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January 2024

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## **Introduction to Carolina Mountain Club 2024 Leadership Council!**

By: Les Love, President

### **Happy New Year!**

I will have the honor of serving as your President in 2024 and look forward to leading our 2024 Leadership Council, building on the great work that our Leadership Council accomplished in 2023.

We would like you to get to know each member of the 2024 Leadership Council and look forward to having them introduce themselves, their goals for 2024 and opportunities for members to support their work in 2024. This will be accomplished by introducing a few Council members each month through the monthly eNews.

The Officers will administer the affairs of the Club under the direction of a governing board known as the Council, consisting of the four Officers of the Club, the Councilors for Communications, Conservation, Education and Community Outreach, Hiking, Membership, Technology, and Trail Maintenance, and two Councilors-at-Large. The President will serve as Chair of the Council. The Immediate Past President may serve as a voting member of Council.

The following Councilors are dedicated to leading CMC as we start our next century. They are focused on CMC's vision of "*Hike, Save Trails, Make Friends!*" These Councilors are passionate and plan to work hard in their respective areas, as we continue living CMC's legacy of a 100% volunteer organization.

**Please join me in welcoming our 2024 CMC Leadership Council.**

#### **Officers**

President            Les Love, [president@carolinamountainclub.org](mailto:president@carolinamountainclub.org)



Vice-president Karen Schultz, [vp@carolinamountainclub.org](mailto:vp@carolinamountainclub.org)  
Secretary Karen Lachow, [Secretary@carolinamountainclub.org](mailto:Secretary@carolinamountainclub.org)  
Treasurer George Bauernfeind, [treasurer@carolinamountainclub.org](mailto:treasurer@carolinamountainclub.org)

### ***Other Council Members***

Immediate Past President--Tom Weaver, [pastpresident@carolinamountainclub.org](mailto:pastpresident@carolinamountainclub.org)  
Councilor for Conservation--Steve Law, [Conservation@carolinamountainclub.org](mailto:Conservation@carolinamountainclub.org)  
Councilor for Education/Outreach--Jeff Wilcox, [Education@carolinamountainclub.org](mailto:Education@carolinamountainclub.org)  
Councilor for Hiking--Daisy Karasek, [Hiking@carolinamountainclub.org](mailto:Hiking@carolinamountainclub.org)  
Councilor for Membership--Jan Onan, [Membership@carolinamountainclub.org](mailto:Membership@carolinamountainclub.org)  
Councilor for Communications--David Huff, [Communications@carolinamountainclub.org](mailto:Communications@carolinamountainclub.org)  
Councilor for Technology--Jim / Judy Magura, [Technology@carolinamountainclub.org](mailto:Technology@carolinamountainclub.org)  
Councilor for Trails Maintenance, Joe Bange, [TrailsMaintenance@carolinamountainclub.org](mailto:TrailsMaintenance@carolinamountainclub.org)  
Councilor-at-Large--Adrienne Chang, [CounciloratLarge\\_2@carolinamountainclub.org](mailto:CounciloratLarge_2@carolinamountainclub.org)  
Councilor-at-Large--Bill Sanderson, [CounciloratLarge@carolinamountainclub.org](mailto:CounciloratLarge@carolinamountainclub.org)

We look forward to serving you in 2024!

Les

### **Get to Know Les Love, President**

I grew up on a small farm near Greeneville, Tennessee (Chuckey) and after receiving a BS in 1977 in forestry from UT Knoxville, I worked for seven years as a forester for Bowater buying pulpwood from private landowners. In 1985 I started a tropical plant company in Raleigh, which I still own today with an incredible team there installing and maintaining plants in hospitals,



offices, and universities. I hope to never retire since it is so much fun!

I moved to Weaverville in 1996 and joined CMC the next year, teaming up with my good buddy, Sherman Stambaugh to start the Quarterly Saturday Workdays, but the best thing is I met my wife Catherine in the club 20 years ago and we enjoy leading hikes and doing trail maintenance together.

Throughout the coming year, I look forward to updating the Club Membership as the 2024 Leadership Council and I move forward with goals and initiatives supporting the growth of Carolina Mountain Club.

## Get to know Karen Schultz, Vice President



Chicago was home for me until I attended Michigan State University and became a Michigander! I graduated with a BS in Agricultural Economics and after several years of restaurant ownership in East Lansing, I moved to Northern Michigan (Traverse City) where I raised my daughter Abbey, who now lives in Queens, New York.

I enjoyed a long career in Human Resources and Training and Development. I served the last 13 years of my career as the Executive Director of Human Resources for Whole Foods Market - Midwest Region. I was accountable for Human Resources and Training and Development for the Whole Foods stores in eight Midwestern States and the stores in Ontario Canada. That portion of my career profoundly shaped who I am as a leader and my belief in living and practicing the mission of an organization with my heart and soul.

My husband Ken and I met five years ago through our love of hiking, biking, trail running and travel. We decided to leave the Chicago area where we met and were living for an area that better served our passions and interests. We moved to Weaverville three years ago and had joined CMC before we arrived! We spent the better part of Covid hiking with the club, making wonderful friends and learning about the incredible mountains and trails in WNC.

I'm honored to serve as your VP and plan to support Les and the Leadership Council as we further develop goals and objectives for 2024. I'm particularly interested in continuing my work with the Diversity & Inclusion Committee, getting more involved with the Councilor for Hiking, and continuing to support the expansion of our hiking offerings.

I look forward to updating you as we move forward with the work of CMC in 2024!

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## Leisure Hikes!

by Jeff Wilcox

Our next Leisure Hike is scheduled for Saturday, January 20th at 10:00am. After meeting at the back parking lot of the Folk Art Center, hikers will carpool 7 miles to the Bull Gap Trailhead for a 3-mile, 600-ft ascent (C-C) hike on the Mountains-to-Sea Trail to see remains of a swimming pool, stables, and other features at Rattlesnake Lodge. We'll stop for lunch at the lodge site before returning to the cars. Bring hiking poles if you have them. Please email the leader at [lfsands@gmail.com](mailto:lfsands@gmail.com) to reserve your spot.

Leisure hikes are a new CMC initiative designed for beginners, youth, or anyone else looking for a shorter, more leisurely club hike. If you are interested in leading a future Leisure Hike, please email Education and Outreach Councilor Jeff Wilcox at [jwilcox@unca.edu](mailto:jwilcox@unca.edu).

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## Meet the Art Loeb Trail Crew!

By Priscilla Estes



Hot off the heels of the year-long Art Loeb Step Project, ten crew members showed up on a sunny, cold Monday in December to rebuild even *more* steps and water diversions at the intersection of Art Loeb Trail (ALT) and 229. They brought the usual chain saws (gas and electric), Hazel hoes, shovels, pick mattocks, and a collapsible rake.

Daniel Sanford, the newest crew leader in CMC, heads the ALT crew (in conjunction with Rich Evans, who recruited Dan and created the crew in 2019 as part of the Secondary Trails project). Dan also cares for his own section of trail, Elk Pasture Gap to Big Ridge Overlook. Today, he introduces a brand-new member to this mostly seasoned group: Laura Shuck, who got special time off from her IT job to volunteer today, and wants to continue on weekends. Laura is a runner from Nebraska who enjoys combining learning with physical activity. The trail-work bug bit her in Washington State, where she used ratchet hoists to lift 200-to-300-pound rocks. “I look at trails differently now, knowing the amount of effort it takes to maintain one mile of trail. Makes me appreciate trail workers.”

The next newest member is Chris Johnson (CJ), a mean log splitter. CJ retired in 2019 from 20 years of teaching K-10 English in Brevard, and was recruited by Jim Grecni: “I was hiking Black Balsam, saw people doing work on the trail, and asked who they were.” “John, Paul, George, and Ringo,” Jim replied. She laughed. Jim later saw CJ at the Pisgah Visitor Center, which she ran during COVID under FIND Outdoors, and sealed the deal. Her personal hiking goals include hiking every day; she’s logged 2,250

miles since retirement. She loves her “tramily” (trail family) and posts regularly on the Art Loeb FB page (join at <https://www.facebook.com/groups/1322637164788889/>)

Dan explains that the crew focuses on the 20 miles of ALT from Tennent Mountain to the Pisgah Ranger Station, and is responsible for 30 miles total. For the past two summers, the team concentrated on the two miles from the Parkway to Black Balsam Knob. In winter, they seek lower elevations.

In the pre-work huddle, Rich explains that there is severe cupping on the trail: “We need an engineer involved.” Dan just happens to be one, with many years building steel and gas plants worldwide with Midrex Technologies. “I like to build, that’s why I do trail maintenance.” He’s a new sawyer with CMC, and constructs one day a week for Habitat for Humanity.

René Roberge hands out fresh-baked chocolate chip cookies (so good); she’s an early morning reader-baker, and in her spare time tackles waterfall hikes. She, Kristina, and Laura head up the trail to tackle two water diversions and log steps. Kristina works trail every Monday on her day off from being a veterinarian at West Asheville Family Vet. She is bare handed and jacketless. “I used to work in northern Alaska as a public health veterinarian. This isn’t cold,” she says. Kristina shares stories about the polar bears she saw while working in Alaska, where subsistence whaling was common. “I got my degree at Iowa State, did residency in Missouri.”

René grabs a draw knife and begins removing bark from a log, explaining she moved here from Florida via New Hampshire and joined the crew in 2019. She also maintains Moore Cove above Looking Glass Falls. It’s only 0.7 miles but is a popular destination for tourists. René moves on to tread work. “Oh, it’s that darn root again,” she says. “Where are the loppers? And we need more dirt to fill in the steps.” Laura drags the bucket and shovel uphill to find some.

Bruce Whittaker (recruited during the quarterly joint venture between CMC and the Pisgah Conservancy) and Mark Gibson (a former Pisgah National Forest employee) get into René’s truck to hunt locust logs. Mark says, “We prefer already downed logs, but can cut down anything under 5 inches diameter.” Originally from Thomasville, GA, Mark spends summers in Idaho enjoying the hunting and fishing paradise near the Boise National Forest, and has lived in NC since 1981. Bruce is a former defense attorney from New Orleans and still argues before the Louisiana Supreme Court. He says, “I moved here for a change of scenery—it’s not flat here—and to get out of the heat.” He also works with the Thursday Asheville crew. Mark backs up René’s truck in a sure, straight line. “Aren’t those backup cameras great?” someone yells. “I don’t use ‘em. I like mirrors,” Mark says through the open window. He also works with the Pisgah Friday crew.

At the lower trail site, Bob Williams continues tread work, and says he has been with this crew for a “couple years. But before that, I was an A.T. trail maintainer for 15 years with the Nantahala hiking club in Brevard.” Previously, he was pre-press supervisor at

the Franklin Press, in Gaston, AL, and then news editor for the Franklin Sentinel newspapers out of Hayesville, NC. "I was also the news voice of Sunny 105 FM for years in Augusta, GA."

Bob Boyle, working nearby, says that he and Williams used to maintain Allen Gap. "It's three miles uphill and no cell service at the top." Boyle is part of a legacy team: his son, Ryan Boyle, maintains the MST section formerly maintained by Rich; grandson Tyler "is a senior at Enka High School, maintains one of Rich's former sections, and works with the Section Rovers." Boyle also sometimes works with the Section Rovers. Boyle says Wayne Steinmetz usually shows up on Mondays to work ALT, "but he's a singer and is probably busy with Christmas concerts."

Mark (a B sawyer) is back with logs and is busy cutting stakes to anchor the log steps. "You can use that hickory log for the step. It'll rot quicker than locust, but it's the right length at least." Bark stripping commences. And the trail work goes on.

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## CMC Centennial Shirts & Hats

Hopefully Santa brought you everything you wanted. But just in case, you can still purchase blue CMC Centennial shirts and hats. The proceeds from these items support our Centennial year-long celebration. The items are \$20/piece. The shirts are available in both men and women's sizes. Please contact Les Love ([lesrlove55@gmail.com](mailto:lesrlove55@gmail.com)) or Donna Bange ([donna.bange@gmail.com](mailto:donna.bange@gmail.com)) if you are interested.

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## CMC ANNUAL MEETING 2023

by Les Love

On Saturday, October 28, 2023, the Carolina Mountain Club held its annual meeting at the Hilton Biltmore Park, with 121 members and guests attending to eat, meet, greet, and reflect. There was an impressive list of guests introduced by Les Love, CMC's VP:

Blue Ridge Parkway Foundation CEO Carolyn Ward and her husband, Alan  
Friends of the MST Associate Director, Betsy Brown from Raleigh  
Smoky Mountains Hiking Club President, Ken Wise from Knoxville  
Blue Ridge Parkway External Affairs Specialist, Leesa Brandon  
ATC Regional Manager for NC and the Smokies, Anne Sentz,  
and her husband, Ben

Our guest speaker for the evening, Nancy East, and her husband Larry

To liven things up, Jan Onan and David Huff led a fun trivia contest to decide which table was allowed to go through the buffet line for the delicious meal the Hilton folks always specially prepare for us. While enjoying our meal, Donna Bange and David Huff assembled an exciting set of slides showcasing our club's historic one-hundredth birthday year.

While everyone was still eating, Chris Koebelin, the chair of the Challenge Committee, presented the challenge awards: South Beyond 6K 25 recipients, Lookout Tower 10 recipients, Pisgah 400 7 recipients, Waterfall 100 5 recipients, 100 Favorite Trails 5 recipients, and the Centennial Challenge (50 miles on a club led hike and 50 hours working on a club trail maintenance crew) 18 recipients. (all of these award recipients were listed by Donna Bange in last month's eNews)

Then a treat for us all, Karen Schultz introduced our McCullough Foundation student from UNCA, Felipe Ahumada, who presented his research findings of our club's impact on this area. We all enjoyed the detail Felipe went into with his facts, figures, and PowerPoint displays. He had obviously put a lot of work into this study.

Tom Weaver, CMC's president, then led the business meeting which included a glowing financial report by CMC's treasurer for life, George Bauernfeind. George stated that CMC continues to be in excellent financial shape. We are again ahead of budget both in contributions and membership growth. Last year CMC established an endowment fund with the Community Foundation of WNC, for the purpose of ensuring our legacy for the next hundred years. After an initial investment of \$30,000, the fund balance already is in excess of \$50,000 thanks to the generosity of CMC members and others.

We elected a group of council members for 2024:

President: Les Love

Vice President: Karen Schultz

Past President: Tom Weaver

Council Secretary: Karen Lachow

Council Treasurer: George Bauernfeind

Councilor for Hiking: Daisy Karasek

Councilor for Education and Community Outreach: Jeff Wilcox

Councilor for Membership: Jan Onan

Councilor for Technology: Jim Magura

Councilor for Communications: David Huff

Councilor for Conservation: Steve Law

Councilor for Trail Maintenance: Joe Bange

Councilor at Large: Adrienne Chang

Councilor at Large: Bill Sanderson

We said goodbye and thank you to two others who left the council:

Rachel Muir – Conservation

Brenda Worley – Hiking

Jeff Wilcox then led a team that chose our annual award winners (these were showcased by Donna Bange in last month's eNews)

Then our fellow member, Nancy East, who holds the FKT for hiking all the trails in the Smokies National Park in 28 days and is a member of Haywood County's Search and Rescue Team, captivated us with her stories of not only helping to find people lost in the woods, but also educating all of us in how to prevent these things from happening.

We could feel her passion when she learned of a daughter's loss of her mother in the Smokies to hypothermia, prompting Nancy to retire at an early age as a veterinarian to pursue outdoor education and writing – many of us had already enjoyed her thrilling book, *Chasing the Smokies Moon*.

We only wished she could speak longer in her humble, eloquent way, as we could relate to all she was saying, but with everything we had packed into our 100-year birthday annual meeting, the evening was growing late. So, after a special ovation thank you to our very special outgoing president, Tom Weaver, our enjoyable meeting was adjourned.

One final thought from your new CMC President. 2023 was a year to remember with the overwhelming success of CMC July Centennial celebration at the Arboretum. Our CMC Leadership Council is building off of this momentum in 2024 to further support and create sustainable growth. We are growing in terms of CMC members, trail maintainers and CMC hikes. We are all stewards of the incredible and absolutely beautiful WNC Appalachian Mountains.

*Tertulia at Home Ground -  
Photo by Don Walton*

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## The Camino in Asheville and in Spain

by Danny Bernstein

Most CMC members have heard of the Camino de Santiago. Known in English as the Way of St. James, it is a network of pilgrim paths, or pilgrimages, which has existed for more than a thousand years, leading to the shrine of the apostle St. James, in the Cathedral of Santiago de Compostela in northwestern Spain.



The Camino Frances is the most popular route, starting in St. Jean Pied de Port in France and ending in Santiago, Spain. The full route is 500 miles, taking about 30 days. But many walkers/pilgrims walk smaller sections of the route.

Potential pilgrims have many questions about the Camino. Even though there are so many books and websites on the subject, talking to someone face to face who has done the walk is the best way. The national organization is the American Pilgrims on the Camino, <https://americanpilgrims.org> with its

many activities and chapters. One of the most active chapters is here in Asheville.

The WNC chapter was started by CMC members and has evolved to offer resources to new and returning pilgrims. There are three major activities:

### **Monthly WNC Camino Walks**

Before beginning their own Camino adventure, Isaiah Mostheller and Kim LaViolette designed a route combining city and woods through Asheville and posted the map online. Others got involved and it morphed into a sixteen-mile trek designed to give people a sense of what a typical day on the Camino is like. The idea is to show that walking sixteen miles around town is not as hard as it might sound and is definitely less challenging than hiking that same distance in the Smokies. Now the walk has morphed into a twelve-mile walk through West Asheville and the RAD district.

A second walk, the Asheville Camino del Norte, is an eleven-mile walk mostly in the North section of the city. One of the highlights is getting coffee at the Grove Park Inn. A Brevard walk is also offered once in a while. All three walks are now also done by the author for CMC.

## Weekly Tertulia

Every Tuesday morning, the group holds an informal tertulia (social gathering) at Home Ground 219 Amboy Road, Asheville. The coffee shop with the metal rooster is open and welcoming.

The morning starts at 8:30 with a brisk 5-mile walk around the greenways in West Asheville and the RAD district. The group returns at 10am for coffee and conversation. Many pilgrims come just for the walk at 8:30 am or just for coffee at around 10 am. No need for reservations; just show up at 8:30 am ready to walk or 10 am ready to talk and listen.

This is the time and place for questions about the Camino. The questions asked most often of experienced Camino pilgrims are: How much did your backpack weigh, How many miles a day did you walk? and Where did you stay?

## Monthly Meetings

The chapter also has an (almost) monthly meeting at REI (Biltmore Park) on the first Wednesday of the month at 6pm. They host speakers who have taken long distance hikes, not all of them technically Caminos. The next talk will be on February 7<sup>th</sup>, at REI in the community room on the second floor.



*The AVL Camino group in West Asheville – picture by Danny Bernstein*

## How to get started

Look at the various sources online.

<https://www.facebook.com/groups/AVLCamino/>

[https://americanpilgrims.org/iwpmmap\\_directory/western-north-carolina/](https://americanpilgrims.org/iwpmmap_directory/western-north-carolina/) Though this page is not always kept current.

Join the American Pilgrims national organization. We're part of a sixty-chapter organization. There are no dues for the Asheville chapter, but it is important to support the national group. <https://americanpilgrims.org/>

Sign up for the monthly newsletter, expertly written by Bill Werme. Send an email to [Westernnorthcarolina@americanpilgrims.org](mailto:Westernnorthcarolina@americanpilgrims.org) for the latest and most accurate news.

And as they say on the trail, *Buen Camino*.

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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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