



# Carolina Mountain Club

Since 1923

eNews | Hike . Save Trails . Make Friends

October 2019

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## CMC ANNUAL MEETING

by Debbie Jones

Please join us for the CMC Annual Meeting to be held on October 26, 2019 at Doubletree by Hilton, Asheville, Biltmore. Social hour will begin at 5:30 followed by dinner and the annual meeting at 6:30. There will be a cash bar.

Our guest speaker will be Jay Leutze, author and land conservation expert. His efforts to conserve open spaces throughout western North Carolina are chronicled in his book, "Stand Up That Mountain: The Battle to Save One Small Community in the Wilderness Along the Appalachian Trail."

Registration will be available on the CMC website beginning September 27. The deadline for registration is October 19, 2019. Registrations after that date will not be accepted.

I hope you are able to join us.

### ***Photo sharing deadline nears....***

Saturday, October 12 is the deadline to submit photos for the pre-dinner entertainment at the Annual Dinner. Please submit up to 6 photos to be part of the fun. These are the final days to use your WITS: Waterfalls, Insects, Trees, Stones are the key words to inspire your photos.

Please send photos to [CarolinaMtnClubPhotos@gmail.com](mailto:CarolinaMtnClubPhotos@gmail.com).

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# SAT, OCT 12th

## MT PISGAH TRAIL REHABILITATION

BY LES LOVE

Join the Carolina Mountain Club as we restore this regional icon in Pisgah National Forest. We'll be out rehabbing the trail and making new friends. No experience necessary, experienced CMC trail crews will be on site to supervise and train.



## EQUITY AND THE ENVIRONMENT WORKSHOP

by Jan Onan

Join EENC for a full day exploring the intersections between equity, education and the environment. No matter where you are on your personal or professional journey, we invite anyone working with educational, outdoor, nature, and conservation focused organizations to join us to grow in knowledge, build confidence in talking about these issues, and make connections to help advance your work.

Saturday, November 2  
9:00 am - 4:30 pm  
YMI Cultural Center, Asheville, NC

[Register online here!](#)

OVERVIEW Morning Plenary with Marisol Jiménez of Tepeyac Consulting:

This racial equity workshop is an opportunity for you to develop some new language and frameworks for discussing equity, and begin reflecting on the implications for your work. Together, participants will work through the following “arc of learning”:

Develop tools and skills for courageous conversations about diversity, equity, and inclusion Apply a “racial equity lens” to real world issues by applying a structural analysis to disparities you see in the field of education and brainstorming potential strategies advancing equity Afternoon Concurrent Sessions (pick one):

Continuing Your Individual Journey with Marisol Jiménez: expanding and deepening on topics introduced in the morning session. Note, if this is your first diversity, equity, and inclusion workshop, we highly recommend you pick this option. Building A New Table: How to Move Your Organization from Diversity to Equity with Marsha Davis. In this workshop, participants will learn strategies to create more welcoming and inclusive cultures in their organization. We'll explore tools to combat white supremacy culture in our orgs and get buy-in from the rest of our organization. Environmental Education Through an Equity Lens: This session will feature a series of speakers showcasing successful programs from Great Smoky Mountains National Park, Asheville Greenworks, Pathways to Parks and others. Speakers will share information about their programs, curricula and resources, lessons learned and suggestions for best practices to help you develop more inclusive educational programs. Lunch: Bring your own lunch or pre-purchase a box lunch from The Ettison Group.

## Myth Busters Banana Peel and Apple Core Edition!

From Glacier National Park's Facebook page  
by Vance Waggener

Myth: I can toss my banana peels, apple cores, and other 'natural' foods on the ground because they'll

decompose.

**BUSTED!** These 'natural' food items will not decompose quickly. If animals don't eat the food waste, decomposition will likely take much longer than you expect. Some fruit products can take years to decompose depending on the environment they are in!

Food waste is likely to be eaten by wildlife and increase habituation. For example, if you throw your apple core out the window of your car, it may encourage wildlife to search for foods along roads. The more time they spend around roads, the higher the chance they'll get hit by a car.

'Natural' food items are also usually not so natural. Apples, bananas, oranges, etc are not native to Glacier National Park. If eaten by wildlife it will likely not digest well since these animals are not accustomed to these foods. Fruit and vegetable seeds that end up on the ground could result in a non-native plant growth.

Last but not least, no one wants to see your food waste decomposing on their visit to a pristine national park.

This myth is common and if you have tossed food waste onto the ground, take a mental note to pack it out next time. If you see a friend try to toss food waste, let them know at least one of these reasons why they should pack it out instead!

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## Scene Scenarios

by Sarah Broughton

In November 2018, CMC offered a Wilderness First Aid course through NOLS Wilderness Medicine for hike leaders and trail maintainers. In an effort to promote safety and education, and to continue ongoing discussion of the information shared during the First Aid course, the CMC Education Committee will be sharing NOLS Scene Scenarios. The following article was originally posted on the NOLS Blog on August 19, 2019, and is shared here with permission. Visit the NOLS Blog at <https://blog.nols.edu> for more articles on Wilderness Medicine, Leadership, and Education.

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You're out for a hike, enjoying a beautiful day in the mountains. Pausing to take a sip from your water bottle, you survey your surroundings-and suddenly notice the fallen hiker up ahead. You put your water bottle away and start walking toward the crumpled figure beside the trail.

Thoughts about the location's remoteness, the safety of your companions, incoming weather, and potential evacuation flash through your head. There's no cell service here, let alone a conveniently located emergency room. Attempting to remain calm, you take a deep breath and remember what you learned in the very first hour of your NOLS Wilderness Medicine course. It's time to size up the scene.

To read more, [click here.](#)



The eNews is published on the first Friday of each month. Articles are due on the last Friday of the previous month. Send your news to [eNews@carolinamountainclub.org](mailto:eNews@carolinamountainclub.org). 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.

Send all address and email changes to Dennis Bass at [dbass3607@gmail.com](mailto:dbass3607@gmail.com). Your email changes will be automatically reflected in eNews delivery.

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