



June 2023



CMC Book Presentation at the Asheville Pack Library Tuesday June 20, at 6pm.

Carolina Mountain Club, the oldest hiking and trail maintaining club in the South, is celebrating one hundred years in 2023. The book: **Carolina Mountain Club: One Hundred Years** tells the story.

On Tuesday, June 20, at 6pm, the author and CMC member Danny Bernstein will be in conversation with Trevor Freeman, Public Programs Director for the Asheville Museum

of History. Freeman's research interests include the American Revolution as well as Appalachian and environmental history. A slide presentation will feature historic photos and current activities.

Please sign up at <https://specialcollections.buncombecounty.org/programs/>
Danny will sign books after the program. Cash or checks only, please.



CAROLINA MOUNTAIN CLUB: ONE HUNDRED YEARS
Conversation with Danny Bernstein and Trevor Freeman

Pack Memorial Library
Tuesday, June 20, 2023 6pm - 7:30pm

Carolina Mountain Club, the oldest hiking and trail maintaining club in the South, is celebrating one hundred years in 2023. Local author Danny Bernstein shares the history of hiking, trail maintenance, and land protection in western North Carolina in her recent book, *Carolina Mountain Club: One Hundred Years*.

In partnership with Asheville Museum of History, Buncombe County Special Collections will host a conversation with the author and Trevor Freeman, Public Programs Director for the Asheville Museum of History at Pack Memorial's Lord Auditorium. A slide presentation will feature historic photos and current activities. Bernstein will sign books after the program.

Entry is free, books will be available for purchase with cash or checks only. All proceeds will go to the Carolina Mountain Club.

BUNCOMBE COUNTY
SPECIAL COLLECTIONS

ASHEVILLE MUSEUM OF HISTORY

Logos for Buncombe County Special Collections and Asheville Museum of History are visible at the bottom. The poster also features a photo of a woman in a pink shirt and a man, along with a book cover titled 'CAROLINA MOUNTAIN CLUB One Hundred Years'.

CMC, US Forest Service Receive National Partnership Award

Carolina Mountain Club and the United States Department of Agriculture, Forest Service are honored to be selected by the Public Lands Alliance (PLA) as a recipient of the 2023 Public Lands Partner Award that celebrates the best in public lands partnerships. This award honors the Pisgah, Nantahala, and Cherokee National Forests in conjunction with Carolina Mountain Club for their exemplary partnership and stunning achievements to protect and preserve public lands and enhance the experience of visitors.



Pictured Left to Right: Tom Weaver (CMC), Natalia Muglia (Forest Service), Paul Curtin (CMC), Jen Barnhart (Forest Service), Kylie Wilkinson (Forest Service), Photo Credit: Forest

“Despite facing continued challenges from the COVID-19 pandemic, our community has persevered,” said Dan Puskar, President and CEO of PLA. “Together, we have done incredible things.” The acceptance video can be seen here, with this project's acceptance beginning at the 12:00 minute mark.

The PLA chose Carolina Mountain Club and the Forest Service as one of 4 national recipients of the Public Lands Partner Award primarily for their leading role in the restoration and preservation of Max Patch, a beloved bald on the Appalachian Trail that's currently under a two-year closure imposed by the U.S. Forest Service due to overuse.

George Bauernfeind, Our Treasurer

by Danny Bernstein

If you go on the CMC website, click on “About Us” and then “Financial,” you will find a treasure trove of information about our club and its fiscal health. If you actually study it, it should generate a lot of questions. The biggest question is “who in our club is managing our money and putting out these reports?” The answer is George Bauernfeind, our treasurer. I had the pleasure of interviewing George and asking questions about his life and his interest in CMC.



George is the leading edge of the baby boomers. He was born the year after World War II ended and grew up in Northern New Jersey, Westwood in Bergen County to be exact. He was one of five kids.

“My parents took us all to Bear Mt. State Park over the state line in New York.” He remembers the bridge over the Hudson River which is the oldest official section of the Appalachian Trail. George ran track in high school where his team became the NJ state cross-country championship.

Like most teenagers, he wanted his independence and chose to go away to college, to the Univ. of Miami. There he met his wife, Sally, and they married after their freshman year of college. They were married for 57 years until Sally passed away last year. George majored in accounting. After college, the couple moved to Washington, DC in 1969.

“It was a little Southern town in those days,” George recalls. He worked for Arthur Andersen, then a very prestigious accounting firm, in public accounting. He also went to law school at night, while supporting his growing family.

“Sally didn’t want a career,” George says. “She wanted a large family.” There were plenty of outdoor trips with their six children, mainly to Harper’s Ferry, W. Virginia, the half-way point of the A.T.



When George was over thirty years old, he started running marathons. These were 26.2 mile marathons around Washington. “Sally never got bogged down with the children. I remember her and the children driving to various points in Washington, meeting me as I was running.” He even did the NYC marathon one year. One year, one of his sons hiked the whole A.T. and encouraged George to hike up Mt. Katahdin at the end with him.

Working in public accounting is a lot of pressure. In 1989, he moved to Humana in Louisville, Kentucky as head of tax accounting. Humana, a health insurance company, offers Medicare Advantage plans and competes with companies like Blue Cross/Blue Shield. George and Sally spent the next twenty years in Kentucky, as their children grew and left home.

Now the six kids are spread all over the U.S. from California to Naples, Florida. There are thirteen grandchildren from a thirty-year old to a kindergartener.

When he retired from Humana, the kids were not interested in going back to Kentucky. Sally and George were free to move anywhere. They already owned a condo in Naples, Florida and decided to move to the mountains of western North Carolina.

"There was just a good feeling about this area," George says. They bought a lot in Arden and built a house.

As they looked around to get involved in the community, George discovered and joined CMC. In 2015, Barbara Morgan recalls

"In February of 2016, while I was CMC president, we found ourselves with the word "vacant" for the role of treasurer. The By-laws allowed me to take care of the financial affairs of the club. In dealing with the immediate situation, I enlisted Beth Fluharty to assist me in keeping things on track while we sought someone interested in being the club's treasurer who had the skills to handle this complex process. Meanwhile, along with brainstorming club members, we posted an advertisement in *Let's Go*, outlining the job and its requirements.

Before long, I got a most welcome email from a George Bauernfeind, who I'd never met, saying he would be interested in being considered for the position. I was skeptical at first - who was this man, and why was he crazy enough to want to take on the time-consuming job? Did he have the skills needed? Could he work well with Council? Multiple emails later, I now felt like he was a real possibility. Soon, we had an in-person meeting with George, and it was apparent that the club was very blessed to have George see the advertisement and decide to throw his hat in the ring.

It's now seven years later, and the more I've learned about George, the more I respect, like, and trust him. He's not just a great treasurer, he's a kind and thoughtful individual and a huge asset to the club!"

-“What accounting challenges did you find when you first took over the role of treasurer?”

The biggest is that the former treasurer was not around. Barbara and Beth were keeping it going. The books were in good shape.

Separate fund accounting is a challenge. The club has to keep different pots of money for different purposes. There are grants from ATC, NC State Safety and Education fund, Blue Ridge Parkway Foundation for tools. You need to keep a separate set of books for each grant.

“We, as the treasurer and president, prefer to get unrestricted donations so the council can put it to its best use,” George says.

“I get incredible support and cooperation from the club. Quick response. This job is wonderful,” George says.

-What do we do with the excess funds?

George has encouraged the club to join The Community Foundation of Western North Carolina. We have an endowment fund with the Community Foundation. We can only use the earnings. But we reinvest the earnings because we don't see the need to spend them. We joined in March 2022.

It's a safe way to invest our money without any of the members taking risks. The Community Foundation puts it in the stock market. George has also suggested treasury bill and certificate of deposits that are insured.

I've always believed in service. I've always volunteered on board. Hey, we need “an accountant.” The reward is finding a group that is well run and respects the need for accounting and money management.

George likes to walk in the woods on his own. Maybe he is ready to try a group hike.

“I admire the strength of the hike leaders and the trail maintainers. Nothing but energy. I might try group hiking now that I am on my own.” We would love that.

CMC Spring Social

Mother Nature smiled on the nearly sixty CMC members and a few guests at the spring picnic held at a shelter at Lake Julian Park on May 13. Thunderstorms had been forecast, but the smoke from Tim Carrigan's big grill scared them away.

The day was well-organized, thanks to Les and Catherine Love and their team. Attendees found a big green tent, compliments of Tom Weaver, just the right size to hold all the yummy salads, sides, and desserts that good CMC cooks contributed. With Tim's pork chops and sausages (provided by CMC), no one had an excuse to leave hungry. Everyone dined under the shelter, and chatting was the main order of the day, but it was enhanced by musician Jim Vint's singing



and guitar playing of some vintage tunes. Danny Bernstein was there signing copies of her book *Carolina Mountain Club: One Hundred Years*.

After lunch, President Tom Weaver said a few words and introduced the Council members and past presidents in attendance. Les Love did his usual East Tennessee twang emceeing, and Jan Onan spoke about the progress being made in the area of family and diversity inclusion. Danny spoke a bit about the process of writing her important book and announced that all proceeds will go to CMC. Thanks so much, Danny!

It was a fun and entertaining potluck!

*Side note: Tim Carrigan hiked to a couple of A.T. shelters the next morning and deposited the leftover meat and sides that had not been eaten at the picnic. Later in the day, he went back and every morsel had been taken; several through-hikers had an unexpectedly memorable meal compliments of a CMC Trail Angel!

100 Favorite Trails Challenge Update

By Steve Pierce



Two trails in the Greenbrier section Great Smoky Mountains National Park that have been closed for months have reopened. The road that washed out has been repaired allowing access to the trails.

Porters Creek Trail - 100 Fav Trail #25 is open. The previous substitute hike is no longer valid except to those who hiked it during the trail closure

Ramsey Cascade Trail – 100 Fav Trail #26 is open Friday through Sunday each week. The trail and access to Ramsey Cascades will be closed Monday through Thursday to allow trail crews to safely finish ongoing trail rehabilitation as part of the *Trails Forever* program. Since the trail is officially open 3 days during the week and the cascades are a worthy destination, the trail will be required for the challenge. The previous substitute hike is no longer valid except to those who hiked it during the trail closure.

If you have any questions, contact Steve Pierce, stevepierce50@gmail.com.

Former CMC Vice-President Dies



Don Gardner former CMC vice-president passed away in December at home in Lenoir. Gardner was an avid hiker and in addition to being vice-president, he held various roles in CMC including hike leader and completed several of the CMC challenges including the South Beyond 6000 Challenge.

He wrote a story for eNews about his Rim to Rim to Rim trek in the Grand Canyon in 2012. Here is an excerpt of his adventure: "The trek started in earnest at first light the next morning. A spectacular sunrise became muted by increasing clouds keeping the weather cool and comfortable for hiking, and after five hours on the South Kaibab trail we finally emerged at the Black suspension bridge crossing the powerful and cold Colorado River nearly a mile below the Rim. Proceeding north, following the Bright Angel Canyon, we arrived at the Cottonwood Campground after a long day on the trail. Tents pitched, we enjoyed the early evening until several flashes of lightning illuminated the fading light. A crash of thunder echoing around the Canyon followed by heavy drops of rain in a strong gust of wind sent us scurrying for our tents. The storm was short-lived and we slept well."

To read his obituary, click here: <https://www.jcgreenandsons.com/obituary/DonaldDonFrank-GardnerJr>

CMC and ATC Pull Invasive Garlic Mustard From Lemon Gap

By Barbara Morgan

On April 25, four CMC members of the Natural Resources Team joined folks from ATC to pull invasive

garlic mustard from Lemon Gap. Matt Drury has been joined by Chelsea White to help with this ATC effort, and members Linda Lucha, Mary Swain, Neill Hurst, and Zasha Griffin joined me for the "pull." Zasha was even dedicated enough to get special permission for the day off from high school classes and was a great asset! Thank you all! If you're

interested in future Natural Resources Team projects, contact me, Barbara Morgan, at barbc129@gmail.com



Garlic mustard spreads very easily, so pulling the whole plants before they can set seed is the way to go. You can't even compost it or it will just make more plants – it has to be bagged and disposed of in the landfill. This was the 7th year for continually working on this invasive species, so the fact that we pulled 76 pounds attests to the need for vigilance. Trail-wide across the whole AT, the garlic mustard effort has resulted in over 25,000 pounds of plants removed!



Why Every Hiker Should Carry An Orange Bandana And A Compass

By Bill Sanderson

You stepped off the trail to explore an interesting rock outcropping or to take a “trail break.” You walk back to where you thought you left the trail and get that sinking feeling: the trail is not where you thought it was. Panic begins to creep in...how do you relocate the trail?

The urge to plunge off into the direction that you think the trail is and keep going until you find it (“*It’s got to be here somewhere!*”)...is unfortunately the most likely course of action for many hikers in this situation. I know I’ve been guilty of this very mistake on at least one occasion. The problem with this is that once you discover that the trail really isn’t “here somewhere” and decide that you need to go back to where you first became disoriented, you can’t find that point either.

Instead, once you suspect that you are not “found,” immediately tie your handy orange bandana (or another bright piece of cloth or clothing, survey ribbon, etc.) as high as you can reach in an overhead limb, visible from all directions. Take out your compass, look in the direction you believe the trail should be, take a compass bearing for that direction and then walk that bearing for 25 paces (or at least as far as you think you traveled when you originally walked away from the trail). Remember to count your paces. If you don’t locate the trail, follow the back bearing (the direction opposite to the direction you just walked) to return to your bandana. This is the most critical part of the process...if you don’t find the trail, go back to the location of your bandana because this is the spot where you are “least lost.”

In this hypothetical scenario, let’s say that your original bearing (the direction you thought most likely to take you back to the trail) was due north (0 degrees). Unfortunately you didn’t find the trail after walking out on that bearing, so you followed your back bearing (180°) back to your bandana. Now walk 25 paces on a bearing of 30 degrees (0° + 30°) from your bandana. If you don’t locate the trail this time, follow your back bearing (210°) back to the bandana, then walk out following a bearing of 330 degrees (0° – 30°). Keep repeating this process, varying your walk by 30° each time, until you either locate the trail or make a complete circle around your bandana.

If you still haven’t located the trail, start the process again, but this time walk 50 paces on each leg of your compass walk.

This systematic approach WILL eventually return you to the trail. It WILL prevent you from becoming even more lost. By focusing on following the process you will be less likely to panic and make poor decisions.

We’re all aware of the heartbreaking story of Geraldine Largay, who became disoriented on a trail break while hiking the A.T. and never relocated the trail. From her journal we

know that once she realized she had lost the trail she kept moving in random directions, which unfortunately carried her farther from the trail, until she finally realized that she was hopelessly lost. Following the standard advice, she made camp and awaited rescue. Despite rescue teams searching the area she was never located, and after several weeks she succumbed to the elements, still in her tent awaiting the rescuers that never came. The standard recommendation...to “stay put and await help”...can clearly be a fatal decision. A systematic, logical process to “find yourself” would have enabled Geraldine to relocate the A.T. and resume her hike. This is clearly a skill/strategy that every hiker should have at their disposal.

And that’s why you need an orange bandana and a compass in your pocket on every hike.

Has it been too long since you used your compass? Here’s a great series of short videos covering basic compass use:

<https://www.youtube.com/playlist?list=PLkYHuimd2BspoT35iDNVnvK6xBsRyhRGA>

Carolina Mountain Club eNews is published on the first Friday of each month. Send your news to eNews@carolinamountainclub.org. Articles are due on the last Friday of the previous month. Please limit articles to no more than 1,000 words. You may send up to two photos as jpg attachments.

To join Carolina Mountain Club go to : www.carolinamountainclub.org. Click on "Join CMC" on the right side. Follow the instructions. For all address and email changes, log in, select "Modify Profile", make changes and click on "Update Member" or email Dennis Bass at dbass3607@gmail.com. Your email changes will be automatically reflected in eNews delivery.

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