



June 2024



Meet the Waynesville Wednesday Trail Maintenance Crew!

By Priscilla Estes

You never know who you'll meet at trail work. Recently, a retired llama wrangler, Tennessee firefighter, and oboe player joined the Waynesville crew for tread work on the Mountains-to-Sea Trail (MST).

Les Love wrangled Alan Householder, the Leconte Lodge llama handler, into trail maintenance at the recent annual gathering of Friends of the MST in Black Mountain. Alan was honored for being the first of two to complete the MST, walking alongside the late Allen de Hart, in 1977. (De Hart wrote *Hiking North Carolina's Mountains-to-Sea Trail*.) He currently lives in Haywood County, with his traveling-nurse wife.

John Pelletier is a Mainer and retired firefighter and paramedic who arrived via Galveston, Texas. Trail boss Chris Werbylo, a retired Ohio schoolteacher and football coach, snagged John on Waterrock Knob while we worked. John's a runner who lives in Clyde.

George Riordon (part-time neighbor of Hawk Hageback of Mt. Pisgah viewing platform fame) grew up in Michigan, and lives primarily near Nashville, an appropriate place for a musician. George played the oboe professionally, taught music, and his wife is a violinist.

The Waynesville crew comprises many other stellar and stalwart individuals in the three years I've been a member. Let's meet them!

Chris Werbylo is our fearless leader who runs half marathons, taught math and coached football in Ohio, and has a wife named Jayne who works at Mast General Store (and gets CMC quarterly trail workers free candy). A sawyer, Chris supervises management of about 36 miles of trail, from Oconaluftee River to Three Trees. He also works on the Friday Asheville crew and adopted Creek Fort Bridge to Lemon Gap, along with Bob Beach.

Bob Beach almost needs no introduction. He lives in Maggie Valley and Charlotte, and always has the right tool in his truck. His adopted trails are Fork Ridge Overlook to Cascades Overlook and Creek Fort Bridge to Lemon Gap. He also works on the Friday Asheville Crew.

Clayton Cathey is almost as famous, being the fourth-generation owner of Walker Service, a Waynesville garage and art gallery where his wife, Grace, sold her acclaimed steel sculptures. Clayton, a sawyer, divested the business in 2016, and maintains Standing Rock Access to Saunook Access and Haywood Gap - Haywood Gap Trail - MST at Haywood Gap to FS Rd. 97.

"Big" John Turley, from Ohio, is a member of Haywood Search and Rescue (SAR), and is a sawyer with a sly sense of humor. He maintains Old Bald Access to One Tree Access.

Ed DiSalvo is from New Jersey via New York, and was a sawyer for the NY/NJ trail crew, covering 75 square miles solo. He cracks jokes, keeps bees, forages mushrooms, and calls "LUNCH!" at 11:30 a.m. He also works on the Friday Asheville crew.

Ike Isenhour hails from eastern North Carolina, owned a Christmas Tree farm, worked for years at Cataloochee Ski Area, and is an excellent skier. He and Ralphie (a Cairn Terrier) diligently maintain Heintooga Rd. to Soco Gap.

Patrick Johnson from Minnesota is a nurse married to a nurse, and spent years, post Air Force, in public health. He was public health director for Haywood County's Health and Human Services Department, then interim Buncombe County Public Health Director. He's a runner who loves tread work and writes guest columns for *The Mountaineer*. His snappy columns have helped recruit many a worker. Patrick adopted Grassy Ridge Mine to Licklog Gap.

Mike Phillips lends his brain and brawn willingly. Experienced and unafraid, he maintains Lovers Leap Loop: Silvermine to AT Hot Springs, and Craggy Pinnacle. He also works on the Asheville Friday Crew.

Carson Minshall from Michigan takes care not to whack the wildflowers with the weed eater and is talented at arts-and-crafts. He cares for chickens, dogs, one goose, and one teenaged girl, as well as Hornbuckle Valley Parking to Waterrock Knob Parking.

Marty Downie now works full time in public affairs for the U.S. Department of Agriculture, Livestock Division, but still helps out when he can. Retired from the Army, he has a former Air Force bride, and is a sawyer who maintains Max Path to FS Rd 3535.

Paul Wulfing (my husband) is a diligent worker who heads CMC's Volunteer Engagement Committee (VEC), which helps find and recruit new trail workers. He (like ten others in the Waynesville Crew) is on the Leaderboard Top 100 for trail hours. A Midwesterner who lived near Philadelphia, he and I maintain Balsam Gap Trailhead to Standing Rock Access.

Priscilla Estes (me!) loves being outside when nobody else is. Rocks are swell, and it sure was fun working the crosscut saw on the Wilderness Crew! Blatant plug: buy my hiking book, *AMC's Best Day Hikes in New Jersey: Four Season Guide to 50 of the Best Trails in the Garden State, from the Skylands to the Shore*, ed. 2, February 2024. (Please forgive the egregious error in the author's bio.)

Dave Cook is a former park ranger and retired supervisor of district supervisors with NC State Parks in the Department of Natural and Cultural Resources in the Northern Piedmont section. Welcome to the mountains, Dave! Dave used to *train* sawyers.

Tim Graden was a detective (or is he still working undercover?), a past supervisor in the Bureau of Alcohol, Tobacco, Firearms and Explosives, and a member of Haywood SAR. He also works with the Tuesday Wilderness Crew.

Jim Dohms is a professional photographer and chronicled motorcycles rallies in Daytona. His wife is likewise an artist.

Steve Law heads CMC's Conservation Committee. Tom Grady used to work for a helicopter manufacturer. John Klingler raises goats. Lori Cook accepted a full-time job, so we see her rarely, alas. Suzi Rogers has been on winter sabbatical, but we look forward to her return.

The Waynesville Wednesday crew represents an outstanding group of people. If you or someone you know wants to join us, contact Chris Werbylo, at jcw402@aol.com. Maybe we can catch the sunrise together on Waterrock Knob and even meet the next Howard Lee or George Masa.



Hike for Healing: Celebrate Inclusivity and Healing on the Trails

Don't miss this event. Carolina Mountain Club (CMC) and Boots On The Trail (Lee Fortune) are teaming up for a **two-day Hike for Healing** on **June 20th & 21st**.

Join Lee on his inspiring journey:

- Lee will embark on a challenging **62-mile trek from Mt. Pisgah to Mt. Mitchell**.
- Witness his dedication firsthand at an informal **send-off event on Thursday, June 20th at Pisgah Inn, 6:00p meetup for picnic. 8:00p departure**. Contact Jan Onan at janonan59@gmail.com for more information about the Pisgah Inn send-off.
- Follow his progress and learn more about his mission at <https://www.bootsonthetrail.com/>.

Participate in CMC-led hikes on Friday, June 21st:

- Choose from **three beautiful hikes** starting at the Folk Art Center (9 am):
 - Moderate 4.9-mile round trip to Lunch Rock (stunning views, 813 ft elevation gain)
 - Moderate 5-mile car-shuttle hike to the Blue Ridge Parkway HQ (hike #296)
 - Easy 1.3-mile loop on the Folk Art Center Nature Trail
- **Limited to 10 hikers per group!** Register at <https://www.bootsonthetrail.com/>.

Walk alongside Lee (optional):

- Want to join Lee for specific sections of his hike? Contact him directly at lee@bootsonthetrail.com.

Be part of the conversation:

- CMC champions diversity and inclusion on the trails.
- Learn more about the CMC Diversity and Inclusion Committee and Friends of the MST at the event.

Get involved

- Volunteer opportunities available. Contact Jan Onan at janonan59@gmail.com.

Hike for Healing: It's more than a hike; it's a movement for understanding and community building.

Saying So Long and Thank You to Daisy Karasek

by Danny Bernstein



It is with sadness and emotion that we have learned that Daisy Karasek, CMC hiker, hike leader and hike scheduler, is leaving Western North Carolina. She is making a major life change.

Daisy has been a vital part of CMC for over eleven years. Daisy joined CMC almost as soon as she moved to Asheville from California in 2013. Daisy had retired from a career in systems analysis, mostly in the healthcare field.

“I googled hiking clubs, and CMC came up immediately,” she recalls.

At the time, Barth Brooker, former CMC president, was leading easy four-to-five-mile hikes on Wednesdays. So Daisy started off with the Barth group to see what the hiking

level was. She soon moved to regularly scheduled CMC hikes.

Her first general CMC hike was to DuPont Forest. Ashok Kudva, a former hike leader and retired DuPont Company employee, took the group to the Boys Camp at the Summit Camps on what is now DuPont Forest property. The public cannot enter this area anymore. But at the time, it was possible to explore the old camp buildings.

From then on, Daisy hiked Wednesdays and Sundays with the club when she was in town. A year later, Daisy led her first hike in February on a very cold day. The hike was scheduled to be on the grounds of the Montreat Conference Center, but it was very icy. So, she switched it to the Shut-in trail starting from the Arboretum.

“It was still icy but only at the beginning of the trail,” Daisy remembers. After that, Daisy led CMC hikes regularly.

By the middle of 2015, she took on editing the eNews, alternating with Kathy Kyle.



“It was difficult to find people to submit articles to the newsletter at that time,” Daisy recalls. A couple of years later Susan Canale took over the monthly eNews.

Daisy’s CMC participation grew as she led regular hikes. In 2020, Daisy became a Wednesday hike scheduler, alternating quarters with Brenda Worley. “Many times, a leader doesn’t specify a hike, so I have to suggest one,” Daisy says. “Or the leader wants a variation of an existing hike. Is it a variation or a brand-new hike?”

Brenda Worley says, “Daisy, thanks for scheduling alternate quarters with me. I hope you have wildflowers where you move to because I know you love them. I miss you already.”

Daisy coordinated the hiking program for A.T. Vista in Johnson City, TN in 2023. A.T. Vista is a four-day program which serves as the gathering for all A.T. enthusiasts.

Together with Lorraine Bernhardt, Daisy created three hikes to cover the entire Art Loeb Trail. This was a major endeavor because the 30-mile trail is rugged with few access points. Daisy and Lorraine divided up the trail sections. They needed to scout each hike and then, of course, lead it. I remember joining the three hikes. The first was a shuttle hike. The second and third hikes were organized as key swaps. Because the leaders had complex vacation and work schedules, the Art Loeb Trail hiking project took three

years: 2017, 2018 and 2019. But it was accomplished, and many hikers signed up for each hike.

“Daisy is a wonderful source for hiking information,” Lorraine Bernhardt says. “She traveled extensively and took meticulous notes. She helped me plan a couple of international trips. I have always enjoyed her company and will miss her!”

Tributes from CMC Friends

“Whether you were leading a hike, organizing an event such as the ATC Vista or just sharing a meal after a hike,” Kathy Kyle writes, “your positive attitude, work ethic, generosity, and ability to organize have made CMC a better club. Though the miles between us may be many, you will always be close in our hearts and minds as we walk these trails. We know that we share the same sky.”

From Les Love: “Thank you, Daisy, for always brightening up every event you came on with your infectious smile and interesting conversation. Catherine and I have always been thrilled to hear of your traveling adventures and we constantly used you as our resource for planning our international trips. We'll miss you being here to encourage us on!”

Barbara Morgan writes “I have enjoyed so many activities with you - hiking, socializing, and travels like the Cotswold Way. Your planning and communication skills, coupled with your positive attitude, make you a joy to be around. Best wishes in your new endeavors!”

Karen Lachow says “You were one of the first people to befriend me when I joined CMC, and I treasure your friendship. Your strength, adventurous spirit and generosity inspires me, and I will miss my hiking buddy, concert partner and dining companion.”

Carroll Koeplinger remembers, “I always looked forward to having you on my hikes and joining you on your hikes. Our numerous personal conversations along the way always meant a lot to me.”

In Conclusion, Daisy writes:

My time with Carolina Mountain Club constituted a big part of my life in Western North Carolina and I will always have fond memories of the hikes and activities I have participated in with other members of the club. It is gratifying to see the positive changes the club has undergone over the past eleven years of my association, and it is exciting to know that more positive changes are constantly in the works. I am proud to be a member of the club.



Learn Trail Maintenance Skills

Maintain Trails in a Sustainable Way for Future Generations

Do you love the Shining Rock Wilderness?
Do you want to help maintain the trails in Shining Rock?

Sign up and participate in the
Shining Rock Area Remote Overnight Crew (ROC)

July 20 - 21, 2024

Join the Carolina Mountain Club (CMC), Back Country Horsemen, and Southern Appalachian Wilderness Stewards in this special event to maintain and protect popular trails including Art Loeb, Ivestor Gap, Greasy Cove, Shining Creek, Old Butt, Little East Fork, and Fork Mountain.

No prior experience is necessary. CMC and other trail crew members will lead small groups for specific projects providing training and tools. If you have always wanted to do trail work to give back, this is your opportunity. A great learning experience awaits! Learn new skills and make new friends. We are supported in this event by The Pisgah Conservancy and the Pisgah National Forest.

You do not have to be a CMC member to participate. We will have release forms you can fill out before we start work.

The group will camp overnight at Ivestor Gap adjacent to the Shining Rock Wilderness. We will backpack 2 miles from the Black Balsam parking area on the morning of 20 July and work in small groups that afternoon and the morning of 21 July. Projects will include brushing and drainage after hiking to work areas in the Wilderness.

REGISTRATION IS REQUIRED. limited to the first 25 who sign up. More details will be provided once you are registered.

Overnight adjacent to Shining Rock Wilderness at Ivestor Gap, trail work in the Wilderness 7/20 pm and 7/21 am.

Meet at 9 am on Saturday 7/20 at Black Balsam parking area off FS 816. Or meet at the French Broad Overlook on the Blue Ridge Parkway MM 393.8 (Hwy 191 junction) at 8 am to carpool to Black Balsam.

We will hike in 2 miles to Ivestor Gap. Trail tools and water will be staged at the camping area.

We will return by 3 pm Sunday to the Black Balsam parking lot.

Please contact Paul Dickens at: psdicken@gmail.com (subject July ROC) with questions and to sign up. CMC members can register on the CMC member webpage under Remote Overnight Crews 2024.



Carolina Mountain Club eNews is published on the first Friday of each month. Members can 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. For members' 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.

About Carolina Mountain Club:

Hiking. CMC leads about 200 group hikes per year. Hikes are open to all, and we welcome guests (though please contact hike leader first). Hike information--including dates, times, meeting locations, scout reports, and leader contact information--can be found on the CMC website [here](#). Additional information about hiking can be found [here](#).

Trail maintenance. CMC maintains over 440 miles of trail in western NC. Individuals of all ages and groups/organizations are invited to participate. CMC membership is not required, and all required tools are provided. We have weekly crews every day of the week from Monday-Saturday, quarterly Saturday crews, and other special events. For those with busy or unpredictable schedules, we also have section maintainers who maintain a short portion of trail and/or report issues that require a larger work crew. To volunteer, please email volunteer@carolinamountainclub.org or visit [here](#) for more information.

Conservation. The CMC Conservation Committee advocates for the sustained natural beauty and access to our hiking areas. More information can be found [here](#) or by emailing Conservation@carolinamountainclub.org.

How to join the CMC

For just \$20 (\$30 Family) per year, you can join western North Carolina's oldest and largest hiking trail club. CMC members receive the *Let's Go!* quarterly hike schedule via email and have full access to member services on the CMC website. There is a link to join on the [CMC website](#).

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