



From The Editor

Volunteers make CMC one of the best hiking clubs in the country. Some CMC altruists are recognized for their time and efforts, but not all. The club is looking into recognizing all volunteer hours, and wants to know what you think.

Read about Jim Reel, CMC leader, hike leader, camporee co-organizer and more.

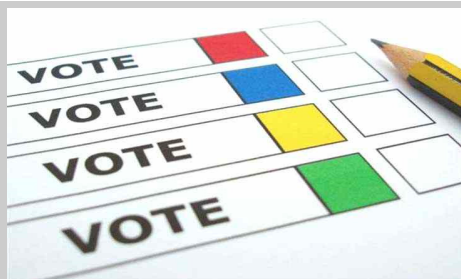
The summer of 2013 is a busy one for CMC. We just celebrated our 90th anniversary. Next is the ATC conference to be held July 19-26 at Western Carolina University in Cullowhee. CMC is one of the clubs planning and hosting the event. Many members have put in countless hours preparing for this conference that celebrates the Appalachian Trail. Thank you for your time and energy! It would not have been possible without you. Look for details in this issue.

There will not be an August eNews. I'm taking the month off. Please send in your travel stories and accompanying pictures for us all to enjoy in the fall and winter months.

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



Hike
Save Trails
Make Friends



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Vote In Poll: Should CMC Expand The Recognition Of Volunteer Hours?

Jim Reel

Native Wears Many CMC Hats

By Danny Bernstein

Jim is a Marion native who still lives on his family's property almost surrounded by kinfolk. He considers himself a city kid who grew up on top of a hill in a residential area, less than a quarter mile from downtown Marion. He is the fifth or maybe the sixth James Reel in his family line. The Reels used to own hundreds of acres but over the generations, the land was subdivided and whittled down. Jim now owns three acres, which to me, still seems like an awful lot of property.

"We visited my mother's family in Burnsville for a week during the summer. That was my only mountain experience when I was growing up."



Jim got married right out of high school and has two sons in their thirties and one granddaughter.

Union Work

Jim has been a maintenance mechanic, welder, crane operator, and all-around highly skilled machinist at

SGL Carbon in Morganton for 37 years. Jim is a proud union member of the Chemical Workers Union and was president of his local union for nine years.

His American Government class in high school made a big impression on him. He still remembers learning that in the early 1900s bosses used to say

"If you don't come in on Sunday, don't come in on Monday."

Though North Carolina is an open shop state, (that means that workers don't have to join their local

union), only a couple of guys are not part of the union. "Now I help the younger union leaders in my shop with union work."

Joining Carolina Mountain Club Jim's introduction to CMC took a circuitous route.

Jamie, one of the guys at work, invited Jim on his first backpack. The two fellows did 20 miles in three

days on the Appalachian Trail close to Watauga Lake. Jim had a pup tent. His other backpacking equipment was lousy. On top of it, it snowed. When the weather got warmer, the snow turned to rain.

But Jim was hooked on backpacking and wanted to go again. So he and his hiking friend started doing

the A.T. in sections. He remembers that his first trip was on April 20, 1999, the day of the Columbine shooting. That's also when he saw his first columbine flower.

They kept scheduling weeklong backpacks in April. On their trip to Vermont, Jim learned what postholing was. That's when you try to walk in deep snow and sink up to your knees or higher.

He joined the Appalachian Trail Conservancy and said to himself. "One of these days I need to join

CMC and do some trail maintenance." He finally became a member in 2006 and adopted a section of

the A.T. Now he maintains 4.1 miles from the top of Bluff Mountain to Garenflo Gap. [I walked that

section recently. It is perfect.] Sierra Club Leader

With his time and service at work, Jim gets lots of vacation time and uses it well.

Jim is one of two active CMC members who also lead Sierra Club trips. He had gone on a Sierra Club

trip as a participant and was asked to consider working toward becoming a trip leader. Becoming a

Sierra Club trip leader is not easy. Before you even go to their leadership training, you have to plan a

sample trip including the logistics and meals. You learn how to screen calls to make sure that your participants will be able to make the trip successfully. Then there's wilderness first aid and working out emergency scenarios. The training takes a week.

"I started as an assistant leader but after one trip, I became a leader." Jim leads backpack trips in the Rocky Mountain area and co-leads float trips in Florida.

Even after all this training, leading a Sierra Club trip is challenging. On one of Jim's trips, a man refused

to be part of the group and ran on ahead. On another trip, a participant had to be evacuated because his blisters were about to turn septic.

This year, Jim will stay close to home. He's volunteering the whole week at the Appalachian Trail Conservancy Biennial Conference. Next year, he'll be leading a trip in the Anaconda Pintler Wilderness in South West Montana. CMC Councilor

Jim has been on the CMC Council for almost six years. Currently he's Councilor for Hiking but he's moving on to other outdoor leadership positions.

"I'll be happy to talk with anyone who is interested in the position." Under his watch, the committee has

created a CMC Meet-up group. Jim and others on the committee are always on the lookout for new leaders.

If you had visitors and could take them on one hike, what would it be?

Jim wanted to suggest a backpack. He describes it as follows:

First, schedule this easy three-day backpack on a full moon.

Take the A.T. from Carvers Gap to Grassy Ridge. Get off the A.T. to camp on Grassy Ridge.

The second day, continue north to Bradley Gap where you'll camp. At sundown, walk up to the rocks toward Hump Mt. You'll see the sun going down. Turn around to see the moon rising. It's a spectacular sight.

The last day, continue north on the A.T. over Hump Mt. to 19 E.

"It's only 15 miles in three days but it's the right way to do it." Hmmm, maybe Jim will lead this trip next year.

Jim suggested the last question.

If you could hike with anyone in history, (past or present), who would you like to hike with?

I would love to take Teddy Roosevelt and John Muir on the A.T. The hike would give us plenty of time

to talk politics. If Teddy Roosevelt came back as a Republican today, he'd be hung. But I would tell him

that he was my kind of Republican and a true Conservative. He conserved a lot of land.

Westgate Stores Are Complaining

Park Cars Far Away From Stores

By Marcia Bromberg

Please park as far away from the stores as possible--either by the fence or the spaces furthest away from the stores at Westgate. The store owners have complained that we are blocking access for their customers and we risk losing our parking privileges.



Wood Thrush Melody Marks Its Return

By Becky LedBetter

"Whenever a man hears it he is young, and Nature is in her spring; wherever he hears it, it is a new world and a free country, and the gates of heaven are not shut against him." ~ Thoreau

Did Thoreau consider what happens when a woman hears a Woodthrush?

Once again, as I was thinking about the topic for this month's article I opened myself to Mother Nature to present a subject. It only took the melodic song of one of my favorite birds one morning to decide. Every spring I look forward to that first song that tells me the Woodthrush is back from spending the winter in Central America and Mexico. That "ee-oh-lay" that is heard at the coming of dawn and at the dusk of the day soothes my soul every time I hear it.



Click [here](#) to hear the wood thrush song.

The Wood Thrush is a member of the thrush family that also includes that common messenger of spring, the American Robin. These birds are found widely distributed throughout North America. It is easier

heard than seen. It's flute-like song greets and ends each day with the change in daylight and the y can often be heard with the coming of a summer thunderstorm.

This bird has a warm reddish-brown fading to an olive brown color on its wings and back. The underparts are the color of cream with bold dark brown spots along the breast, throat and flanks. The legs are pink!

The Wood Thrush breeds up and down the eastern seaboard from Canada to the panhandle of Florida

with a western limit to the Missouri River. These birds build a cup-like nest, similar to that of the American Robin, which is home to 3-4 pale blue eggs. The eggs incubate for two weeks under the

female's care. Both parents are then responsible for feeding the nestlings. They often raise two broods

a season. These birds are ground foragers. They prefer dense deciduous forests with moist soil and

lots of leaf litter. Their diet consists of beetles, moths, ants, grubs and other ground invertebrates as well

as fruits and berries. The Wood Thrush leaves its breeding ground in the waning days of summer, usually August, not to return until the following spring, sometime in April.

There has been much conservation concern for the survival of this species. It has become a symbol of

decline for neo-tropical songbirds in North America. Fragmentation and deforestation of habitat in both

North and Central America along with nest predation and Cowbird parasitism has resulted in reduced reproduction. The Wood Thrush is listed as a priority species in Partners in Flight

<http://www.partnersinflight.org>. and with Audobon's Important Bird Area programs www.audobon.org/bird/iba

So if I were to have a conversation with Thoreau to discuss a woman's perspective on the Wood Thrush I would leave him ...and YOU... with these words:

The Woodthrush Warbling troubadour Has returned to the forest Melodic savior ~ by Becky

Party Time!

By Danny Bernstein

Almost 60 CMC members and enthusiasts came to celebrate two big birthdays. This year Carolina Mountain Club is 90 years old and Lewis Blodgett, one of the most active trail maintainers, is also 90 years old.



CMC is older than the Appalachian Trail Conservancy. It's older than our sister clubs in the south. It's a quiet club; so many people who've lived in Western North Carolina for years are surprised that they just found out about it. Read a little about [its history](#).

Marcia Bromberg, CMC President, organized the party. "I think it's important for any organization to

recognize significant benchmarks, and 90 years of existence is one of those benchmarks. It gives the

membership a reason to celebrate all that the club does and an excuse to get together in an alternative (off the trail) relaxed manner. It's a bonus to also celebrate an active club member--hiker and maintainer--who's reached his own benchmark of 90 years. Celebrating both events at one party brought together members who don't often have the opportunity to be in the same place at the same time--hikers and maintainers, Marcia said.

I asked random people at the party Why did you come out today?

Jim Ariail: Lew is an inspiration and we should honor him. All the hard work he's done since 1987. I want to be like him when I grow up.

Bev McDowell: CMC is my family. I like being with these people both in the woods and around the table. And they do bring good food.

Jay Bretz: These are my friends, people I hike with. Ninety is a lot of years. I hope to be here for CMC's 100th birthday.

Carroll Koepplinger: I came here out of respect for a 90 year old. I can remember when Lew was in his late 70s. I was impressed by how well he hiked. He is an inspiration.

As Marcia said so aptly (taking the phrase from Gloria Steinem) That's what 90 looks like.

Marcia brought two cakes to celebrate two birthdays. But there was so much food that she reserved

the chocolate cake for Lewis. She called it his "private cake." Then we had the raffle. REI and Diamond

Brand had donated many hiking items. And I donated a copy of my book "The Mountains-to-Sea Across North Carolina".

What a party! Thank you Marcia for organizing the party and Sawako on your great help.

Still Time To Complete

Four Meet Anniversary Challenges

Tish Desjardins, Sawako Jager, Danny Bernstein and Lenny Bernstein were honored at the 90th anniversary picnic for completing the A.T. challenge for the club's anniversary. Sawako also completed the MST challenge.

In celebration of the Carolina Mountain Club's 90th anniversary, CMC has challenged its members to hike "90 in 90" on the Appalachian Trail! Club members who hike all 93 miles of the section of Appalachian Trail maintained by the CMC in 2013 will be rewarded with a commemorative embroidered hiking patch. There is still time to complete the challenge. CMC members have until the end of 2013 to complete it. To read more about this challenge click [here](#).



Back Row Lenny Bernstein, left to right front row: Tish Desjardins, Sawako Jager, Danny Bernstein

Also in honor of the anniversary CMC has challenged its members to hike the 130 miles of the Mountains-To-Sea Trail (MST) constructed and maintained by the Club! Club members who hike

all 130 miles of the section of MST maintained by the CMC in 2013 will be rewarded with a commemorative embroidered hiking patch. This is a one year-only challenge!

Curtain Will Rise

ATC Conference: July 19 - 26

The month for the ATC Conference has arrived. CMC is one of the clubs hosting the biennial event July 19-26. Excursions, hikes, workshops and entertainment make the occasion an enjoyable way to meet hikers from other regions.



**Save Paper.
Save Trees.
Save the World.**

CMC *Let's Go* Can Now Be Received Via Email

By Marcia Bromberg

Members interested in saving trees and helping reduce CMC expenses can opt to receive *Let's Go* via email in a PDF format. *Let's Go* is always available on the website but you can get it delivered to you by logging into the member section of the website, clicking on Modify Profile, scrolling down to Newsletter Preference and clicking on PDF Via Email. Don't forget to click on "Update Member" before logging out. If you're not sure of your password, Click on Member Login, then Request Password. A box will pop up asking for your email address and, by supplying that, your password will be send to you. Besides saving trees and saving money, you'll get the *Let's Go* a day earlier than those who receive it in the mail!

Typical Day At The Office

CMC Maintainers Keep Trails Open

Photos By Ashok Kudva

If you are hiking on clear trails this summer, thank a maintainer.



10:40AM, 5-31-2013, MST, Haywood Gap



10:54AM, 5-31-2013, MST, Haywood Gap

The Small Print

The next issue will come out on Friday, July 26. 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 July 19 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.

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