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President: David Blount Vice President: Darcy Douglas Secretary: Joy Forehand GA Maintenance: Tom Keene Smokies Coord: Bob Ruby TN/NC Maintenance Bill Hodge Ralph Heller Hiking: Dick Evans Membership: Treasurer: Margaret Evans Publicity: Marge Heller Newsletter Editor: Gene Nix Conservation: Steve Bayliss Dick Evans Past President: State Rep GA: George Owen **Rick Harris** State Rep TN/NC



BMTA ANNUAL MEETING OCTOBER 17–19, 2014

By Darcy Douglas

It's time for the Annual Meeting of the BMTA!!! Come find out who the new "Maintainer of the Year" will be. This person is chosen each year by the President



and remains a surprise until the meeting itself. The recipient gets to take home the Maintainer Pulaski for bragging rights for a year! Friends and family love asking about it.

Come also to explore some areas you may not be familiar with as we hike Friday, Saturday, and Sunday. Ralph is arranging the hikes, and we'll all need to chip In with carpooling to and from the sites. See brief descriptions of the hikes in the **Upcoming Hikes** section of this newsletter. A more detailed description will be placed on our web site. Please fill your gas tank before arriving at Coker Creek, as there are not many stations nearby.

Saturday evening we elect new officers, and we will enjoy hearing about the development of the newest section of the BMT in North Carolina. Dick Evans will share with us many details about how we came to have this gorgeous piece of trail to replace our dangerous roadwalk. A year ago, this wasn't a consideration – you'll be amazed what's happened!



BMTA Headquarters

Friday evening there will be a special event, though exactly what that special thing will be you just have to come to find out!!! Please reserve your lodging and meals by calling Leal at 423-261-2310.

The dates are Friday through Sunday, October 17-19, 2014.

Members and friends are welcome to attend – make your reservations!!!

Presidents Message - Walk With Me a Moment.....

Fall is upon us and it is a great time to get outside and enjoy the cooler temperatures and the colorful displays of foliage the Southeast is famous for. I hope you will seek out one of the upcoming fun hikes or maintenance work days to participate in and take full advantage of the season.



Fall also brings the autumn of my term as president. The election of the Board of Directors will take place at the Annual Meeting to be held the third weekend of October at Coker Creek Village, in Southeast Tennessee. I hope you will make plans to attend and participate in the elections, receive updates on the trail and the Association, and enjoy the fun hikes which are always a highlight to the weekend. The Nominating Committee has presented an excellent slate of nominees for the 2015 Board and nominations may also be made from the floor by members present and in good standing.

I would like to thank all the Directors who have served on the board during the past two years. Your talents, experience, and dedication to the Trail and the Association have made my job as President possible and manageable while working full time. It has been a pleasure and an inspiration to serve with each of you.

I have written more about maintenance in my columns than any other topic in the past two years. That is not by chance or by mistake. I sincerely believe that there is a Trail, therefore there exists an Association to support it and to advocate for it. Many things in our world will beg the attention and efforts of the Association but the ultimate litmus test should be whether these endeavors will serve to preserve, protect, or promote the Trail.

In continuing this theme, I would like to thank all those who previously maintained a section (or two) of the Trail but, for one reason or another, have had to relinquish that responsibility during the past two years. Your past efforts are greatly appreciated. Many have stepped forward to become new maintainers and I hope you enjoy the unique satisfaction and personal growth that trail work provides.

If I may beg and grovel one more time, the following sections need their own personal human, aka, section maintainer. This role can be filled by an individual, a couple, or a small group – be creative! If interested in one of the following sections, please use the "Contact Us" link at <u>www.bmta.org</u> or contact a Board member directly:

12 b – 2.70 miles; Dry Pond Lead Trail Junction to Kimsey Hwy
12 c – 2.40 miles; Kimsey Hwy to McFarland Road aka FS 23
15a – 4.50 miles; Unicoi Gap To Tate Gap
15 c – 2.00 miles; Six Mile Gap to Sandy Gap
18 c – 1.80 miles; Big Stack Gap Branch Trail (Spur)
19 a – 3.40 miles; Stiffknee Trail, Farr Gap to Slick Rock Creek

Thanks to all the members of the association for your unique talents and gifts. Support comes in many forms. Remember, the hands of many make the burden light. It has been my pleasure to serve as your President. See you on the Trail!

David Blount President, BMTA



Yellow Creek Re-Route Completed

By Dick Evans

With the posting of a final directional sign on September 16th, the Yellow Creek Reroute Project was completed. This project was less than nine months from approval to completion, despite estimates of 2-3 years at the beginning. When the Benton MacKaye Trail was first routed in the mid-1980's, it was mapped over what was then Alcoa property to the Tennessee/North Carolina State Line at Deals Gap. From there, it was hoped that eventually it could be routed over the old Appalachian



Trail path in the area to Dalton Gap, then down to the existing trail system in the National Park. At the time, driving enthusiasts had not discovered Route 129, the "Dragon". Since then, however, traffic has steadily grown on that route to reach levels of tens of thousands of motorcycle and car afficianados have turned what was a quiet, rural 3.5 mile road walk into a very dangerous trip for hikers. In addition, the new policy of the Great Smoky National Park which now requires reservations for each date and site made it necessary to provide some method for thru-hikers to get the required permits for their trip.

After nearly nine years of study and evaluation, pressured by the new permit policy, in January of 2014, a reroute was approved using the Yellow Creek Mountain Trail from the Slickrock Creek area to Fontana Village and then connecting to the existing Appalachian Trail to cross Fontana Dam, then following Lakeshore Trail in the Park to reach the existing BMT. The reroute was 21 miles in length and added almost 5 miles to the total length of the BMT. By routing the trail near Fontana Village, hikers can use the facilities there, including making arrangements for camping permits, receiving packages, etc.

Ernie Engman (Sgt. Rock) and Dick Evans headed up the project for the BMTA, coordinating work trips, scouting and coordination with what would eventually number 35 "stakeholder" groups interested in the area and the trail. Over 80 persons donated more than 1,000 volunteer hours to the project, including Sierra Club and American Hiking Society Work Trips, Partners of the Joyce Kilmer Slickrock Wilderness volunteers, and local folks who pitched in to make this a reality. BMTA members completed approximately 750 hours towards the total project.

...Documenting the Sights of the Benton MacKaye ... a Challenge

In the May issue of the Newsletter, Joy Forehand submitted several beautiful pictures of Pink Lady's Slipper. And in the June issue, David Blount included in his "Come Walk with Me" regular feature some outstanding pictures of flame azaleas, fire pink (silene virginica) and sassafras. Sharing pictures is an inspirational way of educating members and documenting the best features of our incredible trail. We all love learning about the trail – the ever-present flora and fauna seen as we walk the trail; the open vistas during the cool months; the water and rock formations that add so much to our experiences. Thanks to Joy and David and the many others who have submitted pictures of their experiences on the BMT.

Gene Nix always presses the point, "our Newsletter is only as good as we, the members, make it." So while we have a great Newsletter, we would like to challenge you all to help document and teach others about the many things you've seen on the trail through the years. *In a regular monthly feature*, we want to see pictures of the biggest trees on our trail, the most dazzling wildflowers, the remote and secluded vistas, the prettiest water and rock formations. But don't neglect the simple beauty of a solitary wildflower, or the peacefulness of the trail snaking through an un-ending field of hay-scented ferns. We want to know what section to plan on visiting during each month to best see these features. If we can include one or two **"Sights of the Benton MacKaye"** every month, then as the months stretch into years, the newsletter will become a reference guide for us all to better enjoy the trail.

So the challenge is this: Go out with camera in hand and document the things you love about the trail. Submit the pictures, along with a good description of what we are seeing to the Newsletter Editor, including the location and time of the year the picture was taken. If you see an unusual plant or wildflower, but can't identify it, then try a good reference guide such as 'Wildflower and Plant Communities of the Southern Appalachian Mountains and Piedmont, by Timothy Spira. If a reference guide doesn't solve the mystery, then submit the picture as a challenge for us all to help identify (there may be a naturalist in our midst!) We'll share the information in next month's Newsletter. We look forward to **learning** from you all.

DEADLINE FOR NEXT ISSUE: October 22, 2014 SUBMIT ANY ARTICLE AND/OR PHOTOS TO: gnix@ellijay.com

....Sights of the Benton MacKaye ...

Partridgeberry By Barry Allen



This picture was taken in mid-September along the South Fork Trail, shared by the BMT for 1.6 miles along the South Fork River. The South Fork of the Jacks River is home to some of the largest patches of partridgeberry on our trail. Also called two-eyed berry (look close at the top side of each red berry), this low growing vine produces a small white or pink flower in April, May and June. The berries, appearing in June and lasting until January, are part of the fall and winter diet of quail, grouse and turkey, as well as squirrels and raccoons. Partridgeberry is a welcome site on section 9, serving as groundcover on a section of trail that hosts not only hikers, but trail bikes and horsemen as well.

Georgia Work Trip Report, September 2014

Submitted by Barry Allen

Georgia's Section 9 of the BMT is a beautiful piece of our 300 mile network, but it can be a real challenge for maintenance. Sharing 1.6 miles of the South Fork Trail with both horsemen and bikers, the BMT in this area can be quite a muddy pathway, but the soothing flow of the South Fork and its tributaries makes the hike worth the effort.

On September 13, our group of nine volunteers assembled at Watson Gap, and drove through heavy fog to Dyer Gap, removing a downed tree over FS 64 along the way. The hike from Dyer Gap down to the South Fork Trail was uneventful, but the work began in earnest as soon as we reached the South Fork. For the next five hours we worked steadily cleaning out water diversions, mucking silt from low spots on the trail, and improving footing for creek crossings – all on the South Fork Trail. Lunch along the South Fork of the Jacks was in a perfect setting on a cool and peaceful September day.

After lunch, we built a corduroy walkway over an area that could not be drained effectively, and jumped up off the South Fork Trail for the last 2.2 miles back to Watson Gap and our shuttle cars. Along the path to Watson Gap , our sawyers for the day – Mark Yost and David Lack – took out two more downed trees while the rest of us did a little sling blade work.

All in all, we covered 4.5 miles of trail in 7.5 hours and put in a total of 67.5 hours of work for our nine person crew. Thanks to my Co-Leader for the day, Mark Yost, and our volunteers – David Lack, Kathleen Tokuda, Bob Sloan, Philip Guhl, Jack Kennedy, Vic Fredlund and Larry Van Dyke. You guys put in a hard day's work on a tough section of trail -- and made an incredible difference.



Sights of the Benton MacKaye

By Barry Allen

Yellow Poplar

This picture was taken in August on Section 3 of the BMT, coming out of the long saddle between Wallalah and Licklog Mountains. Also known in the South as a tulip-poplar or tulip tree, this massive old growth tree measures almost 15' in girth at 4.5' from the ground (see my backpack at the base for a reference), with a rough estimate in height in the 130' range. While not classified as a 'Champion Tree,' this Yellow Poplar is one of the largest trees on our trail. With a normal life span

not exceeding 300 years, this Yellow Poplar was likely a sapling at the time of the Louisiana Purchase, and may be as old as our great nation. The national champion Yellow Poplar is about 22.5 feet in circumference and over 160' in height.





Words From A BMT Thru-Hiker

Hiking the BMT was one of the best trail experiences I've had to date, and I've been backpacking since the '70s. My friend Robert hiked with me from Reliance to Cherokee, the rest of the trip I camped alone every night except for my last night on Mt Sterling, where I camped near the fire tower with Groovy, a former AT thru hiker. I took the new Yellow Creek Ridge bypass to Fontana, and al-though many areas were still filled with brush and not yet cleared, I never had any navigational issues. I also had the privilege of meeting Sgt Rock and Dick Evans just after we hit the new bypass, and Sgt Rock brought us to a great campsite in a gap with a great water source nearby.

What I loved about the BMT was not just the solitude, but that every day seemed to hold new and different delights. One day I'd be in a rhododendron forest with cascades and pools, the next, on a ridgeline with panoramic views.

Although I didn't keep a journal, I've posted my trip report, as did my friend Robert, on my website:

http://www.appalachiantrailcafe.net/index.php/Tagged/4-Benton-MacKaye-Trail/? objectType=com.woltlab.blog.entry

Andy "Hikerboy"

Name This Flower

By Ralph Heller

This flower was seen growing in the middle of the Stanley Creek Trail. It is quite spectacular, especially for a flower growing in the woods in August. There were four others like it nearby. Do you know its name? I could not find it in my wild flower identification books. Give up? Well, Michael Pullen has identified it. It is a Yellow Fringed Orchid and is becoming rare in this area of the country.



TN/NC BMTA Work Trip - Saturday, October 25

By Richard Harris

TN/NC BMTA Work Trip - Saturday, October 25 - Farr Gap to Sycamore Creek. Meet at the Cherohala Skyway Visitor Center in Tellico Plains at 9 AM. We will carpool to Farr Gap, then will head downhill in this wilderness area toward Sycamore Creek. Along the way we will brush and log out the trail with swingblades, loppers, and crosscut saw. We may not make it all the way to Slickrock Creek, depending on how many workers we have, but we will turn around at whatever time we need to in order to get back to the parking lot by 4 PM. Bring plenty of water or a method of sterilizing water along with your lunch. Also bring gloves, helmet, safety glasses if you have them and wear boots and long pants. We will have loner helmets, gloves and safety glasses.

To sign up, contact Rick Harris at HarrisRi@aol.com or 423-253-6358 (home) or 513-260-1184 (cell).

Chattahoochee-Oconee National Forest's Celebration

By Darcy Douglas

The Benton MacKaye Trail Association participated in the Chattahoochee-Oconee National Forest's celebration of the 50th anniversary of wilderness on September 6. The main speaker was Dale Bosworth, former Chief of the United States Forest Service. His talk was quite inspiring! The weather was beautiful, there was something for everyone, and several BMTA members were there. Gilbert Treadwell assisted greatly, telling visitors about our trail. It was so helpful to have both the "old" and the brand new maps on the display itself. Many wanted to know about how the new piece of trail was different from the old, which some had hiked. I hope we'll keep both in the display for some time. Walt Cook, George Owen, Ted and Kay Reissing, and a number of others were there for the day. John Campbell of the USFS chaired our planning team through the Co-Trails group, and did a masterful job – everything went quite smoothly at the event.

Here is the link to a small collection of images captured at the celebration in Dahlonega this past Saturday on our Forest's Flickr site:

Upcoming Hikes

By Ralph Heller—Hiking Director

Friday October 10 Brush Creek Trail: This hike goes from the Boyd Gap Overlook and winds up Sheep Top Mountain. It then travels close to Ocoee #3 Lake, upstream of the Ocoee Whitewater Center in Tennessee. The trail ends on Highway 64 by the bridge that crosses over Brush Creek. Although approximately 7 miles in length, it is rated Easy due to very little elevation change. Meeting location is Piggly Wiggly on Highway 64 in Ducktown. To register for hike and for meeting time, contact Hank Baudet at 706-492-4318.

Friday, Saturday & Sunday Oct. 17, 18, & 19: Annual Meeting Weekend Hikes

Friday Coker Creek Falls: 3.2 miles

- Saturday Turtletown Creek Falls: 3.7 miles Sandy Gap to Unicoi Gap: 8.3 miles Unicoi Crest to Whigg Meadows: 4 miles
- Sunday Unicoi Turnpike Visit to Towee Creek Reroute site

*Note: This is a tentative hike schedule. For an up-to-date and detailed description of the hikes, check out <u>Annual Meeting Hikes</u> on our web site.

Friday November 7 Gahuti Back Country Trail: 8.2 miles

ODE TO THE MAINTAINER

Author's note: I sat down to write on hummingbirds, but the attached animal transpired instead. I can't explain it except to say I was under the influence of bluegrass music. ~ David Blount 2003

Ode to the Maintainer

Rising before the roosters, Driving through the dawn, With tools and map, A tattered pack, I am movin on.

Blowing through the stop signs, The road all to myself, No job, It is the weekend And time is this day's wealth.

Listening to the silence And the road beneath my wheels, A stop for gas, Some gum, a biscuit, Then up unto the hills.

The best of best kept secrets More fun than shiny toys, To till the earth Or tend a trail, There are few greater joys.

Giving back to nature A sure cure for your ills, For money suits Your creditors, But this work pays your bills.

Yes, some might think it foolish That I would put to rhyme, How many a Maintainer thrive, Among the oak and pine.

Blessed are the days Of those who heed the call, For those who do The work they love, Never work at all.













Getting The Word Out ... By Marge Heller

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Happy Trails to Tellico Trail Town event set for Saturday

JESSICA CROSS Staff Writer

With more than 200 miles of trails, Tellico Plains is becoming a destination town for outdoor recreation.

In August, the town will officially become the second Trail Town designated by the Southeaster: Foot Trails Coalition and the Benton MacKaye Trail Association.

"The Southeastern Foot Trails Coalition is a coalition of most all the hiking and trail maintenance clubs in the southeast," said **Richard "Rick" Harris**, a Tennessee/North Carolina repre-



sentative for the Benton MacKaye Trail Association. "This Trail Town designation is in cooperation with the Benton MacKaye Trail Association, which quaintains

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Snakes Of The Benton MacKaye Trail

By Steve Bayliss

Snakes of the Benton MacKaye Trail: Timber Rattlesnake, Crotalus horridus A recent run-of-the-mill maintenance trip on BMT Section 8e [Halloway Gap to Fowler Mountain was greatly enlivened by a Timber rattlesnake on section 8g [Flat Top Mountain to Double Hogpen Gap]. Steve and Connor Bayliss were hiking in with their dog Opie on a cool September morning. A 4-foot long Timber rattlesnake (Crotalus horridus) was curled up in the middle of a sunny, narrow patch of the trail. Somehow the snake escaped the notice of Connor and Opie, both of whom must have miraculously stepped right over it. Steve was hiking ten yards behind, and saw the snake just as he was about to step on it. After an acrobatic, adrenaline-fueled hop over the snake, Steve put a safe distance between him and the snake. Because of the coppery brown coloration, Steve thought it might be a copperhead. As Connor approached to snap a photo, though, up went the tail and forth came the distinctive rattle. A few pictures, a brief video, and some rapid heartbeats later, the crew left the snake to resume its sunbath. There's nothing like an unexpected encounter with nature to energize your step, and to cause you to scan the trail ahead very carefully! It was Steve's first such encounter in 10 years of hiking on the BMT, but maybe snakeproof gaiters would be a good idea for the next summer/fall trip.

Important points to ponder:

Watch where you're stepping. Maintain a safe distance between hikers.

Make sure you and everyone with you knows how to get to the closest hospital and emergency vet (see below).

Know the basic steps to take if you're bitten by a venomous snake (see below).

Venomous snakes are an important part of the ecological system, and deserve to be left alone.

What to do if you're ever bitten by a rattlesnake:

From Healthline.com:



For the benefit of anyone who might suffer a rattlesnake bite, here are instructions about what to do in the field:

- If a person is bitten by a snake that could be poisonous, act swiftly. The definitive treatment for serious snake venom poisoning is the administration of antivenom. The most important aspect of therapy is to get the victim to an appropriate medical facility as quickly as possible.
- Don't panic. Most bites, even by venomous snakes, do not result in medically significant envenomations. Reassure the victim and keep him from acting in an energy-consuming, purposeless fashion.

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- Retreat out of the striking range of the snake, which for safety's sake should be considered to be the snake's body length (for pit vipers, it is actually approximately half the body length). A rattlesnake can strike at a speed of 8 ft (2.4 m) per second.
- Locate the snake. If possible, identify the species. If you cannot do this with confidence (which is really only important for the Mojave rattlesnake and coral snake), you might be able photograph the snake using a digital camera, but be careful. Do not attempt to capture or kill the snake, for fear of wasting time and perhaps provoking another bite. Never delay transport of the victim to capture a snake. If the snake is dead, take care to handle it with a very long stick or shovel, and to carry the dead animal in a container that will not allow the head of the snake to bite another victim (the jaws can bite in a reflex action for up to 90 minutes after death). If you are not sure how to collect the snake, it is best just to get away from it.
- Splint the bitten body part to avoid unnecessary motion. Allow room for swelling within the splint. Maintain the bitten arm or leg in a position of comfort. Remove any jewelry that could become an inadvertent tourniquet.
- Transport the victim to the nearest hospital.
- Do not apply ice directly to the wound or immerse the part in ice water. An
 ice pack placed over the wound (as one would do for a sprain) is of no proven
 value to retard absorption of venom, but may be useful for pain control.
 Application of extreme cold can cause an injury similar to frostbite, and possibly
 lead to enough tissue loss to require amputation.
- Application of the Extractor Pump is at best controversial, and is no longer recommended by snakebite experts. The manufacturer claims that if the device is applied according to the instructions provided, it can remove venom without the need for a skin incision. Animal research appears to refute this notion, and even to suggest that by using the device for a rattlesnake bite, it might cause concentration of tissue-toxic venom under the suction cup, leading to a more severe reaction.

If the victim is more than 2 hours from medical attention, and the bite is on an arm or leg, one may use the pressure immobilization technique: place a 2 in by 2 in (5 cm by 5 cm) cloth pad over the bite and apply an elastic wrap firmly around the involved limb directly over the padded bite site with a margin of at least 4 to 6 in (10 to 15 cm) on either side of the wound, taking care to check for adequate circulation in the fingers and toes (normal pulses, feeling, and color). An alternative method is to simply wrap the entire limb at the described tightness with an elastic bandage. The wrap is meant to impede absorption of venom into the general circulation by containing it within the compressed tissue and

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microscopic blood and lymphatic vessels near the limb surface. You should then splint the limb to prevent motion. If the bite is on a hand or arm, also apply a sling. It should be noted that this recommendation is controversial, in that some experts believe that localizing venom in a single area might lead to an increased chance for tissue damage.

- An alternative to the pressure immobilization technique is a constriction band (not a tourniquet) wrapped a few inches closer to the heart than the bite marks on the bitten limb. This should be applied tightly enough to only occlude the superficial veins and lymph passages. To gauge tightness, the rescuer should be able to slip one or two fingers under the band, and normal pulses should be present. The band may be advanced periodically to stay ahead of the swelling. It is of questionable usefulness if 30 minutes have intervened between the time of the bite and the application of the constriction band (or pressure immobilization technique). Again, this recommendation is controversial, for the reasons mentioned in the previous paragraph.
- The impression of most snakebite experts is that incision and suction are of little value and probably should be abandoned. It appears that little venom can actually be removed from the bite site. Furthermore, the incision may set the stage for inoculation of bacteria, infection, and a poorly healing wound. Mouth contact with the incision may cause a nasty infection that leaves a noticeable scar; there is also the risk of transmission of blood-borne disease to the rescuer.
- "Snakebite medicine" (whiskey) is of no value and may actually be harmful if it increases circulation to the skin.
- There is no scientific evidence that electrical shocks applied to snakebites are
 of any value. On the contrary, there are experiments that refute this concept.
- The bite wound should be washed vigorously with soap and water, and the victim treated with dicloxacillin, erythromycin, or cephalexin.
- If the victim is many hours or days from a hospital, assist him to walk out or arrange for a litter rescue, allowing frequent rest periods and adequate oral hydration. Splinting and positioning (e.g., elevating or lowering) the bitten part are secondary to any effort to reach a facility where antivenom can be administered.

Watch for an allergic reaction caused by the snakebite. This might cause the victim to be short of breath with or without an airway obstruction from swelling of the mouth, tongue, and throat. Once the victim is in the hospital, the severity of envenomation will be ascertained, and the victim treated with antivenom if

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necessary. Such therapy must be carried out under the supervision of a physician, because serious allergic reactions to antivenom are possible. See also: <u>http://www.rei.com/share/rei-blog/2012/07/human_vs_rattlesnak.html</u> <u>A Hospital near the BMT in Tennessee</u> Copper Basin Medical Center 144 Medical Center Drive Copperhill, TN 37317 Phone: 423-496-5511

Some Hospitals near the BMT in North Georgia:

Fannin Regional Hospital 2855 Old Highway 5 Blue Ridge, GA 30513

(706)632-3711

North Georgia Medical Center 1362 South Main Street Ellijay, GA 30540-5410 (706) 276-4741

Chatuge Regional Hospital

110 South Main Street Hiawassee, GA 30546 Phone: 706-896-2222

An Emergency vet near the BMT in North Georgia:

Mountain Emergency Animal Center in Blue Ridge Mountain Emergency Animal Center is the only animal emergency hospital in the North Georgia/Tennessee/North Carolina Tri-State area that is open all night, all weekend, and all major holidays, with a full staff of veterinarians and technicians in the hospital at all times.

GPS Directions 2517 Appalachian Highway Blue Ridge, GA 30513

Physical Location: Mountain Emergency Animal Center 1163 Windy Ridge Rd Blue Ridge, GA 30513 Phone: 706-632-7879