



Carolina Mountain Club

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November 2021



Youth Partner Challenge Hike

by Jan Onan

Join us for our first Youth Partner Challenge hike since the pandemic. This is a family friendly hike up Bearwallow Saturday December 4th. See the CMC hike schedule for details. Help us spread the word!

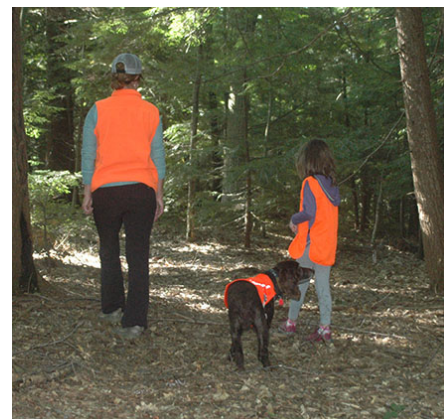
Stay Safe During Hunting Season: Wear Blaze Orange

by Susan Canale

During the Fall, we hikers share the forests with hunters. The best thing you can do to stay safe is wear high-visibility blaze orange clothing any time you hit the trail. The more you wear, the better. Everyone in your party, including dogs, should wear orange. And note that not just any shade will do - you need glowing, neon, blaze orange safety clothing.

Bear season for the Western Bear Management Unit runs from Oct. 18th to Nov. 20th and Dec. 13th to Jan. 1st. Western Deer season runs from Nov. 22nd to Dec. 11th.

Please wear orange and stay safe!



CMC ANNUAL MEETING ZOOMS AGAIN

by Stuart English

Good news and bad news. Good news first: we are getting better at using Zoom. Bad news: we are getting better at using Zoom. But it's not all bad news. We are still a functioning hiking club with a huge membership of enthusiastic hikers. This virtual meeting gave us many signs of normalcy that we all needed to see.

We voted in seven officers for 2022. Our economic reserves are robust, partly because we are not spending much money and also because our membership is growing.

Thanks to Kathy Kyle for running the Zoom presentation. Also, we are grateful to Karen Lachow for her assistance and knowledge of Zoom technology.

One of the reasons for the success of this meeting was a great guest speaker. Our friend Kate Dixon, who is retiring as Executive Director of Friends of the Mountains to Sea Trail, gave a great talk detailing the work CMC has done on our part of the trail, as well as the current state of the MST.

Thanks to Tom Weaver for overseeing this meeting under difficult circumstances. We all need hope for the future and we got a lot of it here.

Meet Karen Lachow

Interviewed by Danny Bernstein

Karen Lachow is very involved with CMC. She's on the Council as Secretary. She's one of the all-day weekend hike schedulers. She also organized the Zoom meetings for the CMC Council meetings and last year's Annual Meeting. And if that's not enough, she, along with Daisy, are observers on a section of the Art Loeb Trail. And this was all before Karen retired from her career.

Karen grew up in Queens, New York, in the early 60s, the baby of four children. She graduated with a degree in psychology from the State University of New York at Buffalo - SUNY Buffalo.

Karen was always athletic. While studying psychology, she took one or two physical education courses a semester. Those of us who went to high school in the New York City school system were used to having gym every day. Some of us, including this writer, missed it and continued to take P. E. courses as a free elective in college. Karen took tennis, gymnastics, dance. While in college, she played tennis, skied, and ran. She also went camping.

Back in New York City, Karen's first job was in banking, working in the foreign currency department. She worked for Manufacturers Hanover Trust, a bank that no longer exists under this name.



1Climbing Yellow Mountain

As she moved up the corporate ladder, she worked in corporate loans. An assignment in Los Angeles for a month was transformative.

“LA? As a lifelong New Yorker, did you know how to drive?” I asked.

“I got my license at 16. This was Queens, not Manhattan.”

She asked for a transfer and moved to Wilmington, Delaware. Meanwhile, she went to Europe with a friend. Remember People Express in the 1980s? One day they took a tram up the slopes of Mt. Blanc. They saw a trail sign – 1:30 hours down. They took three hours to get down – no pack, no water, wearing sneakers maybe? “We survived,” Karen said.

When Karen turned 30, she took a two-week Outward Bound course. They canoed, portaged, camped, orienteered. It was an adult in transition course. “I loved it.”

Meanwhile she started with personal computers at work and became the office guru. Her work veered more into computing and less on banking. When the bank closed the Wilmington office, she went to work for a natural gas company in PC support. New company management moved the headquarters to northern Virginia and she went with them.



2Karen crossing a creek

There she gravitated to a Jewish Singles Hiking Group where they hiked in Shenandoah, the Camp David area and the Maryland forests. Meetup groups came along, and she joined a Mid-Atlantic hiking Meetup group.

When the gas company closed their offices, she grabbed the opportunity to visit Australia. She also took classes in project management. And then 9/11 happened.

“It was not easy to find a new job in the aftermath of 9/11, especially in the Washington, DC area.”

But she landed on her feet and got a position with Asurion, the leading provider of device insurance, warranty, and support. New mergers within the company meant that she could work remotely from Virginia. Meanwhile, she visited Asheville because she had two

friends here.

“I could live here,” she thought. She came once or twice a year in different seasons to get the feel for the area.

“I knew I could work from home. I made a business case and my management agreed. So I moved to Asheville.” First, she discovered the Asheville Hiking Group through Meetup. At a Jewish Secular Congregation event, she met Elaine Tennen who directed Karen to CMC.

Her first hike was the iconic New Years Day hike led by Bruce Bente on January 1, 2016. She has been an active CMC member since then.

If you could take a friend on one hike, where would that be? Assume that your friend has the same hiking ability as you.

“Roan Mountain. No doubt. This hike is the most prominent in my mind. I did it my first year with CMC. It was perfect with rhodies and azaleas in bloom. I did not expect it to be so cold. It made such an impression on me.”

Since then, Karen has led Roan Mountain hikes three times.

“I call it my ‘Wait there’s more’ hike. When newcomers ooh and aah at their first sight of the flora, I always say ‘Wait there’s more.’ I love taking new people to Roan Mountain. It knocks their socks off.”

Karen is also a potter. She started doing pottery in high school and then college. “I took pottery classes wherever I’ve lived.” She even has a graduate certificate from Hood College, Maryland. She created a home studio with a wheel and kiln and started selling her work. Here in Asheville, she has studio space at Odyssey.

She started leading hikes in 2017. Now she’s also working on the 100 Favorite Hikes Challenge. “As a hike scheduler, I try to encourage leaders to lead a *100 Favorite Hikes* hike. CMC is where I have all my friends.”

Carolina Mountain Club eNews is published on the first Friday of each month. Send your news to eNews@carolinamountainclub.org. Articles are due on the last Friday of the previous month. Please limit articles to no more than 1,000 words. You may send up to two photos as jpg attachments.

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Carolina Mountain Club - P.O. Box 68
Asheville, NC 28802
www.carolinamountainclub.org