizer and chewing gum are also great to keep in your pocket (just remember to pack out your trash)!

**It's hunting season!** Remember that most TVA areas are multi-use. Hunting is allowed unless otherwise posted, but hikers, horseback riders and other recreation users may be in the area, too. Wearing hunter orange hats and vests helps ensure that you are seen when you're in the woods—whether you're hunting or not. For more information on hunting on TVA lands, see <https://www.tva.com/Environment/Recreation/Come-Hunt-with-Us>

**Plan, plan, and plan some more.** Make sure someone else knows your plan and make sure you plan well. It goes without saying; when in doubt...sit it out. Check your local weather forecast and plan accordingly.

## Upcoming Events

- Adopt-a-Spot Volunteers, remember to fill out your Condition Evaluation Report and submit your volunteer hours to [volunteer@tva.gov](mailto:volunteer@tva.gov). Submit all four of your monitoring sheets during your year of service and receive a recognition item.
- Join your fellow citizen volunteers and help round up invasive and nuisance plant species in Weed Wrangles® at TVA's Big Ridge Small Wild Area near Chickamauga Dam in Chattanooga, Tenn., on **Saturday, March 17, 2018**. [Click here to learn more about these events.](#)
- This spring, we will be hosting or working with our partners to bring you several events across the Tennessee Valley! There will be opportunities to volunteer on TVA public lands, as well as educational events, eco-fairs and cleanups. Keep an eye out for dates for our annual River Bluff Wildflower hike on Norris Reservoir. We'll also be developing a list of additional activities and sites with volunteer needs.