

Carolina Mountain Club - *Since 1923*

eNews | Hike . Save Trails . Make Friends



October 2014

In This Issue

[Dinner Reminder](#)

[Secretary Needed](#)

[Meet Bobbi Powers](#)

[Plants On The Trail](#)

[Five Women Conquer Wall](#)

[Getting Youth Outside](#)

[Forest Plan Meetings](#)

[Conservation Members Needed](#)

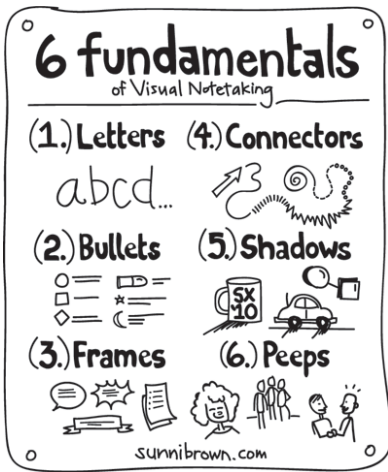
[Maintenance Surprise](#)

Annual Dinner: Saturday, Nov. 1

By Barbara Morgan

We're looking forward to having you at the 2014 Annual Dinner and Meeting. This will be held on Saturday, November 1 at The Chariot in Hendersonville. The address is 715 N Church St, Hendersonville, NC 28792. Ample parking is available just across from the restaurant. Remember, the Social Hour begins at 5:30, Dinner at 6:30 (with Challenge awards during dinner), and the Business Meeting and program at 7:30. See you there!





CMC Secretary Needed- Consider Serving

When members received the list of nominees for Council elections recently they probably noticed that there was no candidate for Secretary. This position needs to be filled! There will be an opportunity at the Annual Meeting tomorrow night, Saturday, Nov. 1, to make nominations from the floor, including self-nominations. Please consider possible nominees for this position.



And Much More

Bobbi Powers: Leader, Hiker, Maintainer

By Ann Hendrickson

Have you ever considered running for "Office"? How about being a Crew Leader? Not that either? You don't have to!! There are so many different ways in which individuals can and do contribute to the fact that CMC has been voted the best Hiking Club in WNC. Please read the short biography on Bobbi Powers. One will quickly understand why the Council has chosen to select Bobbi as the "Volunteer of the Quarter" and give her a huge shout-out.

I moved to WNC from northern Indiana 8 ½ years ago and have been on perpetual vacation ever since. I did not know a soul when I moved here, so I hooked up with Mountain Area Radio Reading service which reads to the sight-impaired over a special radio frequency. I had done that in the Hoosier state. A local reader introduced me to CMC.

Looking back 8 years to my first hike ever in my entire life from FAC to Lunch Rock, I have to laugh. I showed up wearing sneakers, jeans and wearing my hot pink Vera Bradley backpack. What a greenhorn! And that hike about killed me! Gradually, I got some proper equipment and kept going on the Sunday 1/2-day hikes where I found my niche. (I hate to feel totally wiped out after a hike because I have so many other physical activities that fill up my days, so I stuck with Sundays) Paula Robbins goaded me into leading hikes, and as a former high school English teacher, there is a certain satisfaction in bossing people around. ☺

The only bad part about being a hike leader is by having to go first; I don't get to chat with everyone. I especially like to lead wildflower hikes, and I have fun finding interesting things to point out and to share little-known factoids I've learned from listening to other hikers for 8 years. For instance, did you know that the root of Indian Cucumber Root actually looks and tastes like a cucumber? Try one! I want to have fun on hike

s, so I want my hikers to also enjoy the day. I do several small things for CMC. I maintain a section of the MST. I occasionally write for the eNews and Let's Go. I also am one of the proofreaders for both the hike schedules and the Let's Go. (Once an English teacher, always an English teacher!) I have served on several behind-the-scenes committees to choose award recipients or select officers. CMC hikers have been excellent mentors for me, allowing me to see gorgeous places I would never go on my own, and providing me with a nice group of friends. For all that CMC has given me, I feel it's only fair to give back a bit to the Club. Other than trying to hike twice a week, I have several other interests. I walk 18 holes of golf regularly at the Municipal and will be President of my ladies league next season. I am the treasurer of my Enka-Candler Branch Library Friends group. I live on an acre of woods whose maintenance could be a full-time job; I have dug, whacked, or pulled out many thousands of invasive species and there are plenty more. I like to garden whimsically; last summer I created a flock of individually decorated plastic flamingoes which frolicked among my plantings. (Yes, tacky, but so cute!) I've recently added lawn bowling at Carrier Park to my repertoire; this takes a lot of finesse, and I am definitely the novice in the group. I'm also a regular at OLLI where I take classes most quarters. I usher at Diana Wortham Theatre and love to see live theater all over town. Leading hikes, maintaining trails, writing articles, proofreading articles and newsletters, participating on committees, all of these "small" things, add up to a dedicated volunteer that we would love to clone! On behalf of the CMC, THANK YOU BOBBI!



Plants On The Trail

Pine Needles Highs And Lows

By Becky Smucker

One of my favorite fall aromas is that tangy odor that is released when you walk across a bed of newly fallen pine needles on a sunny fall afternoon. A whole row of hikers can really stir it up, especially if they stop for a pine needle stomp! The lovely odor comes from the volatile chemicals that gradually evaporate out of the needles as they die, wither, decay, and "return to dust".

But wait! Aren't pine trees supposed to be evergreen? So why are their leaves falling in the autumn? Evergreen just means that the leaves don't all fall at once, although they will all fall eventually, in stages. I suppose every agricultural extension agent has received calls from folks exclaiming, "Help! My pine tree is dying," when, in fact, the tree is just doing what pines do normally.

Pine leaves/needles grow in little bundles, and depending on the species, can last a year or less, or 20-40 years. Most, like white pines, shed after 2-3 years, and eastern hemlock 3-5 years. The older needles gradually lose productivity until they finally turn yellow-brown and fall off, leaving a bare branch. This means that the newer needles are on or near the tip of the growing branch, and the older, browner ones are toward the trunk, inside the green. So if the tree still looks nice and green near the tips, it's probably just being normal. Some things can cause pine leaves to brown and fall earlier than usual. Stressors can include drought or too much water, disease, pollution and other chemicals, nutrient deficiency, or damaging insects, like the pine scales we see out west a lot, or the hemlock wooly adelgid we all know and hate. One way you can tell if a pine tree is just acting like a tree, or if it's hurting, is to look and see where the needles are turning brown. Browning or other discoloration at leaf tips or at branch tips can signal trouble. In the case of hemlocks (which are in the Pine family) we often see an infected tree that still has a lot of needles, but all the young, juicy needles near the ends of the branches are gone. The tree is then at the end of its rope, because

se the tree is infected, and those older, darker needles further inside on the branch do not have the strength to help the tree recover. They will drop soon even if the beetles don't attack them, and the tree will die. But let's not end on that sad note. This fall while you're hiking, stop on those carpets of newly fallen pine needles under healthy trees to celebrate the cycle of life, do a vigorous stomping dance and enjoy the heavenly aroma that rises around you.



Conquering The Wall:

Five Women Walk Through History

By Marcia Bromberg

It started as a comment from the "senior" member of our group, something on her "bucket list", a desire to do a coast-to-coast walk in England. Fellow hikers were interested. Our research revealed a less strenuous coast-to-coast option-Hadrian's Wall Path, extending from Bowness-on-Solway on the west coast of England to Wallsend on the east. Further research suggested that hiking a shorter version, from Carlisle in the west to Heddon-on-wall in the east, would take us along the highlights of Hadrian's Wall.

So what is Hadrian's Wall? Constructed over a 10-year period in the second century, the purpose of the wall was to protect the furthest reaches of the Roman Empire in England from the barbarian tribes to the north. When completed it comprised over two million tons of rectangular-cut stones in a wall 8 feet thick and 15 feet tall with postgates every mile and forts every five miles. What an amazing feat!

Our trip began with a modern jet ride to Manchester England, then a slightly less modern train ride to Carlisle-the starting point for our walk into the past. Carlisle, known as the Great Border City, has been in the middle of English/Scottish conflicts over its 2000-year history. Coincidentally Scotland was voting on whether or not to secede from the United Kingdom right after we arrived in the country. We decided we could help protect Britain from the northern hordes using our hiking poles if the vote went the wrong way-all of us except the member of party with Scottish heritage, that is. Most people walk east to west along the Wall Path.

We choose west to east so that we would be in a position at the end of our walk to visit sites on the east coast of England. Although it made reading our guide book a little confusing, we were grateful when we had the advantage of being gently pushed along by the prevailing west-to-east wind rather than having to fight it.

It took a day of walking to reach the first remnants of the wall. But once we did we found much of the wall still intact after almost 2000 years! Much of the stone has been pilfered over the years to build castles, monasteries, pasture walls and other buildings. But large sections, three to five feet tall, remain as do the remnants of postgates and forts. In addition to the sections of wall, there were remains of Roman towns, medieval castles and monasteries. At the end of each day we made our way to the local pub for a pint. Our walk was a planned "inn-to-inn" excursion so our luggage was transported and rooms booked in B&B's along the way-an excellent way to complete a long distance hike! After approximately 60 miles of walking, countless sheep and cows of all varieties and colors, way too many "kissing gates" and wooden and stone tiles, we completed our walk in Heddon-on-Wall with a celebratory pint (what else?) and agreement that th

e walk had met all of our expectations. Tommie Boston Marcia Bromberg Susan Canale Mary Swain Joanne Tulip

Moore Cove Hike- Nov. 8

Help Get Youth Out In The Woods



Big Brothers Big Sisters

By Kay Shurtleff

CMC will partner with Big Brothers / Big Sisters on a hike to Moore Cove and a stop at Looking Glass. It is the first organized hike for this group so a fun, easy hike has been chosen. We will meet at Pisgah Ranger Station to carpool to the trailhead 4 miles from PRRS on Nov. 8 at 10:00. Since each "Little" is paired with a "Big" you will not be driving any youth. Consider sharing your love of hiking. Contact Kay Shurtleff at kshurtleff@msn.com for more information.

CMC Members Encouraged To Attend Meetings Scheduled For Forest Plan Revisions

By Tish Desjardins

Meetings for the National Forest Service's Management Plan Revision for Pisgah and Nantahala National Forests have been announced. CMC members are urged to attend and express CMC's approved comments and contribute your own personal comments to the Forest Service. The CMC approved comments are within the "Conservation" section (CMC Position for the Forest Service Management Plan Revision) of CMC's website, carolinamountainclub.org.



The National Forests in NC will be holding the next round of public meetings this October and November to share information about the proposed Nantahala and Pisgah NFs Forest Plan, including potential management areas and desired conditions. The meeting will open with a presentation on significant issues, management areas, and the development of plan components. The Forest Service planning team will share some proposed desired condition statements and information about watersheds and recreation settings during an open poster session.

Each of the scheduled meetings from 4:30 to 7:30 pm, will follow the same agenda and present the same information and opportunity for review and comment.

Public meeting dates and locations are as follows:

- Pisgah Ranger District: October 21 at the Forge Valley Event Center in Mills River;
- Nantahala Ranger District: October 28 at the Tartan Hall in Franklin;
- Appalachian Ranger District: November 3 at Mars Hill College, Broyhill Chapel in Mars Hill;
- Tusquitee Ranger District: November 4 at the Tri-County Comm. College, Enloe Bldg. in Murphy;
- Cheoah Ranger District: November 6 at the Graham County Community Center in Robbinsville;
- Grandfather Ranger District: November 13 at McDowell Tech. Comm. College, Rm 113 in Marion



CMC Conservation Members Needed

By Tish Desjardins

CMC's conservation committee is requesting more CMC members to join the committee. We meet on the third Thursday each month at 2:15 at the Botanical Gardens at UNCA. With an interesting and lively atmosphere, we focus on National Forest and National Park issues that relate to our hiking trails. It is an opportunity to learn about the inner workings of how our Forests and Parks are managed. Learn more and join us by contacting Tish Desjardins, Conservation Committee Chair through 2014 at desraylet@aol.com or Ruth Hartzler, future Conservation Committee Chair at ruthmtn@gmail.com.



Waterrock Knob

Building A Trail At 6,000 Feet

Danny Bernstein

October is supposed to be the best leaf-peeping time. Visitors drive up to Waterrock Knob on the Blue Ridge Parkway (MP 451.2) and look out at the outstanding scenery. Little do they know the work that is going on just below them.

The CMC trail crew crush rocks, cut down trees, remove roots, and move rocks to build a small section of the Mountains-to-Sea Trail. Almost all are over 60 years old, many much older. Yet, they come out week after week to work on building this piece.

A couple of weeks ago, our Asheville Friday Crew finished a 2.2-mile section of the MST on the east side of Waterrock Knob. Kate Dixon, Executive Director of Friends of the Mountains-to-Sea Trail, and I walked the section and admired the amazing trail work. Ann Hendrickson, one of two women on this crew, walked with Kate and me from Waterrock Knob to Fork Ridge Overlook. From the ramp up Waterrock Knob, we climbed down 120 locust steps. Trail builders love locust since the wood is hard, strong, and virtually impervious to fungal decay.

To ensure that the trail will last, a layer of crushed rock has been put down. These rocks have been moved and crushed on site; they don't bring in material from the outside. Nor do they use mechanized tools. A layer of dirt is placed on top of the rocks. All the while, the crew study the landscape to decide if a tree on the upside of the trail has been compromised and may come down in the next storm or the next winter. "These rocks are like my children," Ann says. "I know them all." Building this piece of trail required over 6,000 hours of work to cut through the rocks, roots, and trees so hikers can walk comfortably. It's hard work to build trail at almost 6,000 feet above sea level. The season is short --May to October-- and depends on the Parkway being open. In the winter, the freeze/thaw cycle plays havoc with the trail surface. Rocks pop out, trees fall and water and ice are all over the trail. Kate and I took time to meet the crew members and learn their specialties. Skip Shelton, the crew leader, divided up the work. Some worked on the last couple of steps. Others crushed rock. The third crew completed the last bit of construction in the middle section. Then they'll pull out the tools and grip hoist and walk them down the cars. The next Friday, they'll blaze the trail with the familiar white circles. "We all have to trust each other," Ann emphasizes. "This is a true team effort." The crew leaves Asheville at 8 am and drives an hour to the work site. They work for five hours and are back at 3 pm, exhausted, muddy, and happy. The first concern is always safety. The second is to have fun so that the crew wants to come back week after week. And oh yes, they do want to get work done. "The skill and artistry of the trail is extraordinary," says Dixon. "So many visitors come to Waterrock Knob. Even if they don't hike 1,000 miles across North Carolina, they can walk a mile and get a good feel for the trail."

Two-Time MST Completer Joins In Maintaining MST

By Barbara Morgan

Saturday, October 18, was a wonderful day to join Les Love and lots of other dedicated folks to continue the work on building the MST near Soco Gap. One of the new faces was Heather Housekeeper, a two-time completer of the entire Mountains-to-Sea trail! She was a really dedicated worker, and we enjoyed getting to know her. Asked if she'd choose to hike the MST a third time once the re-route is finished next year, she replied, "Probably so!"



Heather has just released her first book, A Guide to the Edible and Medicinal Plants of the Mountains-to-Sea Trail. She said she was able to augment her "traditional" backpacking food with fresh plants she found on the way.

Heather has a blog that likely can give more information as well. www.TheBotanicalHiker.blogspot.com



Send eNews articles to eNews@carolinamountainclub.org

The newsletter will normally go out the last Friday of every month. The deadline to submit news is the Friday before it goes out.

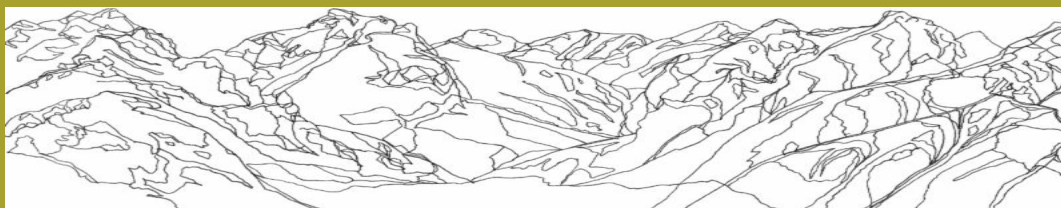
The next issue will come out on Friday, November 28, so send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening November 21 to Kathy Kyle at eNews@carolinamountainclub.org. Include your email address at the end of your story. Thank you.

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

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



[Let's Go!](#)

[CMC Calendar](#)

[Hike Reports](#)

[Future Hikes](#)

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