



Carolina Mountain Club

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June 2017

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Meet your new Treasurer!



George Bauernfeind has just come on board as CMC's Treasurer! We're very pleased and fortunate that he threw his hat in the ring, and he participated in his first Council meeting on May 9th. According to the By-Laws, the President may make an appointment to fill a vacancy (which in this case was created by the resignation of the Treasurer earlier this year), and then you, the membership, will be able to vote on the appointment at the upcoming Annual Meeting.

George brings a wealth of experience to the job. He is a recently retired CPA and tax attorney and has many years' experience as Treasurer, Finance Committee Chair, and Board member of non-profits and churches. He has an easy-going manner that fits well with our club. He and his wife, Sally, moved here five years ago because of their love of the mountains and so he could enjoy more hiking, biking, and golfing. He's a family man, with six "kids" and they are expecting their 13th grandchild this summer.

Special thanks go out to Beth Fluharty, who has helped me in the interim to make sure everything got done. She's been awesome to work with. Our club just keeps getting better!

Call for AT Maintenance Volunteers

Enjoy working on the Appalachian Trail? There are currently 2 AT Sections open.

1) AT2232 Laurel Shelter to Jones Meadow 2.3 miles. In and out from Jones Meadow off Viking Mountain Road heading southwest.

2) AT2235 Jones Meadow to Round Knob Springs Road 4.2 miles. In and out from Jones Meadow off Viking Mountain Road heading east.

Training and support provided.

Also anyone who's interested in working on the AT but would like to learn by assisting, there are many sections with only 1 maintainer who could use some help.

Contact Tim Carrigan by email, atsupervisor@carlinamountainclub.org or 828-242-9559 any day before 4:00 PM.

How To Never Get Poison Ivy Rash Ever Again

According to Jim Brauker, Phd, a scientist who has spent 25 years studying inflammation of the skin, the key to avoiding getting poison ivy rash is friction. No expensive cleaning products are necessary. The only remedy needed is washing thoroughly using soap or detergent and a rough wash cloth or loofa sponge or other rough item to provide enough friction to remove all the poison ivy oil, urushiol, within 2 to 8 hours of contact. Wash and rinse thoroughly three times, concentrating on ALL parts of the body that could have come in contact with urushiol, including the back of the forearms, between the fingers, etc.



"You don't get poison ivy rash because you contacted poison ivy. You get it because you didn't wash the urushiol off." To view the video, click here: <https://www.youtube.com/watch?v=4oyoDRHpQK0&feature=youtu.be>

Mountain Treasures Camporee

Despite some rain and cold, the Spring Mountain Treasures Camporee was held during the first weekend in May with about 35 people attending. The camporee at Standing Indian featured a fire and outdoor canopies to keep us dry and warm during periods of rain. The sun shined warmly on Saturday and Sunday during the hikes.

The fall Mountain Treasures camporee will be held at Appletree Group Campground near Franklin on Friday, Oct. 6, to Sunday, Oct.



8. A variety of hikes will be offered Saturday and Sunday. Dinner will be shared on Saturday night.

Please send \$10 per person (this covers both nights) to Kathleen Hannigan at 307 River Ridge Drive, Asheville, NC 28803 to hold your spot. We are considering having ham and turkey for Saturday dinner which will be provided for a minimal additional cost. Please bring a side dish, dessert or appetizer to share. Include your name and email address and what you plan to bring for Saturday night.

The CMC camporees are held twice a year to recognize the importance of North Carolina's Mountain Treasures. The North Carolina's Mountain Treasures are 41 areas within our Nantahala and Pisgah National Forests that stand out with special conservation, recreation, scenic, and cultural values. The United States Forest Service is now revising the management plan for our public forests in Western North Carolina. The current evaluation of Potential Wilderness Areas (PWAs) is our opportunity to gain better protection for these valuable places - The Mountain Treasures.

Garlic Mustard Pull May 2, 2017



This year's Garlic Mustard pull was a success!

Eva, Barbara, Joann, Matt and I pulled the mustard along the forest service road that goes behind Bluff Mountain. Along with great views and beautiful flowers, we were treated to an exciting ride on the old road in the ATC truck. When we got to an area of Garlic Mustard, we stopped and pulled 210 lbs of the stuff as it crept toward the AT corridor. Matt carried it off in the back of his truck in large plastic bags. We were encouraged to see that there was no Garlic Mustard in the area where we pulled last year.

Snake bites and sightings on the rise across WNC

by Rob Bradley Tuesday, May 2, 2017

Asheville, NC (WLOS) - Snakes. Why did it have to be snakes? If Indiana Jones had a home in North Carolina, he likely wouldn't be too happy.

The North Carolina Poison Control Center reports calls about snake bites have nearly quadrupled compared to this time last year, likely because of a more mild winter. Asheville Wildlife Removal said it had recently seen a large spike in the number of calls it had received for snakes, and even snake dens, or snakes with babies.

Bites aren't only on the rise among people. The Western Carolina Regional Animal Hospital said nine dogs were treated for snake bites just over the weekend, with one pet even passing away. Hospital officials said they only saw about 50 cases total last year. For people who are active with their dogs outdoors, there is a vaccine that could help protect your furry friend from a poisonous snake bite. "It might not completely resolve or prevent an actual reaction, but it does lessen the severity of it," Dr. Natalie Morris, a veterinarian, said. "So, even if your dog has had the rattlesnake vaccine, we recommend that you come in and have them treated and evaluated after it (a bite) happens."

So, what should you do if you're bitten by a snake?



"Really the best thing is to just stay calm, potentially elevate the area that you have a bite. Wash it," Savannah Trantham, a WNC Nature Center animal curator, said. "If it's a nonvenomous snake bite, for sure, you can just wash the bacteria before you go to the doctor. But getting to the doctor as soon as possible is going to be your best bet."

Dogs will often yelp when bitten by a snake, and if it's venomous, acute swelling will occur near the bite site. If your dog is bit in the face or head, Dr. Morris recommends removing the dog's collar to help prevent asphyxiation.

Snakes often hide in areas where their prey (mice) likes to hide food. Piles of brush or leaves, rock crevasses, and logs are common hiding spots for the only two venomous snake species in the North Carolina mountains, the copperhead and timber rattlesnake. Cottonmouths, also known as water moccasins, can be found in the foothills. These species can often be identified by their arrow shaped heads and unique patterns on their back. Rattlesnakes of course have their rattle, with a tail that is often much darker than the rest of their body.

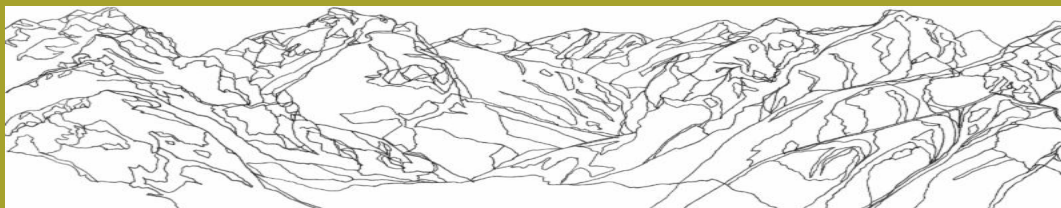
Snake bites are rarely fatal, especially those by copperheads, which account for ten times the number of bites than other species in the state.



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