



Carolina Mountain Club

Since 1923

eNews | Hike . Save Trails . Make Friends

May 2016

In This Issue

[National Trails Day June 4](#)

[Bernstein Earns Lifetime Achievement Award](#)

[Tom Weaver](#)

[MST Guides Available](#)

[Authors Needed](#)

[Trail Magic](#)

[Cornwall Coast](#)

[Botanist - Lecture Series](#)

[Bear Attack](#)



CMC Trail Maintainers Work on MST section.

Attend National Trails Day Saturday, June 4

Join the celebration of National Trails day on Saturday, June 4, at Water Rock Knob (451.2 on the Blue Ridge Parkway) to dedicate the club's completion of a section of the Mountain to Sea Trail (MST). Two hikes are planned and a chance to rehabilitate a portion of the trail. N.C. State Park officials will join in the dedication.

Lenny Bernstein Receives Lifetime Achievement Award

Lenny Bernstein received the CMC Honorary Life Membership during the recent Spring Social. Bernstein is one of 11 members who have received CMC's highest recognition.

"It's hard to say how much Lenny means to CMC. He has contributed - and continues to contribute - in so many ways. To me, he probably "shines" the most in his ability to explain and document the why and how of what we do as a club," said CMC President Barbara Morgan.

Bernstein's accomplishments include:

- Hiker, hike leader, section maintainer
- Served on Council - with only a few years off - from 2003 to the present. Secretary, VP, President (twice!), Past President
- Chair of important committees like rewriting the by-laws, awards and nominations committees, and chair of the steering committee for the ATC Biennial in 2013
- Currently working on reprinting the MST guidebook and creating the club's first Operations Manual.

The former president has been a member of CMC since 2001.



Tom Weaver

Speaking with Tom Weaver

By Bobbi Powers

Tom Weaver has lived in NC for only 8 years and has been trail maintaining for only 3+ years, but this Pennsylvania transplant is making a big impact on the trails in WNC.

First, a little background on Tom. One of 12 children in a farming

family, he earned a degree from Penn State in Polymer Science and went on to a 33-year career with Dow Chemical, serving in a variety of positions, working in 6 states, as well as Germany, and finishing his career in NC in 2013. Because he and his wife Kathy are avid hikers, he wanted to learn about sustainable trail building and maintenance, so he joined the CMC Friday and Saturday trail crews after learning about CMC's work from some men at a w

He grew up in a hunting family and enjoys flintlock hunting, a very traditional and exceedingly challenging way to "bring home the bacon." His interest, combined with years as a hobbyist wood worker, led him to build his own flintlock rifle and pistol. He also has built a dining room table, coffee table and headboard from natural edge slabs for his home.

And now to his impact in our club and North Carolina – Tom is the newly appointed Trail Facilities Coordinator. Tom sent me the 15-point job description; believe me, I don't see how any one person can handle all this but, according to Pete Petersen, to whom he reports, "Tom



Tom Weaver, center

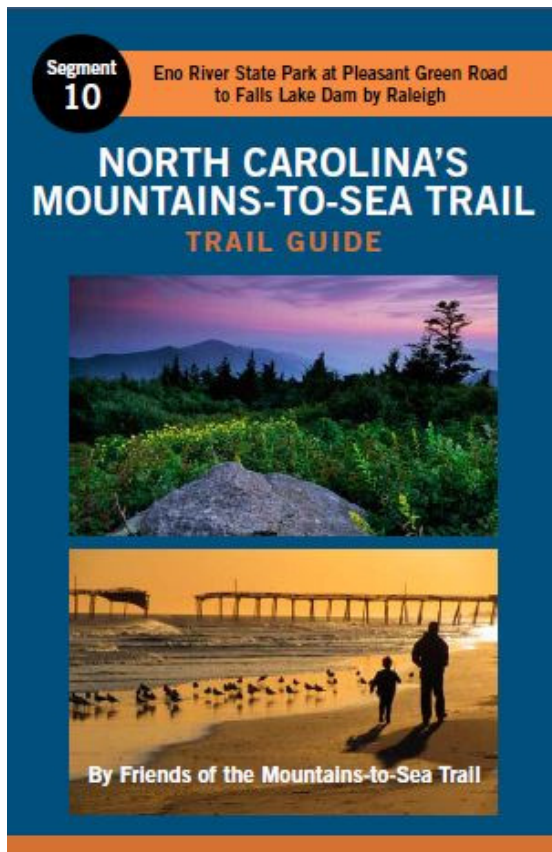
took over this weighty responsibility from Howard McDonald who had concentrated his activities on A.T. facilities.... Tom has successfully widened the scope ...to include facilities on all the trails the CMC is responsible for. This has resulted in his involvement in guiding the replacement of the Dingle Creek Bridge on the MST this past spring and, so far, planning the major renovation work that is just beginning on the Art Loeb Trail at Silvermine." In a nutshell, Tom devises, plans, collaborates, and supervises all aspects of trail building not involving the trails themselves – shelters, picnic tables, privies, bridges, signage, bear cables – and the list of responsibilities goes on and on.

Tom has helped design and build or repair bridges on Cat Gap Loop (Friday Pisgah crew), Bad Fork Trail (Thursday crew), Balsam Gap (Wednesday Waynesville crew), and over Neal's Creek (Monday crew). Many of us have undoubtedly walked on and admired Tom's handiwork.

However, his volunteerism isn't all about building things; he also gets to tear houses apart as a member of Habitat for Humanity's deconstruction team. This multi-talented man gets around! Most recently, the NC Secretary of the Department of Environmental and Natural Resources appointed Tom to its 7-member North Carolina Trails Committee, a 5-year commitment. The committee makes funding recommendations and represents outdoor groups across the state - hikers, cyclers, paddlers, equestrians, and off-road vehicle enthusiasts. Les Love, who recommended Tom for the position, said, "...he quickly showed a love and talent for engineering trail construction....I know that serving on this committee will give him an even greater knowledge of hiking trails and other recreational user groups, as well as sharing his knowledge of trails and WNC with that prestigious group."

I asked Tom if he, like Davy Crockett, had named his rifle. He replied, "No, I have not named her...yet!" Stay tuned, folks. And perhaps suggest some names

In all seriousness, Tom Weaver is a doer, a perfect example of an active retiree. We CMCers are lucky he chooses to stay busy with projects that benefit us and our environment. Thank you, Tom.



MST Guides Available Online

Danny Bernstein

The MST is finished. Just because some of the trail is on small roads doesn't mean that you can't hike the whole thing. Think the Camino de Santiago, which is probably mostly on roads.

Now, Friends of the MST has just published a set of guidebooks that literally describes every twist and turn along the 1,100-mile route from Clingmans Dome in Great Smoky Mountains National Park to Jockey's Ridge State Park in the Outer Banks. I wrote the section from Clingmans Dome to Waterrock Knob on the Blue Ridge Parkway.

"These guides will make the MST more user-friendly, whether you're hiking an hour, or for weeks," said Kate Dixon, Executive Director of Friends of the MST. In addition to east and westbound directions, the guides have information about locations for parking, camping, water, places to eat and resupply. A general description of the route ahead and unique natural features and historic sites along the way are highlighted.

So for example,

"Follow steps down to right to cross creek using large

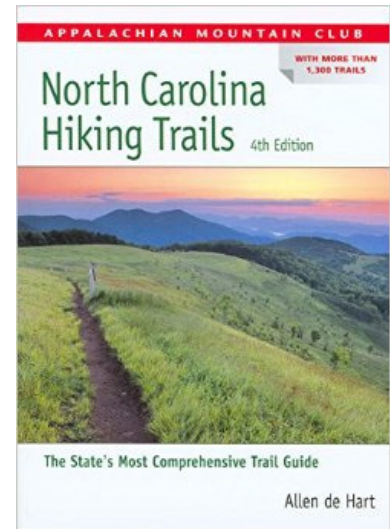
boulders. In the next 0.2 mile you climb up and down hills, with a series of cascades in creek on left, followed by 3 sets of wooden steps," is typical for the thousands of directional entries in the 20-volume guides. Soon, you'll be able to buy the twenty booklets. Right now, the guides are available online in a printer friendly format at www.amc.org. Each year thousands of hikers use the trail. To date, 58 people have completed the MST, and the number grows every year. So get out there!

AMC Seeking Authors To Update Book

By Jennifer Wehunt

Greetings, Carolina Mountain Club! My name is Jennifer Wehunt, and I'm the editorial director of the Appalachian Mountain Club, headquartered in Boston. Since 1982, AMC has published the guidebook North Carolina Hiking Trails, which historically has had the support of the CMC—a sign of our clubs' friendship.

At 11 years old, the current and fourth edition of the book is overdue for a revision, but doing so is dependent on us finding an author. That's why I'm writing now: We are actively seeking an author or authors to update the next edition of the book. Maybe that's you—or maybe there's someone you'd like to recommend from the Carolina hiking community.



Because we follow a rigorous editorial and production process, professional authors are typically stronger candidates than hobbyists, but we're open to working with less experienced writers who are ready and willing to tackle a big project. Because we haven't yet set the publication date for this book, the very earliest it would release would be fall 2018, giving potential writers a minimum of two full summers (2016 and 2017) to research, hike, and write. All freelance authors work closely with the editorial staff here at AMC.

This is a bylined book, meaning the author's name will be on the cover, and it is a paid freelance project, although those familiar with the book industry know it's not going to make you immediately and fabulously wealthy. It is, however, a great opportunity to celebrate a region (the Carolinas) and an activity (hiking) you love. Many of our authors have been with us for decades, so it's also a chance to start a long and fruitful relationship with AMC.

Interested parties should send me a note at jwehunt@outdoors.org with the subject line "Carolina author." They should introduce themselves (informal is fine) and include two or three samples of their written work, as well as a resume. For a trial run at meeting deadlines, please get those materials to me by Monday, June 13, 2016.

Many thanks for your consideration. I look forward to hearing from you!

Jennifer Wehunt

Editorial Director

Appalachian Mountain Club

ABOUT AMC: Founded in 1876, the Appalachian Mountain Club promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of America's Northeast and Mid-Atlantic regions. We believe these resources have intrinsic worth and also provide recreational opportunities, spiritual renewal, and ecological and economic health for the region. Because successful conservation depends on active engagement with the outdoors, we encourage people to experience, learn about, and appreciate the natural world.

Thru Hiker Sign in Sheet

Handle	Home Tn	Start Dt	End Dt?	Profession	Time off?	Reason for doing?
Salt	Augsburg	04/02/16	End of Sept	Sales Office	6 month	Love for nature
Pepper	Augsburg	04/02/16	End of Sept	Support & Service Mgr	6 month	adventure, meet people
Nyles	Victoria BC CAN	04/06/16	End of Sept	Cabinet Maker	6 months	For Fun
Geo Evans	Knoxville	4/03/16	End of Sept	WOMAN	1 YEAR	Parents, ENJOY THE CHALLENGE
GNUMIE	JOHNSON CITY TN	4/2/16	End of Sept	FARMER/WOODMAN	6 MONTHS	CHALLENGE, NATURE, FUN
M. H. Bob	Antioch TN	4/16/16	End of Sept	Retired	my LIFE	Love the outdoors
Lewis & Clark	Richmond, VA	3/24	ending in PA June 20	environmental scientist	indefinite	see the reasons
WANTS STRAUS	AZ	3/20	Sept?	cooking/writer	1 Year maybe more	all the above, while we're young
Clare Schaal	Tulsa	5/10/15	5/24/16	Dentist	Always	Madness, incorrect age (7)
One Foot	Philadelphia	4/18/16	5/14/16	Logistics Coord. Outward Bound	1 month	wanted to stretch my trail legs
Twinkie	Charlotte	4/5/16	1st week August	gap year HS	15 months	IT'S THE AT
moonfire	Dresden	4/02/16	End of Sept	Interior Designer	7 months	want to do this!
Scorpion	Oxroka IN	4/5/16	August-ish	Retired	indefinite	what they said
number 22	like address	4/22/16	?	RETIRED	indefinite	life is goal
	Dallas TX	4.22.16		Charwerker	2 weeks	Section
	STL	4.22.16		manager	2 week	Section
Reverend	Rehoboth, NY			hiker	yes	just kinda dumb
Jake & Jack	South Dakota	3/24/16	Sept/Oct?	Developer/consultant	indefinite	Why not?
Frog Leap	NY	3/23/16		Teacher	retired	
Robert	STL	4/25/16		LOGISTICS	2 wks	SECTION
James	Newton, MA	3/19/16	9/28	Computer Programmer	indefinite	Fun
LOW-BIT-SURE/BECAUSE OF HER	Royal Oak MI			MAR 6 th 2013		Love the outdoors Love all the kind southern
OPPY	AKRON PA	4-6-16	?	RETIRED		WHY NOT?

Trail Magic

by Mike Knies

"There's a tradition of charity unto others called Trail Magic on the Appalachian Trail and other long distance trails in the US. It takes many forms. Sometimes, people will leave cold drinks and snacks at trail crossings for thru-hikers, or they'll pick hikers up on the road and take them home for a few days of rest and food. It's a great tradition and one of those magical things I like about hiking trips." -Section Hiker

Anyway I had never heard of "trail magic" until a year ago when Les Love and I were beginning a three day hike on the AT from highway 19E. A

young woman had a table set up with snacks and cold drinks for thru hikers. About a 1/4 mile up the trail she had placed a waste can so that those who didn't stop for long enough to finish their snacks could leave the refuse and not be inclined to just pitch it. I was quite impressed.

I told my wife Pam of various trips I took on the trail in the spring and how many thru hikers I passed when I was going south. In peak season that number averaged between 40 and 60. I also told her about the trail magic. She said we ought to do it! I agreed especially since traffic was expected to be up about 40% after the two movies last year about hiking the long trails. So we picked spot where the road to Max Patch which is about 10 miles from I-40 and on the Tennessee/Carolina state line crossed the AT.

There were two hikers coming down the trail as we exited the van before we even started to set up. I asked if they minded waiting until we could warm up the hot dogs. "No problem!" It turned out they were from Augsburg, Germany.

As it turned out we were fortunate to have arrived a little earlier than we had planned as within 15 minutes we had more than a dozen.

We did ask them to complete a form to find out more about the hikers. I was curious to know where they were from, their handle or nickname, when they started, profession and why they were doing it.

Another German lady, this one from Dresden, along with a former soccer player with a bad knee sat with Pam for a long time talking about politics and life in Germany. The German said things are so different in Germany. Everything is formal and ordered and everything in the US is so informal. "People even wear their pajamas to town in the US!" Her name was "Moonfire" and she got her name from three drunk brothers around a fire in Georgia. The soccer player had a Russian tattoo but would tell us what it meant. She ate three hot dogs.

We had one guy who was hiking north to south and then later six section hikers also headed south and traveling together came by. They were from all over and had met in a number of different ways. Most of them ate two dogs and another earlier hiker even ate three even though said he hadn't been hungry when he got there. Pam talked to a nice young couple from Virginia about Mr. Jefferson and a UT grad from Knoxville about SEC trash. An older couple came the end with a young guy. They stayed for quite a while. She had had brain surgery and was vegetarian but she loved the candy and chips. She had bad knees and feet and they were going very slowly. They were two of the earliest starters on March 23.

I think next year we will pick Sams Gap which is about three days farther north on the trail. It

has the advantage of being ten miles closer and almost all interstate driving eliminating the gravel and dusty road. Also I think we will only plan for 50 instead of 75. If we run out we just go home.

Walking the Cornwall Coast Path

By Stuart English

Amy Treverton is a great trip organizer. In 2008, she organized a trip to Peru, in which several CMC members walked the Inca Trail to Machu Picchu. In 2014, she spearheaded a walk from Portugal to Santiago de Compostela, Spain on the Camino de Santiago. So in April, 2016, I didn't hesitate to sign up for this trip that involved walking 170 miles on Britain's Southwest Coast Path. We only were going to do the part of it between Padstow and Falmouth in Cornwall. This seemed doable. A company called Encounters Walking booked us rooms in B&Bs in towns and villages along the way and our luggage would be sent ahead. All we had to do was walk from one town or village to our next lodging.

In the end, it turned out to be tougher than either of us thought. Thanks to Gary Eblen at Diamond Brand, I had taken my long underwear. Most days I was glad to have it on. The wind was cold and unforgiving. The path followed the Coast along headland cliffs and down into and back out of innumerable coves many of which were strewn with boulders. We walked in cold rain a couple of days that contained some hail. We were lucky these days did not take us through the rocky places. I eventually gave it up after a little over 100 miles. Amy soldiered on bravely for a few more days, but eventually sustained a leg injury and the two of us finished the journey in buses and cabs.



It was our first trip to Britain and I fell in love with the place. There is so much history to be encountered at every turn. The country side is beautiful and seems to be exactly as it has been for hundreds of years. This is because the English people don't seem to be interested in building unnecessary roads or shopping strips. Why have 10 supermarkets when one will do? They take great pleasure in simple things. Cream tea and scones, or a pint of lukewarm beer in a pub with a faithful dog at their feet; seems a good life style to me. In spending almost a month there walking and taking public transportation; we were blessed to have many conversations with English people. With a little imagination, you could say that every man was a kindly curmudgeon like Doc Martin, every woman a combination of Princess Diana and Miss Marple, and every young boy,

...

well Harry Potter, of course. There are many magical things hidden below the surface here. Cheers and no worries.



Botanist Featured At Lake Logan Lecture Series

The Lake Logan Lecture Series will continue at 10:30 a.m. Tuesday, May 24, at the Lake Logan Episcopal Center, located at 25 Wormy Chestnut Lane, Canton. A presentation will be given by Dr. Timothy Spira, an author, botanist and Clemson University professor. Spira will lead the audience through a lively interpretive discussion covering some of the most stunning waterfall hikes in the Southern Appalachians.

Complete with a seasonal species lists for each hike, photographs of the destination waterfalls, and descriptions of 105 key plants that nature enthusiasts

may encounter along the way, Spira's presentation is meant to increase the enjoyment of exploring our mountain home.

The presentation concludes with lunch, which is included in the registration fee of \$25. Advance registration is required and available at <http://www.lakelogan.org/2016-lecture-series/>. Call Lake Logan Episcopal Center at 828.648.4547 with any questions.

The Lake Logan Lecture Series brings regional storytellers, naturalists, historians, thought leaders and others to Lake Logan Episcopal Center. Each presentation was chosen with the intent to enlighten and entertain, with a special focus on celebration of Southern Appalachian heritage and culture.

For a complete list of lecture series topics and speakers or to register online for an upcoming lecture, visit <http://www.lakelogan.org/2016-lecture-series/>.

Shelter Closed, Bear Euthanized After Attack

Great Smoky Mountains National Park officials received results of DNA analyses comparing samples from bears found near the Spence Field Backcountry Shelter area where a bear attack occurred on May 10 involving a 49-year old hiker who was bitten while sleeping in his tent near the shelter. Two separate analyses were performed. The first analysis compared a sample of bear saliva from the hiker's chewed belongings and a sample from a male bear euthanized from the same area on May 13. The second analysis compared a sample from the hiker's belongings and a male bear from the area that was captured and released with a GPS-tracking collar on May 20. Based on the DNA analyses, neither of these two bears matched the bear responsible for the attack.



Over the last year, park managers have developed new protocols and techniques that support using DNA as a viable option in confirming matches before euthanasia in many situations. The park now has an agreement with a lab capable of providing DNA analysis in a timely manner. Park managers also secured viable options for facilities capable of safely holding wild bears captive temporarily. At the Spence Field backcountry location, transporting the bears 6 miles out of the backcountry by a ground crew to a holding facility was not considered a practical option. Wildlife biologists have also developed GPS-tracking techniques that allow managers to consider collecting a DNA sample from a suspect bear and then releasing it with a GPS-tracking collar. With this technology, managers now have the opportunity to monitor and locate the bear as needed while waiting for the DNA analysis. Park biologists attempted this alternative with the bear captured on May 13 from Spence Field, but were unable to fit a collar securely on the bear's extremely large neck. Staff was able to use this technology with the 200-pound male bear captured on May 20.

Due to the backcountry location and the size of the 400-pound bear captured on May 13, management options were limited. Park wildlife biologists recommended euthanasia of the bear based on a combination of factors including the presence of dental injuries consistent with the hiker's bite wound, the size and gender of the bear, and being the first and only bear present near the scene of the attack. The large, dominant male bear fit the profile of a bear expected to have been responsible for the attack. The serious incident included not only an aggressive bite through a tent, but also repeated attempts to enter the victim's tent. The victim had properly stored his food on the aerial food storage cables.

While human injury is rare, the park has recently had multiple incidents of bears ripping into tents in the backcountry. The months of May and June are particularly difficult for bears due to the lack of abundant natural foods. Summer foods, primarily berries, will begin to ripen over the next several weeks and the park historically sees less aggressive bear behavior after that point. Hikers are reminded to take necessary precautions while in bear country including hiking in

groups of 2 or more, carrying bear spray, complying with all backcountry closures, properly storing food regulations, and remaining at safe viewing distance from bears at all times. The Spence Field Backcountry shelter remains closed and wildlife staff continue to monitor the site for additional bear activity. For more information on what to do if you encounter a bear while hiking, please visit the park website at <http://www.nps.gov/grsm/naturescience/black-bears.htm>.

To report a bear incident, please call
865-436-1230.



Send eNews articles to eNews@carolinamountainclub.org

The newsletter will go out the last Friday of every month. The deadline to submit news is the Friday before it goes out.

The next issue will come out on Friday, June 24, so send your news by Friday, June 17, to eNews@carolinamountainclub.org. Include your email address at the end of your story. Thank you.

Westgate parking - Park in the northernmost part of the lot - past EarthFare, in the last row of parking spaces.

To join Carolina Mountain Club go to: www.carolinamountainclub.org. Click on "Join CMC" on the right side. Follow the instructions. Send all address and email changes to Gale O'Neal at gogalemail@gmail.com. Do not resubscribe yourself to the eNews. That will be done automatically. If you are a non-member subscriber, you need to go back to the eNews and make the change yourself.

Carolina Mountain Club | P.O. Box 68
Asheville, NC 28802



[CMC Calendar](#) [Hike Reports](#) [Future Hikes](#)