

## Carolina Mountain Club - *Since 1923*

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### New CMC President

## Focusing on CMC's Future

By Bobbi Powers

*Lenny Bernstein, our new CMC President, brings a wealth of leadership experience to his job. This article will focus on Lenny's contributions to the CMC; however, see his full archived biography on our web site (Aug. 2010) for the full - and lengthy- list of his accomplishments.*



*Lenny moved to Asheville in 2001 and immediately started attending Council meetings. In no time at all, he had been appointed Secretary to fill a vacancy in 2002 and then was elected Secretary for 2003-4. He was Vice-President in 2005, during which time he headed a task force that revised the bylaws and created the current committee structure. He was President in 2006-7. He was the recipient of the CMC Distinguished Service Award for 2013. This is a man who knows the ropes!*

*He is a regular hike leader and also maintained sections of the A.T. and the MST. And he even professes to have a life away from the rigorous volunteer schedule he maintains.*

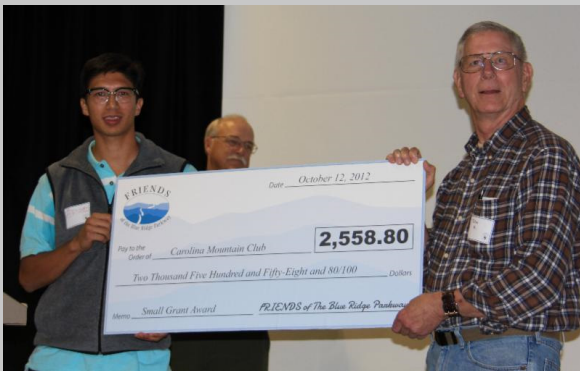
*I've asked Lenny to give us an overview of what he hopes to accomplish during his tenure and what he envisions for the CMC's future. Take it away, Lenny.*

It's great to be back on the CMC Council. To be honest, I didn't expect to return as your President. However, when the job was offered to me, I had no difficulty saying yes. I may wander off for a while to work on ATC biennials, but CMC is where my heart is.

I see three major challenges for CMC. The first is to protect the land we hike on. Most of it belongs to the Federal government. The Forest Service and National Park Service have had to deal with budget cuts, which have led to trails or the access to trails being closed. We'll probably face more closures in the coming years. Even without budget cuts, we need to be vigilant in protecting hiking opportunities. The Forest Service is developing a management plan for Pisgah and Nantahala National Forests which will guide resource allocation decisions for 15 years or longer. National Forests have many users, and their objectives are rarely the same. We need to work with other hiking organizations to ensure that our interests are given full consideration by Forest Service planners. CMC's Conservation Committee, chaired by Tish Desjardins, is taking the lead in presenting CMC's position to other stakeholders and the USFS. The committee can use all the help it can get.

Our second challenge is to make sure we don't lose any of the expertise we've gained over the past few years. We need to document our software systems and the procedures we use to carry out the Club's functions. If not, each new officer and committee chair will have to waste time and energy reinventing the wheel. Over the next two years I hope to create a CMC operating manual that will tell the next group of Council members how we have done things in the past. They can change the way things are done, but at least they'll know what they are changing. Our third challenge is the perennial one, finding volunteers to maintain trails, lead hikes, and run the Club. It takes many thousands of hours of work each year to keep CMC operating at the level it does - 200 hikes per year, 400 miles of trail maintained, spring picnics, and annual meetings, a useful and interesting website, Let's Go and eNews. "They" have done it in the past. It's up to each of us to contribute to doing it now and in the future.

CMC members, in Lenny's capable hands, it appears the Club can look forward to two years of progressive and productive leadership. Thank you, Lenny, and good luck!



## Pete A Peterson Passes

Pete A passed away early Wednesday after a long and difficult bout with cancer. He was in hospice at home and was with Pat, his wife, and their children.

After a period in the Army and years at Sears Roebuck, Pete and Pat left the Chicago area in the early 1990's and relocated to Mountain Home. Interested in gardening, he joined the local Master Gardener organization and began landscaping the grounds of their home. Over the ensuing years, he and Pat traveled extensively to fill an interest in viewing different species of birds

Pete joined what would become the PisgahFriday trail maintenance crew in 1996 and remained active in maintaining area hiking trails until recently when he was no longer able. He was working with the crew when it built the hiking trails at Jump-Off rock in Laurel Park. He joined the Carolina Mountain Club in 2002.

Pete's focus for his trail maintenance years was on the tools. He was our own true "Tool Man". He maintained and serviced the tools for the Pisgah crew, bought new ones when they were needed and developed a Club-wide inventory in support of the other CMC crews.

He made sure that enough tools were available each Friday, that they worked (most of the time) and that the saws were always sharp (as sharp as the barbs he would frequently

pass out to other crew members). When working on the trail, he was rarely without his signature yellow “measuring tape” suspenders. In 2006, he became the co-leader of the Pisgah Friday crew. In 2011, Pete assumed the role of “Councilor for Trail Maintenance” for the CMC. That meant that he had oversight responsibility for all the CMC trail maintenance crews. Having a background in computing technology, Pete began to collect and organize the information needed to manage the responsibility. He guided modifications to the CMC website needed to support the collection of trail maintenance data and volunteer documentation. When the Blue Ridge Parkway initiated the need to “certify” weed trimmer operators, he stepped up, became certified as a certifier and helped test over 70 CMC maintainers to operate the equipment. He also saw the need to develop a stronger relationship with the Pisgah Ranger District management and caused the move to a comprehensive five year agreement to replace the previously annual agreements. After his term as Councilor expired, Pete stayed active. Not only did he extensively coach his successor, but he began submitting grant requests in order to buy newer maintenance equipment and to supply the expanded number of CMC crews. In addition, he saw the future importance of a relationship between the CMC and the management of the Chimney Rock/Hickory Nut Gorge parks and caused several CMC crews to begin to provide trail support there. Since coming to this area, Pete contributed his time, but more importantly, he contributed his spirited dedication to the maintenance of hiking trails in Western North Carolina - one of this area’s signature features. He will be sorely missed

## Save Saturday, April 19, For CMC Spring Social At Arboretum



Save the date for the CMC Spring Social on Saturday April 19, 2014.  
It will be held again at the NC Arboretum.  
More details will be out in the next eNews and in the next Let's Go.  
But for now, just save the date for another social time with fellow hikers and maintainers.

Carolina Critters

## Diapause, Torpor - Tools Of Survival



### By Becky LedBetter

- A bear breathes once every 45 seconds.
- A chickadee will eat 60% of its body weight in a day.
- A ground squirrel will drop its body temperature below freezing.

These are just a few of the adaptations our friends in the wild use to navigate the cold and stormy weather in winter. With the recent onslaught of the "Polar Vortex" I found myself wondering how all the critters were coping with the sub-zero temperatures. Yes, I could keep my bird feeders full and make piles of leaves or cover available but what do the critters do that don't live near a house in the woods?

Fortunately animals are hard wired to make the best of a tough situation. Here are some examples:

### Bird Migration:

When the days get shorter in the fall birds head for warmer climates and better food sources. An example is the swallow and its cousin the purple martin. These birds' bodies are well adapted for flying long distances. Those birds who are year round visitors here in Western North Carolina seek shelter and cover. They conserve energy as best they can.

### Cold-blooded Animals:

Because their body temperature changes with their surroundings, cold-blooded vertebrates have a tough time being active in winter. Animals such as snakes, toads, frogs and lizards use a process called diapause to help them survive the winter months. This process allows them to slow down their bodily functions almost to a stop as they hide away in different types of burrows. Many cold-blooded invertebrates overwinter in a state called torpor. These animals also burrow under stones or logs and stay there through the winter months. Special chemicals are released into their bodies as a type of "anti-freeze" that help prevent their bodies from freezing.

Bumblebees are an example of an animal that uses torpor.

### Mammals:

Wintering mammals begin preparing for winter as their coats of fur become thicker and they fatten themselves up during the autumn months. Extra sleep helps them conserve energy. Small mammals, such as mice and voles, make good use of a blanket of snow. Air is trapped as snowflakes fall which creates a type of insulation. Animals and/or plants under the snow are trapped in a sort of "igloo". These small mammals can then tunnel underneath the snow in search of food. Of course their activity attracts those predators higher on the food chain! The mammals that have the hardest time are those who depend on invertebrates for food. To cope with the lack of food supply these animals, such as bats, hibernate. During hibernation the mammal's body temperature drops well below normal and the heartbeat may slow down to 3-4 per minute. Often times hibernating mammals will wake up on warm days to look for food and water. (We have seen this with our own black bears in our area).

Ways to help Wildlife in Winter: • Be vigilant in keeping your bird feeders full with seed and suet • Make sure to have piles of logs or leaves scattered around your property for cover (I have a "Christmas Tree Graveyard" that has served my critter neighbors well)

Want to learn more about Wildlife in Winter? Here are a couple of good reads: • Winter World by Bernd Heinrich • A Guide to Nature in Winter by Donald W. Stokes  
In closing, here is an entertaining video of a fox hunting mice in 3 feet of snow!  
Mother Earth DOES take care of her own!  
<http://www.youtube.com/watch?v=D2SoGHFM18I>

## Saturday MST Trail Building Work Dates Set



### By Les Love

The Saturday MST trail building work dates for 2014 are March 15, May 3, June 7, August 16, October 18. For more information about MST trail building, contact me at [lesrlove55@gmail.com](mailto:lesrlove55@gmail.com). Also here is a note from Pete R Peterson, our CMC Councilor for Trail Maintenance:

It's that time of year again. Please go to the CMC website at <http://www.carolinamountainclub.org/> to renew your disclaimer document and emergency information.

If you are a member, log in. If you've forgotten your password, click on the login button, and request a password, which should be sent to you shortly by email. Your identity keys off your email address.

On the right navigation bar, click on Trail Maintenance.

In the left column under Forms, click on Crew/Section Maintainer Agreement.

Read, update emergency contact info, check the box and click on I Agree.

If you have a family membership, the online process may not work well for you. Using the attached form is fine.

If you are a family member or NOT a CMC member, please download the attached form, fill it out, scan it and send it to me electronically: [roap@aol.com](mailto:roap@aol.com)



## Ruth Hartzler Has Led The Way In Working, Hiking, Conserving

By Stuart English

**We understand that you have lived in this area quite a while. Tell us about your education, your work, and what brought you to WNC.**

I was one of very few women at a major engineering school in the 1960's, studying math, and then also in my early career. Times were different then, and I had a lot of experiences in these formative years that were either challenging or humorous. A significant event involves my freshman calculus professor, a shy bachelor. The women's movement hadn't developed momentum yet, and I didn't know anything about it. When I excelled on one freshman math exam, and then did poorly on the next, my math professor called me to his office. This was intimidating back in those days, since my scholarship was on the line. He suggested that I read Betty Friedan's "The Feminine Mystique," a ground-breaking women's movement book, which had just been published. I still marvel at how brave and perceptive he was.

After one technical meeting during my early career, I was told by an executive that had attended the meeting that "You think just like a man."

It was supposed to be a compliment!

I graduated from college at the height of the Cold War and my math and Russian language education was attractive to the National Security Agency. I went through the agency's thorough background-check and interview process, including lie detector test, but decided that career was too "spooky" for me. The NSA is currently getting bad press, with issues that need addressing, but I believe they do important work.

I worked for several consulting companies in the Washington, D. C. area related to transportation planning and federal energy policy. For example, one computer model that I worked on back in the 1970's attempted to forecast the reduction in oil imports as a result of various levels of energy conservation tax credits. Along the way, I got part way through a masters degree in modern dance, but decided to stick with math. So, I received a masters degree in Operations Research, a field that most people never heard of.

Why and when did you join CMC?

In 1981, I made a decision that was the worst and the best at the same time. I joined my boyfriend in his dream to live in the mountains of Western North Carolina. He introduced me to the joys of hiking and backpacking, and I worked as a statistician and quality engineer for American Enka Co. and then BASF. When our relationship ended in 1991, I missed hiking most. Luckily, a friend suggested that I join CMC.

You have been an active hiker and hike leader. What are some of your favorite hikes and memorable experiences hiking over the years?

I've hiked in Hawaii and the Grand Canyon, and backpacked in Rocky Mountain National Park and the Wind Rivers in Wyoming. These experiences were awesome. I like the AT from Sam Gap to Devil Fork Gap for flower displays, and the AT over Hump Mountain for views. I like many sections of the MST nearby for flowers and accessibility. Actually, I like any trail that I happen to be on. But my favorite hike is the Art Loeb Trail over Pilot Mountain to Farlow Gap in early May. Elizabeth Fiel "gave" me this hike. She scouted it with me, suggested the best time to lead it, and trained me on wildflower identification. I am grateful to her. Bruce and I scheduled it for the Sunday and Wednesday hikes several years ago and hit the flower peak. I loved watching the large group of hikers marveling at the spectacular canopies of pink shell azaleas and blankets of trout lilies. Coincidentally, the Courthouse Creek timber project that the Forest Service is currently planning abuts the Art Loeb Trail at Farlow Gap. CMC's efforts, led by our Conservation Committee, have been instrumental in the Forest Service's decision to avoid logging a tract at Farlow Gap. The Forest Service wants to decommission the Summey Cove Trail as part of this project. Conservation Chair Tish Desjardins is working with the Forest Service to try to save the trail. You were on the CMC Council and were Councilor for Conservation. You received the Award of Appreciation for your work with the Conservation Committee. How did Conservation become an important issue for you?

I care about our spectacular hiking environment and felt that most CMC members do also. So, when I retired, I wanted to continue the efforts of past CMC leaders to protect our hiking experience. CMC's opinions have impact on government decisions involving trails, due to the valuable contributions of our trail maintaining members, our large membership, and the economic draw of our extensive slate of scheduled hikes.

What are some Conservation issues now and in the future that you feel are most important and why?

Currently, the most important issue is the process to revise the Nantahala and Pisgah National Forest Management Plans. We have a say in the plans that will serve as the guide for important forest decisions for the next fifteen years. Our hiking territory is under pressure from reduced budgets, growing usage from increasing population and tourism, and multiple recreational and develop demands. We have a say, and we should use this opportunity.

How has CMC changed since you have been a member?

I marvel at how CMC's core missions have not changed --- 400 miles of trails maintained and 150 hikes scheduled and led by a group of dedicated volunteers that love trails and hiking, plus the continuation of the conservation legacy of CMC's early leaders.

Could you speculate on the future of CMC and Ruth Hartzler?

CMC will continue its mission as new talented members continue to move into leadership. It's up to us to protect the hiking environment and I will be there.

*Solo Travel*

**Walking French Pilgrimage  
Trail Alone, But Not Really Alone**



*eNews is running a series of stories about solo travel. If you have a solo experience to share please send them to [eNews@carolinamountainclub.org](mailto:eNews@carolinamountainclub.org)*

### **Danny Bernstein**

I spent a month walking a French pilgrimage trail, Le Chemin de St. Jacques, also a national trail, GR 65 from Le Puy-en-Velay in southeastern France to St. Jean Pied-de-Port on the Spanish border - 440 miles. Though I started the trek with three other people, they all left for various reasons after two weeks. I was on my own.

Over 50,000 people start from Le Puy every year, so "on my own" is relative. Even when I hike with Lenny or with a hiking partner working to complete the same hiking challenge, we rarely walk together in lock step.

The Chemin goes through lots of tiny villages on narrow cobble streets. Walkers come and go on the trail. Everyone seems to start the day at a different point. However we all meet up at a gite (hostel), trading stories at dinner.

I spent a night at the gite, Le Pech, up on a hill where I had a typical pilgrimage experience. Two German women needed a reservation for the next night. They didn't speak French and only a little English. So I translated their request into French to a guy who called up and made the reservation for them.

I had planned to take a rest day here and there but I was afraid to break my rhythm. I liked the people I met at the gites. If I missed a day, I'd lose them. But I find I'm a very attractive companion to English speakers because I have a French cell phone and I speak French. So many experiences would never have happened if I were with a steady hiking partner, no matter how much space they gave me. In a Basque country hotel where I stopped for coffee, I bump into a Cousinade. Over 90 cousins and extended family members gather once a year to eat, drink, and catch up with each other. It was past 5:30 pm and this meal had been going on since noon. By now, they've had their desserts and coffee and are ordering after dinner drinks. When they found out that I was an American on Le Chemin, they kissed and hugged me and the questions started.

If I was comfortable walking by myself on Le Chemin, it was almost necessary when I visited Marseille, my birth city. I went in search of where I lived as a young child, my school, and

playground. I walked back and forth on small streets, stopped walkers for instructions, and took lots of pictures of--nothing. No one else would have put up with this. I was glad to be by myself. For more of my experiences and information on Le Chemin de St. Jacques, see <http://www.hikertohiker.com/le-chemin-de-st.-jacques-resources>

## Are You A Map Freak?



### By Mike Knies

I have a friend who was born in the rugged mountain area where I-40 parallels the Pigeon River heading toward Newport and Cosby in a cabin the youngest of ten children. He has roamed all over those hills and dales hunting, fishing and just exploring and never used or had a map. I asked him how he kept from getting lost. He said we just always had a sense for where we were. Even now when we get together and I pull out a map to show where we are or where we are going he really can't read them very well since he never needed them.

Well I am not blessed with his innate sense so I rely on maps. I love maps of all kinds historic, road, aerial photos, and trail maps. Some people like books stores. I love map shops. In fact my wife calls me a map freak. I have been hiking and camping in most of the national parks in the country since I was eleven and I have always delighted in studying maps and all their intricacies. I would scour them for hours sometimes finding new details in the contours or symbols and my wife would think I was nuts. I would get a kick out of finding and obscure feature like a possible hanging valley and could not wait to get a chance to check it out. When I go on hikes that I am leading or one lead by others I always want a copy of their maps so that I know where I am and what features to look for. On my bushwhacking trips I have some times as many as five different maps of the same area each with a different content of some kind. I tend to set things down when I take a break and get up and walk off leaving the charts behind. Sometime I am sweating so much or I drop the map on wet ground that the ink from my printer runs or smears and the charts become useless so I always have a second set in a zip lock bag in my pack. I am always a bit amazed at how many people don't really care about the map and are happy to just tag along. I used to have an extensive collection of topo, park and other maps which I was quite proud off. They got accidentally left behind in a file cabinet on our last move though. However by that time with personal computers, the internet, and GPS hard copy maps are a thing of the past as is paying for most of them. Now you find the right map on your computer and then cut out and past just the section you want and in any size desired limited only by your printer.

Sometimes I do break down and take a disc of a special map or section to FedEx (formerly Kinko's) and get them to print out a big 2x3 foot version. I see people using the National Geographic maps but they are too small in resolution. The only good they are to me is showing the current boundaries of the Great Smoky Mountains National Park and the location of the trails. Then I have to lay the appropriate section on my scanner and blow it up about 300%.

I have been fortunate to collect some I think invaluable maps sites which I thought might be useful to other club members not to mention saving them money and file space.

So I have listed some of the more useful ones as follows:

Maps of the Great Smoky Mountains

<http://memory.loc.gov/ammem/gmdhtml/npthtml/gsmhome.html#em>

<http://memory.loc.gov/ammem/gmdhtml/npthtml/gsmhome.html#em>

This site has the history of maps of the Great Smoky Mountains National Park and sites to click on leading to an almost innumerable list of maps. If you can figure out how to download the

individual maps you can have them readily available on your PC and export sections to save as separate files and to make notes on. Particularly useful to guys like me looking for a lot of pre-park features are the 1929 Topos and the 1931 east and west maps.

Smoky Mountain Hiking Trails

<http://web.eecs.utk.edu/~dunigan/gsmnp/trails.php> <http://web.eecs.utk.edu/~dunigan/gsmnp/trails.php>

This site provides more sites to click on with more information than you might want to know about all the trails in the Park including contours, aerial photos, and profiles.

North Carolina Maps

<http://dc.lib.unc.edu/cdm/search/collection/ncmaps/searchterm/Swain%20County/field/spatia/mode/exact/conn/and/order/date!title/ad/asc/cosuppress/0>

This site provides road maps for each of the counties of North Carolina going back to the late 1800s.

Horace Kephart Notebook and Maps

<http://wcudigitalcollection.contentdm.oclc.org/cdm/compoundobject/collection/p16232coll8/id/556/rec/347>

For Kephart and Smokies fans this site provides a copy of his notebooks with pictures, notes and maps of the mountains in the early 1900's. It takes a while to get comfortable with using this site though.

USGS Map Site

<http://geonames.usgs.gov/pls/topomaps/f?p=262:1:3583696912705615>

<http://geonames.usgs.gov/pls/topomaps/f?p=262:1:3583696912705615>

I have in my opinion possibly saved the best until last. On this site you can get a downloadable PDF copy of virtually any map USGS has made. Of particular use to us outdoor type are the 1/24000 topo maps. They have every one for each location that they have ever done (at least in theory). All you have to know is the "exact" name of the map and enter it. That is not always so easy as for example the maps of the pre Fontana era and area had different names before they were partially inundated. So if you want a copy of the maps from the 1930/s or 40's you have to work a little harder. So the key is to find a map that is close by that you know the name of. Then the names of the adjoining maps are on the margins on each side so you can work your way to the desired chart. I did not know the name of the map where I live which is outside of Asheville. I figured the map including Asheville was probably called Asheville which it was. The margin in my directions said "Oteen". I had no idea what that referred to but found that it refers to the little community on the west side of the VA hospital. I think if they were doing it over it might be called Swannanoa or Fairview.

So you now no longer need to keep a file of those old expensive unwieldy topo maps. The use of sites like these has become so pervasive that the TVA has closed its formerly invaluable map shop in Chattanooga.

Even if you are not a map freak like me I hope you find these sites fun to peruse and useful in facilitating and enhancing your outdoor excursions. You can use the money you save to by a new pair of hiking socks!!

## Former CMC President Dies

Richard Blackwell Johnson, of Brevard, passed away January 7, 2014 at Elizabeth House in Flat Rock. He was born May 10, 1928 to the late Raymond Johnson and Florence Wuttkey Johnson.

He was preceded in death by his son Tarn Jeffrey Johnson and a sister Betty McAtee.

He is survived by his wife Lois Mitchell Johnson; a son Derek Scott Johnson and his wife Deirdre of Omaha, Nebraska; two grandchildren, Nicholas Kyle Johnson of Portland, Oregon and Kaitlin Blake Habermeyer of Mountain Home, Oregon; and one niece, Pamela Mistina of Hendersonville.

Richard was a veteran of the U.S. Navy, graduated from Clarkson University in Potsdam, NY and Drexel University in Philadelphia, earning degrees in engineering and business. His interests included skiing, sailing, golfing and hiking. He was active in the Carolina Mountain Club working on trail crews and serving as its president in 1995 and 1996. Also, since retiring here in 1989, he completed the Appalachian Trail and was a golfing member of Glen Cannon Country Club.

Private services were held.

Memorials can be made to Elizabeth House, 571 S Allen Rd, Flat Rock, NC 28731, Carolina Mountain Club, 95 Oak Hollow Dr., Asheville, NC 28805 or the charity of your choice.



Send eNews articles to [eNews@carolinamountainclub.org](mailto: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, February 28 so send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening February 21 to Kathy Kyle at [eNews@carolinamountainclub.org](mailto: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](http://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](mailto: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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