



**Carolina Mountain Club**

**Since 1923**

eNews | Hike . Save Trails . Make Friends.

May 2023

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## **Get in Gear Fest. Saturday, May 6th, 12-5pm**

**The Outpost, 521 Amboy Rd. Asheville**

This is a great opportunity for our club members to attend an outdoor-related event. Visit the CMC booth and connect with dozens of other local businesses and organizations representing the outdoor industry throughout WNC. Demo the latest gear, enjoy food and beverages, and buy a raffle ticket for prizes donated by member companies. Part of the raffle proceeds will be donated to CMC.

For more info, click here.

<https://www.outdoorgearbuilders.com/events/get-in-gear-fest/>

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## **Migratory Birds in Spring**

with UNCA wildlife ecologist Dr. Andrew Laughlin

**Monday, May 8th, 8:30-10:00am**

The CMC Education and Outreach Committee is once again sponsoring a nature walk at the Asheville Botanical Gardens, this time with Dr. Andrew Laughlin, a wildlife ecologist in the Environmental Science Department at UNC Asheville. Dr. Laughlin will help identify birds in the gardens during their peak spring migratory period. We will have binoculars available to borrow if you don't have your own. Bring a water bottle and your quiet voices. Limited to 15 participants - a few spots are still available! (CMC members only, please)--reserve your spot via email to Jeff Wilcox at [jwilcox@unca.edu](mailto:jwilcox@unca.edu).

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# VOLUNTEERS STILL NEEDED FOR CMC'S 100TH BIRTHDAY PARTY!



CMC is celebrating our 100th anniversary with a free, fun-filled, family-friendly birthday party on Sunday, July 16th, 2023, from 1:00-5:00 p.m., at the North Carolina Arboretum! This event, which is open to the public, will introduce the Carolina Mountain Club to people who might not know about CMC.

Many amazing CMC members have already signed up to volunteer! But we still have a few positions open to direct the exhibitors for efficient set up, sweep hikes, assist and direct visitors to various activities, and assist in taking down and clean up. We will have several opportunities before the event for volunteers to meet at the Arboretum with event organizers to get instructions and become familiar with their volunteer position.

*Join our party and sign up to volunteer today!* Click here to sign up. If you have any questions or need help with signing up to volunteer please contact Adrienne Chang, [aschang1975@gmail.com](mailto:aschang1975@gmail.com), 414-690-5424, or Sallye Sanders, [sallye\\_sanders@yahoo.com](mailto:sallye_sanders@yahoo.com), 208-550-2070. They will be glad to help!

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## SAT MAY 13 CMC SPRING PICNIC LAKE JULIAN

We are rolling out the Spring Picnic again! Come join the fun at a potluck with no charge to members. CMC providing the meat and tea & water to drink. If you want something else, including beer and wine, bring it yourself.

Bring your best potluck to share with everyone. Sign up on the members side of the website by clicking the red Spring Social button, adding how many folks you're bringing and what dish you're bringing so we won't have too much of one thing.

No formal program but Danny Bernstein will be signing and selling our newly released book:

**Carolina Mountain Club: One Hundred Years** (\$15 cash or check)

**Please RSVP on CMC website to attend (on the members side click the big red button that says SPRING SOCIAL)**

The flyer is a vertical rectangle with a blue border. On the left side, there is a photograph of a lake with a wooden dock and a boat. The text on the flyer is as follows:

**SAT MAY 13**  
**CMC SPRING PICNIC**  
**LAKE JULIAN**

Held at Lake Julian pavilion #6 from 11am to 2pm.  
To get to the pavilion, go south on Hendersonville Rd under the railroad bridge, then right into the park.

We are rolling out the Spring Picnic again! Come join the fun at a potluck with no charge to members. CMC providing the meat and tea & water to drink. If you want something else, including beer and wine, bring it yourself.

Bring your best potluck to share with everyone. Sign up on the members side of the website by clicking the red Spring Social button, adding how many folks you're bringing and what dish you're bringing so we won't have too much of one thing.

No formal program but Danny Bernstein will be signing and selling our newly released book:  
**Carolina Mountain Club: One Hundred Years**  
(\$15 cash or check)

**Please RSVP on CMC website to attend**

On the right side of the flyer, there is a green vertical bar with white text: "Room for everyone to come", "All outdoors", "Carolina Mountain Club - all members" (with the club logo), and "Potluck". Below this bar, there are two small photographs: one of a group of people and another of a person hiking on a trail.

## Carolina Mountain Club Beginning Lightweight Backpacking for Day Hikers

Date: Saturday, July 1<sup>st</sup>, 10 am until finished. Please bring a lunch.

Location: Richmond Hill Park, Asheville

Cost: Free

Registration: 10 spots available. Please contact Lynn Pettipaw [lynn.pettipaw@gmail.com](mailto:lynn.pettipaw@gmail.com) to register.

This class is for experienced day hikers that are interested in lightweight backpacking, but don't know where to start. Bring your questions!

Topics will include

- Planning a backpacking trip
- Lightweight backpacking gear
- What to expect on a trip

This class will not be covering navigation or first aid.



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## Hike for Healing: A hiking and awareness challenge

by Jan Onan

One of our CMC members, Lee Fortune (also known as Boots on the Trail), will be completing the second annual Hike for Healing on June 19, 2023. Hike for Healing is not only a large challenge hike, but is a hike to promote awareness and strive toward healing of racial and cultural divisions.

This year's Hike for Healing will take place on the Mountains to Sea Trail, where Lee will attempt to complete Segment 1 in less than 24 hours (46.8 miles). YOU can join the hike too! You do not have to hike all 46.8 miles with Lee and partners (of course you are welcome to do so), but hike *any* portion of Segment 1 on June 19th to participate. There are short sections for all skill levels.



You can also support this effort in a variety of other ways, such as sponsoring a resupply, manning an aid station, purchasing a t-shirt or other merch, or a simple donation. Most importantly, you can join the hike by just simply having a conversation with those around you - healing begins with a conversation.

For more information and to register, please visit [BootsOnTheTrail.com](http://BootsOnTheTrail.com), or find Boots on the Trail on YouTube and social media.

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# Carolina Mountain Club (CMC) and Pisgah Conservancy Joint Project on 22 April 2023 (Earth Day) at Sam Knob

by Donna Bange

Sam Knob is a popular hiking spot with spectacular 360-degree views of the Pisgah Forest. Unfortunately, the hiking trail has suffered from adverse weather and substantial use. Tropical Storm Fred, fall 2021, brought torrential rains in a short time period. The water had to go somewhere: from the mountain top to below. These heavy, intense rains caused deep ruts in the trail, dislodged rock steps and created new, unintended water runs off. This difficult weather coupled with heavy hiking use resulted in a very popular trail not being in the best condition. John Turley is the CMC Section Maintainer for Sam Knob. The extensive repairs and upgrades were too much for a section maintainer. This is why CMC Trail Councilor Joe Bange along with Chris Werbylo and Les Love (Crew Leaders) decided that the 2023 Saturday Quarterly crews would focus on Sam Knob.

Carolina Mountain Club partnered with the Pisgah Conservancy and the Pisgah Ranger District on Pisgah Project Day on 22 April 2023 (Earth Day) to improve Sam Knob. There were 63 volunteers, ranging in age from teens to 80's, this is an impressive number given the rain early in the day and threat of more rain. There were 12 work sites that spanned over 1300 feet. Each of the 12 work sites were led by a veteran maintainer. Most of the work sites had first-time trail maintenance volunteers; the seasoned maintainers were able to teach trail maintenance skills to the new volunteers.



Two major switch backs were totally rebuilt with new rock steps and water diversions. It takes creativity and ingenuity to build rock steps; all the rocks must be found by the work site and moved manually. It is not feasible to bring up mechanical equipment to move rocks. Likewise, the rocks must be large enough to function as a step. The photo on the left is of the switchback prior to any repairs. It is obvious that the rocks are randomly located and there is not a clear path. This leads to hikers wandering off the trail and causing trail erosion. The

photo on the right is of the switchback after the repairs.



Additionally countless log steps were installed to address the inherent incline of climbing a mountain. Like rock steps, water diversion and step installation are vital to have a long-lasting trail along with ensuring a pleasurable hiking experience.

Over 1300 feet of trail tread was improved with water diversion, root and rock removal, along with other tread improvements to keep the trail in top shape for the safety of hikers. Water diversion is critical to ensure that the water properly flows off the trail and prevents any erosion of the trail and/or mountain.

CMC's Chris Werbylo had two workday crews (Wednesday and Friday) totaling 28 volunteers prepare the site before the Saturday Pisgah Project Day. Chris, Ed DiSalvo, Bob Beach, Joe Bange and John Turley worked all three days. These workday crews were critical in splitting and de-barking wood for log steps. Similarly, they worked to remove exposed roots for both rock and log step installation. The combined efforts of these two crews went a long way in making the Pisgah Project Day a huge success.

In keeping with tradition, CMC also sponsors a Women's Work Crew. This work crew was led by Barb Morgan. They focused on water diversions and tread work. This is critical work to minimize trail "cupping" and appropriate water removal.

Tourism is a cornerstone of the WNC economy. The US Forest Service by itself cannot maintain all of the WNC hiking trails. Non-profits like Carolina Mountain Club and Pisgah Conservancy are foundational partners with the US Forest Service in protecting and preserving hiking trails.

Each year CMC hosts Saturday quarterly crew day to enable individuals that work full time a chance to volunteer for hiking trail maintenance. In 2023, CMC selected Sam Knob as the work site so there are plenty of opportunities to help improve this iconic WNC hike. The remaining 2023 dates: June 3, August 19th and October 14th.

Please contact Les Love if you are interested in volunteering at [lesrlove55@gmail.com](mailto:lesrlove55@gmail.com)

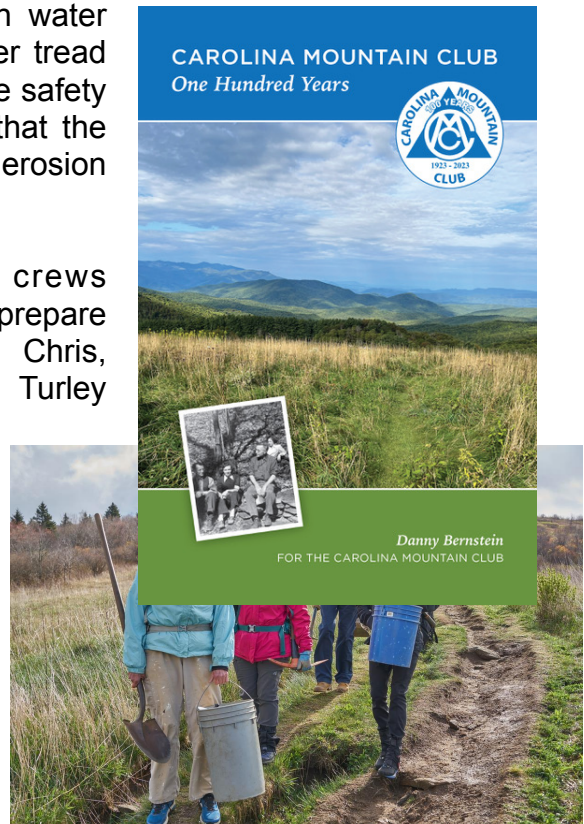
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## ***Carolina Mountain Club: One Hundred Years***

By Danny Bernstein

A Review by Steve Pierce

Whether you are a veteran member of the CMC, a new club member, or new to the area and looking for a hiking club, there is something in this book for you. I've been a CMC



member since 2004, and although I have heard many names associated with the club in the past, the history of the founding and growth of the club gave me a greater appreciation for the organization and the people who made it the club it is today.

Danny tells the history of the CMC through the voices of the people who made it happen and those who continue to provide leadership. For me, a highlight was reading the hike reports from years past, especially before and after World War II. Also interesting is the evolution from hiking on private land to exclusively on public lands as we do now.

Another major focus of the story of the CMC is trail maintenance and stewardship of public lands. The CMC has been a leader in these areas and the book traces the development and expansion of trail building and maintenance as well as conservation efforts by the CMC.

Outdoor recreation on trails in Western North Carolina today would not have the variety and safety it enjoys were it not for the CMC and the 100 years of commitment by many individuals brought together by the common vision for trails in the region.

Get a copy of *Carolina Mountain Club: One Hundred Years* and after reading it, you will have a deeper appreciation for those who came before us with the vision to create a club that truly made a difference in the quality of life for Western North Carolina and its people and visitors alike.

Where to buy the book:

1. At the CMC Spring Social May 13. The author will be happy to sign it. It is most advantageous to the buyer and the CMC if the book is bought face to face.

2. If online, please buy it from Friends of the MST  
<https://stores.portmerch.com/mountainstoseatrail/>

3. At Asheville retailers like Malaprop's, Mast, ...

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### **Get Ready -- Tick Season is Here**

by Bill Sanderson

Tick-borne infections are on the rise across the country, both in sheer numbers and in diversity, and as the climate warms this trend will only become more dire. Currently in North Carolina there are a number of infections of particular concern (Spotted Fever, Lyme Disease, Ehrlichiosis, Tularemia, STARI (Southern Tick-associated Rash Illness) and Alpha-galactose Allergy top most lists. Believe me, you do not want to be on the wrong side of *any* of these disorders.

With no vaccinations on the near horizon (for humans, anyway...there is a canine Lyme vaccine) prevention becomes your first line of defense against tick-borne infections. Physical barriers can help. Tucking your pant legs into your socks, for example, may

prevent many of the wee beasties from going up your leg and attaching in their favorite areas...around the waistbands of your underwear, but it isn't a 100% effective barricade, especially regarding the juvenile tick stages that may be barely visible to the naked eye and, contrary to previous belief, are perfectly capable of transmitting disease to humans. In areas where the tick populations are large, chemical warfare is the most effective deterrent. Most insect repellent products will deter ticks, but they typically have to be applied to the skin, can be messy, have to be reapplied, may melt synthetic materials they come in contact with, cause rashes, etc.

A better option, and one that is particularly effective against ticks at every stage of their life cycle, is the molecule known as Permethrin. Permethrin is applied to your clothes, tents, and other textile products, not your skin, and studies demonstrate that when used correctly there is very little if any transference to the user of the treated article. Furthermore, numerous studies have found no evidence that exposure of this sort poses a risk of toxicity or carcinogenicity to humans and other mammals. However, *liquid* Permethrin is apparently quite toxic to cats, so keep felines away from any possible contact with the liquid product.

A tick that finds itself on a pant leg treated with Permethrin will usually fall off rather quickly, and will very likely die within a short time. On several occasions ticks crawling up my pant leg slowed down, became uncoordinated and erratic, and finally died as *I watched*. The molecule disrupts the nervous system of arthropods by shutting down a specific enzymatic reaction that mammals simply do not have. Aside from lathering up every square inch of your skin with DEET (and who wants to do that?) there is no better, and safer, tick deterrent currently available.

I always use Sawyer brand permethrin. It comes in a handy spray bottle, and the 21-ounce size typically lasts me for three to four months of active outdoor activity. The process is simple (and is covered very carefully in the product directions, which you should always read and follow). Wash and dry the clothes that you plan on using for hiking. This would include trousers/shorts, socks, boots, hats, bandanas/neck gaiters, etc. (but not undergarments). Lay the items to be treated out flat, outdoors, on a windless day, preferably not in the sunshine (I do this on my driveway). Spray each item until the entire surface is slightly damp. (I take basic precautions such as being sure I'm upwind of any breeze and using exam gloves as I would with pretty much anything that I don't want in my eyes, lungs, or under my fingernails.) Let everything dry completely before you flip over and apply to the other side. Let that side dry thoroughly and you're done. Once dry, Permethrin forms a tenacious bond with fabric, so dry articles can be handled without the treatment coming off on you or other items. It won't stain, and has no odor. Store the items as you usually would. You can wear and wash the items (best to use cold water) as many as *six times* before they need to be re-treated. If you wash the items less frequently you can expect effectiveness to last for at least six weeks.

There are also companies out there that will take your clothes and treat them with a Permethrin compound for you, then ship them back to you with the promise that their process creates longer lasting protection (up to 70 washes). This is expensive, but

might be something to consider for a through-hike or an overseas trip/safari/ecotour adventure.

The juvenile stages (and sometimes the adults) of several vector species of tick in our area depend upon mice as a host mammal. Mouse populations abound in hiking shelters. Consider soaking some cotton balls with permethrin and leaving them in a hidden area of the shelter where the mice will find them and can carry them off for nesting material, thus killing the lice, mites, ticks, and fleas that the mice typically harbor. This simple act could significantly reduce the risk of tick-borne infections in and around hiking shelters or wherever else mice and people come in contact.

Finally, despite all your efforts you may still discover an embedded tick. Plenty of tick-removal information can be found online, but a pair of fine-tipped forceps, grasping the tick at the head/body junction, then gently but firmly pulling until it pops out is always the best strategy. Never grab the tick by the body which will cause the tick to regurgitate into the wound. It's not a bad idea to save any tick that you remove by sticking it to a piece of clear tape, then sticking the tape to a 3x5 card (on which you write where you have been and the date you found it) and tossing it into the freezer. Ticks that are too tiny to remove as directed above can be pulled off with a bit of duct tape wrapped around your fingers.

*Bill Sanderson is an AT maintainer, member of the Friday Trail Crew, and co-director of CMC Search and Rescue. He also teaches Anatomy and Zoology at AB Tech.*

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## **Meet Adrienne Chang**

**– Hiker, Hike Leader, Trail Maintainer and CMC Council Member**

by Danny Bernstein

And the labels in the title are just the start of the contributions that Adrienne is making to CMC.

Adrienne and her husband, Jeff Percival, moved to Asheville in August 2016 from Milwaukee, Wisconsin. They were looking for a place that offered an active lifestyle but was warmer than Wisconsin. In addition, Jeff had kayaked at NOC and liked the area.



*Adrienne on the trail*

Adrienne went to the University of Wisconsin at Milwaukee and majored in Fine Arts. She is now retired as a Human Resources professional from a Milwaukee technical college. Her husband has his own company doing employee assessment and still works three days a week.

“I love Wisconsin,” Adrienne says. “It’s a beautiful state. Asheville reminds me of Madison, WI.” Now she and Jeff live just south of Asheville.

They did a lot of hiking in South Dakota, most notably in Custer State Park. The park is very close to Black Elk peak. At 7,242 feet, Black Elk Peak isn't just South Dakota's highest point. It's also the highest elevation between the Rocky Mountains in the western United States and the Pyrenees Mountains in France. Once a herd of big horn sheep bedded down in their campground.

As soon as Adrienne arrived in WNC, she started volunteering at the NC Arboretum. Twice a week, she works in the gardens, planting, weeding, mulching and anything else needed to keep the gardens in tip top shape. She even helped decorate the Christmas trees. Adrienne had been a Master Gardener at the Boerner Botanical Gardens in Wisconsin so she knows her stuff. So how did this accomplished gardener find CMC?

"I owe it all to Sallye," Adrienne says. Adrienne met Sallye Sanders on a greenway in their neighborhood. For a while, they both lived in the same area. At the time, Sallye was working on her Smokies 900M and Adrienne helped her with some trails.

At the same time, Adrienne was training for a Make-A-Wish Foundation Trailblaze Challenge hike. This is a 28-mile hike usually on the Foothills Trail. When Adrienne did it, it went from Whitewater Falls to Oconee State Park. "Some people do it several time," Adrienne says.



*2Adrienne Chang*

With Sallye's help, Adrienne found Carolina Mountain Club. She is mostly a Wednesday hiker. She had tried other local groups but she appreciated trained leaders who know the trail and the usefulness of sweeps. "No one is left behind on a CMC hike,"

During the pandemic, Adrienne hiked regularly with Sallye and Brenda Worley. "You should lead a hike," Brenda said. Though she was nervous about being a leader, she jumped right in. With the help of Sallye, she led the Case Camp - Seniard Ridge Loop.

"Sallye and I now lead it every year," Adrienne says. As a reminder, this hike start in Pisgah and climbs up to the Blue Ridge Parkway. They lead it in January when the Parkway is closed and the hikers can admire the ice formations on rocks.

She and Sallye also became Max Patch Trail Ambassadors. They collect data on the number of people on the bald and number of cars in the parking lot. They pick up trash. They also talk to campers who have put up tents on Max Patch. This is illegal and against Pisgah National Forest rules. Most campers profess ignorance.

"Oh I didn't know," they might say. "We'll move our tent."

Thanks to Brenda, Adrienne joined the CMC Council and is now a Council at Large. Adrienne takes this position seriously. Before she took on this post, she read the CMC history online, council minutes, and many interviews.

Adrienne has finished the 50/50 challenge and the Lookout Tower challenge. She's now working on the Waterfall challenge. She's also on the CMC Centennial Committee which is planning the club's birthday party on July 16, 2023 at the NC Arboretum.

\*\* Suggestion. Adrienne suggests that it would good if the club had a system to let people know who is else in CMC is working on a particular challenge.

From the editor: What hike would you take a visitor who only had one day in western North Carolina? Assume that the visitor can hike as well as you. Adrienne had a whole set of hikes ready depending on what the friend wanted to see.

- Waterfall? She would go to DuPont Forest and show off the three waterfall loop.
- A.T.? She would take them to Hot Springs and do the Lover's Leap loop.
- Wildflowers? In spring, the walk to Melrose Falls in Tryon will offer up wildflowers.
- And for a challenging hike with a payoff, she would go to Looking Glass Rock or Panthertown.

"I also wanted to share that I am really grateful to Sallye and Brenda for their support, mentoring, and friendship in my hiking journeys! They are amazing women and I am inspired by all that they have accomplished in hiking." Adrienne is such a great asset to the club.

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Carolina Mountain Club eNews is published on the first Friday of each month. Send your news to [eNews@carolinamountainclub.org](mailto: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](http://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](mailto:dbass3607@gmail.com). Your email changes will be automatically reflected in eNews delivery.

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