



Carolina Mountain Club

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October 2017

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CMC's New Historian

Let's give a round of applause to Stuart English for volunteering to take over as Club Historian. Stu has been an active member of the club since 2005. This WNC native has led hikes, done trail maintenance, and received the Award of Appreciation for his decade as editor of Let's Go. As editor, he used writing skills learned while an English major at Eastern Carolina University. Not only can he write, but he has a love for the Carolina Mountain Club and its history, an unbeatable combination for Historian. I know we can look forward to interesting articles in the eNews about days of yore in the CMC.



"Avast, aargh, and ahoy," says Navy man Stu in days of yore.

From CMC Archives at the UNCA Library

Sprinza Weizenblatt

by Stuart English

From CMC Archives at the UNCA Library Sprinza Weizenblatt by Stuart English When we hike with CMC, we never know who we will meet. In a link to a file at the Ramsey Library at UNCA that Rocko Smucker, our recent club Historian, sent me are various pictures of Sprinza hiking with CMC as far back as the 1940s. Sprinza Weizenblatt (1895-1987) was born in what is now Rumania in the province of Bukovina in the foothills of the Carpathian Mountains. She and her family fled to Vienna, Austria before World War I in order to escape persecution. Sprinza raised prize-winning orchids, which she said reminded her of a bird's eye. She knew the Latin names of many flowers and had a love of nature, which she accredited to her father, a forester in the Carpathian Mountains. It was at the Vienna Eye Clinic that Sprinza Weizenblatt's connection to Asheville began. There, she met Dr. Harry Briggs, an Asheville ophthalmologist who was studying in Vienna for the winter. He persuaded the brilliant young Dr. Weizenblatt to come to Asheville to work as his associate for \$100.00 per month. It did not take her long to establish an overwhelmingly large practice in the treatment of eye diseases. There are many who are indebted to Dr. Weizenblatt for the preservation or restoration of their eyesight. But the needs of the unfortunate in the community laid heavily upon her and she was soon involved in establishing care for indigents, as well as opening an eye clinic that eventually became the Memorial Mission Eye Service. Sprinza Weizenblatt's generosity, both professional and personal, took nearly every form. She found ways to serve the poor with good medical attention; she established scholarships to enable good students to receive a good education; she created a "Garden for the Blind" so that those who had lost their sight might enjoy part of the world that she loved. This was from an article about the dedication of the Weizenblatt Health Center in 1987, two years after her death. Sprinza, just 4 feet 11 inches, was true to her name, Esperanza, which is from Latin, meaning "to hope". She was direct, Germanic and professional with her patients, with a decidedly impish side. She was determined to learn something new every day. Dr. Anne Sagberg, an Asheville psychiatrist, remembered the first time she saw Sprinza, in 1956 at the age of 60. She was walking around the Chuck Wagon (Good Grub Restaurant and Appalachian Motel in Blowing Rock, NC) swimming pool on her hands. Sprinza took up surfing at the age of 70, and backpacked through Alaska carrying a 50-pound knapsack and pitching her own tent while in her 80s. She sent her great niece a postcard saying that Alaska was wonderful, but she was having a little difficulty with the tent! This is why club history (or history in general) fascinates me. There are many stories like this in the archives in the Carolina Mountain Club room at the Ramsey Library. Hopefully our members will become aware of what they are part of and check it out themselves. This is more than Meet Up. This is Western North Carolina History. http://toto.lib.unca.edu/findingaids/mss/weizenblatt_sprinza/default_weizenblatt.html

For the link, to the Sprinza Weizenblatt Collection, click here: [Sprinza Weizenblatt Collection](#)

MST in a Day - thanks to your help, WE DID IT!

A hearty "thank you" to all the hikers who participated from Barbara Morgan and Gregory Bechtel.

MST in a Day! by Kate Dixon

It may not be unusual for the sections of the MST maintained by the Carolina Mountain Club to be hiked in a single day, especially on a wildflower-rich spring weekend, or on a fall weekend where the high peaks explode in color. But to have the whole 1,175 miles from Great Smokies to Outer Banks hiked in one day? Including the nearly 500 miles temporarily routed on country roads? Now that's unusual.

And it happened!

On September 9, three years of thought and planning came to fruition when we successfully pulled off Mountains-to-Sea Trail in a Day, our effort to have boots on every inch of the statewide trail in one 24-hour period. The idea was the brainchild of Friends of the MST board member Jerry Barker. For two years, Jerry pushed the idea; finally, last year we said, "Why not?" and the planning began.

As any hike leader knows, simply planning a hike can be a challenge. You've got the start time, the estimated hiking time, describing the trail to the unfamiliar, assessing its difficulty, trying to get people to the trailhead. Now, imagine scheduling 300 hikes, all in the same day. To achieve our goal we broke the trail into 300 bite-size (for the most part) legs, averaging from 3 to 5 miles. Then our volunteer "Segment Leaders" got to work encouraging people to sign up for legs in their segments. In CMC's area, those leaders were Barbara Morgan for Segment 2 (Waterrock Knob to the Pisgah Inn) and Greg Bechtel for Segment 3 (Pisgah Inn to Black Mountain Campground).

Thanks to segment leaders like Barbara and Greg, by end of day on September 8, we had at least one person signed up for all 300 legs, even those on-road.

And we managed to get 297 of the legs hiked and paddled. The only three not completed were paddle legs on the Neuse River, claimed by people who were suddenly called to help with preparations for Hurricane Irma. 100% of the hiking route was complete!

Our success was due in part to a stroke of weather luck across North Carolina: the skies statewide were sunny, the temperatures fall-like, in the 70s and lower 80s. Who wouldn't want to hike on a day like that? In the end, we had 1,861 hikers hike — and paddle — the MST in a day. They started at midnight on Falls Lake in the Triangle; they hiked after the sun had set that evening. One hiker, Jason Taylor, hiked 34.3 miles — from the Devil's Garden Overlook off the Blue Ridge Parkway east to the Elkin Recreation Center. Bill Chatham paddled 28 miles on the MST's river option on the Yadkin River. Three generations hiked together, new hiking friendships were formed, and there was a full-circle element to the day, as Howard Lee, the man who came up with the idea for the trail 40 years earlier to the day, hiked 5 miles in the Coastal Plain.

Hikers submitted hundreds of photos capturing the day, from Clingman's Dome to Jockey's Ridge. You can see the photos, organized by trail segment, on the Friends of MST flickr page:

www.flickr.com/photos/mountains-to-sea-trail/albums

According to the American Hiking Society, it was the first they'd heard of one of the nation's long paths being successfully hiked in its entirety in a single day.

MST in a Day was one way we've been celebrating the trail's 40th anniversary. It's likely been the most visible way, as well. Judging from the comments we've seen on Facebook, on Instagram and on our website, the day was a huge success in meeting its main objective: exposing the MST to folks who hadn't heard of the trail or were only vaguely aware of it.

Thanks for the hard work you've done in blazing, maintaining and promoting our statewide trail. We hope to build on the success of September 9 by making every day MST in a Day.

Kate Dixon

Executive Director

Friends of the Mountains-to-Sea Trail

To see pics from Barbara's and Gregory's segments, go to: [Segment 2 photos](#) and [Segment 3 photos](#).

REMINDER!

Annual Dinner and Meeting

The Annual Dinner and Meeting will take place October 30th. Special guest speakers are Kate Dixon and Jim Hallsey talking about the beginnings of the Mountains-to-Sea Trail on this, its 40th anniversary. REGISTER NOW by going to the CMC website home page [Carolina Mountain Club](#) and either register online by clicking on **Annual Dinner Meeting Reservations** or download a

form to mail in by clicking on **Registration Annual Meeting and Dinner**. Online registration ends October 20th; forms must be mailed by October 17th.

Carolina Mountain Club Award of Appreciation - Bob Lindsey

By Ann Hendrickson

SELFIE is the current buzzword and rage; everyone is doing it. There is one who is not. In fact he is the opposite - he is SELFLESS. I am referring to Bob Lindsey. Do you know him? Perhaps not; Bob truly is selfless in all of his volunteer efforts.



Have you ever wondered how it is that the trails run through the forest where there are no trees or roots in the path? Well, one can thank Bob for that. Bob has been a member of CMC for over 11 years with 4000 documented hours of volunteer trail work. Bob has had the "glory" of the dirty, difficult, strenuous, and technical job of removing stumps and roots from the route where the trail will go. There are few people who will do this type of work for pay, much less as a volunteer job. In need of a new privy dug or an old one cleaned? A shelter cleaned

of garbage or graffiti? Bob will do it!

Carolina Mountain Club Award of Appreciation - Bob Lindsey By Ann Hendrickson SELFIE is the current buzzword and rage; everyone is doing it. There is one who is not. In fact he is the opposite — he is SELFLESS. I am referring to Bob Lindsey. Do you know him? Perhaps not; Bob truly is selfless in all of his volunteer efforts. Have you ever wondered how it is that the trails run through the forest where there are no trees or roots in the path? Well, one can thank Bob for that. Bob has been a member of CMC for over 11 years with 4000 documented hours of volunteer trail work. Bob has had the “glory” of the dirty, difficult, strenuous, and technical job of removing stumps and roots from the route where the trail will go. There are few people who will do this type of work for pay, much less as a volunteer job. In need of a new privy dug or an old one cleaned? A shelter cleaned of garbage or graffiti? Bob will do it! There are many wonderful volunteers who put in countless hours for CMC. All of them continue to make our Club thrive. There are some who quietly go above and beyond, and Bob is one of those. For years, I have worked with Bob and watched him interact with hikers as they come through while we are working on the trail. Bob always greets every hiker with “Welcome, WE are the Carolina Mountain Club maintenance crew, please enjoy your hike.” One only needs to read a few thru-hiker blogs to run into Bob’s name being mentioned as a “cool dude that is a maintainer with the Carolina Mountain Club”... Talk about free advertising! Bob’s positive enthusiasm is infectious. This past year, several of our senior club members have been sidelined due to illness. Bob Lindsey has been there for each of them. These hours are un-recorded, and most people do not know that the MST by the Folk Art Center is in good shape because this is where Bob takes his CMC members on rehab out to for a little trail work. I would bet that these members would be house-bound if it were not for Bob’s selflessness. Perhaps these individuals would no longer be members if it were not for Bob, urging them to get back out there, if only for a little walk on the trail, or maybe, yes, take a hazel hoe and give it a go for a few minutes. Forget the Selfie. The Club needs Bob. The Club needs more Bobs. The Club and its membership are enhanced because of him. Bob has made an incredible difference to the CMC membership and our trails. Finally, we can all take a moment and say a heartfelt thank you, and turn the spotlight on Bob Lindsey and say THANK YOU A MILLION TIMES.

Trail Maintainers' Picnic

By Bobbi Powers

The Trail Maintainers' Picnic on Sept. 15 was a rousing success - perfect weather, lots of homemade side dishes to go with the burgers and brats, 50+ maintainers and guests enjoying each other's company, and many awards to the hard workers who build trails and keep our trails cleared for hiking.

Ron Navik, Councilor for Trail Maintenance, emceed the awards program which honored the men and women of CMC who lop, repair tread, saw, do rock work, clean out water bars, and do whatever it takes to provide a pleasant hiking experience for all.

First up were the awards for work hours: See the list following this article and be amazed at the time these folks spend bettering our trails.

Two special awards were given to retiring crew leaders. Tom Weaver created personalized plaques to honor Piet Bodenhorst and Bill Falender for their many years of leadership. Les Love praised Piet's initiative in getting the Quarterly Saturday Crew underway and his guidance in teaching them the right (ie. Piet's) way of doing things. Hugh Hensleigh, part of the Thursday Crew, lauded Bill's many years of leading this crew in a fitting tribute.

Ann Hendrickson presented Bob "Coach" Lindsey with the CMC's Award of Appreciation for his many contributions on the trails. See Ann's article for lots more information about Bob.

Kudos to every person who volunteers countless hours to build and maintain trails.

Award winners:

7000 hours: The amazing Lew Blodgett (pictured)

3000 hours: Rich Evans, John Whitehouse

2500 hours: Jim Spicer, Wayne Steinmetz, Pete Petersen, Rocko Smucker,

2000 hours: Roy Davis, Ed Hauschild, Ann Hendrickson, Mike Williams, Mel Skiles, Tom Weaver

1000 hours: Dennis Smith, Mike Goodman, Bob Williams, Bob McClean, Joe Lappin, Tom Reeder, Pete Sevcik, Hugh Hensleigh, Tim Clark, Shawn Riley, Pete Litvinchyk, Dave Roberts

500 hours: Ron Navik, Mary Swain, Randy Tarpley, Duke Rose, Jim Hinton, Tim Carrigan, Chris Werbylo, Stanley Boyd. Randy Young, Alex Hawkins, Cynthia Blood, Preston Jones, Steve Patch, Ed Paukovitz



Illustrated Guide to Great Smoky Mountains National Park

Reviewed by Danny Bernstein

What can you say that's new about the most visited park in the country, Great Smoky Mountains National Park? Maybe not much, but you can surely present it in a different, novel way.

Illustrated Guide to Great Smoky Mountains National Park by Daniel S. Pierce, Joel Anderson and Nathan Anderson is a beautiful coffee table book which tells of the wonder and beauty of the park without forsaking its history. In less than 130 pages, the book depicts each section of the park along with a full-page poster-like painting.

The introduction shows a timeline of human activity in the Smokies area. In 1000 CE, the first settlement of Kituah became the Mother Town of the Cherokee.



European settlers moved into the Oconaluftee section of the park in 1802. The book covers events as recent as the devastating fires during the fall of 2016.

CMC hikers will recognize many historic names, including Horace Kephart, George Masa, and Chase Ambler, who built Rattlesnake Lodge. Ambler also organized the Appalachian National Park Committee to protect the land of the Smoky Mountains.

After reading the introduction, I turned to the pages on LeConte Lodge, the highest guest lodge in the eastern United States, to read about its origins. In my experience, it's the most deluxe highmountain lodge – ever. You can stay at 6,360 feet and not have to carry a sleeping bag. That's luxury!

Dan Pierce is now Professor of History and National Endowment of the Humanities Distinguished Professor at UNCA and former chair of the history department.

When I came to Asheville in 2001, I enrolled in the course Intro to the Southern Appalachians at the College for Seniors. Dan was the instructor. His first book, *The Great Smokies: From Natural Habitat to National Park* had recently been published. I read it eagerly and recommended it to others as THE book on the park. So, he is the certainly the right person to write the copy for this illustrated guide to the Smokies.

You can't discuss this book without mentioning the Anderson Design Group. They created the drawings of waterfalls, cabins, views and picnic areas in the classic poster art style from the 1920s to 1940s. The back page of the book shows posters of the 59 national parks, which they gathered into a book. I counted all the national parks that I've been to – 40 over the years.

You can buy the paperback book on the [Great Smoky Mountains Association website](#) for \$24.95.

A hardback copy is available at the [Anderson Design Group website](#) for \$39.99.

Jay Bretz - In Memoriam

by Danny Bernstein

Jay Bretz, a long-time CMC member, passed away at the end of August 2017. He joined CMC in 1995. Jay, a native of Dearborn, Michigan, was first a dentist, then became a physical therapist. He worked for the Hot Springs Health Program, helping seniors in their home regain their mobility and independence. Jay was a hike leader and a regular on the trails, going out mostly on Wednesdays. He was a good, prepared leader, with a dry sense of humor which put everyone at ease.

In 2007, Jay became part of the five Amigos who walked the Camino Frances to Santiago, Spain, from St. Jean Pied-de-Port, France. This group was the first from Western North Carolina to undertake the 500-mile trek and report back. In subsequent years, with different pilgrims, Jay hiked from LePuy, France to St. Jean Pied-de-Port, Geneva to LePuy, the Jakobsweg across Switzerland, the Camino Portuguès, and the Italian pilgrimage Via Francigena. Hikers in the WNC chapter of the American Pilgrims on the Camino say that "Those who had the privilege of walking with Jay will always remember his commitment and pleasure with the Camino, his cheerfulness, consistent helpfulness, and witty comments." "Jay and I were on five Camino Pilgrimages in Europe together. We probably walked 1,500 miles together over a total of about five months. I will miss him," Don Walton recalls. Jay was active with Southern Appalachian Highlands Conservancy and helped with river clean-up with Asheville Greenworks. "But he was a man of many passions," remembers Paula Massey, his long-time companion. "Jay was an avid festival goer and would attend many festivals within a one-hour radius. He also supported local entrepreneurs and would always buy a special sauce or jam or handmade gift at the tailgate markets, even if he didn't need it. He just wanted to be supportive." On a personal note, I met Jay almost as soon as I moved to Asheville and joined CMC. Jay was my hiking friend and I will miss him.



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.

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