



## Carolina Mountain Club - *Since 1923*

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November 2014

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Kathleen Hannigan demonstrates the singing bowls used in WNC quartz mining. Jeff Wilcox stands beside her.

# Speaker At Annual CMC Dinner Shares History Of Southern Appalachians

**By Bobbi Powers**

Jeff Wilcox, associate professor of environmental studies at UNC Asheville, spoke and showed slides of "Geologic History of the Southern Appalachians." His spirited talk touched on a lot of "Wow, I didn't know that!" moments. A few of many highlights....There are rocks on Roan Mt that are 1.8 billion years old, among the oldest in the world, and they are just lying on the ground. We've all heard of Pangea, which, when it split apart gave us our Blue Ridge Mountains standing at 25,000, but who knew that eons before, there was Rodinia, a super continent that split apart?

The biggest buzz (or I should say hum) came when Jeff talked about Spruce Pine's having the purest quartz in the world, and every computer chip in every nation has a bit of that quartz in it. In crushing the quartz, an ultra pure "singing bowl" is used. See photo of Jeff making it hum. Jeff brought several big fascinating rocks with him, along with 2 singing bowls. It was quite a performance!

Everyone left smiling as we zipped our heavy coats, put on our gloves, and headed out into the cold wind after a memorable evening.

## Year In Review

### State Of The CMC

**By Lenny Bernstein**

One of the more pleasant duties of the CMC's President is to report to the membership on the Club's accomplishments for the past year. Some of my fellow Council members refer to this as the "State of the Union" speech.



It's been a good year for CMC, particularly for our trail builders and maintainers. They accumulated a total of 17, 291 volunteer hours and completed two new trails - the 2.6 mile Trambatore Trail in Hickory Nut Gorge State Park, and 2.2 miles of the Mountains-to-Sea Trail from Waterrock Knob east to Fork Ridge Overlook. This section of the MST took six years to build and required 5800 hours of work. There's more work to be done west of Waterrock Knob, but the maintenance folks are confident they will finish that next year. When they do, CMC will have a continuous stretch of Mountains-to-Sea Trail from Heintooga Road to Black Mountain Campground, nearly 150 miles.

Not to be outdone, our Hike Schedulers scheduled 187 hikes; 83 all day weekend, 53 all-day Wednesday, and 51 half-day Sunday. Twenty-two of these hikes were cancelled because of bad weather or road closures, but we led 165 hikes last year, more than three a week. And this doesn't count the extra Wednesday hikes that Barth Brooker organizes or the scout hikes that are listed on Meet-up or communicated by word of mouth. We also organized four weekend camping trips, which we call Camporees

As many of you know, this is my second stint as President of CMC. My first term was in 2006 and 2007. When I came back after six years, I was amazed at how the Club had changed.

- We're far more technologically savvy – we have a truly interactive website and a Facebook page.
- We have new leadership – not one of the other Council members for 2014 and 2015 was on the Council in 2006 and 2007.
- We've made real progress on completing our section of the Mountains-to-Sea Trail.

- We have better relations with the owners of the land our trails cross. We have completed our first ever, five-year agreement with Pisgah Ranger District and are negotiating similar agreements with Appalachian Ranger District and the Blue Ridge Parkway. When these agreements are signed, they will cover about 90% of the trails we maintain. We are examining the need for agreements with the landowners for the remaining trails we maintain.

Unfortunately, some of the Clubs concerns remain.

- Our membership has remained stable for the past 3-4 years, and is probably down a bit from its peak level. The 2015 budget that Jim Ariail will be presenting to you in a few moments is balanced, but it's balanced because we have assumed that we will be able to attract an additional 50 new members next year. That's a challenge for all of us. We've been depending on people finding us – mostly through our website – as our primary source of new members. While we're not going to take out newspaper ads – at least we don't plan to – but we need to publicize CMC. I don't need to tell any of you how great CMC is – you wouldn't be here if you didn't believe that. But we need to get the message out to others – and that's a challenge for all of us.

- We still have a problem finding people willing to take leadership roles in the Club. Marcia Bromberg will be presenting a slate of new Council members for 2015 with a vacancy for Secretary. We usually don't have trouble finding people who are willing to lead hikes and maintain or build trails, but a lot of our members tell me that they don't want to attend meetings or sit in front of a computer screen. I understand that, but a club the size of CMC doesn't run itself. We need people who are willing to attend meetings and make decisions about how the club runs. We need people who are willing to sit in front of computer screens to put out our hike schedule, Let's Go, and eNews, to keep our Facebook page and website up to date, and to work on our membership information. Please talk to me if you are willing to help keep CMC running. We have lots of jobs that need doing.

- Some of the procedures and policies that CMC uses are not documented. Others are documented, but sometimes only one person knows where to find that documentation. This not a healthy situation, and to correct it, the Council has started developing an operating manual for CMC. Most of the information in the manual will be easily accessible on our website. A limited amount, like our financial procedures will be on a need to know basis, but its existence will be documented. The Council and committees are responsible for this project, but we can always use proofreaders and fresh sets of eyes to tell us whether what we are putting into this manual is correct and understandable. Please let me know if you're willing to help.

2015 should be a great year for CMC. We're already thinking about a big celebration when we finish the MST. We'll be taking a leadership position in the Appalachian Trail Conservancy as Chair of the Southern Regional Partnership Committee. And with your help, we'll have more members and more people willing to take on leadership roles.

## If You Support Camporees, Advocate For Protection Of Mountain Treasures Now



**By Ted Snyder**  
We cannot continue indefinitely holding camporees unless we advocate the protection of existing

Wilderness Areas, the designation of more Wilderness Areas, and of the Inventoried Roadless Areas. The Wilderness Society has catalogued for us a comprehensive list of such areas in its North Carolina's Mountain Treasures.

Our six camporees have introduced us to most of those areas in Western North Carolina. If you enjoyed walking the camporee trails, please help keep the protection that they now enjoy.

Those of you who hiked the camporee trails in commenting on the Forest Management Plan for the Nantahala/Pisgah, should stress the singular importance of continuing full protection of North Carolina's Mountain Treasures.

Comments can be emailed to: [NCPlanRevision@fs.fed.us](mailto:NCPlanRevision@fs.fed.us)

Comments can be mailed to: National Forests in North Carolina, Nantahala-Pisgah Plan Revision, 160 Zillicoa St. Suite A, Asheville, NC 28801



Marcia Bromberg, presents Becky Smucker with the distinguished service award. Not pictured are Tish Desjardins and Ruth Hartzler who received the award of appreciation.

## Food, Learning and Awards - Annual Dinner

**By Danny Bernstein**

Carolina Mountain Club is a hiking and trail maintaining club. We don't get together too often in a purely social setting. But when we do, we know how to throw a great party.

On November 1, the Day of the Dead or the day after Halloween, about one hundred hikers, trail maintainers and their guests gathered at the Chariot Restaurant in Hendersonville for our annual dinner and meeting. The weather had thrown an unexpected snow shower tantrum at us but we all showed up anyway.

At the social hour, we mingled with people we may not see regularly on the trail. "How was your summer and what are you doing next summer?" always seems to stir up conversation. After a great buffet dinner, the meeting got underway.

I mingled with our invited guests. Here are a few of them from left to right - Dan Well, representing Friends of the Blue Ridge Parkway, Jeff Wilcox, Associate Professor in the Department of Environmental Studies at UNCA who was our speaker, Kristin Bail, Forest Supervisor for the NC USFS, and Julie Judkins, representing Appalachian Trail Conservancy. Gary Eblen, of Diamond Brand Outdoors, was at the meeting as well. Sawako Jager, the Councilor for Communications, read the names of the 19 hikers who completed challenges this year. That included a father and son team. Lenny Bernstein, President, gave the State of the Club - doing well, thank you. We approved the minutes from last year and the budget. Then came the big awards presented by our past president, Marcia Bromberg. Ruth Hartzler and Tish Desjardins received the Award of Appreciation for their efforts on behalf of the CMC and hiking community on the National Forest Management Plan. Becky Smucker received the Distinguished Service Award for her many years of service to the CMC--as a Council member and officer, hike leader, maintainer and maintenance crew leader and her leadership in developing new technology for the club. We elected new Council members, including what may be a first, a nomination from the floor. Lenny recognized the departing Council members - Tish Desjardins, Stuart English and me -

with a nice framed certificate. Then Prof Jeff entertained us with a great lecture on the geology of our mountains. He had brought rock samples and assured Forest Supervisor, Kristin, that he had not taken the big pieces out of any NC forest. Want to be part of it all? Join CMC and come out to hike and maintain trail. That's what we do best. Challenge awards 2013 (Submitted After Annual Dinner & Meeting) SB6K - Steve

n M. Castellano, Barbara Morgan, William Shaffer Lookout Towers - Steve Covert, Mary Swain A.T.90 Clifford Andrew, Jacob Cox, Lisa Hart, Jim Reel, Tom Sanders MST130 - David Baldwin, Jacob Cox, Peter Julius 2014 SB6K - Lars Holmquist, Timo Holmquist, Brian Knauer, Charlie Sizemore, Rachel Sizemore Waterfalls 100 - Steve Covert

From left to right: Dave Wetmore, secretary; Kay Shurtleff, councilor for education; councilor for trail maintenance Pete Peterson; councilor for hiking Brenda Worley; councilor at large Ann Hendrickson; councilor for conservation Ruth Hartzler; president Lenny Bernstein; immediate past president Marcia Bromberg; councilor at large Sawako Jager; vice president Barbara Morgan; treasurer Jim Ariail; councilor for communication Kathy Kyle (Cornn).

## Completers Of Challenges Recognized

### By Sawako Jager

The following people were recognized for completing CMC challenges in the 2013/14 year.

### 2013 Since 2013 Fall Annual Dinner

#### SB6k

Steven M. Castellano  
Barbara Morgan  
William Shaffer

#### LTC

Steve Covert  
Mary Swain

#### A.T.90

Clifford Andrew  
Jacob Cox  
Lisa Hart  
Jim Reel  
Tom Sanders  
MST130  
David Baldwin  
Jacob Cox  
Peter Julius

### 2014

#### SB6k

Lars Holmquist  
Timo Holmquist  
Brian Knauer  
Charlie Sizemore  
Rachel Sizemore

#### WC100

Steve Covert



# Hiking In The French Alps Most Memorable

By Daisy Teng

Of the six and a half months I spent in Europe this year, the near two weeks I spent hiking in the Alps rank as one of the most memorable and enjoyable parts of my trip.

During the planning process, I changed my initial idea of hiking in Switzerland to hiking in the French Alps because of the high cost of travel in Switzerland. I had not hiked in Europe before and had not been to that part of France before. Lonely Planet's country guide on France was my starting point. That resulted in the selection of Chamonix as my base.

I had read about the abundance of trails that covered the slopes of that area, the availability of a good transport system consisting of cable cars, buses and trains that serviced hikers throughout the summer, and very importantly to me, the availability of a reputable guiding company (Compagnie des Guides de Chamonix). Since I would be traveling solo, I concluded that I should not plan to hike on my own in those mountains. When I checked the company's web-site ([chamonix-guides.com](http://chamonix-guides.com)), I found that they offered not just multi-day guided hikes, but also guided day hikes. So, for me, Chamonix was the place to be. Of the multi-day hikes, I selected the Six-Day version of the Tour du Mont-Blanc. In addition, I scheduled five full days for day hiking prior to the start of the Tour du Mont-Blanc. I had a late start on my first day. But, I did not veer from my tried and true practice of checking in at the local Tourist Information Office. I picked up trail guides and brochures, and a very helpful woman suggested a hike for me for the afternoon. Before I knew it, I was off on the cable car up the mountain, then transferred to another one to reach greater heights (Le Brevent at 2525 meters). From there, I hiked down to the first stop (Planpraz) and then followed the contour of the mountains at mid-level, along the Grand Balcon Sud, which is a part of the full Tour du Mont-Blanc trail. It was a sunny day and many hikers were on the trail, including some very young ones, and of course, the views were fantastic. There I was, hiking solo! And, as it turned out, that was what I ended up doing the next few days. The trails were clearly marked and I was never far from 'civilization'. One great view after another - glaciers, lakes, peaks, flowers galore. There were fifteen people in my Six-Day Tour du Mont-Blanc group, including a high school friend who decided to join me in this part of my itinerary. It was quite an international group, with people from South Korea, Spain, Italy, the US and four from France, two of whom were actually from Chamonix. We had two guides, plus a driver because we were not walking the complete (11-day) route and our luggage was getting transported. He was also responsible for the wonderful spread put before us each morning so that we could put our lunch together. Our hike started from the west end of the Chamonix valley, near Les Houches, and crossed into Italy on the third day. Our fourth and fifth nights were spent in Switzerland. On Day 6, we crossed back into France on the east end of the Chamonix valley on a gloriously sunny day with the ranges on both sides of the valley in full view. Mont-Blanc and all the peaks were sparkling in the sunshine. This was a sharp contrast to the previous week, when there was not one day when all the peaks were visible. Each day of hiking involved an ascent to a "col" (pass) and on the first two days, there were some very long and steep descents. We hiked an average of five to six hours a day. The scenery got grander and grander as the days went by, culminating in that grand finale on Day 6. For anyone interested in hiking in the French Alps, the Chamonix valley makes a great base with many villages to choose from. I selected Chamonix because I thought I needed to be close to the office of the Compagnie des Guides for my day hikes, and thus, ended up paying rather high rates for my lodging. With the "carte d'hote" given by hotels and other lodging establishments, visitors can take the local buses for free as well as the train that runs up and down the valley. I think one would be able to find more budget-friendly accommodations a little away from the center and have a wonderful time exploring the trails and sights of the valley. Also worth considering are the "refuges" on the mountains, especially for those who prefer to have a hut-to-hut experience.





## Scouting The Cookie Hike

**By Susa Silvermarie**

In the morning,  
as far as the eye can travel,  
a rainbow quilt of leaves;  
and crunching underfoot,  
making music for hours,  
their swish

of rhythmic percussion.

Briefly, pine needles  
and a drift of giant cones  
blanket the leaves,  
and send their scent  
wafting in our wake.  
Suddenly, the still lake  
and a row of geese at the shore, each  
shaking a foot like a chorus line!

In the afternoon,  
a rhododendron tunnel  
hushes us,  
hushes us home.

## Hiker/Photographer Shares Her Work At Green Sage

**By Bobbi Powers**

Bonnie Allen, CMC member, hike leader, former hike scheduler and photographer extraordinaire is showing some of her most recent fine art photographs at the Green Sage Café next to the Westgate EarthFare from now through January 15, 2015.

The show is titled "Exploring the Depth & Magic of Nature...through close-up, macro and abstract fine art photographs" by Susanna Euston, Joanne Senkus, and Bonnie Allen.

I attended the opening reception and was astounded by the quality of these art works. The 30 works are printed on canvas and will give you who already have an appreciation for nature an even deeper appreciation of the detail in a flower or an insect. It's an awesome exhibit! All works are for sale, so consider adding a piece of fine art to your home by someone you know!

If you need an extra impetus to attend, the new Frugal Backpacker is now two doors down, so be sure to stop by Green Sage and fill your soul with some beauty after checking out the new store.



Bonnie Allen and one of her photographs

## Donate To CMC

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



## Diamond Brand To Host Benefit For Theatre

On Thursday, December 4th, from 5 p.m. to 8 p.m. Diamond Brand Outdoors will host an evening out at the store's new location in the Aloft

Hotel to benefit Diana Wortham Theatre.

- \* 20% storewide discount, with 10% of sales from the day to be donated to Diana Wortham Theatre
- \* Raffle Prizes (raffle tickets are \$5/each or 5 for \$20 - benefiting Diana Wortham Theatre)
- \* Live music by the jazzy Sara Fields Trio
- \* Hors d'oeuvres by the Aloft Hotel

Location:

Diamond Brand Outdoors, Downtown Asheville  
51 Biltmore Avenue at the Aloft Hotel



Send eNews articles to [eNews@carolinamountainclub.org](mailto:eNews@carolinamountainclub.org)

The newsletter will go out the last Friday of every month. The deadline to submit news is the Friday before it goes out.

The next issue will come out on Friday, December 26, so send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening Dec. 19, to Kathy Kyle at [eNews@carolinamountainclub.org](mailto:eNews@carolinamountainclub.org). Include your email address at the end of your story. Thank you.

Westgate parking - Park in the northernmost part of the lot - past EarthFare, in the last row of parking spaces.

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 Gale O'Neal at [gogalemail@gmail.com](mailto: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.

Kathy Kyle

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