



Carolina Mountain Club

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March 2014



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Celebrate The 50th Anniversary Of The Wilderness Act At The CMC Spring Social



This year's Spring Social is April 19th at the Arboretum. Hike, eat, drink, see friends and enjoy an informative program about the Wilderness Act. (See Danny's article below.) To register use the form from Let's Go or log onto the CMC website a <http://carolinamountainclub.org/> and click on Spring Social in the menu to pay online.

Danny Bernstein

The CVC annual Spring Social is celebrating the 50th anniversary of the Wilderness Act. Signed by President Lyndon Johnson on Sept 3, 1964, the Act created the National Wilderness Preservation System. By now, almost 110 million acres of land have been protected throughout the U.S. The Wilderness Act protects undeveloped Federal land retaining its primeval character and influence.

Jill Gottesman, outreach coordinator of the Wilderness Society, will speak about the Wilderness Act and Wilderness Society. Jill says, "You'll hear the story of how Wilderness came to be-the idea, the movement, the law, and wilderness today in the Southern Appalachian region."

We'll focus on wilderness close to home, especially where CMC hikes and stewards the well-loved trail systems."

Most CMC hikers recognize that they'll be in a wilderness area when they look at the schedule and see that they have to sign up for a hike; wilderness hikes are limited to ten people. This includes Shining Rock and Middle Prong Wilderness in the Pisgah District and Linville Gorge in the Grandfather District of Pisgah National Forest. The Shining Rock area was declared a wilderness area in 1964, one of the original pieces of the system. Only hand tools can be used to maintain trails, so trails aren't maintained to the same level as outside the wilderness areas. It's much harder to saw a large tree that has blown down with a hand saw than with a chainsaw. Trail maintainers can't bring in weed whackers to cut down the mid-summer growth. Becky Smucker leads the Wilderness Maintenance Crew, which works two Saturdays a month mostly in the Pisgah District wilderness areas. It's tough but necessary work. Becky Smucker explains, "The Wilderness Crew started in March, 2008 as a way for folks who are tied up during the week to be regularly involved in trail work. You'll learn more about the crew's history, who they are, what they do, and why you might want to consider coming out with us at least once to see what it's about. We'll explain the three top priorities: 1) safety, 2) fun, and 3) work." Becky and her team will describe how working in the Wilderness areas is a little different from crew work in other places. Sign up for the Spring Social!

Bruce Bente Awarded Honorary Life Membership

CMC President Lenny Bernstein awarded Bruce Bente an Honorary Life Membership during the annual Hike Leaders meeting held in February at Pack Tavern. This is the Club's highest honor, awarded to members whose contributions over an extended period of time have significantly changed the Club.

Bruce has been responsible for the club's hike schedules for the past 12 years, during which time the number and variety of hikes the Club offers has significantly increased. He has also been a tireless recruiter and mentor of new hike leaders and has taken responsibility for the hikes database, one of the most valuable parts of our website.

Bruce, Jim Reel, Carroll Koepplinger, Helen Carleton and Lee Silver answered questions as teachable moments. Some of the answers were:

Call someone if you are going to be late or cannot lead the hike you are scheduled to lead. Try to find a replacement or call Jim Reel or Carroll Koepplinger.

- It is the club policy that service dogs are allowed on the trail.
- If a hike has to be cancelled because of bad weather, post it on the website under Breaking News.
- Contact trail maintainers by logging into the CMC website and using the report conditions drop down.
- Keep the sweep in sight.



Bruce Bente, left, and Lenny Bernstein, CMC President





Waterfalls, Hiking And Maintenance, Oh My! - Jack Fitzgerald

By Ann Hendrickson

If I make it to heaven, I imagine I will arrive to a perfectly maintained big view mountain trail that leads to a pristine waterfall. At the base of the waterfall will be the leader/maintainer himself, Jack Fitzgerald, meditating, hazel hoe at his side, Buddhist bells and dorje in each hand, and a bag of 3 mint flavored Oreos peeking out of his pocket. A rapt group of M& Mer's will be silently surrounding this WNC legend. (Most folks would agree that the only questionable part of this "vision" is whether I succeed in witnessing it.)

"Do you know Jack?!" was inevitably a question I was asked when I became a trail maintainer; and wherever I hiked; and at every waterfall I went to! My interest in meeting this fellow was piqued. Most mere mortals are identified with a given name and a surname. Then, there are people such as Beyoncé, Hillary, or JACK that have such a reputation and standing that the one name is readily recognizable by the masses. Now several years later, I have the good fortune of spending weekly trail time hiking and/or maintaining with Jack. I can attest to the fact that Jack is a rare gem and that CMC has the good fortune of calling him a member!

Folklore aside, there are a few tidbits of Jack's background to be shared. Here is part of the conversation; the rest Jack will readily share on a trail, or at lunch time on the Friday Asheville crew.

Jack, tell us about your background before coming to WNC. "Having grown up on the flatlands of Nebraska, I loved going to the Rocky Mountains in Colorado, only a 7 hour drive away. During a career as a Chemical Engineer, living in places like Louisiana and Florida, I was too far away from the mountains to really enjoy them. Then, I was transferred to Raleigh, NC and could visit the mountains more frequently. Upon retiring in 1993, Susan [Jack's beloved wife] and I headed straight for Hendersonville."

When did you join CMC? "We joined CMC in 1994. We joined at a time when one was required to participate in at least one trail maintenance event. I was hooked. I met a great bunch of people, experienced maintainers, hardworking, and very friendly. I have been doing trail maintenance every Friday, year round, for 20 years. It is hard, hot, dirty work that you couldn't pay me to do, but I love it. No one on our crew has ever suffered a real serious injury (safety is stressed!), nor have I heard anyone utter a cuss word (well, almost no one). There are a variety of jobs you can do, of your own choosing: sawyers, rock movers, stump pullers, loppers, and dirt pushers (tread work) like me. We never run out of work, getting 93 miles of the AT ready for the thru-hikers in the spring, and lopping, weed eating, etc. year round on the MST and many other trails. The most fun is building new trails, as we have done extending the MST westward toward the Smokey Mountains, and i

n the Hickory Nut Gorge area around Bearwallow Mountain." Jack has logged 3460 hours of trail work and is renowned for his meticulous tread work. Of the 425 plus miles the Club maintains, I wager all of them have been touched by Jack's hazel hoe.

You are known as the "waterfall guru" and initiated the Waterfall Challenge for CMC. How did you develop such a passion for waterfalls? Do you have a favorite, and do you have any on your bucket list? "I believe waterfalls are so mesmerizing. Every waterfall is different, no two are alike, and the water flow is never the same, so the falls are like "new" every time I visit them. One of my favorites is Yellow Branch Falls, SC. Prior to initiating the CMC Waterfall Challenge; I had visited 272 waterfalls in WNC. This summer, Susan and I are traveling to Zimbabwe to witness first-hand the spectacular Victoria Falls."

Jack, you are one of the few club members who have completed all of the CMC Challenges. Of the entire splinter hiking groups that have developed from CMC, your M&Mer's have been around the longest. Share with us some of your hiking history. "In the past 21 years that I have lived in Hendersonville I have hiked over 9,500 miles, taking 1645 hikes. In addition to the United States, I have hiked in Canada, Costa Rica, Nepal, New Zealand, Switzerland, Finland, Peru, and Galapagos. I have led hiking trips for up to 20 people (mostly CMC members) to 13 National Parks. I still like to hike, although at a slower pace and far less distance than back in the 90's. I like to lead a couple of CMC scheduled club hikes every year. Otherwise, I like to hike with a smaller group of friends at a slower pace and shorter distance than most CMC Wednesday and Sunday hikes. I like to take plenty of time to view the flowers, trees and bushes, listen to the sound of waterfalls, and just meditate. I hope to spend the rest of my life right here, continuing to enjoy the everlasting mountains." I find Jack to be an interesting juxtaposition: a true follower of leave-no-trace when it comes to the fauna; however his impact on individuals is indelible. Jack is an encyclopedic accordion, spilling his knowledge, love, enthusiasm, and lore with participants of his 100 organized hikes a year.

So far, we know that you dedicate Monday, Wednesday and Friday to either hiking or trail maintenance. Are there other activities or interests that occupy your time? "I maintain a 1.5 mile section of trail for Carolina Mountain Land Conservancy. On Tuesdays I deliver for Meals on Wheels in Hendersonville. I also tutor for the Blue Ridge Literacy Council. We are active in our church and I am the Director for the "attic" which collects furniture for families in need. In the past I have also tutored in the Elementary school."

Now I can ask you the reader the question: Do you know Jack?! He is a living WNC legend we are lucky enough to call our own. Jack is a leader, a dedicated volunteer, and a friend with a heart as big as the horizon of our blue mountains.

Help Wanted! CMC Hike Scheduling

By Bruce Bente

CMC hike scheduling is presently done by five dedicated volunteers who prepare the all-day weekend, half-day Sunday and Wednesday hike schedules. The CMC Hiking Committee is looking for volunteers who would like to help preparing CMC hike schedules.

We will be happy to welcome new volunteers to work with the present team and make future CMC hikes even better. We will provide complete training and support.

Please look at the following list of interesting assignments and pick the one that you would like to help with:

- Develop the list of hikes to be offered for the next quarter.
- Contact potential hike leaders and select dates to lead hikes.
- Enter the hike description data onto the computer (data entry).





Send Comments Now For Pisgah, Nantahala Plan

By Tish Desjardins

"Pisgah and Nantahala National Forest Management decisions for fifteen years will be based on the upcoming new forest management plan. During this period, trail usage will increase dramatically. It is critically important that the plan protects the hiking experience. The Forest Service needs to hear what you think and they will base their

decisions on the number and type of comments that they receive from the public. Send your comments as to what you think is important in order to protect the hiking experience.

www.fs.usda.gov/nfsnc or U.S. Forest Service, 160 Zillicoa Street, Asheville, NC 28801, phone - 828-257-4200

The following are possible thoughts that you may consider using:

- 1.) Give the highest priority to conserving and restoring the health of ecological systems through which trails pass. Preserve the natural appeal and solitude that hikers enjoy such as plants, flowers, trees, waterfalls, waterways, geology, birds, and other wildlife. Protect the natural resources in trail environments, especially, in sensitive ecological areas, such as rare plants and streams.
- 2.) 2.) Provide a logical system of hiking trails for loop hikes and long-distance hikes, as well as access to points of interest and a wide variety of scenery and habitats.
- 3.)
- 4.) 3.) We oppose the decommissioning of hiking trails. We oppose the conversion of hiking trails to other uses and oppose conversion of hiking trails with trail / road designation to roads.
- 5.)
- 6.) 4.) Protect trail tread from damage by machines, water, and erosion in all forest management projects. We urge the Forest Service to provide buffers between trails and forest management projects to protect the scenic and recreational values of the trails.
- 7.)
- 8.) 5.) Ensure that signs are placed to inform users of the designated use for each trail; and, most important, ENFORCE designated usage.
- 9.)
- 10.) 6.) Provide more signs that indicate the Forest Service's actual rules for rights of way on multi-use trails -- "horses have the right of way over hikers and bikers" and "hikers have the right of way over bikers". This Forest Service rule is extremely important, of course, because it is a SAFETY issue and contributes to the prevention of injury or death.
- 11.)
- 12.) 7.) Accommodate the growing demand for recreation in Pisgah and Nantahala National Forests due to population growth in the western North Carolina area, the growing number of visitors to the area, and increased interest in outdoor recreation. Do this by increasing trail miles for hiking and for other recreational uses.
- 13.)
- 14.) 8.) Actively enforce that "Leave No Trace" rules are followed.
- 15.)
- 16.) 9.) Provide hiking trails in all types of forest settings, including remote areas that are less developed and trails near densely populated (high demand) areas such as the Asheville vicinity.
- 17.)
- 18.) 10.) Protect view sheds from the negative effects of timbering and, also, protect the trails' natural environment from timbering, erosion, and other disturbances. Prevent the destruction or reduction of the natural feel of trail ambience in trail construction, maintenance, blazing, and other activities.
- 19.)
- 20.) 11.) In all forest management activities, recognize that hiking is primarily aimed at appreciating the elements of the natural environment and obtaining the meditative benefits of nature and the health benefits of exercise.
- 21.)

- 22.)12.) Limit temporary trail closures. Develop a system of early notification of
23.)temporary trail closures and road closures for hiking organizations.
24.)
25.)13.) Consider that Carolina Mountain Club's volunteer members contribute a huge amount of time constructing and maintaining a vast territory of western North Carolina's hiking trails, including, among others, ninety three miles of the Appalachian Trail and the Mountains-to-Sea Trail from Great Smoky Mountains National Park to the Black Mountains.
26.)

Report Shows Great Smoky Mountains National Park Visitors Spent \$741 Million In Communities

A new National Park Service (NPS) report shows that 9,685,829 visitors to Great Smoky Mountains National Park in 2012 spent \$741 million in communities near the park. That spending supported 10,959 jobs in the local area.

"Great Smoky Mountains National Park is proud to welcome visitors from across the country and around the world," said Acting Superintendent Pedro Ramos. "We are delighted to share the story of this place and the experiences it provides for visitors. We appreciate the partnership and support of our neighbors and are glad to be able to give back by helping to sustain local communities."



Three CMC Members Taking On The 2014 Trailblaze Challenge For Make - A - Wish Foundation



From left to right: Donna Lanning, Maggie Marshall, Billie Green

By Maggie Marshall

On Saturday, May 31st, 2014, CMC hikers Donna Lanning, Billie Green and I will be participating in the 2014 Trailblaze Challenge benefitting Make-A-Wish Central & Western North Carolina. In just one day we will be trekking across the Bartram Trail through Western North Carolina, on a 24.1 mile (!!!) portion of the trail which traverses significant peaks. The goal is to complete this extreme course in one very long day, rain or shine, AND raise money for Make-A-Wish to grant wishes to children with life-threatening medical conditions.

Along with 75 other intrepid and committed Asheville and Triad-area hikers, we are spending the next three months training for the event by hiking graduated distances every other Saturday with the group. We are also supplementing our training with recommended weight training, treadmill and stairmaster workouts at the gym, strength yoga sessions, and, of course, as many CMC hikes as we can fit into our schedules between now and then!

The culmination of all of this will be the Trailblaze Challenge weekend. From Friday, May 30th until Sunday

June 1st, we will be staying at a hotel in Franklin, where the entire group will converge on Friday night for a final carbo-loading pasta dinner, then hit the trail the following morning at 4:00am for the longest hike any of us has EVER done! After the hike on Saturday there will be a post-hike barbecue celebration (hopefully with plenty of Advil on hand), and then a final farewell breakfast on Sunday.

In all our hiking adventures with the CMC and otherwise, none of us has ever come close to hiking 24 miles in one day; maybe 14 miles at best! We decided to take on this challenge in order to raise awareness as well as money for Make-A-Wish. Make-A-Wish grants wishes to these children to provide them with hope, strength and joy. Make-A-Wish is the largest wish-granting organization in the world, with 62 chapters in the U.S. and its territories. The Central & Western North Carolina chapter covers 51 counties from Burlington west and has granted more than 3,000 wishes since 1985. In 2014, the chapter plans on granting more than 220 wishes to children with life-threatening medical conditions at an average cost of \$6,000 per wish. In talking about our experiences with fellow hikers, we've realized that many children will not have the opportunity to take on a mountain or experience the wilderness as we have. It provides us with great strength and courage to know that our actions are contributing to such a worthy cause. We would welcome donations to our fundraising efforts (fully tax deductible!). You can do so on our web pages: Maggie Marshall



Eight Friday Pisgah Crew members cleared several tree blow-downs on the AT section between Tanyard Gap and Hot Springs on Friday, March 14.

Photos By Ashok Kudva

Former CMC Member Dies - Misha Lazer

Former CMC member Misha Lazer recently died after a short illness. Misha and his wife Beth moved to the Philadelphia area several years ago. Beth reported that toward the end Misha was able to visit with his three children and grandchildren and that he died peacefully and quietly. To send your condolences: 7309 Sprague Street, Philadelphia, PA 19119



Send eNews articles to 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, April 25 so send your news by Friday evening at 9 P.M. before the newsletter comes out, that is, by Friday evening April 18 to Kathy Kyle at 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. 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. 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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