



Carolina Mountain Club

Since 1923

eNews | Hike . Save Trails . Make Friends.

April 2023

CMC 2023 Quarterly Crew at Sam Knob Celebrate Earth Day (April 22) at Sam Knob

by Joe Bange

Sam Knob has been selected for the 2023 Quarterly Saturday Crew. Sam Knob is off of the Blue Ridge Parkway in the Graveyard Fields area at the end of Black Balsam Knob Rd and offers spectacular views of the Smoky Mountains. Sam Knob is a well beloved hiking trail for both avid hikers and tourists.



The first quarterly crew day will be **Saturday April 22th on Earth Day!** This CMC quarterly crew is in conjunction with the Pisgah Conservancy's Pisgah Project Day.

IMPORTANT - YOU MUST REGISTER AT LINK BELOW

All volunteers, including minors, must register individually on the Pisgah Project Day website: <https://www.pisgahconservancy.org/ppd-registration>.

Be sure to write "CMC-Sam Knob" in the comments field. Volunteer registration will remain open until Monday, April 17th at 5pm.

Note that when you register, Pisgah Conservancy is providing a "gift bag" to each volunteer with small items from their sponsors to show their appreciation. It is worth the time and effort to complete the online registration form. You will receive your SWAG gift bag on the morning of April 22 at Sam Knob.

The remaining Saturday quarterly 2023 crew days are:

1. June 3rd
2. August 19th
3. October 14th

Quarterly crew is designed for individuals that work during the week and/or do not have previous trail maintenance experience. CMC will be completing a spectrum of trail maintenance work at Sam Knob from water diversion, tread repair, trail hardening, along with the more advanced rock work/steps.

As CMC Celebrates our 100-year birthday this year, you can earn a Centennial Patch (50 miles of CMC-led hikes and 50 hours of trail maintenance). If you are a CMC hiker and want to earn the once-in-a-lifetime Centennial Patch, Quarterly Crew is a great means to get your trail maintenance hours.

Come support Carolina Mountain Club as we maintain and update a beloved WNC hiking trail on Earth Day! Contact Les Love at lesrlove55@gmail.com if you have any further questions.

SAT, APR 22
SAM KNOB SUMMIT TRAIL REHAB/PISGAH PROJECT DAY

Join the Carolina Mountain Club as we restore this trail on a 6000' Summit! We'll be out rebuilding the trail and making new friends. No experience necessary, experienced CMC trail crew will be on site to supervise and train.

YOU DO NOT HAVE TO BE A CMC MEMBER TO COME ON THESE WORK DAYS. We will have release forms you can fill out before we start work. If you are under 18, you must have a parent or guardian with you.

Please wear sturdy boots, long pants, bring work gloves, lunch, and plenty of water. We will provide tools, hand hats if you need one, and expert guidance.

Sponsored by:
MAST GENERAL STORE
Waynesville Location

Join us to restore the Sam Knob Summit trail
Hosted by Carolina Mountain Club and The Pisgah Conservancy
Rehab the Trail in a Sustainable Way for Future Generations

Meet at 9:00 at Black Balsam Knob parking lot off FS 816, or
At the French Broad Overlook, just above the NC 221 express at 301, 201, 5 on the Parkway @ 8:00 to arrive to Sam Knob.
Register for the event at The Pisgah Conservancy website and once you will be working with CMC at Sam Knob.
We will return by 3:00.

Please contact Les Love at: lesrlove55@gmail.com with questions.

SAT MAY 13 CMC SPRING PICNIC LAKE JULIAN

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CMC SPRING PICNIC LAKE JULIAN

Held at Lake Julian pavilion #6 from 11am to 2pm.
To get to the pavilion, go south on Hendersonville Rd under the railroad bridge, then right into the park.

We are rolling out the Spring Picnic again! Come join the fun at a potluck with no charge to members. CMC providing the meat and tea & water to drink. If you want something else, including beer and wine, bring it yourself.

Bring your best potluck to share with everyone. Sign up on the members side of the website by clicking the red Spring Social button, adding how many folks you're bringing and what dish you're bringing so we won't have too much of one thing.

No formal program but Danny Bernstein will be signing and selling our newly released book:
Carolina Mountain Club: One Hundred Years
(\$15 cash or check)
Please RSVP on CMC website to attend

Room for everyone to come
All outdoors
Carolina Mountain Club - all members
Potluck
Looking forward to seeing your smiling faces!

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Please RSVP on CMC website to attend Click here for flyer.

Want to Help CMC Reach New People?

by Jeff Wilcox

CMC has had several opportunities over the past few months to set up our informational booth and spread the word about our great work throughout WNC (group hikes, trail maintenance, search-and-rescue, conservation.....). We hope to continue this outreach moving forward and would like to assemble a list of those who might be willing to staff the CMC booth as opportunities arise. For example, the next such opportunity is at Trailfest in Hot Springs on Saturday, April 22.

If you are available to help on April 22 and/or are willing to work the CMC booth at a later date, please add your name to our list using the link provided here. Thanks in advance for your help.

<https://forms.gle/nPzzXEdDCrcKkJNF9>

Trail Bridge Inspection Program

by Tom Weaver

In 2022, Region 8 of the USFS expanded their trail bridge inspection program to include volunteers. Along with volunteers from The Pisgah Conservancy, The Back Country Horsemen of NC and others, I went through the program and am now certified to inspect bridges. Together, we will help the Forest Service work through the backlog of overdue inspections in the coming months and year.

I'm requesting all section maintainers of our trails or hike leaders to take a picture of any bridges on Carolina Mountain Club trails and send them to me. This will help us prioritize the order of our inspections. Thank you!

Migratory Birds in Spring

with UNCA wildlife ecologist Dr. Andrew Laughlin

Monday, May 8th, 8:30-10:00am

The CMC Education and Outreach Committee is once again sponsoring a nature walk at the Asheville Botanical Gardens, this time with Dr. Andrew Laughlin, a wildlife ecologist in the Environmental Science Department at UNC Asheville. Dr. Laughlin will help identify birds in the gardens during their peak spring migratory period. We will have binoculars available to borrow if you don't have your own. Bring a water bottle and your quiet voices. Limited to 15 participants (CMC members only, please)--reserve your spot via email to Jeff Wilcox at jwilcox@unca.edu.

Hike for Healing: A hiking and awareness challenge

by Jan Onan

One of our CMC members, Lee Fortune (also known as Boots on the Trail), will be completing the second annual Hike for Healing on June 19, 2023. Hike for Healing is not only a large challenge hike, but is a hike to promote awareness and strive toward healing of racial and cultural divisions.



This year's Hike for Healing will take place on the Mountains to Sea Trail, where Lee will attempt to complete Segment 1 in less than 24 hours (46.8 miles). YOU can join the hike too! You do not have to hike all 46.8 miles with Lee and partners (of course you are welcome to do so), but hike *any* portion of Segment 1 on June 19th to participate. There are short sections for all skill levels.

You can also support this effort in a variety of other ways, such as sponsoring a resupply, manning an aid station, purchasing a t-shirt or other merch, or a simple donation. Most importantly, you can join the hike by just simply having a conversation with those around you - healing begins with a conversation.

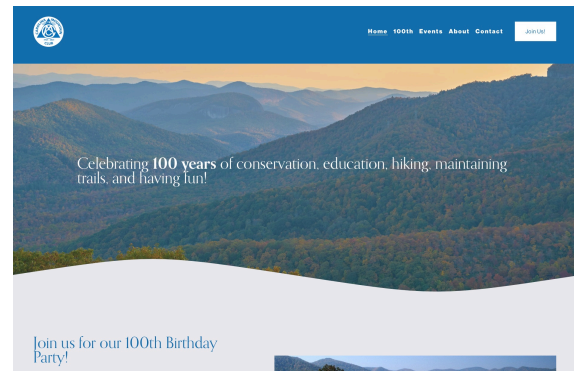
For more information and to register, please visit BootsOnTheTrail.com, or find Boots on the Trail on YouTube and social media.

New 100th Event Website

We've launched a new event website to help you stay informed during our 100th year!

www.cmc100th.org

This site is a companion site to our main CMC website. Be sure to check it out regularly for updates on CMC events during our centennial year.



CMC Search and Rescue Crew Participates in Training Operation

Submitted by the CMC Search and Rescue Crew

On March 11, 2023 the CMC Search and Rescue Crew participated in its largest training operation to date. The crew and more than 40 other personnel gathered at the Courthouse Valley Overlook on the Blue Ridge Parkway to stage a comprehensive "mock search" exercise. The exercise was planned and conducted by the Haywood County Emergency



Management - Incident Management Team. They were assisted by the Brevard Rescue Squad and Transylvania County Emergency Management. Other support came from the Sheriff and several deputies from Haywood County, special operations medics from Haywood County Emergency Medical Services, the National Park Service, and the Haywood County Wilderness Search and Rescue Team (HCSAR).

On site was an Incident Command trailer with state-of-the-art communications and planning technology, a warming tent, several other support vehicles, and power generation units. All of this was designed to model a rescue operation on day two or beyond, when the supply of “first string” searchers has been exhausted, which is exactly the situation for which the CMC SAR Crew was created.

A little over two years ago CMC was approached by Haywood County Search and Rescue, the most well-respected SAR team in Western NC, asking if we had woods-wise and trail-savvy members who would be willing to train and deploy as adjunct searchers when the need arose. In true CMC fashion, volunteers quickly stepped up and training commenced in August of 2021. Currently the CMC SAR Crew has 20

qualified individuals ready and eager to answer the call, with an additional six individuals who should be qualified by Summer of this year.



During this exercise 18 members of the CMC SAR Crew divided into several search teams and deployed into the Middle Prong Wilderness to search for a “lost hiker.” Nancy East, Smokies 900 Fastest Known Time record holder, HCSAR volunteer, and author of “Under the Smokies Moon”, volunteered to serve as the lost hiker for this exercise. CMC Crew members served as team leaders and

also handled communications, navigation, and all the other tasks necessary for a safe and efficient search operation. The exercise, which lasted approximately five hours, proceeded smoothly, all members of the CMC SAR Crew performed their duties with skill and precision, and the “lost hiker” was successfully recovered to hike again another day. In their addresses to the group at the conclusion of the exercise the sheriff and EMS officials enthusiastically agreed that the CMC Crew far exceeded their expectations, and that going forward they will not hesitate to deploy the Crew whenever the need arises.

An adjunct searcher crew of this type has never, as far as we know, been implemented elsewhere in North Carolina, and is perhaps unprecedented in the nation. It is hoped that the “how to” manual that we are producing, outlining what we have learned in this endeavor, will be useful to other clubs and communities who wish to develop their own SAR support teams.

Leading the way in volunteer service to the hiking community and to the mountains that we cherish has been, and continues to be, a fundamental element of the Carolina

Mountain Club. Congratulations to the members of the CMC SAR Crew for expanding this unique shared heritage as our club moves into its second century.

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13 Ways to Help

Please check your inbox in the next 10 days for the easy 13-question survey that will help CMC assess your interests and skills. By knowing you better, we can work together on opportunities to improve your CMC experiences in the outdoors. 2023 is the Year of the Trail in NC, and momentum is high to get things done in this banner year. It's not too late to help out. Thank you!

Carolina Mountain Club Annual Hike Leader Dinner

by Brenda Worley, Hiking Chairman

This year the annual hike leader dinner was held at the Hilton in Biltmore Park. The hike leaders were treated to a buffet dinner along with a short program. Tom Weaver and Les Love talked about our upcoming birthday party and other things concerning Carolina Mountain Club. Carroll Koeplinger covered general information in Hiking 101. Bruce Bente honored hike leaders who had died in the last year and covered shuttle hikes. He gave the formula, $(N) / 5 + 1$, number of hikers, divided by 5, number who can fit in a car, equals number of cars needed, plus one more to carry the drivers of the shuttle cars back to the beginning of the hike.

Two hike leaders, Kathleen Hannagan and Marie Chamberlin were awarded shirts because they have led at least 10 hikes. Judy and Jim Magura, Danny Bernstein, Bruce Bente, Marcia Bromberg, Carroll Koeplinger, Tish Desjardins, Brenda Worley, Barbara Morgan, Les Love, Bobbi Powers, and Paul Benson received patches because

they have led over 50 hikes. Four were honored with jackets because they have led over 100 hikes each. They are Marcia Bromberg, Danny Bernstein, Bruce Bente and Paul Benson.

Please remember to thank your hike leaders for the wonderful hikes they lead in this beautiful area. Without hike leaders, there would be no Carolina Mountain Club.

Anyone who is interested in leading hikes can contact:

Brenda Worley at bjdworley@gmail.com; Daisy Karasek at daisytk@yahoo.com, Karen Lachow at heyk127@hotmail.com, Lee Silver at mhsrunning@yahoo.com or Bruce Bente at bbente@bellsouth.net.

Acquiring Max Patch in the 1980s

by Danny Bernstein

A book extract from the forthcoming book, *Carolina Mountain Club: One Hundred Years*

Max Patch is a glorious place. At 4,629 feet, the famous destination is close to the Tennessee state line in the Harmon Den area of Hot Springs. The bald offers 360-degree vistas of Mount Mitchell to the east and the Smoky Mountains to the southwest. Max Patch is not a natural bald. The meadow was created when farmers cleared the trees from the mountain top to give cattle a patch to graze in the nineteenth century.

"There were always cows up on this slope. You'd run the cows up here in the summertime and then take them down to the lower pastures in the wintertime," said Sara Davis, a past president of CMC and long-time trail maintainer with her husband, Dwayne Stutzman.

"It is maintained as a bald by the Forest Service, CMC, and the ATC. It's one of what we call 'open areas management' locations," said Stutzman.

As clear as the view is today, looking back at how Max Patch got its name becomes a bit cloudy. Before Pisgah National Forest acquired Max Patch, the land was privately owned. Though people probably went up there anyway, the official old A.T. was on Max Patch Rd. This is how Earl Shaffer, the first person to thru-hike the A.T. in 1948, traversed the Max Patch area.

Nowadays, to get to the trail from Asheville, you take I-40 to Exit 24 and eventually get on Max Patch Rd., SR 1182. Though it's a long drive on Max Patch Rd. to the parking area, it's a useful drive since it illustrates how Earl Shaffer walked.

In the early 1980s, the Max Patch owners wanted to develop the land or put a ski slope on the bald. CMC campaigned hard to get the US Forest Service to buy the land



and incorporate it into the forest. In particular, Arch Nichols and Jack Davis led the effort to save Max Patch from developers.

The US Forest Service bought 392 acres of Max Patch bald. The Asheville Citizen-Times wrote that Max Patch officially became part of Pisgah National Forest on July 9, 1983, with the idea that CMC would relocate the A.T. to the top of the bald.

A big celebration occurred at the foot of the mountain. Rep. James McClure Clarke, representing the 11th District, called the purchase “of great value in the Appalachian Trail System.” George Olson, supervisor of National Forests in North Carolina, had particular praise for CMC and Arch Nichols who worked for years to make it happen. At the celebration, Arch Nichols gave a brief history of Max Patch. “A man called Mack or Max settled on the property in pre-Civil War days and folks started to call it Mack’s Patch or Max Patch. Sheep, cattle, and horses have grazed here.”

CMC’s 1985Q1 *Let’s Go* newsletter explained that the 6.2-mile Max Patch relocation was officially approved and opened on September 2, 1984. CMC gave special credit to Jack Davis who got the crew to the job every Friday regardless of the weather. Davis also supplied the crew with a mule, plow, and three men, presumably not volunteers.



CMC had also built the new Hogback Ridge shelter in the same year. At the time, Skip (Arnold) Sheldon led a group of Boy Scouts. He took them to work on building the trail for a weekend. Sheldon remembers Arch Nichols saying:

“Initially I was not in favor of the scouts working on the trail. I was not sure how the boys were going to behave. I’m surprised but very pleased in how they worked out. You can come back anytime.” Later Sheldon took his scouts on a long A.T. hike. He had hoped to walk the new Max Patch section. Regrettably, the trail over Max Patch was not ready yet and the group walked the road.

Once the A.T. was built on top of Max Patch, where it is now, hikers wanted the horses off the trail. “The horseback rider community had used the area for years,” Sara Davis recalls. “When the trail was built across Max Patch, we went through a very long protracted process to make it clear that the top of the bald was off limits to horses and wagons. We provided other alternatives for them to ride in the area. The first year, it was difficult to keep horses off the top.”

The District Ranger, Thurman Harpe, issued an order banning horse use on Max Patch. According to John Dickson, past president of CMC, horses were never an issue on the summit after the ranger’s order. With the work of CMC, the ATC and the Forest Service, the damage from the horses went away.

So Max Patch was saved from developers after CMC worked hard to convince the US Forest Service to buy the land. I wondered why volunteers don’t lead this type of activism as much now. You’ll have to wait until you read *Carolina Mountain Club: One Hundred Years*.

Meet David Huff

By Bobbi Powers

David Huff is CMC’s new Councilor for Communications, and as such, he and his committee are responsible for publishing the *Let’s Go*, *eNews*, and keeping up our social media platforms. I first met David at the 2023 Hike Leaders’ Dinner where he was bounding around the room snapping photos with a ginormous camera.



I made a point to meet him since I’d been asked to interview him for the *eNews*. I innocently asked if photography was a hobby, and he replied that it is his livelihood. That night I Googled him and found out that David Huff is not just a photographer; he is a multi-talented, artistic cataloguer of public lands and historic buildings (Think Flat Top Manor and Little Cataloochee Baptist Church) who said, “I love capturing the beauty of our mountains and sharing these images.” One of his photos won the “People in Places” category of the 2022 America the Beautiful Photo Contest and appeared in the February edition of *Laurel of Asheville*. You can see this photo on his website.

David is a Maine native who got interested in photography at age 8 through a family friend who was a professional photographer and by fortuitously attending a summer camp in Brevard where he met and fell in love with the Blue Ridge Mountains. By middle school, he was really “into” photography, but also graduated from George Washington University with a degree in education and human development, earned a master’s degree from Pacifica Graduate Institute, and received training in outdoor leadership from NC Outward Bound School. He graduated from Reynolds High School and has lived in Australia, Los Angeles, Washington, DC, and Charlotte before the Blue Ridge Mountains pulled him back. He is also a collegiate national champion speaker,

and it should be no surprise that he is also an Eagle Scout. And this is just the tip of the iceberg. I suggest you visit www.davidhuffcreative.com to find out more fascinating tidbits about a man with a life well-lived.

He's been a member of CMC for about a year, so I asked how he found our club. He said he was Googling outdoor volunteer opportunities and found CMC and specifically the A.T. He wrote to Paul Curtin, and in one-half hour had a reply from Paul and an offer (which he took) of a 2.5-mile section of the A.T. as a maintainer. When Tom Weaver found out about David's background, Tom contacted David about becoming the new Councilor for Communications. And, voila! Here he is.

He referred to the *Let's Go* and *eNews* as "well-oiled machines." He's hoping to do more press releases to get the word out about CMC. He said, "I'm a natural story teller, and I want to tell more audiences about our club in its 100th year." His position as a board member of the Blue Ridge Parkway Foundation portends a likely partner in this mission. Look for more CMC-related articles in our local media.

Welcome to the world of CMC, David. I hope your experience will be picture-perfect!

Carolina Mountain Club eNews is published on the first Friday of each month. Send your news to 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. 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. Your email changes will be automatically reflected in eNews delivery.

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