



Nantahala Hiking Club

Newsletter

nantalahikingclub.org

Third Quarter 2023

— Rev. A. Rufus Morgan, Club Founder —
“Keep ever clear the trails that lead to mountaintops.”



President's Message

By Victor Treutel

Annual Meeting and Election of Officers

Thursday - July 13 - 6pm

Macon County Public Library

Each year a nominating committee scours our membership for volunteers willing to take on the decision making duties for our club. We have specific roles: President, Vice President, Treasurer, Secretary, Regional Partnership Committee (RPC) Rep, Membership Chair, and a minimum of four members-at-large. With the ability to have more than four members-at-large, we never turn anyone away who is willing to serve. The club's most important role, Trail Manager, is selected by our Maintainers. Our Trail Manager leads our maintenance efforts as well as sits on the board of directors.

I'm excited to announce that all but one of our current board members will be returning for this next year. Here are the individuals who will be presented to the membership for a vote at the annual meeting.

Position	Name
PRESIDENT	Victor Treutel
VP	Tim Lindler
TREASURER	Sharon Burns
SECRETARY	Sandi Hawk
MEMBERSHIP	Lynn Meyers
RPC REP	Bill Mandler
TRAIL MANAGER	Hygie Starr
MEMBER AT LARGE	Donna Sanders
MEMBER AT LARGE	Rory Cassidy
MEMBER AT LARGE	Karen Martin
MEMBER AT LARGE	John Randall
MEMBER AT LARGE	Kelly Motter
MEMBER AT LARGE	Pam Addleton
MEMBER AT LARGE	Natasha Sebring
MEMBER AT LARGE	Debi Gedling

The vote is a simple matter, where all nominees are voted on as a group. This is not a competition, but an approval by the membership of those who are willing to serve on the board of directors. As per NHC bylaws, any member present may cast a vote. Please plan on attending and showing your support for these volunteers who work so hard for our club and the trail community.

Trail of Tears Dedication

On Saturday, June 3, the Trail of Tears Association held a dedication of a sign board at the St. John's Car-toogechaye Church commemorating the post-removal Cherokee town known as Sand Town. The St. John's Church has always been a major support of the NHC; without their generosity we would not have a clubhouse for our maintainers to work out of.



Prior to the dedication, the Nantahala Hiking Club built steps leading up to the sign. I would highly recommend that you take a short jaunt out to the site and read about our local history. The quaint church was built by our club founder, Rev. Rufus Morgan, and sits on an amazingly beautiful site at 542 St. John's Church Road in Franklin.

Wessser Bald Privy

In June, our maintainers began constructing a new privy at the Wessser Bald Shelter. The project began with a pre-build, where the privy was constructed on the Forest Service lot. Parts were labeled and then disassembled. USFS personnel then hauled the materials to Tellico Gap and then to the Wessser Tower via a harrowing one-mile UTV route.

On Thursday, June 15 we were blessed with ten young men from Deerfoot Lodge who carried the materials from the Wessser Tower to the shelter, a challenging one-mile hike.

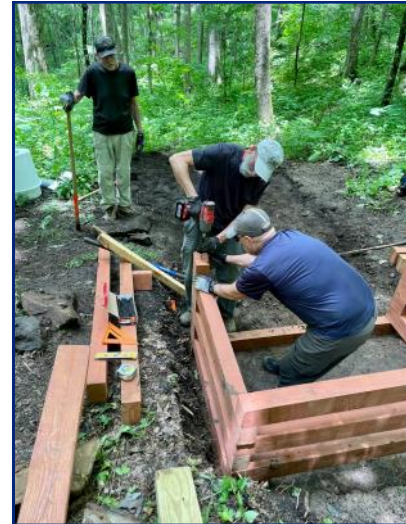




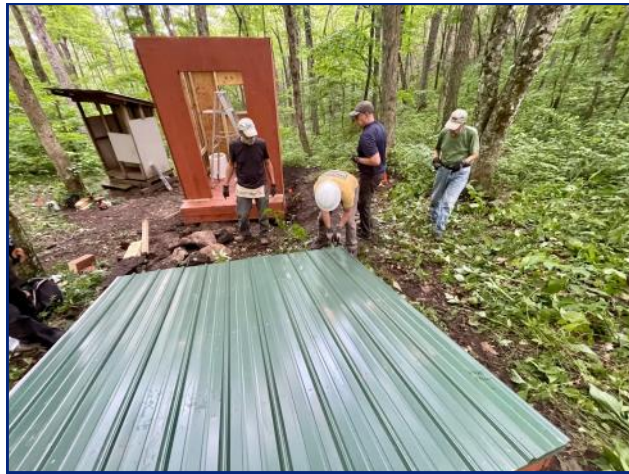
While these amazing young men were hauling the materials, our maintainers, along with USFS and ATC personnel, were preparing the site.



As materials arrived, reassembly began.



By the end of the long day, the walls and roof were assembled.



Finishing touches will be completed as soon as the weather gives us a break and the new privy will be ready for use. Thanks to our hard working maintainers, Kelsey Mortensen from USFS, Sarah Adams from ATC and, of course, the strong in body and character young men from Deerfoot Lodge.





...to our newest members!!!

**Michele Hall
Highlands, NC**

**Dennis & Pandora Baldree
Simpsonville, SC**

**Cindy & Roger Milford
Otto, NC**

**Bill Hodge
Otto, NC**

**David Rothmeier
Mountain City, GA**

**Kelly & Bob Smallwood
New Port Richey, FL**

**Nina Fuchs
Canton, GA**

**Anne Auer
Athens, GA**

**Lisa Hallmann
Franklin, NC**

**Patty & Bill Medcalf
Franklin, NC**

**Kitty Houston
Franklin, NC**

**Michele Crumbliss
Franklin, NC**

**Randy Tuggle & LeaAnn Rattin
Franklin, NC**

**Mark Lange
Greenville, SC**

**Lucy Roman
Franklin, NC**

**Robert Trescott
Highlands, NC**

**Michael, Tammy & Courtney Barron
Franklin, NC**

**Rodney & Kathleen Gray
Franklin, NC**

**Laura, Ashley & Stephen Lewis
Franklin, NC**

**Lin & Paul Johnson
Venice, FL**

**David Addington
Green Cove Springs, FL**

**Teresa & Thomas Harper
Franklin, NC**

**Jamie Bowser
Bryson City, NC**

**Lisa Majors-Duff
Franklin, NC**

thank you

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2023 Thru-Hiker Chow Down Review

By Sharon Van Horn

The 2023 7th annual Thru-Hiker Chow Down was held on Saturday, April 1, 2023 (no fooling!) at the Lazy Hiker's Brewery Yard. The weather was a little iffy as we all wondered whether we would have to move inside, but we decided to brave the winds and stay outside in the Yard's sunshine. All in all, it was another successful Chow Down for NHC, Lazy Hiker, Franklin and the thru-hikers.

We welcomed over 35 thru-hikers, their families and pets. We also welcomed some jamming musicians who held a ceilidh (a party, gathering or the like, at which Scottish/Irish folk music, dancing, singing and storytelling are the usual forms of entertainment) on the Lazy Hiker Yard's stage. We also had Mary Bennett doing her henna designs for the hikers.

Although we did not have a high number of thru-hikers, we did have quite a few community and NHC members—many more than we have had in the past. It was good to see folks getting to know the hikers. This was truly an Appalachian Trail Community event and that is a good thing!

Special thanks go out to all the volunteers, too numerous to mention here. We probably had more volunteers than thru-hikers!! Always a good thing. Thank you to everyone who helped and who came out for the day.

As per usual, the morning after the Chow Down, President Victor Treutel and Bill and Sharon Van Horn went to the First Baptist Church's thru-hiker breakfast. We gave them all the leftover fruit and baked goods to share with the hikers. We also gave them a \$300 check/donation for their breakfast. This is something NHC has done every year after the Chow Down. The funds were provided from the NC AT License Plate grant.

This was my last Chow Down as lead volunteer. Gail McDiarmid will be taking on that position next year. She has experience in catering that will serve her and NHC well with the 2024 Thru-Hiker Chow Down. Please continue to give her all of the support that you have given me in the past!! Thanks again for making an idea Bill and I had over 9 years ago come into reality and be such a success!!







A statement from the Franklin Chamber of Commerce:

The Franklin Chamber of Commerce proudly and enthusiastically supports our region's hiking community. The Chamber's location off the 441 By-pass makes it accessible for anyone to visit and use the resources available. The Chamber's parking lot is large and is often used by the hiking community for shuttle drop-off, pick-up and for leaving a vehicle overnight.

Overnight parking is welcome AS LONG AS THOSE PARKING CONTACT THE CHAMBER TO REQUEST DOING SO. Due to events and meetings carried out by the Chamber, there are occasions when the parking lot cannot accommodate cars overnight. Please call 828-524-3161, M-F from 9am to 5pm to REQUEST overnight parking.

Upcoming NHC Programs

by Pam Addleton

Participation in our monthly programs has surpassed expectations! The July and August speakers will vibrantly continue to entice local interest and delight participants with the free raffles at the completion of each event. The upcoming program topics and speakers are as follows:

July 13

Jenn Kelley, owner of local bookstore Cozy and Content, will be speaking about how the natural beauty of our area can serve as a springboard for personal growth, reflection and creative writing in the form of journaling. Learn how to write your personal experiences with her expert guidance. <https://cozyandcontentnc.com/>

August 10

NC District Wildlife Biologist, Justin McVey, speaks about black bear awareness and safety. Justin is an expert about how hikers, residents and wildlife in our area can best cohabitate. <https://ncwildlife.org/Learning/Species/Mammals/Black-Bear>.

September 14

In lieu of a regular program, we will hold the NHC Annual Picnic at 5:00 pm. The picnic will take place on the grounds of St. John's Episcopal Church, 542 St. John's Church Road, Franklin, NC. Further details will appear in a future mailing.

Suggestions for future NHC program topics and/or speakers can be shared with me at 828-500-7266.

Thanks for your robust participation in our 2023 programs!

New Member Orientation

The new member orientation held on April 27 at Outdoor 76 was a huge success with 45 new members in attendance! The next orientation is being scheduled for the end of July. Funding for this event was provided from the NC AT License Plate Grant..



Easter on the Trail

April 8, 2023

by Elena Marsh

What a perfect time for ducks to participate in Easter on the Trail! Rains brought some real challenges to the NHC members who were going out on the trail to hand out goodie bags.

The rain did not hinder anyone from coming out to the clubhouse on that Saturday morning to help fill small quart bags with fruit, veggies, nuts, candy and the best part—COLORED HARD BOILED EGGS with packets of salt and pepper too.

Organized chaos soon turned into bags filled, members ready to head out to their designated trails and enjoy themselves. From the emails that came to me with their information of the days, everyone had an amazing time. Hikers from just about every state, many foreign countries, young, old, experienced, tired, weary, sore feet and bodies—we saw it all. But what we also saw was the twinkle in their eyes and the smiles on their faces when we asked, “Hi, are you a thru-hiker? Would you like some ‘trail magic’?” Most dropped their gear, said YES, sat down and enjoyed the goodies we had brought. A perfect time to learn a bit about each hiker and to also tell them about the NHC, who we are and why we are out on the trails. Many stated that the area they had been on was the best kept trail they had experienced and were grateful for the maintainers who kept it that way but also thanking us for coming out to meet them. Some stated that they plan to give back to their communities as they appreciated what our club does.

Approximately 20 club members participated on April 8. Some were new to the club and a few of us “oldies” also participated. Many of us decided to go out on other days versus being in the rain but even so, those who braved the storm and went out found many hikers who were thrilled to see someone and to get some special treats. Our volunteer hours came up to a bit over 100 hours, similar to other years.

My sincere thanks to my husband, Tom, who goes along with whatever I decide to do and to Bill and Sharon Van Horn for being a backbone for Tim and me as we navigated through the morning. Bill was instrumental in making sure members were given an area on the trail that was conducive to their experience and wishes. Also thanks to Sandy Shaw and Ned Kraft, who always set up at Winding Stair Gap and treat all the hikers who stop there with smiles. They have been at that site for quite a few years and they always give such detailed reports of the hikers they meet and what they experience.

Be sure to mark your calendars for Easter on the Trail during Easter weekend 2024!





A note from our Treasurer.....

It's been such a wonderful experience being part of the club these last few years! I've really enjoyed being Treasurer and working with such an incredible group of board members and friends. I urge anyone looking to become more involved to definitely reach out to any board member for more info on volunteering. I will miss everyone and do hope to return to the area one day and join you again!

Amber

Editor's response: I know that the board and all club members join me in wishing you much happiness and many new adventures! You've been a fabulous club member and Treasurer and we hope you feel as appreciated as you are. You're welcome back any time!

NHC Spaghetti Dinner May 11, 2023 by Syndie Cassedy

Chef Dave Sapin, along with sous chefs Paul Dyer and Tom Marsh, delighted the Nantahala Hiking Club with their Old World marinara sauce, garlic bread and a fresh spring salad at the annual spaghetti dinner. And if that wasn't enough, numerous desserts provided by Club members were enjoyed by all! The beautiful table decorations were provided by Gayle Treutel. The Club received over \$450 in donations and \$160 in the 50/50 raffle. Funds collected are used to keep ever clear the path to the mountain top and for teaching local school children the joys of the beautiful mountains here in Franklin.

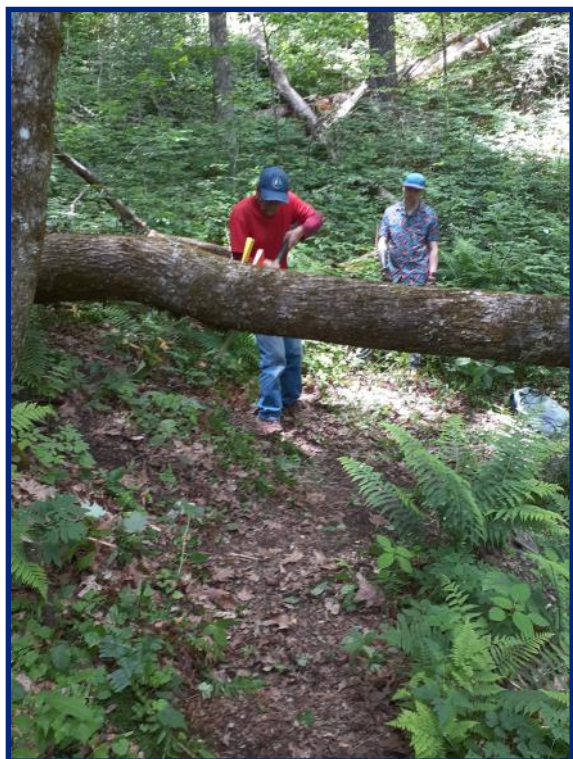


NHC Maintainers at work.....



Maintainers replaced the rotted foot log bridge located before the Park Creek, Park Ridge and Kimsey Creek Trails split at Standing Indian Campground. Maintainers, L to R, are Bethany Conerly, Andrew Graham and Stan Daughdrill. Photo submitted by Paul Dyer.

These pictures were taken before and after on Park Creek Trail when there was no chain sawyer present. This was an inconvenient blowdown to get over, under or around so Bill Hodge (L) and Andrew Graham (R) shared sawing with a hand saw to make one cut thus making it an easy step over. Photos submitted by Paul Dyer.





DATE: August 4, 2023 - August 7, 2023

LOCATION: Johnson City, TN

WEBSITE: <https://www.atvista2023.org/>

This four-day event aims to include up to 40 guided hikes, 20 educational workshops and ten excursions throughout the Appalachian Mountains of Northeast Tennessee. The Vista will offer hiking, educational, cultural and historical learning programs, working with Trail Maintaining Clubs, local communities and nearby partner organizations. Tickets are available for the full weekend (\$125) or at a per day rate of \$60. Meal plans will be available for online purchase in July. Northeast Tennessee borders North Carolina, Virginia and Kentucky in the Appalachian Mountains. With 230 miles of internationally known rivers and 288 miles of the Appalachian Trail, it's the true outdoors with endless opportunities to explore and less time sitting in traffic. Northeast Tennessee's Tri-Cities of Bristol, Kingsport, Johnson City and small towns along the way make up a diverse region of outdoor recreation, music, history and everything in between. Please go to the website for further information.

SILVER STRIDERS

Two NHC members, Kathy Ratcliff and Beverly Upson, lead this group of walkers/hikers on Wednesday mornings at 9:00 a.m. The hikes are about three miles long and are usually local. Examples: Winding Stair FS Road, Coweeta Lab, Greenway, Wallace Branch, Tessentee Bottomland. Hikes are determined on a weekly basis; cancellations due to weather are emailed by 8:00 a.m. the morning of the hike.

If interested, please call Jack Blake at 828-421-5661. Leave a message and he will get back to you.

Benton-MacKaye Trail Seeks National Scenic Trail (NST) Designation

By Bill Van Horn

Nestled in the Southern Appalachian Mountains, the 288 mile long Benton MacKaye Trail (BMT) begins in Northwest Georgia at Springer Mountain (the southern terminus of the Appalachian Trail) and runs through Tennessee and North Carolina ending in the east end of the Great Smoky Mountains National Park at Big Creek. The Benton MacKaye Trail Association (BMTA) hopes that the BMT will be designated the twelfth NST. NST designations are afforded to “extended trails so located to provide for maximum outdoor recreation potential and for the conservation and enjoyment of the nationally significant scenic, historic, natural, or cultural qualities of the areas through which such trails may pass” (Public Law 90-543).

The NHC has provided a letter of support to this effort. On May 25, 2023, Representative Steve Cohen (TN) filed in the 118th Congress a new bill, H.R. 3683, seeking NST designation for the BMT. Our local Representative, Chuck Edwards, was one of five co-sponsors.

The BMTA has maintained the trail since construction began in 1980. The trail is complete and has been fully connected since its grand opening in 2005. The BMTA has over 872 members, including over 200 trail maintainers.

NST designation will add Federal protection to the trail corridor that traverses six Wilderness Areas and 93 miles of the GSMNP. Ken Cissna, president of the BMTA, says, “Designating the BMT as our country’s twelfth National Scenic Trail will protect our outdoor heritage for future generations, support local economies, and provide needed recreational opportunities for long-distance hikers, day hikers and families.”

Consider contacting Representative Edwards (edwards.house.gov/contact) and thanking him for his support of the designation effort. For more information on how you can support this effort contact Bill Van Horn (airborneengineer20bde@gmail.com).



Hangover Rock on the BMT

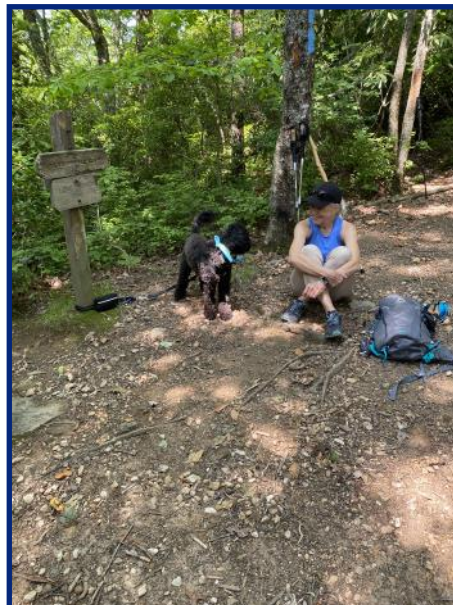


Suspension Bridge Across Toccoa River on the BMT

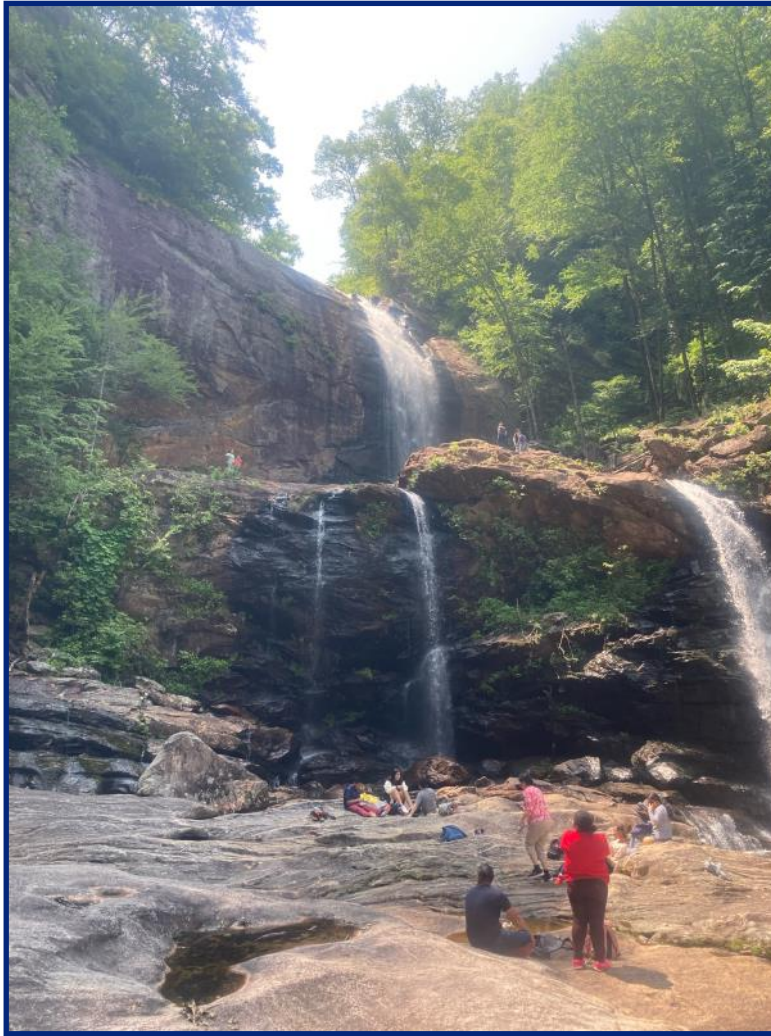
NHC Hikes



Robert Barnable at Picken's Nose, June 10, 2023
Hike Leader: Mark Holmberg
Photo Submitted by Sande Lolli



Patricia Taylor (and Josie!) on the AT at Glassmine Gap
June 17, 2023
Hike Leader: Sandi Hawk
Photo Submitted by Sande Lolli



Hike to High Falls/Thompson Falls, June 17, 2023
Hike Leader: Robin Lurie
Photo Submitted by Robin Lurie



Hamilton Gardens, April 30, 2023
Hike Leader: Gail Lehman
Photo Submitted by Sande Lolli



Sandi Hawk and Lynne Benkis on a March Moonlight Hike
Hike Leader: Katharine Brown
Photo Submitted by Katharine Brown



Hike to Whiterock Mountain, June 3, 2023
Hike Leader: Sandi Hawk
Photo Submitted by Robert Barnable

A.T. Experience Analysis (ATX) for the NHC Section Update

By Bill Van Horn

A.T. Managers [Clubs, ATC and land managers (USFS for NHC)] are charged with preserving the A.T. experience in every management decision they make. While the Trail is sought out for a wide variety of experiences, the A.T. is one of the only remaining resources that affords the ability to “sojourn among the mountains under your own unaided efforts” in the country. Protecting the Trail’s ability to provide this experience preserves our country’s most broad spectrum of creation opportunities, any one of the only places that “if you want to, you can just hike for six months” (Bob Proudman, former first full-time club-wide Supervisor of Trails).

All 30 ATC maintaining clubs have been asked to analyze their trail section to determine if their trail section’s current hiker experience is the desired A.T. Experience they would like the hiker to experience. The ATX is part of ATC’s Visitor Use Management (VUM) initiative. As a club, we are lucky that our trail section is not close to major population centers that would cause significant overcrowding and resource damage. To conduct the ATX our section was divided into 25 logical subsections. Using a matrix made up of three settings (Natural Resource Conditions, Social Conditions and Managerial Conditions) on the vertical axis and six A.T. Experience descriptions (Primitive, Semi-Primitive, Natural, Semi-Natural, Rural and Urban) on the horizontal axis, each subsection was evaluated to see if its current A.T. Experience equaled the desired A.T. Experience. NHC determined what the desired A.T. Experience should be for each subsection. Six of our 25 subsections do not have the A.T. Experience we would like hikers to experience.

On July 6, NHC will present its analysis to ATC and the USFS. The goal is to use the Cooperative Management System to reach consensus on the desired A.T. Experience for each subsection and if the current condition is not the desired condition, what, if any, management decision should be made to try to achieve the desired condition. The ATX provides a baseline for each subsection that can be referenced over time to see if the desired A.T. Experience is being maintained.

For more information or if you have questions contact Bill Van Horn (airborneengineer20bde@gmail.com), who did the initial NHC analysis which was approved by the NHC board in April, 2023.



NHC member, Kim Martin, is teaching basketry at the Cowee School in Franklin on Tuesdays! Skill levels range from beginner to advanced and cover a range of skills and techniques. To register, scan the QR code or visit the link provided at the bottom of the flyer.

JULY BASKET WEAVING AT COWEE



Scan to Register

Kimberlie Martin

Cowee School Heritage Center Flex Space Room
51 Cowee School Dr, Franklin, NC 28734
walnutcoveemporium@gmail.com

Basket Basics Class
Easy Wooden
Bottom
\$55.00
July 11, 5:30- 8:30

Using a rectangular wooden base you will learn to weave a simple yet beautiful basket to add to your collection or give as a gift. Color choices vary.
Level: Beginner



Technique
Class
Gretchen Border
\$65.00
July 25, 5:30 - 8:30

This basic table basket pattern is designed to teach a rolled rim or border most often called a "Gretchen Rim"

Using a slotted wooden base and your choice of natural or smoked reed you will construct a basic basket. The beauty is in the rim.
Level: Advanced Beginner



Cherokee Style
Basket
August 1, 5:30 - 9

This Cherokee Style basket has a filled square base and gently transforms to a round top. The basket measures 13 1/2" deep x 35" circumference at top.
Level: Intermediate



bit.ly/JulyatCowee

Trail Skills Workshop

Lake Winfield Scott

September 23-24, 2023

This workshop covers the most current and up-to-date trail maintaining techniques and is applicable to all skill and experience levels. Expert instructors lead courses on introductory and advanced trail maintenance, rock construction, log structures and sawyering. The courses are offered so participants can attend different classes each day or dig in on one track for in-depth knowledge.

This is a great opportunity to learn new and modern techniques for doing trail work. The \$30.00 fee covers all instruction, two nights camping, T-shirt, Saturday dinner, evening entertainment and lots of opportunity for socializing with other trail maintainers.

If you are interested in camping, it is advisable to sign up early as there are only so many sites available and late requests may not be fillable. Click [here for information](#) , click on the QR Code or contact tsw@georgia-atclub.org to register. You can also register at <https://forms.gle/46Yz1ZvbPYzgsK3x6>.





Syndie Cassedy and Rory Cassedy at the NHC Chowdown

In the planning stages.....

It looks like an exciting training weekend will take place on October 13 and 14 as the result of a collaboration between NHC and the Blue Ridge Bartram Trail Conservancy. Saturday will involve trail maintenance training and Sunday will involve crew leadership training. Participants will be able to spend two nights at Appletree Campground, although spending the night will not be required. As planning continues, look forward to more details soon. In the meantime, mark your calendars!

