

Reply: enews@carolinamountainclub.org



Carolina Mountain Club

Since 1923

eNews | Hike . Save Trails . Make Friends

October 2015

In This Issue

[Trail Maintainers Awards](#)

[Recognition by Backpacker Magazine](#)

[MST at Waterrock Knob Completed](#)

[Howard McDonald](#)

[Hunting Laws for Hikers](#)

[USFS Public Meetings](#)

[Isle Royale National Park](#)

[Lenny Bernstein's First Novel](#)

[TWS Hike Challenge Celebration](#)

[Leave No Trace Education](#)

[Book Review: Potluck](#)

[CMC Archives: Cabins](#)

[Hiker & Adventurer: Joey Shonka](#)



AWARDS & APPRECIATION FOR TRAIL MAINTAINERS

By Bobbi Powers

Sixty-plus trail maintainers met at Lake Julian Park on a perfect September afternoon for a rollicking good, old-fashioned picnic. Two picnic tables were crammed with a wide assortment of picnic fare. The grillers were adding hamburgers and hotdogs to our heaping plates. And we even had entertainment - a singer-guitarist provided background music as the crowd mingled and munched.

Pete Petersen, Councilor for Trail Maintenance, emceed the awards program and noted that in the past year our maintainers have provided 31,000 volunteer hours. **Wow!** Pete noted that on Sept. 14 CMC President Lenny Bernstein signed a formal agreement with the Blue Ridge Parkway regarding trail maintenance which has been in the works for more than a decade. **Another Wow!** Pete also announced that the formal dedication of the soon-to-be-completed MST to Waterrock Knob will be June 6, 2016, National Trails Day.

And now for **the major WOW factor** - the individuals and their phenomenal number of accumulated hours:

9000-hour Rocker patch: Howard McDonald

4000-hour Rocker patch: Jack Fitzgerald

2500 hours - fleece vest: Ken Deal, Bob Lindsey

2000-hour Rocker patch: Pete Petersen, Jim Spicer, John Whitehouse

1000-hour Rocker patch + ATC book and maps: Roger Woolsey, Paul Thraikill, Jake

Blood, Ann Hendrickson, Stan Smith, Les Love, Tom Weaver, Roy Davis,

Rich Evans, Rocko Smucker, Mike Williams, Bob Beach

500 hours - rain jacket + maintenance patch: John Busse, Tim Clark, Dennis Smith,

Dwayne Stutzman, Kay Shurtleff, Tommie Boston, Joe Lappin, Jim Barham,

Mike Goodman, Joanne Tulip, Paul Dickens

Finally, Lenny took the stage to make two high-achiever awards. First up was the ageless Lew Blodgett who was presented with a signed plaque from President Obama – the Presidential Lifetime Achievement

Award. Lew has been a fixture in trail maintaining for seemingly forever. (See archived interview about Lew's accomplishments.) ! Lenny also presented a rather bittersweet award to Piet Bodenhurst - an Honorary Lifetime Membership to Carolina Mountain Club, the Club's highest award. (Bittersweet because Piet recently suffered a stroke and was unable to accept the award in person). Piet initiated the Councilor for Trail Maintenance position on the Council, creating a leadership position and a voting "voice" for trail maintenance. Piet also created a map of all emergency entrances to the A.T. which entailed thousands of miles of driving. Many emergency responders now use this map, and other hiking clubs are interested in creating similar maps. ! Whenever you see a maintainer on a trail you are hiking, be sure to stop and give that person a sincere thank you for all his/her selfless work.

CMC Recognized in October Issue of Backpacker Magazine

at spotting them.



→ The Carolina Mountain Club may be the most well-rounded club we've heard of: 175 hikes each year, 400 miles of maintained trails (including part of the Mountains-to-Sea Trail), and its been going 90 years strong. In addition to the hikes (ranging from a mile to 12 miles), members can complete different challenges (such as bagging all 40 of the Southeast's 6,000-footers or hiking all 400 miles of trail in the Pisgah Ranger District) to earn patches. **Contact** carolinamountainclub.org



...in which we honor the best hiking clubs in the country.

Score this view on the 1.5-mile Rough Ridge Trail off the Blue Ridge Parkway.

MST at Waterrock Knob Finished and Open!

By Ann Hendrickson

In 2008, flagging began for the 1.1-mile section of trail from Fork Ridge Overlook to Waterrock Knob (Parking Lot). After 5,852 hours of flagging, tree cutting, swamping, stump pulling, digging tread, moving rocks, building crib walls, water drainage, log steps, rock steps, rock bridges and blazing, this trail segment was completed in 2014. On October 16, 2015, the final segment of the Mountains-to-Sea Trail (within the jurisdiction of the CMC) was finished from Waterrock Knob to Hornbuckle Valley. This westside 1.5-mile segment of trail of Waterrock Knob represents over 5,300 hours of trail crew construction time over a 2 1/2 year period.



The CMC has been involved in building a part of the MST for over 30 years. The over 11,000 hours of volunteer trail construction work on this 2.6 miles of trail flanking Waterrock Knob required the determination, dedication, and skills of 20-25 members of the Asheville Friday Crew. The Quarterly Crew added eager assistance to complete the monumental task. Waterrock Knob, being the highest peak of the Plott Balsams at 6,292 feet, lived up to its reputation, providing challenging wet areas, large rock faces, steep slopes, and temperamental weather conditions to work in. However, the trail, now complete, is as fine a trail one will find in WNC, and the view shed on the west side is worth repeat visits.

The Mountains-to-Sea Trail from Heintooga Road to Black Mountain Camp Ground is officially completed, and opened to the public for hiking. This represents 141.9 miles of the MST within the CMC's jurisdiction. An official dedication will be on June 4, 2016 on National Trails Day.

Tributes to Howard McDonald, Dedicated Trail Builder



Last month, Howard McDonald, one of CMC's most dedicated trail builders and maintainers, passed away. Over the years, Howard had contributed over 9,000 hours of volunteer effort on CMC trail maintenance crews. The October 9, 2015 issue of the Asheville Citizen-Times included a tribute to him, hailing him a "trailblazer".

Peter Barr, CMC Member and Trails & Outreach Coordinator with the Carolina Mountain Land

Conservancy, wrote a tribute to Howard's lasting legacy. It was published in the Hendersonville Times-News on October 25, 2015.

Hunting Laws for Hikers

By Danny Bernstein

On October 1, North Carolina made it legal to hunt on Sunday, but only on private land. Hikers aren't supposed to be on other people's private land. So, no worries here. Hunting is still illegal on public land on Sunday. But hunting season is here; so, a recap of our hunting laws might be useful.

Hunting is not allowed in:

* National Parks. So don't worry about hiking in Great Smoky Mountains National Park or on the Blue Ridge Parkway. But the parkway is a thin strip of land in many places, so you should realize that hunters don't know exactly where the boundary is.

* In North Carolina and South Carolina state parks. So don't worry about Mt. Mitchell State Park or any other state park. The Mountains-to-Sea Trail, though a state trail, doesn't have that protection since it takes on the laws of the land it's on, just like the A.T.

* Dupont State Forest is a recreational forest, but it does allow hunting in a very limited area. You'll see signs when you enter the hunting zone. Check out the website for all the rules and regs.



So where do you have to wear orange in Western North Carolina? Click [here](#) for information and dates to remember.

Public Input Opportunity: Nantahala and Pisgah Plan Revision Wilderness & Wild and Scenic River Evaluations

Public Meetings: November 9 in Franklin
November 16 in Asheville



Isle Royale National Park Backpack Adventure

By Don Gardner



How many have heard of Isle Royale National Park? I thought I was pretty good at knowing most of the NPS units, but when I discovered this jewel last year, I was determined to go. Isle Royale National Park is on Isle Royale island which is 40 miles long and located in the NW corner of Lake Superior between Michigan's Upper Peninsula and the NE corner of Minnesota (close to Grand Portage and Grand Portage National Monument). Isle Royale National Park was established on April 3, 1940; designated as a National Wilderness Area in 1976; and made an International Biosphere Reserve in 1980. It is the least visited National Park in the NPS, while having the most return visitors (%'wise) of any national park. It is also the only national park to actually close in the winter. (<http://www.nps.gov/isro/index.htm>)

I had the good fortune to backpack for five days on the island with five friends from Lenoir (scheduled for 7 days but a weather delay forced us to modify our itinerary). Our trip was the last week in August 2015.

Our original schedule was to take the seaplane into Windigo on the west end of the island and then zig-zag across the island for six days to Rock Harbor at the east end, returning by ferry on the seventh day. Heavy rain and winds forced the cancellation of our Sunday morning departure on the seaplane. Gale force winds on Monday forced cancellation by the Coast Guard of all recreational vessels on the Lake that day, including the ferries (leaving folks stranded on the island and the mainland). Departure by seaplane was successful on Tuesday morning, but we had to arrive at Rock Harbor instead of Windigo given the shortened timeframe for the backpack. Once on the island we hiked a big loop of the eastern half of the island over a four-day period totaling about 40 miles. We then took the Ranger III (the Motor Vessel Ranger III is the largest piece of moving equipment owned and operated by the National Park Service) back to the mainland on Saturday. As a brief digression, the two days we were stranded on the mainland allowed us to visit the Quincy Mine & Hoist – the largest copper mining operation of its day which is part of the rich copper mining history in the Keweenaw Peninsula in the UP of Michigan. This area (Keweenaw) is a National Historical Park (<http://www.nps.gov/kewe/learn/management/keweenawheritage-sites.htm>). We also visited Eagle Harbor and Copper Harbor which are on Lake Superior. And I'd be remiss if I did not

mention that we became very familiar with the Keweenaw Brewing Company and its products. The island itself is spectacular. There is a ridge that runs the length of the island with the highest point being 1,394'. This backbone is known as the Greenstone Ridge. The areas along the shoreline are mostly swamp and marshy, making them ideal habitat for moose. There are a large number of inland lakes, almost all of which have at least one campground on their shoreline. And the island is rich in forest. A series of hiking trails traverse the entire island (165 miles of trails) with multiple portages for canoer and kayakers to transport from lake to lake. That said, the island is a kayaker's/canoer's paradise. You can circumnavigate the island (keeping a wary eye on "The Lady" Lake Superior weather) or you can criss-cross the island. The large wildlife on the island are moose and wolf. Unfortunately the wolf population has nearly died off and there are now only three wolves left. Wolf are the only predators of the moose. So the big discussion now is to either let nature take its course or reintroduce wolf to the island. These two animals have reached the island historically via an ice bridge during extremely cold winters. With the earth's warming trend, the number of seasons where an ice bridge may be possible is diminished (although there was one in 2014 and again in 2015). Left unchecked, the moose population will become excessive and will eventually consume its habitat. Over the last couple of years, wolf have actually left the island via the ice bridge and some came over and returned to the mainland in the same year. We did see evidence of wolf in the form of tracks and scat. We also saw two moose (certainly had hoped to see more). While we had great intentions of catching fish on the island, it is a good thing we took our freeze dried meals. Fishing in the inland lakes does not require a fishing license but you must fish with barbless hooks. Fishing in Lake Superior requires a Michigan fishing license. But, we did not, nor did we encounter anyone who had caught any fish. The campgrounds were really pretty nice, all things considered. Most were equipped with one or more outhouses (with TP provided) and a number had shelters. The shelters had accommodations for six and were screened in to help control bugs and other critters (the squirrel population is pretty pesky). Many sites had five or more shelters. This was a great adventure and I highly recommend it to anyone who wants to get "disconnected" with the world and go back to nature. We have a beautiful country and this is one of the charming parks that has been preserved for our enjoyment. And remember: We do not inherit the land from our ancestors, we borrow it from our children. !

!!! Coastline Marshy zone Mt. Ojibwa
 !!!

CMC President, Lenny Bernstein, Publishes His First Novel

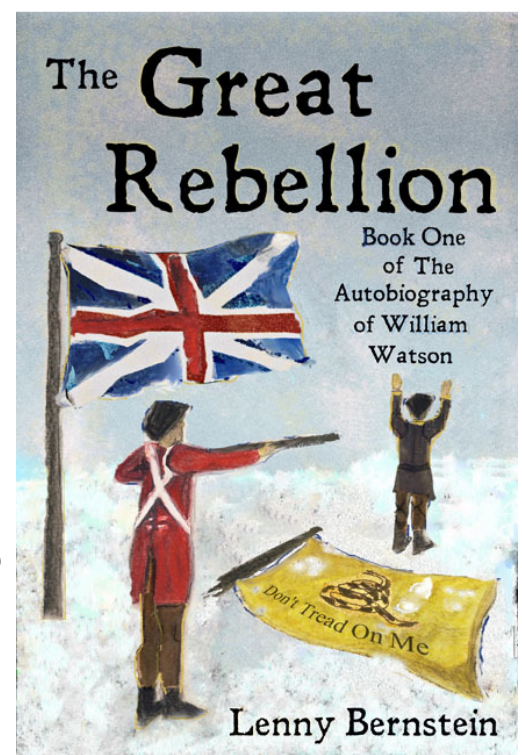
CMC President, Lenny Bernstein, recently published his first novel: *The Great Rebellion: Book One of the Autobiography of William Watson*. eNews asked him about it.

eNews: What's your book about?

Lenny: It's an alternate history set in a world where Washington's crossing of the Delaware led to a catastrophic defeat and the collapse of the American Revolution. It's told by an eighty-year-old man named William Watson, who, as a thirteen-year-old boy, was at George Washington's side when he surrendered to the British. The story continues for another three decades, as William grows up in British North America and faced the dangers of life on the North Carolina frontier.

eNews: That's an unusual story. How'd you get the idea?

Lenny: Over thirty years ago, my wife Danny, our son Neil, and I visited the Washington's Crossing State Parks in Pennsylvania and New Jersey. I was amazed by how precarious the American situation was. Washington had been retreating for five months and had lost 90%



of his army. He was desperate for a victory, which led to the obvious question: What if he'd lost? But I didn't just want to tell how Washington might have lost. I wanted to explore how life would be different as a result of the Americans losing. ! eNews: So you've been working on this story for over thirty years? ! Lenny: Not really. I've been thinking about it for that long, but I only started writing it in 2008, after I retired. The book was finished about three years ago, but I didn't want to go through the agony of trying to find an agent and publisher, so it sat for a while. ! Then Danny, who'd had three books published by traditional publishers, decided to independently publish her fourth book. If she could do it, so could I. We formed Kimberly Crest Books to publish our writing. The Great Rebellion came out in August, and Danny's book, Forest, Alligators, and Battlefield: My Journey Through the National Parks of the South, will be published in April. ! eNews: The Great Rebellion is subtitled Book One. Will there be a Book Two? ! Lenny: Yes, both a Book Two, which will be published in January 2017, and a Book Three, which should be published about a year after that. They will tell about the rest of William's life and how British North America developed. ! eNews: We won't be spoilers and ask you more about those books. What do people think of your first book? ! Lenny: I've been blown away by the great feedback I've gotten from CMC members, like Bill Newton and Marcia Bromberg, who've read the book. ! eNews: How can eNews readers get a copy of your book? ! Lenny: It's available from Kimberly Crest Books ([link](#)) for \$16.00, tax included (cash or check only). If I have to mail the book to you, add \$3.00 for shipping, but if you are going to see either Danny or me at CMC's Annual Dinner or on a hike, and tell us that you want a book, you can skip the shipping charge. It is also available from Amazon in paperback or Kindle editions.



YOU ARE INVITED

Read the party [invitation](#) from The Wilderness Society and Blue Ridge Outdoor Magazine.

Follow instructions to RSVP.

Leave No Trace Master Educator Series

By Paul Llanso

It's great to live in the Carolina Mountain Club's region, isn't it? John Muir's sentiments adorn the ubiquitous Subaru ("The mountains are calling, and I must go."). And we do go, as often as possible and yet, less frequently than we desire. When we do go, what are we hearing, what are we sensing, and what are our hopes and expectations? In this season, we may encounter heavy stratus and mists for most of the drive to our trailhead. We may start our hike on a trail crisped with frost, even tiny crystal towers of frost. We may find it hard to savor the shallow shafts of delicious sunlight because our eyes are busy scanning the leaf-littered tread for signs of trippable roots and rocks. Our leader knows that an early water break helps allows us to lift our heads and grant us that "aha!" moment, rich with gently falling leaves. Our noses draw deep the musky/spicy scents recently stirred up by our now stilled boots. Our ears drink in the silence. So many

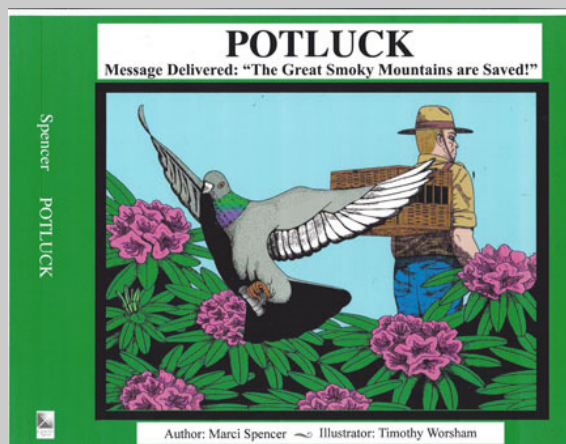


things to appreciate, so many ways to encounter them, so fortunate to be here where seemingly no one has been before.

Oops, actually, someone has been here before. There's a protein bar wrapper just off the trail. And now that we've seen that, we realize there's a toilet paper "flower" nestled by the foot of a tall hickory tree. Between those two sights, several branches show the shattered shards of having been twist-broken to allow passage through a thicket. The clearing further off the trail reveals mists of evaporating stratus rising up off the forest floor - a floor made visible by having been rid of leafiness through determined boot-raking --, and a large, half charred log sits on still-warm embers, adding its inefficiently burned industrial-scented smoke stench into this alien experience.

A month ago, I began a five-day discovery of the Leave No Trace ethics and principles, hiking and camping with two seasoned outdoors leader/instructors and five fellow students along the Appalachian Trail and its bordering backcountry in Maryland and West Virginia. ...

The course was one of those in the Leave No Trace Master Educator series. All through each day and well after dark we dug into disciplined manuals and workbooks, covering each of the Leave No Trace principles that, when adopted and practiced by everyone, can ensure that each person's adventure can seem pristine, wholly nature-filled, made expressly for her or him to discover and enjoy. And leave in that state, for the next person. The teaching philosophy was low-key and participatory. Each student presented one of the 7 principles, and the other students and the leaders expanded upon them. Each presentation ended with a critique by the students, and additional critique by the leaders. We all carried communal supplies (food, cook sets, bear-proof containers and fillable filter/water bags) and shared tents to minimize visible and lasting damage to the forest floor. A highlight, of course, was the learning procedures for cat-hole digging and packing out all trash, which we utilized for the entire trip. Why did I apply for this training, and what am I going to do with this grand knowledge? Well, I had two motivations. First, I always want a first-paragraph experience: whenever I do the Muir thing, I want it real and natural, unsullied by degrading traces of civilization within the bounds of reason and safety. And second, as a volunteer on a CMC Trail Maintenance Crew, I want to see hikers using the trails in ways that don't cause premature failures, i.e., depressing portions of the downhill edges of trails by hiking side-by-side on narrow cross-fall line trails, establishing cut-through "shortcuts" off the trail (especially to avoid switchbacks), and diverting around the outer boundary of an ever-widening boggy area of trail. I explained all this in my application to the Appalachian Trail Conservancy (hosts for the training event) and to leaders of the Carolina Mountain Club. The CMC sponsored me for the training, and we are developing a relationship and role for me within a CMC context to apply the knowledge. ! My action plan comprises three components: conducting Leave No Trace courses; providing articles and online/broadcast media information to educate the general public; and, mobilizing a "Leave No Trace Week" that will be conducted during one week each year, to establish quantitative measurements of "traces" along trails and in adjacent backcountry areas which are maintained by the CMC. I will explain the plan in more detail over the coming months in articles like this. It's clear that increasing the knowledge of Leave No Trace principles is a worthy goal as a first step; the real benefit for all of us comes when we all practice them. I need and welcome your ideas, knowledge and willingness to participate in implementing this plan.



Potluck by Marci Spencer

Reviewed by Danny Bernstein

I first heard of the rendezvous between journalists from North Carolina by Marci Spencer and Tennessee at Clingmans Dome from our own Bernard Elias, photographer and hiker extraordinaire.

I had the good fortune to interview Bernard for the Carolina Mountain Club eNewsletter when he was in his eighties. He recalled that when he was ten years old, the Asheville Times (the precursor of the Asheville Citizen-Times) organized a ten-day expedition into the Smokies. They took homing pigeons

with them to bring back the news of their progress.

"I couldn't wait for the paper to be delivered," Bernard said. He followed this expedition daily. You can see my whole interview with Bernard Elias under the CMC interview page.

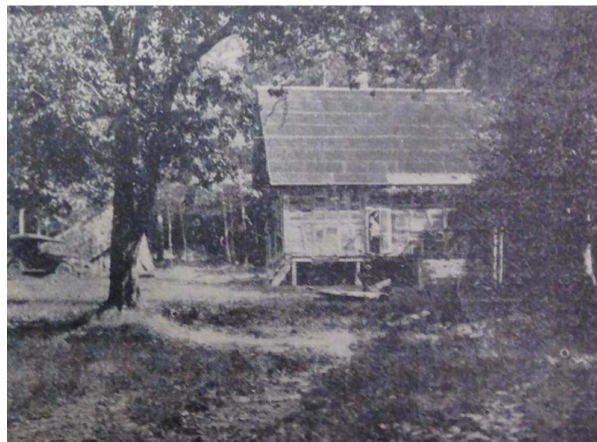
<http://www.carolinamountainclub.org/index.cfm/do/pages.view/id/55/page/Interviews>

In the book that bears its name, Marci Spencer tells the story of Potluck, the youngest and least experienced of the pigeons. ...

It seems that J.R. Horne, a local farmer, loaned his homing pigeon, Potluck, for the expedition. After the journalists shook hands across the state line on Clingmans Dome, they released Potluck to carry their goodwill message home. Both states had come together in a spirit of friendship to protect their precious forests. ! On the surface, the book looks like a children's book. It has full color pictures and block writing, which should appeal to kids. But it's also a book that adults will love, with historical information, including letters from the current Knoxville News-Sentinel and the Asheville Citizen-Times about the hiking journalists of 1929. ! The pictures are more accurate and less fanciful than a traditional children's book. It's historically accurate. Memories from old timers and old photographs add a lot to the story. And as far as I know, it's the only modern retelling of this event. ! Marci Spencer is a retired nurse practitioner. As a certified NC Environmental Educator, she offers presentations in natural history for classrooms and community events. Raising ceremonial white doves (homing pigeons) to release at special events is a favorite hobby. Marci is author of Clingmans Dome: Highest Mountain in the Great Smokies and Pisgah National Forest: A History, both published by History Press. ! Marci will be our speaker at the CMC annual meeting and dinner on October 30.

FROM THE CMC ARCHIVES: Club Cabins

In response to a request from several members, **CMC Historian/Archivist, Rocko Smucker** delved into club records to find out about the lodges/cabins the club used to have.



Hiker, Climber, Adventurer: Joey Shonka

Currently thru-hiking the Andes Mountain Range, Joey Shonka is reaching out to the hiking community for support. He has written three books, describing his thru-hikes of the Triple Crown of Trails in the US.

Hello! Joey here, nice to meet y'all! I am a Triple Crown hiker/ climber from Georgia and I am currently trying to thru-hike the Andes. I am in the middle of Peru right now and I hiked up here from the southern tip of Chile over the past two years, over 65% completed! I am contacting you to ask you to give me some help in getting the word out about my three books.

! I have written a book about each of the longest trails in the United States and although they have been well received critically, I have not had the success in sharing my story I want to achieve. So I am going to reach out to the entire US hiking and outdoor community and shamelessly ask for their help! My books can be best described as a weaving together of my literal and spiritual journey across the Triple Crown of Trails. All of the hikers who have read my work enjoy and identify with the humor, the struggle, and the great trail stories, because even if someone has not attempted a long trail, we all know what it is like to put a backpack on our backs and take a walk in the woods. I am hoping you will share my story with your members. They can visit my website www.joeyshonka.com and read about my current adventure across

the Andes, watch videos about some of the incredible climbing seasons I have had down here in South America (I have climbed some of the highest peaks in the Americas), and most importantly, purchase one of my books! I have listed a discount code on my general store here [http:// www.joeyshonka.com/gs/](http://www.joeyshonka.com/gs/) good for 20% off of the paperback price of any of my books. This discount is only good through my website or CreateSpace.

! Please be sure to ask your members to leave a great review on Amazon when they are finished so that I can reach more people with my writing! And I would love to connect with everyone on social media as well! If I can increase my book sales just a little bit, I can afford to finish my thru-hike of the Andes. I do not want to crowd fund, or ask for donations, because I have always funded my own adventures. I am hoping that as fellow hikers, you can identify with my story, and send some trail magic my way in the form of marketing help.



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, November 27, so send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening, November 20, 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](#)

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

