



From The Editor

Lew Blodgett is a popular person. He turns 90 the same year CMC turns 90. We have an interview of him by Ann Hendrickson and Stuart English with comments by several members who have hiked with him through the years. Bobbi Powers will have a profile of him in the next issue of Let's Go! Lew has shown loyalty and commitment to both his family and the CMC. Happy 90th birthday Lew. May we all learn something from you. Come celebrate both his birthday and CMC's birthday on June 8. Read more in Bobbi's article.

If anyone has any articles for the newsletter, send them to eNews@carolinamountainclub.org. The intention is to include all articles in the eNews, but sometimes that is not possible.

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

Sincerely,
Kathy Kyle
Carolina Mountain Club

CMC and Blodgett's Birthday Celebrate 90!

By Marcia Bromberg, CMC President

On June 6th celebrate the CMC's 90th Anniversary and Lew Blodgett's 90th birthday from noon-3pm at Lake Julian Park. We'll have a pot-luck lunch, then cut the cake at 1pm. Bring your family and enjoy the paddle boats for rent on the lake or bring your own kayak, canoe, or raft for fun on the water. Door prizes galore! Come for the food, come for the fun, come to celebrate!



CMC Hiker Since 1972

Happy 90th CMC and Lewis Blodgett

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**By Ann Hendrickson
and Stuart English**

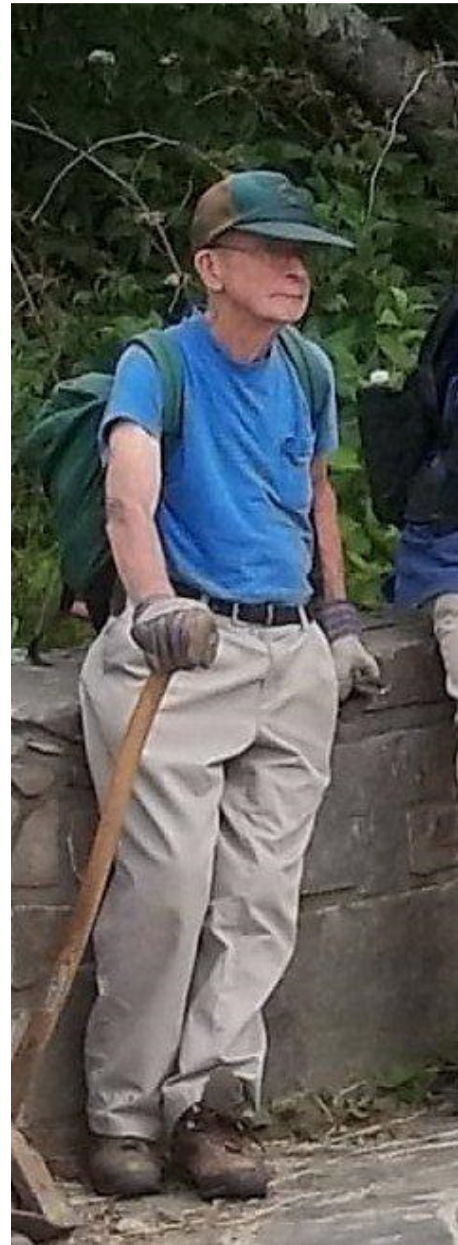
1923 was a very special year for a couple of good reasons. On May 27 of that year Lewis Blodgett was born to Mr. and Mrs. Lewis and Mary Blodgett. Also, 90 years ago that same year the Carolina Mountain Club began as a spinoff of the Southern Chapter of the Appalachian Mountain Club, which was focused on maintaining cabins for the use of its members. Later this club evolved into the CMC that means so much to us today. Lew remained the son of Mr. and Mrs. Blodgett. But he evolved also and as fate would have it in 1972, the journeys of Lew and the Carolina Mountain Club intersected and have followed the same trail ever since.

Lew has been an avid hiker, hike leader, and a faithful and diligent trail maintainer for many years. (Over 6100 volunteer hours and counting!) Lew and Jane were awarded Honorary Life Memberships to CMC in 2006. The following are some biographical facts from Lew's daughter Daphne:

Lewis Alderman Blodgett Jr.

-Born in 1923 and raised in Southold, NY (Long Island) where he experienced the great hurricane of 1938. Parents were Lewis Sr and Mary Edna (Peters).

Happy Birthday Lew Blodgett and Carolina Mountain Club By Ann Hendrickson and Stuart English



-Went to Brown University for a year and then joined the Army Air Force in 1943 where he was commissioned as a 2nd lieutenant in 1944 at MIT. He left the military in 1946 and continued his education as a civilian at MIT where he graduated in 1948 in meteorology.

-Worked at the weather station in Iceland 1948-1951

-Moved to Asheville in 1955 when the weather unit Lewis had been working for in Washington DC transferred to the National Climatic Data Center in Asheville, NC. Shortly thereafter he met Jane Holt of Asheville.

-Married Jane in July 1956 and had 3 sons and 1 daughter. They had their first and only home built on family land in Oakley.

-Joined CMC in 1972 shortly after attending first hike with club to Butler Mountain with family. CMC hikes were part of many family outings.

-Assistant Boy scout Leader for 15 + years (when sons were in Boy scouts and continued for a few more years after they left the troop)

-Jane and Lewis became trail maintainers for MST section Rattle Snake Lodge in the late 70's and AT section Sam's Gap to Street gap in the early 80's. (MST section was actually Jane's section at first) When Lewis retired in 1986, he became a regular member of the Asheville Friday crew.

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-Lost Jane in 2008. Daughter and Son-in-law continue the tradition of maintaining the AT section with Lewis which they had already been helping with before Jane's death.

Some of Lew's friends share their memories:

Sherman Stambaugh: Lew and I have been members of the CMC for about 40 years. Over the years, we have hiked together and built trails, often with his late wife Jane. Years ago, the CMC included canoe trips on the schedule. One I remember vividly was to Lake Jocassee in South Carolina with Lew, Jane, their daughter Daphne, her husband and their two boys who were quite young at the time. There were eleven of us that made the trek many miles to one of the rivers that make the lake. We found a good campsite and spent the night and returned the following day. This was a great adventure we all enjoyed. Happy Birthday Lew!

Gerry McNabb: Lew is the last of the old hiking bunch that I so much enjoyed when I first joined the club in 1964. He was always a quiet, sturdy hiker and constant companion to his wife Jane. ...a devoted family man. It is still a surprise that he continues to hike as if no years have transpired. I see him often on Barth's weekly hikes and am amazed at his continued stamina and mental clarity. He beats me by yards and I am only 78. This does not bode well for me, but I am glad to have such an enduring friend to remind me of the old buddies we had together in the CMC.

Jack Fitzgerald Lew was a well know philatelist in Asheville.

He is well known for his meticulous lopping and pruning of any and all rhododendrons and laurels that intruded within 2 feet of any trail.

He is known for

relentless questioning of just how car swaps and switches are determined for hikes.

He gets a good afternoon's nap in, every mile of the way home from trail maintenance.

Howard McDonald: Even though he is 2 1/2 years older than I am, he has always been able to go up-hill on a trail faster than I can! He is one of the builders of the old Roaring Fork shelter which was built in 1989 and replaced by the new one in 2005.

Skip Sheldon My best story about Lew is when we were finishing the digging of a new privy at Jerry Cabin shelter. We had to hike up the Fork Ridge trail (2 miles, all up) to get to the AT and then another 1/2 mile on the AT to get to the shelter. Lew picked up the only shovel we had and said he would carry it up to the shelter. I was concerned that he would get there latter than other folks and we would have to wait on the shovel to start digging in the new privy pit, so I asked him if he thought that someone else should carry the shovel. He said "heck no" and took off up the trail. When the rest of the crew got to the shelter, they found Lew already there and digging in the pit that had been started by the Wednesday crew. You can't keep a good man down, even if he is going to be 90 years old.

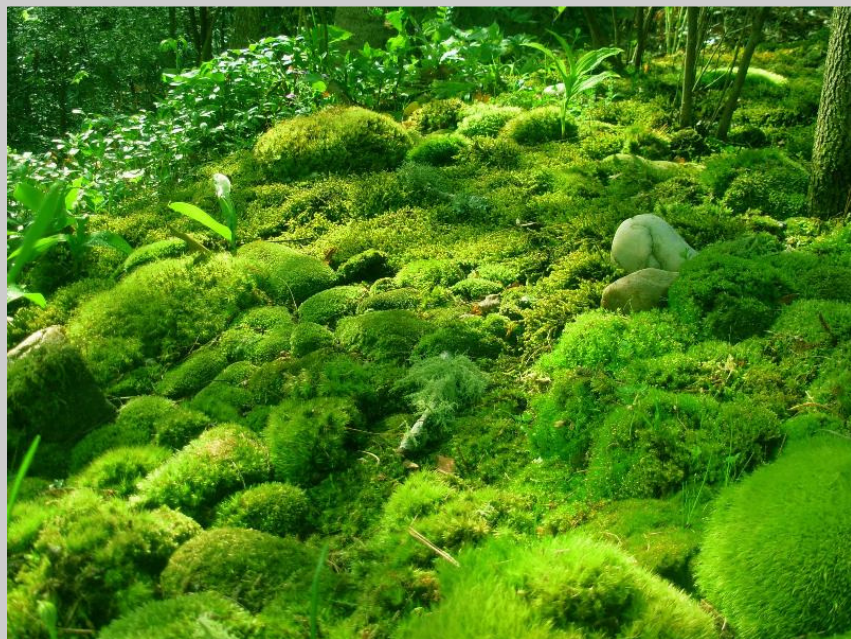
Ann Hendrickson: Lew Blodgett is an absolute personification of the Blue Ridge Mountains, the CMC, the MST, and the AT, worn down a bit on the edges from age, but just as enduring and remarkable as ever. Someday I believe I will write a primer on "Lew-isms"... a Catechism of Do's and Don'ts... things I have learned from Lew that my fancy degree or professional title never provided or taught me.

My life has been forever enriched by spending time weekly with Lew over the past several years as a fellow AT/MST trail maintainer for CMC. The stories are voluminous, but I have a couple of gems to share:

One day I was waiting for my hiking group to show up at the Folk Art Center. Lew pulled up and asked if I was in his group. We were not together. I told him I was hiking about 8 miles. Lew said that he liked to keep his hikes

to about 5 miles... he could for sure do more, but if he did, then he wouldn't be able to volunteer the next day. I questioned him that he meant the day after that. Lew bristled and said, "I know what day of the week it is. I volunteer for more than one place, you know. I put a full day in before I work with you!" This winter I teased Lew about wearing his orange toboggan after hunting season was over. Lew informed me that he was well aware of the season. According to Lew, he knew he was "slower than some on the trail" so if he was left behind... someone could easily find him with his orange toboggan on. Of course this makes sense. And, I must admit, I am ever so comforted, like a child with its blanket, by seeing that orange hat a switch-back above or below me. I know the difference between coyote and fox scat. Similarly, I know where Lew has worked on a trail. The work is meticulous and perfect. Maybe in another 30 years I will get there too. Lew, you are my Trail Magic. Please give all of us another 90 years!

The Carolina Mountain Club is many things to many people. It is about longevity and has been a stable organization in a century of tumultuous change. To see the benefit of a hiking life, one only needs to look at some of our members who have aged with the club and are still stable forces in the world around them. Happy Birthday Lew and CMC; many, many returns.



Plants On The Trail

Amazing, Remarkable Mosses

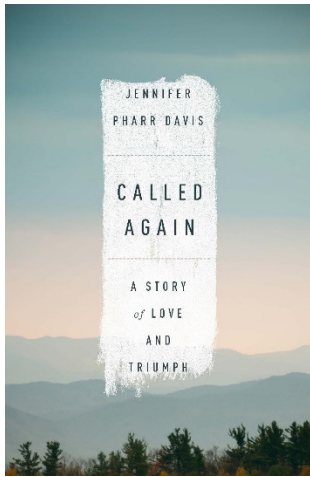
By Becky Smucker

You know all that green stuff out there in the woods all over the rocks and logs and tree stumps? Do you know that moss plants are at least as variable as flowering plants, just in a different size range? Here are some interesting facts:

- Mosses rule! They and other bryophytes (mosses, liverworts, and hornworts) have existed on the earth for over 400 million years (m.y.). Humans have been around for only about 6 m.y. There are moss species in Antarctica and in deserts, under water and at the tops of mountains.
- Many mosses can be almost completely dehydrated for months or years (some for 30-60 years) and then recover to full productive growth and development within minutes or hours of getting some water.
- Mosses can hold and release up to 1500% of their dry weight in water, so they're really important for helping to maintain water stability in their habitats.
- TRY THIS EXPERIMENT: When you're walking along the trail and see some different mosses on rocks or trees that are dry in appearance and dry and stiff to the touch, dribble a few drops of water on them, watch really closely, and try to contain your amazement as they recover their full

green, gorgeous form within a few seconds right before your very eyes! They can do this because they are “poikilohydric” (poi-key-low-hy’-dric), one of my all-time favorite words that means they soak up and lose water through their cell surfaces, without having roots.

- FOR A REAL THRILL: Get a 10X (magnification times 10) loupe or magnifying glass, and start checking out the mosses along the trail. See if you can start to be able to see some different basic sizes, forms and colors. A good starter book for our area (and we are really lucky to have this great regional book) is *A Trailside Guide to Mosses and Liverworts of the Cherokee National Forest*, by Paul G. Davison ([click here](#)). It’s a great picture book that will help you start to see that they don’t all look alike.
- A FINAL DISCLAIMER: Don’t blame me if your hiking buddies start being annoyed that you keep stopping to look at mosses. It’s not your fault or mine if they are so stodgy that they don’t want to stop to watch mosses rehydrate. It’s too bad that some people just have no thirst for excitement. Remember, it may not be hopeless; you might be able to convince them to join you!



Called Again: A Story of Love And Triumph By Jennifer Pharr Davis

Reviewed by Danny Bernstein

Jennifer Pharr Davis has been on CNN, CBS, and ESPN and written up in the New York Times for becoming the fastest person on the Appalachian Trail. But she's also one of us: a CMC member who lives in Asheville. Her latest achievement is her books *Called Again: A Story of Love and Triumph*, published by Broadway Books.

Put your mind around this--46 days, 11 hours and 20 minutes for 2,185 miles, beating the last record by 26 hours. I'll save you the arithmetic. That's an average of 46.5 miles a day, day-in, day-out from Katahdin in Maine to Springer Mountain in Georgia. Her book is like a mystery where you know the ending. Yes, she beat the previous record but now she tells you how.

Her book isn't about numbers. It's about how and why she decided to try for the overall speed record and how she did it. She set the female record in 2008.

However, she had to work a lot harder and smarter to beat Andrew Thompson, the last record holder. Brew, her husband and crew chief, planned the logistics and worked just as hard. He provided Jennifer with food, water, and shelter and got other ultra-hikers to walk with her as much as possible. He met her at trail crossings and made sure she was well supplied.

Her trek wasn't without drama. In Maine, she developed shin splints almost from the start but she kept going. A little later, she had terrible stomach pains, which prevented her from eating. But she kept going—and going and going.

Whether you day hike with CMC or try to set a record, not every day is a beautiful walk in the woods. It's hard for casual hikers to accept that. She writes about a mountain up north.

...I arrived at the exposed ridge leading to the summit and the strong, bitter wind took my breath away. They also ... made my fingers, wrists, and face feel like ice.

A little later, she writes The pain was too consuming.

When her shin splints gave her the most pain, she had to enter Mahoosic Notch on the Maine-New Hampshire border, a boulder field stuck in a narrow canyon. It's called the hardest mile on the A.T. You have to use your hands, core, and butt. That was her shortest day – 30 miles.

Her alarm was set for 4:45 am and she was moving by 5 o'clock. The end of the day was not set but it was past 9 pm and she hiked with a headlamp. That's how she was able to hike these incredible long days without actually running. Most of the time, she was doing three miles an hour.

– One of the reasons I wanted to keep going was because I was curious how my body would respond. Trying to discover your maximum potential is an exhilarating experience.

How many of us have taken the opportunity to discover our maximum potential? Called Again is well written and a good read but it's not chick-lit.

Jennifer now is the fastest completer on the A.T. She's smart, good-looking, and personable. So I want to know why she's not on Wheaties boxes.

Baker Selected A.T. Community Ambassador For Hot Springs

By Ashok Kudva

In March, The Appalachian Trail Conservancy (ATC) awarded the recognition of A.T. Community Ambassador for Hot Springs to Anne Baker, a CMC member.

The Appalachian Trail Community™ program is designed to recognize communities that promote and protect the A.T. Towns, counties, and communities along the A.T.'s corridor are considered assets by A.T. hikers. The program serves to assist communities with local initiatives such as sustainable economic development through tourism and outdoor recreation, while preserving and protecting the A.T.

A Madison County native, Anne, has a double Bachelor's Degree in Journalism and Technical Photography from Appalachian State University, Boone. She graduated in May with an MA in English from Western Carolina University, where she also served as an instructor in the English Department. WCU will be the location for the 2013 ATC Biennial Conference. CMC is actively involved in hosting the conference July 19-26.



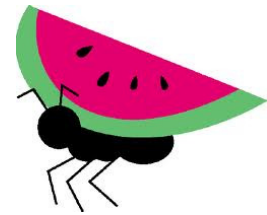
Maintenance Picnic Set For September 21

By Pete R. Petersen

The CMC Trail Maintainers picnic will be held on Saturday, September 21, at Lake Julian park in Arden. Live music will be provided thanks to Jack Albright. The picnic will start at noon and go to whenever.

Details will be available closer to the date.

Please let both Tim Carrign and Pete (R) Petersen know if you will be coming so that we can be best prepared. Spouses are invited.



Trail Day, MST Work Day Set For June 1

By Les Love

Trail maintenance will be held Saturday, June 1. As in the past, we'll meet at 8:30 on Saturday, June 1, at the Home Depot at Exit 44 (Enka-Candler) off I-40 in west Asheville on the hill behind McDonalds. Our second meeting place will be the Fork Ridge Overlook at m/p 449 at 9:15. Exit onto the Parkway off of Hwy 74 south of Waynesville and go south on the Parkway toward Water Rock Knob. (Do NOT go through Maggie Valley to the Parkway).



A DRAWING FOR DOOR PRIZES FROM AMERICAN HIKING SOCIETY WILL BE HELD AFTER THE WORK IS DONE!!

Please bring gloves, boots, lunch, plenty of water, and your loppers, ax & hazel hoe, if you have them. We will have plenty of tools if you do not. We will return to Asheville by 3:00.



Recognizing CMC Volunteer Hours

By Lenny Bernstein

CMC has a well-established recognition program for hours worked on trail maintenance, but does not have a similar program for recognizing hours worked on other club functions. Trail crew chiefs cannot even take credit for hours spent organizing trail maintenance or taking care of tools. This is a far more restrictive approach than most other trail-maintaining clubs take. Nine of eleven clubs asked about their recognition programs said that they recognize all hours of work equally. It is also more restrictive than the Appalachian Trail Conservancy requires. Their instructions for reporting volunteer hours include the following activities:

- Club management and administration: participating in meetings, accounting/bookkeeping, database management, answering telephones, office work, etc.
- Communications: producing newsletters and websites, responding to inquiries, correspondence
- Training/workshops: organizing and attending chainsaw certification and other trail-related workshops, participating in or conducting volunteer training/workshops
- Planning and leading hikes or interpretive programs
- Outreach: school and community programs
- Attending hearings and meetings on utilities or trail threats
- CMC members spend thousands of hours per year on these activities. Truly outstanding service to the club in these areas can be recognized with Honorary Life Membership, or the Club's Distinguished Service Award or Award of Appreciation. However, very few members qualify for these awards.
- In January, CMC's Council established a Volunteer Recognition Task Force (Lenny Bernstein, Chair; Barbara Morgan, Pete (A) Petersen, Jim Reel) and asked it to evaluate CMC's current volunteer recognition programs and to recommend changes, if needed. The Task Force believes that CMC's volunteer recognition program should be expanded to make awards for all volunteer hours. This would require:
 - volunteers to track and report their hours worked, •
 - the Club to either expand its current maintenance hours reporting system to include other volunteer activities or develop a parallel reporting system for these other activities, and •
 - establish an hours-based system of awards for other volunteer activities.
- We need your input on whether to proceed on developing such a program. Please send your responses to the following questions to Lenny Bernstein (lennybernstein41@gmail.com).
 1. Do you volunteer for CMC?
 2. Are your volunteer activities limited to trail maintenance? If not, what other volunteer activities do you undertake?
 3. Do you think CMC should have an hours-based recognition program for work other than trail maintenance?
 4. Would you be willing to track and report the hours you spend volunteering for the CMC on activities other than trail maintenance?
 5. Are there any other comments you would like to make on this topic?
- Many thanks for your input.

Bruce Bente Leads First Hikes Into Newly Opened Trails

CMC Maintainers Open Up Trails

By Tish Desjardins

Around a year ago at the Forest Service's Trails Strategy meeting at Mars Hill, I noted that the Rube Rock and Groundhog Creek trails were going to be maintained again by a new group of CMC volunteers. All of the blowdowns' removal and trimming back of the growth on the Rube Rock and Groundhog Creek trails has now been completed. Bruce Bente led scheduled Carolina Mountain Club hikes recently. The wildflowers were splendid as usual.



Lightning Season Arrives, Take Precautions To Protect Yourself, Others

Compiled By Ted Snyder

One hot summer day I hiked from Paul's Gap out the ridge to Spruce Mountain, intending to climb the tower. A thunderstorm began to roll in and I turned back. Shortly after I crossed Chiltoes Mountain lightning struck a dead tree about 100 feet behind me, and some pieces of bark hit around my feet. Spontaneously and instinctively I ran a mile as fast as I could. That dead tree was the lightning rod that protected me.



Below are some precautions to take to avoid lightning strikes.

1. If in a group, space members 30 - 50 feet apart. This will help insure there is a survivor to administer CPR and first aid.
2. Do not stand in the entrance to a cave or under an exposed rock ledge.
3. Stay away from high points or anything that can act as a conductor. Get off mountain tops and high ridges.
4. Avoid open areas; you will be the tallest object around.
5. If you cannot escape from an exposed location, assume the "lightning position." Crouch with your feet planted squarely on the ground, and with your head lower than your shoulders. A sleeping pad or other insulator can be placed under your feet to help protect from ground current.



May Camporee

The May Camporee was held despite the rain. The barbecue was warm, the rain was cold, but hikes were held on Saturday. Sunday hikes were cancelled. The next Mountain Treasures Camporee will be held in October. (photo by Sawako Jagger)

The Small Print

The next issue will come out on Friday, April 26. Wednesday hike reports for the hike just before the eNews comes out will be published in the next eNews.

Hiker leaders, please send all your eNews hike reports and photos to hikereports@carolinamountainclub.org

So send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening April 19 to Kathy Kyle at eNews@carolinamountainclub.org. Include your email address at the end of your story. Thank you.

The CMC Calendar is meant to answer the perennial question "When is this happening again?" It is also meant to prevent conflicts between competing CMC events. Please check it often.

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

How to join the Carolina Mountain Club

1. Go to www.carolinamountainclub.org
2. Click on "Join CMC" on the right side and follow the instructions

For CMC members only - 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.

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