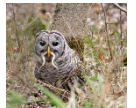


Carolina Mountain Club - *Since 1923*

eNews | Hike . Save Trails . Make Friends

June 2014



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Les Love

Steadily, Quietly Going Extra Mile

By Ann Hendrickson

Have you ever been in a situation where the question is asked for someone to volunteer to do something, and then, almost everyone quickly diverts their eyes until someone else raises their hand and says "I'll do it"? Les Love is one of those wonderful people who steps forward and says "yes", over and over again, year after year. Les is one of those rare volunteers that CMC is so fortunate to have in its fold. The Council voted unanimously at the May meeting to honor Les with one of the Quarterly Appreciation Awards.



Here is a listing of (most) of what Les is doing for CMC. Please note, a calculator is needed to figure how many hours of volunteer time this all equates to. Hike leader since 1997, 4 times per year. (17 years X 4 = 68 and counting) Quarterly Maintenance Crew Leader (with Piet Bodenhorst) since 2000. (14 years x 4 pe

r year = 56 and counting) MST Section Coordinator since 2000. (Les supervises 19 section maintainers and 33.2 miles of the MST) MST Section maintainer for TWO sections since 2001 and 2009. This is the 9th year that Les and his wife Catherine have organized the Spring Social for CMC. Each of these volunteer commitments, even for a year, requires countless hours of meetings, e-mails, record keeping, follow-up, planning, organizing, driving, manual labor, and personal expense. Les has done ALL of these "jobs" for almost 2 decades. As frosting on the cake, Les has made it a family affair by "working" his wife Catherine, son Brandon, and his 94 year old father!! Wow. As a challenge-oriented person, I am totally overwhelmed. I trust you are as well. Quietly, willingly, without self-adulation or capitulation, Les has set the volunteer bar for all of us. Please join the Council in giving Les a stand up ovation and a hearty round of applause. When you get a request from Les to lend a helping hand, PLEASE SAY YES. Our community, Club, and trails are a better place because of people like Les. CMC is forever grateful.

Plants On The Trail



Yes, Plants Can Move Around

By Becky Smucker

Animals can move around; plants cannot, right? This is what I for years believed was one of the differences between the two groups. But there are animals that are "rooted" and plants or plant parts that move around, some going very long distances through the water or air. Further, plants are capable of responding through motion to different stimulants in their environment. These responsive motions of plants are called "tropisms", and truly can be talked of as

movement, even though it is much slower than in most animals.

If you are a gardener or a very observant hiker, you have noticed some of these responses. Here are three different categories:

- Movement with respect to light (phototropism)
- Movement in response to gravity (gravitropism)
- Movement in response to touch (thigmotropism)

Let's talk about the last one first. Thigmotropism, or movement resulting from touch, is most familiar in vines. When vine tendrils touch something, they take hold by wrapping around what they come in contact with. Many plants are very fast climbers--so fast, in fact, that if you are patient, you can sit and watch it happen. They can wrap around a support once or several times in just an hour. Common native vining plants that demonstrate thigmotropism are dodder (love vine), bur cucumber, grapes, and morning glories. You can probably name others. Thigmotropism is also in action with roots, allowing them to twine around rocks underground, and find their way through crevices. Gravitropism is the movement plants make so that shoots grow up and roots grow down. If you take a potted plant and place it on its side, the stems will turn and grow upward, while the roots will go in the opposite direction. If you have ever let potatoes sprout in your basement or cupboard, you know that the shoots will grow upward even if they have to wrap halfway around the potato to do so, even in the dark. When seeds are underground and germinate, gravitropism sends the shoots up and the roots down. Just think what a mess things would be without gravitropism! Phototropism, movement in response to light, is probably the most familiar of the plant tropisms. Leaves contain little sugar factories that require sunlight to operate, so plants spend a lot of energy collecting their share of light. This can require motion. Everyone with house plants knows that you need to turn them now and then if you want them to grow evenly as they reach for light. Phototropism is part of what explains the vertical, slender growth form achieved by trees growing in the middle of the forest compared to the more horizontal form of those on the edge or in the open. It's why plants like to reach into the nice open space we've carved out for a trail, rather than growing off to the other side as we trail maintainers would prefer. So how do plants mov

e? Animals have muscles, but what do plants have? We've only learned part of the answers, but some interesting studies have shown that the plant growth hormone, auxin, is often involved. Did you know plants have hormones? Auxin causes cells to elongate, so when some force shifts the auxin balance in the plant, cells grow longer on one side of a stem and shorter on the other, which causes bending. Also involved are little starch grains that shift inside the cells in response to gravity or motion, and put pressure on other parts of the cell. We have a lot to learn yet, but never think that plants don't move, just because they do so in a more limited way than animals.



left to right: Norm Sharp regular hike leader for the camporees, Jill Gottesman of the Wilderness Society and Ted Snyder organizer of the camporees (photos by Sawako Jager)



Joyce Kilmer Camporee

Friends, Food and Wilderness

By Kathy Kyle

CMC's Joyce Kilmer camporee drew about 35 campers for wilderness hikes and barbecue the last weekend of May.

The camporee was the most recent one in a series Ted Snyder has planned to draw attention to Mountain Treasures. Hikers have several hikes to choose from to taste the unique features in Western North Carolina. The hikes range in difficulty and length.

Snyder received the CMC Distinguish Service Award in 2012 as lead organizer of the camporees that have taken CMC members to places designated as mountain treasures.

The next camporee will be held September 12, 13, 14.

Ted explains: "We will be camping at the Kimsey Creek Group Campground. The Group Campground is a loop at the back end of the Standing Indian Campground. The signs on the highway all refer to the Standing Indian Campground. Once you enter the gate, there are small signs directing you to the Kimsey Creek site." The Standing Indian area is the most diverse and fascinating area, geologically, that we will visit with a camporee, Ted said. There are old corundum mines, troves of garnets, a scalable chimney rock, stream piracy in progress, perched bogs, a 200' waterfall, an erosion contest between the Tallulah River and the Nantahala River, lots of cliff-top view points, and more. Ted has reserved spaces for 50 campers at the Group Campground. To sign up for the camporee contact Ted at tedsnyderjr@bellsouth.net

July 10 Meeting

Forest Service To Discuss Wildlife Habitat, Ecosystem Integrity, Diversity

Provided By The USDA Forest Service

The Forest Service will hold a public meeting for the plan revision on July 10, At the Crowne Plaza Hotel, Resort Drive, Asheville. Discussion topics will include (1) wildlife habitat and (2) managing for ecosystem integrity and ecosystem diversity. An information and comment station for Wild and Scenic Rivers will also be available.

Tentative meeting time is from 9 a.m. to 3 p.m. A meeting agenda will be posted online by July 1st.

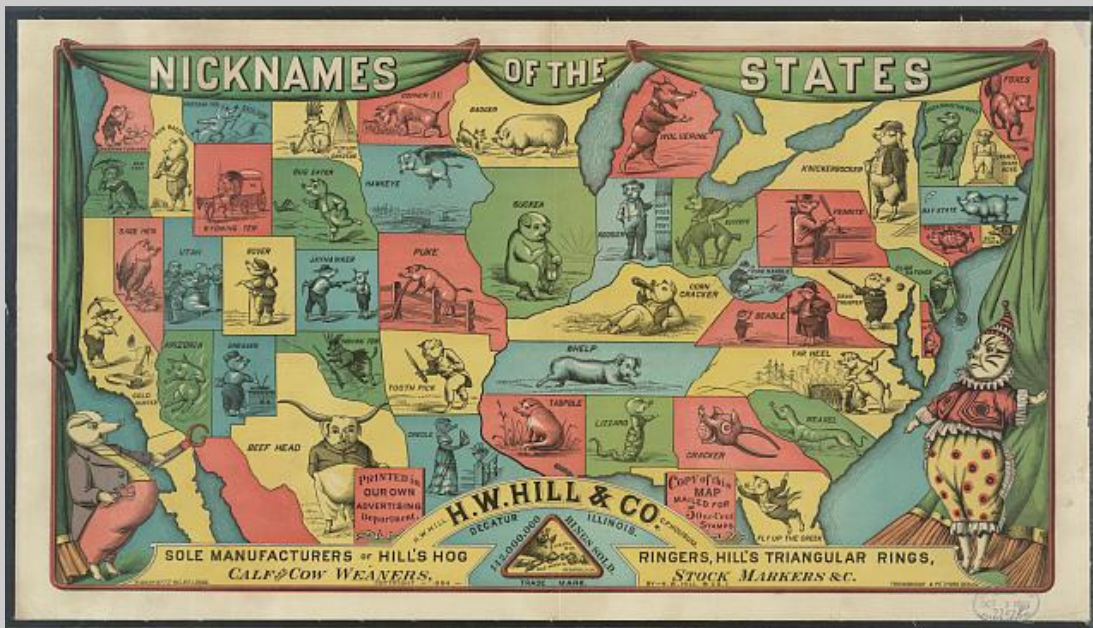
The Preliminary Need to Change the Existing Land Management Plan has been updated based on scoping comments and will be posted online the week of June 9th.

Coming Next in August and September: Establishing Management Areas, Desired Conditions, Objectives, Standards and Guidelines in the Revised Plan. We anticipate six public meetings across Nantahala and Pisgah National Forests in the vicinity of the six ranger districts.

Information is available on the forest website at: www.fs.usda.gov/goto/nfsnc/nprevision. You may send email comments to: comments-southern-north-carolina@fs.fed.us.



Map Freak 2.0



By Mike Knies

I recently wrote a comment for eNews with some general information about internet sites containing interesting and useful information about maps to enable and enhance your outdoor experiences. Subsequently I found that many members would appreciate more detail about how to use the USGS site so I have provided the following details. The following USGS site provides an alternative to the cumbersome and expensive process of trying to obtain and manage the large 1:24000 (and other) maps. Using the following instructions you can obtain any map that has ever been created for the area you are interested in and edit it so you can print out only what you need. I am severely technically challenged so if I can do it I know you can.

Click on the above and you will get the following screen that I have filled using a TVA Quad for the NC area south of the Park since they were done as early as the 30's as opposed to most areas that seem to start with 1964 or thereabouts. You must know the name of the quad. You used to have to know the exact name if it had been changed but as you can see from my example it picked up Judson (now Noland Creek) which is a town now below the surface of Fontana. If you don't know the name find one in the area that you do know and the adjoining maps are named in the margins and corners. So you can work your way over. When you click ask on one of these it you want to open or save. Pick one and it will download taking a bout thirty seconds or more. The new maps for 2013 are terrible! They have no redeeming social or outdoor value unless you need a map of a city with the latest sprawl. They are much harder to read and as Jim Reel says eliminate a lot of useful trails and fire roads and take twice as much computer space so twice as long to open. You will get an Adobe PDF file. You can save it to wherever. I shortened the names for convenience. You don't have to save it but it saves reopening and downloading every time. Click on it and open it! You can make the map as big or little as you want by indicating in the - + box the % magnification or just clicking on the buttons. Next click on Edit and then "Take a Snapshot" You can now click and drag a box on the map and whatever is in the box is automatically saved so that you can paste it to a word doc for your file on subjects for that particular area. And you now print out on the word doc exactly what part of the map you want and not have all that unneeded crap making what you want too small or the map too large! Paste to a word doc. I have a word template set in landscape and have the margins minimized so the maps will take up the whole page. To the extent it doesn't fill the page click on the map and then pull the corners

I hope this is helpful!

New Guide Details Public Transit To Hike The AT

Philbrick's Appalachian Trail Transit Guide, by J Jeffrey "Snailpace" Philbrick, is a comprehensive compilation of public transit information available for accessing the Appalachian Trail.



Author J Jeffrey Philbrick

The guide is a practical resource of fresh information.

Philbrick's Appalachian Trail Transit Guide is designed "outside in" starting from a broad perspective at the national level then progressively sharpening focus on a local level to arrive at specific road access points that place a hiker actually on the Appalachian Trail.

At every level and point of focus the guide provides detailed transit information. Whether you are a day

hiker, section hiker, or long distance thru-hiker Philbrick's Appalachian Trail Transit Guide is full of the essential and practical information any sort of

hiker needs for accessing public transportation to get on or off the Trail and help a hiker get around while visiting a town or city near the the Trail.

For thru-hikers the guide is especially important for providing the necessary information to get off the Trail in cases of an emergency, to resupply, or to just go home for a while. There are three different editions to the guide: Philbrick's Appalachian Trail Transit Guide, Complete Edition: Georgia to Maine. Philbrick's Appalachian Trail Transit Guide, Southern Edition: Georgia to the Mason-Dixon Line. Philbrick's Appalachian Trail Transit Guide, Northern Edition: The Mason-Dixon-Line to Maine. The guides are available in e-book format at Smashwords.com. in the Non Fiction section under the headings "Travel," "Sports and Outdoor Recreation" or search under Appalachian Trail. The author, J. Jeffrey Philbrick, grew up on Cape Cod and currently resides in Chapel Hill, NC. He has been an avid camper and backpacker for decades and has also been involved with the Boy Scouts of America for over 30 years. As a young man he had his first encounter with the Appalachian Trail and hiked sections of the Trail in Maine, New Hampshire and Vermont with his fellow Sea Scouts. As an adult he has hiked all of the Trail in Georgia twice and over 650 miles of the Trail in North Carolina, Tennessee, and Virginia. In the spring of 2013, he acquiring the trail name "Snailpace" while attempting a thru-hike of the AT. Philbrick can be contacted by email at: thephilbricks@mindspring.com

CMC Members Hike To Help Grant A Wish

by Maggie Marshall

On May 31st, CMC members Billie Green, Sherry Griffith, Donna Lanning and I embarked on the adventure for which we'd been training for months: the 2014 Make-A-Wish Foundation Trailblaze Challenge - a fundraiser to grant wishes to children with life-threatening medical conditions (to donate go to www.TrailblazeChallenge.org - Spring 2014 - "Find A Hiker" - to locate the hiker to whom you wish to donate).

Along with 69 other adrenaline-charged hikers from the Asheville and Triad areas, the four of us tackled the Bartram Trail from Appletree Campground to Wallace Branch, a fairly harrowing 24.1 miles with approximately 5325 feet of cumulative ascent and almost as much descent. And...whoohoo - we made it!! Our day started at 3 a.m. with breakfast in the hotel lobby, then an hour-long bus ride to Appletree where we attempted to take starting photos in the pitch black of early morning. Leaving every couple of minutes in groups of 4-5 hikers (Sherry and I in the same group, Billie and Donna in separate groups) we all sailed through the first section of the trail, which was predominantly level with just a few short climbs to get our adrenaline going. Having scouted the first half of the trail a few months before, Sherry, Donna and I knew the fun was just beginning. From our first rest stop at Lake Nantahala, the trail began to climb steeply and we c



overed over 3700 feet in elevation gains by the time we reached the halfway point at Winespring Bald around lunchtime. It was not nearly as bad as the three of us remembered from our April hike (and far more picturesque), but it was still a Challenge with a capital "C!" By this time we were all hiking in separate groups, having each settled into a comfortable pace. With the first half of the trail behind us, we each did a short stint admiring the views at the Wayah Bald tower, then started the plunge down the backside of the mountain. We had all assumed from the elevation profile of the trail that the second half would be easier. This was NOT the case at all! It's true that we were tired, having already hiked a very rigorous 13.3 miles, but none of us expected the seemingly never-ending-up-and-down-roller-coaster that was the second half of the hike. As we each made it to the last rest stop at Harrison Gap, supposedly a mere 5.6 miles from the finish, our wonderful cheerleaders from Make-A-Wish told us "just 5 more ups and 5 more downs and you're done!!" We all counted anywhere from 7 to 9 more of those wretched ups and downs - but maybe we were hallucinating by then - and we appreciated the need to employ some standard "hike-leader fibbing" at that point to get us all to the finish line. We had a miraculous break in the weather that day: temperatures that were predicted to be in the low 80's were instead in the low 70's, and the expected rain showers did not show up until about 4pm, which only had us hiking in the rain for the last 1-2 hours of our trip. All told, it took the four of us anywhere from 11 hours, 15 minutes (go Billie!!) to 14 hours to finish. Given that none of us had ever hiked more than 17 miles in one day, we were each relieved and grateful to see that gorgeous waterfall that signaled we were within a quarter mile of our goal (for photos of the hike you can go to each of our Facebook pages). After stumbling into the finish line, we were shuttled back to the hotel to celebrate with fellow hikers and friends/family over drinks and barbecue - then off to bed and up early again for a Celebration Breakfast the next morning. Each of us was presented with a Trailblaze Challenge pin, and then asked to get up and tell to whom they would give their pin and why. This was an emotional and moving tribute to everyone involved - the families of Make-A-Wish kids (some members of whom were also hikers), our hiking buddies who helped get us through those last painful steps, supportive friends and family there to cheer us on, the wise and wonderfully efficient Make-A-Wish staffers and volunteers - all were given their due. Lots of laughter and tears as everyone got up to tell their story.

Highlights of the experience for me, personally, were making new friends and hearing their stories, and specifically in getting to meet Henry, a Make-A-Wish kid whose dad, Adam, hiked with us. Henry was granted his wish recently to "be a fireman" when he was made an honorary member of the New York City Fire Department and got to do everything from ride the ladder truck around NYC in his own tiny fireman's uniform, to cruising around New York Harbor on the fireboat, to having his name added to the duty roster at the station to which he was assigned. I'm happy to say that Henry is one of the lucky kids who has gotten past his illness and is now doing really well according to his folks, and that was obvious in the spitfire behavior we saw as he cheered his dad on at each of the rest stops! For me, Henry and his family were the embodiment of the great work that Make-A-Wish does - helping kids and their families through the toughest time they will ever endure by spreading a little joy and hope in their lives. We have raised just under \$350,000 to date with this hike (we have until July 1 to get all our donations in, so feel free to help us reach and exceed that \$350K mark) - which translates into 60 more wishes being granted to these deserving kids! Donna's toenails are still sore, my bum knee is going to have to go on a "hiking hiatus" for a few weeks to recover, Sherry says she can't stop sleeping, and Billie suffered sore calves and a couple of blisters. It was grueling, exhausting, crazy - but we all agree: it was SO WORTH IT!



Photo by Sawako Jager from Joyce Kilmer
Camporee

Flicker Account Created For CMC

Calvin Allen has created a Carolina Mountain Club group on Flickr and added a few photos. People who want to post photos there should go to:

<https://www.flickr.com/>

Members must join Flickr first (it's free).
Then, they can search for the group to add photos.

July Hike Limited To 10 - Wilderness

By Ashok Kudva

Herrin Knob-Mt Hardy-Green Knob, the Wednesday, July 9 hike is a wilderness hike limited to 10 hikers. For reservations contact the leader 828-698-7119 , cell phone 828-674-1374 or e-mail ashok.kudva@att.net.
I apologize for the oversight of the wilderness restriction in the printed copy of Let's Go.



Who builds steps to make trail descent safer ?

Friday Pisgah Crew, 5-16-2014



Send eNews articles to eNews@carolinamountainclub.org

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

The next issue will come out on Friday, July 25, so send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening July 18 to Kathy Kyle at eNews@carolinamountainclub.org. Include your email address at the end of your story. Thank you.

Westgate parking - Park in the northernmost part of the lot - past EarthFare, in the last row of parking spaces.

To join Carolina Mountain Club go to: www.carolinamountainclub.org. Click on "Join CMC" on the right side. Follow the instructions. Send all address and email changes to Gale O'Neal at gogalemail@gmail.com. Do not resubscribe yourself to the eNews. That will be done automatically. If you are a non-member subscriber, you need to go back to the eNews and make the change yourself.

Kathy Kyle

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