



Carolina Mountain Club

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Meet Bev McDowell, Outdoor Enthusiast and Teacher

By Danny Bernstein



Bev McDowell seems to stretch out the 24-hour day - teacher, hiker, organizer and outdoor role model. Bev works as a teacher's assistant at Carolina Day School. But that's her day job and one part of her life.

Bev's first CMC hike was on a Sunday afternoon. Lee Belknap led the group to Pilot Mountain. I hope that Lee realizes what a positive influence he had on this new member. First hikes are always so important in encouraging people to come back.

Bev has kept track of every hike she's done with CMC. WOW! She volunteered to be a tester for the hiker's log feature on the CMC website. What a resource this will be.

She maintains a piece of the A.T. on Max Patch and participates on the Wilderness Crew led by Mike Goodman. In addition, she's an organizer for the Camporees.

This summer, she was chosen as one of two teachers from Carolina Day School to participate in the [Educator Initiative/NC Outward Bound School](#). This week-long wilderness expedition includes backpacking, rock climbing, ropes and the solo experience, which distinguishes Outward Bound from other programs.

"We had an interview," Bev says. "You have to be fit. At sixty, I was the oldest one in the group, but not the slowest. CMC helped me stay in shape." Bev and the group were based in Linville Gorge.

"They provided all the equipment," Bev explains, "down to the rain jacket. They want to make sure that everyone participates in a level playing field."

When they weren't bushwhacking or rock climbing, they learned backpacking skills including filtering water and dealing with a stove. And then there was rappelling, defined as the controlled descent down a rock using ropes. The aim is to climb down a steep cliff or slope when it's too steep to descend without protection.

"Rappelling was most challenging," Bev says. "I remembered to use my Lamaze breathing." Her 24-hour solo experience was very spiritual. "We were given a tarp and a shower curtain to deal with the elements." In between her backpacking chores, she journaled about her experience. Now Bev is eager to bring back all that she's learned on this course. Though it's not likely that she'll take her kindergartners rappelling, she'll take them to Mt. Mitchell, where they'll walk to the highest point east of the Mississippi and meet rangers.

"This fits in well with our unit about our area."

She also teaches middle-school students in the Carolina Day Summer Quest program, a weeklong outdoor day camp. Recently, she took a group hiking from Purchase Knob in Great Smoky Mountains National Park. While there, park rangers caught a nuisance bear and worked it up to give it a negative experience. The wildlife managers allowed the campers to participate in this experience, something neither the children or Bev will soon forget. For details on handling nuisance bears, see the park website at <https://www.nps.gov/grsm/learn/nature/dff309focusnps1.htm>

Bev is also involved in CMC's youth partnership program and will share her experience with these children. If you had only one day to show Western North Carolina to a hiking visitor, what would you do?

Bev has an established program for just this situation:

**Skinny Dip Falls – very impressive **Black Balsam, which looks like the Scottish Moors **A meal at Pisgah Inn and maybe ice cream at Dolly's

Get your National Parks Senior Pass for \$10 before it's too late!

WASHINGTON - In order to meet requirements set by legislation passed by Congress in December 2016, the price of the America the Beautiful - National Parks and Federal Recreational Lands Senior Pass will increase from \$10 to \$80. The change will take effect August 28, 2017. Pass holders are

given lifetime access to more than 2,000 sites and parks. The fee increase will support critical investments in maintenance projects at national parks and federal recreational lands nationwide.

Purchase it at the National Forest Service office at 140 Zillicoa St. Bring your ID.

To read more, click on the link below:

[Congressionally Mandated Senior Pass Price Increase to Take Effect on August 28 - Office of Communications \(U.S. National Park Service\)](#)



CMC Service Award Reminder!

Don't forget that members can nominate their CMC colleagues for either the Club's Distinguished Service Award (for members who have consistently contributed to the club over a number of years) or the Award of Appreciation (for members who have rendered exceptional service during a given year). Click on the links at the end of this notice to learn more about how you can make a nomination and to find out which members have received these awards in the past.

<https://www.carolinamountainclub.org/index.cfm/do/pages.view/id/351/page/Distinguished-Service-Award>

<https://www.carolinamountainclub.org/index.cfm/do/pages.view/id/350/page/Award-of-Appreciation>

Another Reminder about the ANNUAL DINNER!

***** SAVE THE DATE*****

CMC's Annual Meeting and Dinner will be held on Monday, October 30th at the Biltmore Town Square Hilton, beginning at 5:30 pm. Join good friends for good fellowship, good food, and a continued celebration of the 40th anniversary of the MST with speaker Kate Dixon, Executive Director of the Friends of the Mountains to Sea Trail. Tickets will be available in September.



Pics for the Annual Dinner

Reminder: 2 ½ months and counting....to be part of the entertainment at the Annual Dinner on Oct. 30, you need to send in your photos. Remember the theme: "CMCers on the Trail." We love people in pictures, so send in your best shots and be part of the fun.

Help Make MST-in-a-Day a Success!

MST-in-a-Day is coming up very soon - September 9, to be exact. If you are able to hike one or more of the Legs between Waterrock Knob and Black Mountain Campground, PLEASE sign up if you've not done so already! See the main page of the CMC website for how to do this. When you look at the Meetup groups, it appears that most Legs have hikers, but as organizers, Gregory and I are listed in all of them, and there are others who have listed themselves who, for various reasons, are unlikely to actually hike. We need your help!

Thanks
Barbara Morgan

ATTENTION HIKE LEADERS!!!

Leading a hike for the CMC just got a little easier. Each quarter, schedulers send out emails to lists of existing hike leaders requesting dates, hikes, etc. After that, multiple rounds of emails and replies and replies to replies progress into what is eventually published to the website and Let's Go.

Now, to reduce the burden of finding the right hike to lead, there is a new webpage in the Members' portal under Hiking named **Hike Histories**. Whether you intend to lead a hike later this year or not, check it out by using the red button title **Hike Leaders**.

If you are interested in becoming a new hike leader, please contact:

Brenda Worley at bjdworley@gmail.com

Call for AT Section Maintainers

Enjoy being on the Appalachian Trail? Currently two AT Sections need dedicated trail maintainers:

1. AT2232 Hurricane Gap to Spring Mountain Shelter. 1.7 miles. In and out from Hurricane Gap heading north.
2. AT2115 Snowbird Tower to Deep Gap including Groundhog Creek Shelter. 2.5 miles. In and out from Snowbird Tower heading south.



Training and support provided. Also anyone who is interested in working on the AT but would like to learn by assisting, there are many sections with only one maintainer who could use some help. Contact Tim Carrigan by email, atsupervisor@carlinamountainclub.org or 828-242-9559 any day before 4:00 PM.



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. 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. Click on "Join CMC" on the right side. Follow the instructions. Send all address and email changes to Dennis Bass at dbass3607@gmail.com. Do not resubscribe yourself to the eNews. That will be done automatically.

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