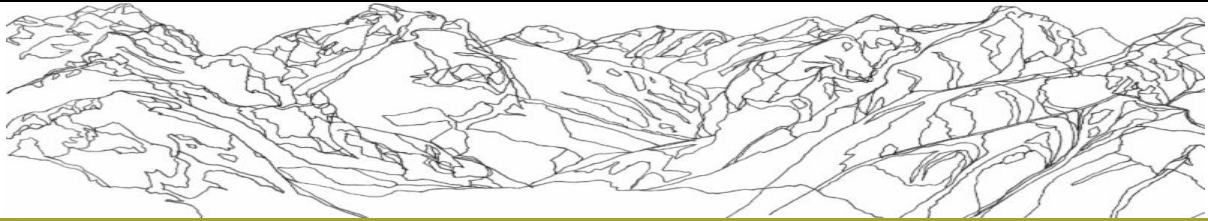


From: Carolina Mountain Club <enews@carolinamountainclub.org>

Subject: December 2014 Enews

Preheader:

Reply: enews@carolinamountainclub.org



Carolina Mountain Club - *Since 1923*

eNews | Hike . Save Trails . Make Friends

December 2014



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At Elon University

Meet And Learn From State Trail Supporters At Annual MST Meeting

By **Danny Bernstein**

Sharon McCarthy, Smoky Scout, a CMC member, and my [Mountains-to-Sea Trail](#) hiking partner, always says to mountain hikers You have to get out of the mountains, people.

And here's the best way of getting out and seeing what's happening on the MST east of Black Mountain Campground.

Plan to attend the 2015 [Friends of the Mountains-to-Sea Trail annual meeting](#) on Saturday, February 7, 2015 from 10:00 am to 3:00 pm at Elon University near Burlington.

You'll meet several important and interesting people in the Mountains-to-Sea Trail world. Here's a run-down:

Tom Earnhardt, writer and host of UNC-TV's Exploring North Carolina, will be the keynote speaker. Earnhardt just produced Highway to the Future, a gorgeous, informative program about the MST and where it is headed. Hearing him is worth the trip alone! State Parks Director Mike Murphy will give an update on the MST master plan, 2016 State Parks Centennial and other issues. 2016 will be a busy year with the State parks and National Park centennials and – oh yes – the presidential election. Howard Lee, who first publicly proposed the MST in 1977 and now on the board of Friends of the MST, will be there. Of course, you'll meet hikers, MST maintainers, and dreamers. Kate Dixon, Executive Director of Friends of the MST, has a special shout-out to CMC. "It's a chance for devoted CMC maintainers to meet their counterparts from all over the state and to learn how what they have been building and maintaining is becoming part of a grand network all over North Carolina." Where's Elon University? It's between Winston-Salem and Durham, less than three hours from Pack Square in Asheville, just off I-40 E/I-85 N, exit 140. You can get in your car at 6:30 am and be here in plenty of time for your second cup of coffee. If you're interested in arriving on Friday, Friends of the MST has planned an afternoon guided hike on the MST, a casual networking dinner and discounts at a host hotel for staying overnight prior to the Annual Meeting. Surely you're curious what the trail looks like once it leaves the mountains. There's lots more to the meeting. And all for \$25 for members. Check out this link for more details and how to register. So get together with hiking buddies. Organize a car pool with your trail crew and come east. It will be fun – and in February – a lot warmer than the mountains.

Always Reaching Higher

Meet Gail Lamb

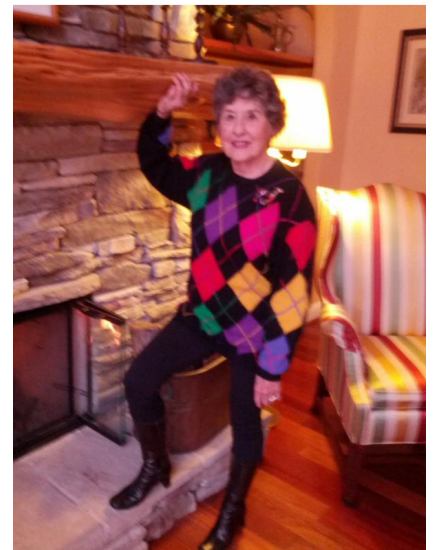
By **Bobbi Powers**

Gail has been active member of CMC since 2003. This 4'10", age 76 (Yes, she gave me permission to mention her age), garrulous, Energizer Bunny has led an adventurous life which is worthy of note and worth aspiring to for many of our younger members.

Gail currently is the hike scheduler, along with Lee Silver in data entry, for the Sunday 1/2-day hikes. It's no small task to cajole members into leading hikes and suggesting hikes for those who need assistance. Gail acts as a mentor for new hike leaders. She also leads one hike each quarter and hikes about twice a week.

Besides her volunteerism with CMC, she also volunteers at Habitat for Humanity at the ReStore in Asheville.

Gail's favorite hike to lead is Max Patch and her favorite hike to do is Roan Mountain. There are two infamous hike stories in CMC lore - The Bee Sting Hike and The Broken Leg Hike, and fortunately Gail, a physician, was on both hikes. Her most memorable hike to lead is also one that many of us still chuckle about - a hike up old US 70 along an old rail road with a famous RR trestle. Forty - yes 40! - people showed up for this hike - new hikers, slow hikers, and those who immediately dashed ahead of the leader. Gail said, "It w



as like trying to herd cats.” As far as I know, no one has led that hike since. Another highlight hike was in Bent Creek in March 2005, memorable because she met Joe Burchfield who became her friend, dance partner, eventually life partner, and in 2010 they bought a home together. But it’s her earlier life that I find fascinating. One of her daughters wrote a paper about her mom titled, “This Woman Kept Reaching.” Read on and you will understand the truth of this statement. Gail graduated from Emory University with a BA in biology, got married and had two daughters and a son. Then at age 32 she decided to fulfill a life-long dream of becoming a physician. She started at Medical College of Georgia when her children were 3, 6, and 9. Gail’s specialty became Emergency Medicine. After five years as a full-time EM, Gail, as Medical Director, and her partners opened the second urgent care center in Georgia and one of the first nationwide. Her center was the focus of a local talk show, as well as tv and news articles. This seven-year stint as a Medical Director and contracting with doctors for emergency rooms was a 24/7 job, and Gail learned the value of organization. She said, “I have a calendar in my head.” Because of this background, she has found her CMC hike scheduling job overly formidable. Throughout her medical career she enjoyed locum tenens (place holder) - filling temporary physician positions. These short stints allowed her to practice in a variety of medical specialties (usually EM) and places, often choosing the place based on what adventures she could have on her days off. After selling the urgent care facility, Gail became a full-time locum tenens. She practiced in six different states - Georgia, Colorado, California, Michigan, NC, and Wyoming - because they gave her the opportunities to have adventures. (I think she must have loved Dr. Seuss’ Oh, the Places You’ll Go!) She water, snow, and cross-country skied. She bicycled, scuba dived, white-water canoe d, hiked, and back-packed. In Colorado she climbed fourteen 14,000’ peaks and has been to the tops of many others. During these years she worked in more than 60 - yes, 60! - different positions in emergency medicine, urgent care, and general practice. She says she used to call herself “Have stethoscope, will travel.” In 1999, while still living in N. Georgia, Gail purchased a second home on Tybee Island, off the coast of Savannah, and found a new passion - rehabbing houses. Over the years she rehabbed five houses there, three of which she also moved to other locations on the island. She won the “Tybee Preservation Society Award” for two of them. She kept two adjoining properties which she rents out and also uses as a personal family get-away. After her retirement in 2001, she started looking at Asheville as a permanent retirement destination and began looking for a project to rehab. In 2002 she bought the 5-story building at 35 Patton Avenue (built in 1885) and over a 2-year period redid it into 9 residential condos - living in one for seven years -and 2 commercial stores. One house is a real estate office and The Lobster Trap occupies the other. Her three children and five grandchildren are a close-knit bunch. In 2013 she took her 12-year-old grandson on an Intergenerational Road Scholar trip to the Grand Canyon. Last summer she took a granddaughter on a 3-day llama-packing adventure in Colorado and hopes to share adventures one-on-one with each grandchild. Gail’s energy level is almost super human. She has been known to return from a hike and head off with Joe for some zydeco, swing, clogging, or basic ballroom dancing. And let’s not forget Pilates, yoga, gardening, book club, classes at OLLI, and managing her vacation rental. She says, “Right now the two most important pieces of my life are traveling with Joe (usually 2 major trips per year) and spending time with my family.” And guess what her maiden name was? Little! She may be little in stature, but there has been nothing little about her life. She is the personification of Carpe diem!



Alum Cave Bluffs by Bob Carr

Park Plans Alum Cave Trail Restoration

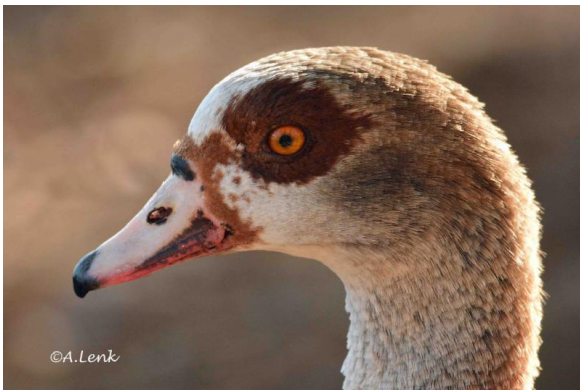
Provided By Great Smoky Mountain National Park News

Great Smoky Mountains National Park officials announced that the next full-scale, Trails Forever restoration will begin on Alum Cave Trail in 2015. The Trails Forever crew will focus restoration efforts on several targeted locations along the 5-mile trail to improve visitor safety and stabilize eroding trail sections. The restoration work will require temporary trail closures throughout the 2-year process.

Alum Cave Trail is one of the most popular trails in the park, leading hikers to iconic areas including Arch Rock, Inspiration Point, Alum Cave Bluffs, Mt. Le Conte, and LeConte Lodge. Park rangers respond to numerous accidents along the trail each year, especially along the upper, narrow corridors. The planned work will improve overall trail safety and protect natural resources by repairing historic cable and handrail systems, reinforcing hanging trail sections, reducing trail braiding, and improving drainage to prevent further erosion. There are

also several narrow areas where erosion and small landslides have damaged significant sections of the trail, making it difficult to safely travel through the areas during inclement weather or to pass hikers coming from the opposite direction. By restoring these fragile trail sections, the park can best ensure long-term sustainability and protect trailside natural communities from degradation.

Winter Brings More Birds To Mountains



©A.Lenk

An Egyptian Goose and bald eagle are two birds recently spotted at Lake Julian. The magnolia warbler was seen at Jackson Park in Hendersonville. Photos by Alan Lenk. His photographs can be seen at Woolworth Art in Asheville. His website is [here](#).

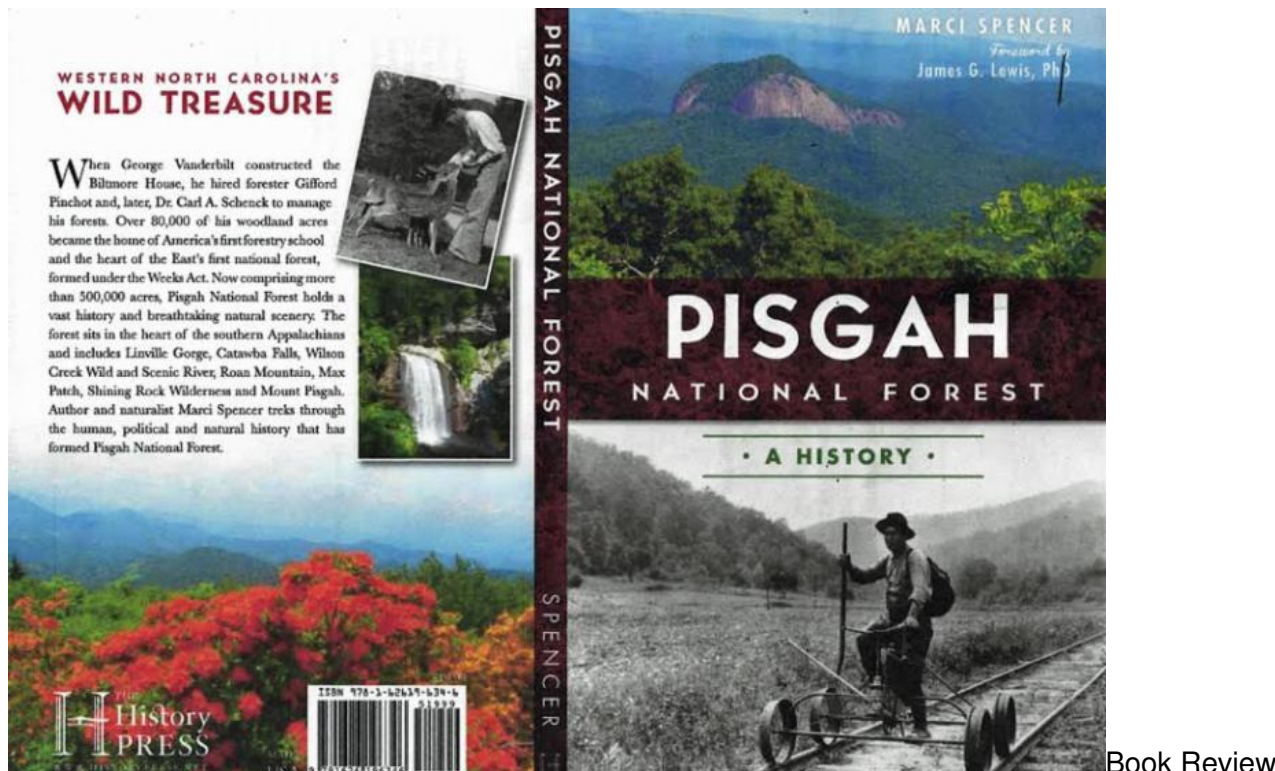


Donate To CMC

As you plan your end-of-year giving, please include Carolina Mountain Club in your list of donations. Why does CMC need your donation?

The word "donate" is written in a stylized, blocky font where each letter is a different color and has a slightly distressed or hand-painted appearance. The colors include shades of orange, red, green, and blue.

As the premier hiking club in Western North Carolina, CMC maintains over 400 miles of trail with volunteer labor. However, we do need tools. Sawyers on trail maintenance crews and other CMC members require certification in CPR and First Aid. These courses are not free.



Book Review

Pisgah National Forest: A History - Bison Once Introduced Into Forest

By Danny Bernstein

Did you know that the US Forest Service tried to introduce bison in Pisgah National Forest? In 1917, six buffalos from a herd in New Hampshire were taken by rail to Pisgah at Elk Pasture.

It is the purpose of the Government to protect the game on the preserve in order that here it may have a refuge and breeding ground from which to replenish the adjacent mountain regions. It is expected also to establish elk and buffalo on the game preserve in fenced enclosures announced Verne Rhoades, the first Forest Supervisor in Pisgah.

This is only one of the fascinating pieces of history that I learned after reading *Pisgah National Forest: A History* by Marci Spencer, just published by The History Press. Spencer starts her book before George Vanderbilt came to Asheville to build Biltmore Estate. Vanderbilt bought land from several locals, including Thomas Clingman, of Clingmans Dome fame.

From this beginning, the book elaborates on first forester Gifford Pinchot and, my favorite character, Dr. Carl A. Schenck who came from Germany to manage Vanderbilt's forests. Schenck later started America's first school of forestry. No discussion of Vanderbilt's influence is complete without talking about Bucksprings Lodge, his hunting lodge just below Mt. Pisgah. Spencer enlisted Walt Weber, an expert on Bucksprings Lodge and an active member of Carolina Mountain Club, to give her an in-depth tour of the lodge site. But enough of the Pisgah district. Spencer writes with the same authority about the Appalachian District --Max Patch and Roan Mountains -- and Grandfather District -- Linville Gorge and Wilson Creek. The author walks through the human, political and natural history of Pisgah National Forest. She enlisted the help of dozens of expert historians and naturalists to make sure that her story is based on solid research. The History Press puts out beautifully illustrated books. The center of the Pisgah book displays 16 pages of color inserts. Many historic black and white pictures pepper the text. The bibliography and index are impeccable, another indication of a quality piece of work. After retiring as a nurse practitioner, Marci earned her certificate as a North Carolina environmental educator and a Blue Ridge naturalist. She is the author of *Clingmans Dome: Highest Mountain in the Great Smokies*, and a soon-to-be released children's book based on a true story, called *Potluck Message Delivered: The Great Smoky Mountains are Saved!* Marcia Spencer is a volun

teer for the Great Smoky Mountains National Park at Clingmans Dome. PS - What happened to those buffaloes? The experiment failed and the buffalo didn't survive.



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, January 30, so send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening January 23, to Kathy Kyle at 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.

Kathy Kyle

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