



From The Editor

Because of the federal shutdown, the fall Mountain Treasures Camporee was cancelled. Ted Snyder is working on rescheduling in June. Ted did lead a hike in Pisgah Forest for those who still wanted to hike. He led us on the "Lost Isosceles Triangle Trail."

Ted discovered the trail and cleared it. This is not the only rediscovered trail. Brent Martin told Ted he found an unknown trail in the Middle Prong Wilderness. Ted is wondering if there are other trails that could be restored. Contact Ted at tedsnnyderjr@bellsouth.net if you have some of these trails "stored in the vacant attics" of your mind.

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

Nov. 1 Annual Dinner If You Completed A Challenge Arrive By 7

By Marcia Bromberg

The CMC annual meeting and dinner will be held Friday, Nov. 1. at Pack's Tavern Century Room in Asheville. The social hour starts at 5:30 and the dinner starts at 6:30, and the annual meeting starts at 7:30. The cost is \$32.50. Use the form in the Let's Go to register for the meeting or log into the website and click on Annual Dinner on the drop down menu.

CHALLENGE COMPLETERS: If you are planning to come to the portion of the Annual Meeting where challenge completers are recognized, plan to be there at 7PM. We being this part of the program prior to convening the annual meeting



Hike
Save Trails
Make Friends



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Include CMC In End-Of-Year Giving Plans

By CMC Council

As you plan your end-of-year giving, please include Carolina Mountain Club in your list of donations. Why does CMC need your donation?

As the premier hiking club in Western North Carolina, CMC maintains over 400 miles of trail with volunteer labor. However, we do need tools. Sawyers on trail maintenance crews and other CMC members require certification in CPR and First Aid. These courses are not free.

CMC is an Appalachian Trail Maintaining club and we care for 92 miles of the A.T. As a Mountains-to-Sea Trail Maintaining club, we care for over 140 miles of the MST. We take these responsibilities seriously.

CMC leads four to five hikes a week, year round. You get to go on a hike with a dedicated, enthusiastic volunteer leader who knows the area, understands how to lead a group through the woods, and has scouted the hike. Not all hiking clubs meet this high standard. We welcome and nurture guests, who we hope will join the club.

CMC sends you a newsletter four times a year, an electronic newsletter once a month, and has a website that keeps you abreast of timely outdoor news.

We have no personnel costs. Everyone is a volunteer from the editor of Let's Go to the hike scheduler and leaders to the section maintainers who checks out their trail at least four times a year. We keep our membership dues as low as possible in order to make the club affordable. And your donations ensure that we continue to do so.

As they say, "no contribution is too small" or, of course, "too big." We urge you to think of all the benefits you get from your involvement with CMC.

CMC is a non-profit organization and your contribution is tax deductible.

You can donate online at www.carolinamountainclub.org/enrollments/makeDonation.cfm.

Or you can write a check made out to Carolina Mountain Club and send it to:

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

Thank you for valuing Carolina Mountain Club by making a donation.



New Hiking Sign-Up Sheet Introduced

The CMC welcomes members and non-members alike on our hikes. But we also hope that non-members will join if they hike regularly with the club. To better understand who is hiking we've added a new column to the Hike Sign-up sheet asking hikers to designate if they are members or guests. Thanks for taking the time to fill in this extra column with an M or G.



News&Observer

By Jane Stancill - jstancill@newsobserver.com

The closure of the Great Smoky Mountains National Park during the federal shutdown cost the region \$33 million in lost tourism, according to an analysis released Friday.

The study looked at visitor spending in 18 North Carolina and Tennessee counties surrounding the park during the first 10 days of October after the partial shutdown of the U.S. government.

Read more here: <http://www.newsobserver.com/2013/10/11/3273301/mountain-tourism-hit-by-national.html#storylink=cpy>

Plants On The Trail

Chlorophyll Breakdown Brings Color

By Becky Smucker

So how did your prediction for fall color turn out this year? Do you know why you were right or wrong? The end result of light, temperature and rain combinations is hard to forecast, but the basics of the process are fairly simple.



It's commonly thought that leaves turn yellow, orange, and red in the fall because the leaves are dying, the green goes away, and the underlying colors show through. This is partly right. There are two important groups of pigments in plant leaves that are there all the time in fairly large amounts: chlorophyll and carotenoids.

Chlorophyll is green because it captures and uses red and blue sunlight to make sugar, reflecting what's left of the light, which we see as green. Carotenoids (in carrots, peaches, ripe bananas) are less well understood. They are orange and yellow, but for most of the year they are dominated by the chlorophyll, and we don't see them. In the fall when the days get shorter, chlorophyll in leaves breaks down, and the orange and yellow show through.

License Plate Grants Available From ATC

By Becky Smucker

The Appalachian Trail Conservancy (ATC) is now accepting applications for 2014 License Plate Grants for NC and TN. The Conservancy has \$35,000 available for NC projects and \$10,000 for TN.

Guidelines, application forms, and histories of grants awarded on the ATC website

at www.appalachiantrail.org/plates.



Membership Chair Thanks Members For Going Green With 'Let's Go!' PDF

By Barbara Morgan

As membership chair I want to thank all the new and current members who have chosen to receive their quarterly Let's Go by PDF. Every new member since it's implementation has chosen this, and current members are often making this choice when they renew. You don't have to wait till renewal time - you can do it at any time by logging in and changing it in your member profile. We're going greener!



Click [here](#) to hear Ruffed Grouse drumming

Carolina Critters

Ruffed Grouse -Drummer In The Woods

By Becky Ledbetter

This summer my daughter Kate was visiting from California. We always make it a point to go for a hike or two when she is in town. We decided to spend the day hiking the Max Patch loop. It is always a favorite and the day we chose gave us beautiful weather after so much rain that had been seen earlier in the season.

As we meandered along the trail we found some blueberry bushes with ripe berries in the thick brush that lined the trail. We were quietly picking our way amidst the bushes when there was a sudden rush of wings and a shadow of a large bird flying just above ground level through the underbrush. It surprised us both. We continued walking along the trail and never could figure out what we had spooked. Later, upon driving down the road back to Hot Springs we rounded a corner and there on the side of the road was a ruffed grouse! I knew that had to have been who we had encountered earlier on the trail.

The ruffed grouse is an elusive bird that likes to hang out in thick underbrush tangled with vines and dense shrubs. They prefer mixed hardwood forests and like to have a "drumming" log or stump nearby. The ruffed grouse is found in 39 of our states and in most of Canada. They are not migratory birds and usually live their whole lives within a few acres of forest habitat. They often maintain their own trails throughout their habitat marked by feathers they may leave behind. In winter they will burrow under the snow for protection. Ruffed grouse, although very shy, can be seen on the side of gravel roads at times looking for stones to aid in their digestion.

The grouse is a chicken-like medium sized bird with a short crest on the head. Their coloring is a mottled gray and brown with dark and white spots. The male has a more prominent head crest along with a neck ruff. Along with pheasants, their feathers were often sought for lady's hats throughout history. The grouse has a special feature on its feet. It sprouts special feathers that make their feet like snowshoes for walking on top of the snow in winter.

Ruffed grouse are omnivores eating insects, buds, leaves, berries and seeds. It's peak breeding season is March - May ending in a laying of a clutch of 9-12 eggs in a nest on the ground. This bird is best known for the male's "drumming" ritual which he uses to attract a mate. The drumming is a display of rapid wing beating that creates a humming sound starting out slow and then speeding up....(It reminds me of the sound of trying to start an old jalopy car.) It has been reported that this sound can be heard up to a quarter of a mile away.

Grouse rarely live even a full year. Mortality of these birds is usually only about 50% from the time of a June hatching until they are full grown (mid-August). Grouse succumb to predators

such as owls, hawks, fox and coyotes. Protected habitat, of course, increases the grouse's chances for a longer life.

According to Native American tradition and Animal Medicine Lore the Ruffed Grouse represents new rhythms and new movement which are beneficial to a new flow of energy. Encountering a Grouse may be a reminder to practice and develop more freeform expressions. Grouse tells us to focus on something that might need to change.

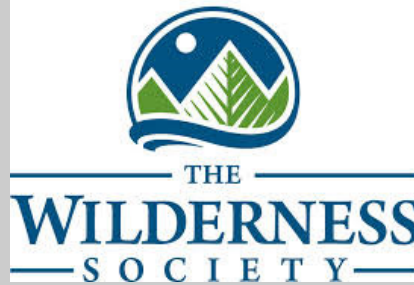
Kate and I felt lucky to have had not just one, but two encounters with the Ruffed Grouse on our hike. Were we being given a message about change and a new flow of life's energy? Who knows, but we felt blessed just the same!

Ruffed Grouse Drumming

CMC Council Votes To Participate In Nantahala/Pisgah Forest Partnership

By Tish Desjardins

The CMC Council voted to fully participate in the Nantahala / Pisgah Forest Partnership at the October 3rd. Council Meeting. Brent Martin, Southeast Director of the Wilderness Society and CMC member, was the guest speaker at the Council meeting and explained the reasoning for having a Partnership so that a beneficial Forest Management Plan can be accomplished for users of the forests. The Council designated myself as the CMC representative for the Nantahala / Pisgah Forest Partnership and Ruth Hartzler as the CMC alternate representative.



The Nantahala / Pisgah Forest Partnership is now the new official name for the collaborative groups that were meeting for around a year now for the purpose of providing strength in unison so that the National Forest Service will revise their required forest management plan (they must come up with a new plan every 10 to 15 years) based on input from the groups that use the forest -- hikers, mountain bikers, hunters, loggers, conservationists, horse back riders, wilderness area advocates, etc. The idea is that this formation of the groups coming together will provide results that the Forest Service must listen to when revising their plan. Representatives from the Wilderness Society has been "hosting" the meetings -- Jill Gottesman of The Wilderness Society has been conducting the meetings. Brent Martin has been present, too.

In addition, CMC members are encouraged to express any hiking trails-related ideas for this partnership to Tish Desjardins at desraylet@aol.com. Also, as individuals, CMC members are, again, encouraged to attend the separate public meetings that the Forest Service is conducting with regard to the Forest Service's Management Plan Revision -- see www.fs.usda.gov/nfsnc.

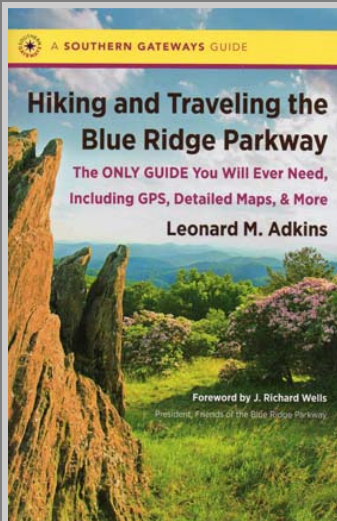
Nov. 5

Maintainers Appreciation Lunch Set

By Les Love

The Maintainers Appreciation Lunch hosted by the Parkway folks is now Tuesday, November 5, at noon. I need to verify whether you are coming or not, so if you sent me notice before, I need to get it again, because several people have told me they will not be able to attend if it is in November (I won't be able to make this date). I'm sure this new date will allow others to attend that couldn't before. I would think they need to know by the 29th. Contact Les Love for more information at leslove55@gmail.com





Hiking, Traveling The Blue Ridge Parkway

Reviewed by Danny Bernstein

Leonard Adkins' books have been my go-to hiking and flower books for years. He's written more than 15 books on travel and hiking. We've all seen him at Appalachian Trail conferences, giving workshops and displaying his books in the exhibit area. He's a hiker. He's walked the A.T. five times and is known as The Habitual Hiker (www.habitualhiker.com).

Miles of trail take off from the Blue Ridge Parkway and go into the woods to waterfalls, views, and historic artifacts. Now comes Leonard's new book Hiking and Traveling the Blue Ridge Parkway which details every hike off the Parkway. He presents each hike step-by-step in a methodical manner.

You can just step out of your vehicle and walk less than a tenth of a mile to a viewpoint or you can hike 10.6 strenuous miles on the Rock Castle Gorge Trail from MP 167.1. In North Carolina, the Mountains-to-Sea Trail crisscrosses the Parkway from Great Smoky Mountains National Park to the Virginia border. In Virginia, the Appalachian Trail can be accessed from many stops on the Parkway until the road reaches its northern most point at the southern entrance of Shenandoah National Park.

First, a guidebook has to be accurate and thorough. Each hike entry has information on the milepost number, GPS coordinates, and altitude at the trailhead. The hike description includes length, the author's assessment of the difficulty and whether it's a particularly recommended hike. The book allows readers to find the trail, assess if they are embarking on an easy, moderate, or strenuous hike.

Leonard puts the hike in context. Why would you want to do this hike? Is it for the view, prolific wildflowers, or a historic site?

But locals like me want to stop at overlooks periodically and take in the views on a way to a hike. So interspersed between the hikes, the book describes the landscape at the overlooks and identifies the mountains, most important whether you're local or a visitor.

Mile 372.1 Lanes Pinnacle Overlook (3,890 feet)

Lanes Pinnacle is to the left in the view, with the upper elevations of the Great Craggy Mountains visible behind the ridgeline. The mountains to the far right are the Swannanoas.

Good maps and some black and white photographs enhance the book. He lists every feature on the Parkway along with its milepost number, all the inns and campgrounds as well as a roadside bloom calendar. Visitors will enjoy knowing about the downtown Asheville Urban Trail, 1.7-mile that meanders downtown past various pieces of sculptures.

Readers are supposed to use guidebooks. I've referred back to the last edition of this book, entitled Walking the Blue Ridge, for years. Its pages are dog-eared, underlined, and highlighted. Now there's a new book which I will soon be love to death as well.

Of course, the book is available from local and online bookstores. But if you purchase it through his website, www.habitualhiker.com, Leonard will donate a portion of the proceeds to the Friends of the Blue Ridge Parkway, which assists in maintaining and enhancing the beauty of the scenic roadway.

Switzerland and France

Fall Camino Presentations Scheduled

By Chris Slater

The following programs at REI by CMC members are scheduled.

Monday, November 4, 2013, 7:00 p.m.

The Road Less traveled - the Camino in Switzerland and Eastern France

Serial pilgrims Don Walton, Carroll Koeplinger, Jay Bretz and Tom Sanders (20 caminos between them) will present slides, narrative and seasoned advice from their caminos in Switzerland and from Geneva to Le Puy en Velay, France



Monday, December 2, 2013, 7:00 p.m.

The camino from Le Puy to Saint-Jean Pied-de-Port

Avid hiker and guide book author Danny Bernstein will present her recent pilgrimage from Le Puy en Velay to Saint Jean Pied-de-Port, the most popular pilgrim route in France.

Asheville REI

31 Schenck Parkway

Asheville, NC 28803

828-687-0918

These events are free but (when event appears on the store calendar) a reservation is recommended to guarantee a seat

Thank You Ranger Tim!



By Ashok Kudva

When I scouted the Holmes Educational State Forest on September 14 in preparation for the Sunday, October 6th, Carolina Mountain Club hike, three trees had fallen down across the Wildcat Rock Trail. I reported this blow-down to the Forest Service. Ranger Tim agreed to clear the trail and followed through.

Fifteen hikers enjoyed the hike on the safe and well maintained trails and we thank Ranger Tim. See photos.

The Small Print

The next issue will come out on Friday, November 29. 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 November 22 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