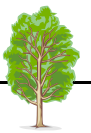


The Forest Friend



The Newsletter of the Kanawha State Forest Foundation



May 2011 Issue

www.ksff.org

Summer Quarter



*For lo, the winter is past. The rain is over and gone.
The flowers appear on the earth. The time of the singing of birds is come.*



From the Assistant Superintendent's Desk

by Kevin Dials

Spring is gearing up here at Kanawha State Forest. The campground is now open and already being enjoyed by many. The picnic areas are being used heavily, and preparations are underway to open the swimming pool. We are also in the beginning stages of our trail project, for which we received the RTP grant. Work should begin soon. The Osbra Eye Memorial Wildflower Walks, despite the weather, did draw an impressive crowd. We owe many thanks to those of you who worked hard before, during, and after the walks to make sure everything was just right. Credit is also due those who contributed to getting the Denison book published. It seems to be a big hit.

There is a new event coming to Kanawha State Forest this spring: Irish Road Bowling. On May 7, teams from around the state will converge on the Forest to compete in this centuries-old game. Originating in Ireland in the 17th century, the game has become popular in West Virginia in recent years. In essence, an 8 oz. ball, like a small cannonball, is thrown down the road. Score is kept like golf; the team who completes the 1.5 mile course in the fewest throws is the winner. The Irish Road Bowling Association has several events throughout the state and at other state parks throughout the year. Kanawha State Forest is the first tournament of 2011. Spectators are welcome and encouraged during the match. If you are curious, come and check it out on Saturday, May 7. Play will start at 1:30 p.m. at the swimming pool parking lot.

2011 Events

June 19 - Sunday - 3 PM

WV Birthday Celebration and Band Concert - Featuring Kanawha Valley Community Band directed by Robert Leighty. Birthday cake and cold drinks provided. Free Admission. Donations appreciated. Near swimming pool area. Ample parking. Bring lawn chair. Contact: 304-925-2771 or 304-558-3500

Sept. 10 - Saturday - 8:30 AM

Margaret Denison Fall Nature Walks. Register at 8:30 at swimming pool area. Adults \$5; Students under 16, \$2. Free drinks. Barbecue and cookie sale. Door prizes, raffle. Contact: 304-925-2771 or 304-558-3500

New Members

Welcome new members Gary & Betty Crosby of South Charleston, Bill Archibald of Clendenin, and Patty Stiltner of Charleston.

James and Joan Waggy, Charter Members of KSFF, have joined the ranks of Lifetime Members. Lifetime membership is open to all who wish to demonstrate their long-time commitment to the preservation of Kanawha State Forest. See membership renewal information for details.



Special Thanks

A special "Thank You" to Carl McLaughlin who brought his overflow of nature guidebooks on a variety of subjects to the Osbra Eye Memorial Wildflower Walks. He wanted these books to have a good home and the prices were below bargain. The proceeds were donated to the Kanawha State Forest Foundation.



Donations

The Foundation wishes to acknowledge and thank the following for their generous donations: Joseph Neenan, Linda Frame and Michael Foreman, Sherri Stark, Joseph & Constance Miller, Mary Pullen, Glade Little, Mae Ellen Wilson, Harriett Beury, Flossie & Peggy Kourey, Gary O'Dell, Roberta Allison, Bob & Janet Belding, Truman Barker, Chris Nagorka, and Doris Magan. We also appreciated receiving Memorial Gifts from:

- Nancy Street: In Memory of J. Lawrence Smith
- Mrs. Norma Levy: In Memory of Glade Little
- Katherine Hastings: In Memory of Glade Little
- Mark & Lois Payne: In Memory of Glade Little
- Randy Yarborough: In Memory of Wife Beverly



In Remembrance

Foundation member Glade Little of St. Albans died April 3, 2011, at the age of 83. Glade was a veteran of World War II. He had a career as a journalist and had been a reporter and night editor for the *Charleston Gazette*.

In addition to being a strong supporter of the Foundation, Glade had many other interests related to the environment, civil liberties, and the humanities.

Our heartfelt condolences to his family and friends.



Writers Needed!

Contact Editor
Shirley Schweizer

304-925-2771



We are seeking writers to contribute to the newsletter, which is published quarterly. Tell us about an outdoor adventure or experience in the Kanawha State Forest or elsewhere. Do you have a favorite trail? What does the Foundation mean to you? Any suggestions or comments? Perhaps someone in the Master Naturalist Program would like to write a column on a quarterly basis, relating to seasonal changes in the Forest.

Our next publication will be in August. We look forward to your response. Contact the editor today at 304-925-2771.

Board Meeting
Monday, May 9, 2011
Meet at 7 PM
Kanawha State Forest
Shelter #9

Nature Quiz

What is the oldest living plant in the world?
(Answer next issue)

Newsletter Staff

Editor.	Shirley Schweizer
Word Processing and Layout.	Barbie Dallmann
Printing.	Color Craft
Publicity and Mailing.	Carolyn Welcker

Coming Event

Mark Sunday, June 19, at 3 PM, on your calendar. This is the afternoon we will be celebrating West Virginia's 148th birthday and our 12th annual concert, performed by the outstanding Kanawha Valley Community Band, under the direction of Robert M. Leighty.

What a relaxing way to spend a lazy Sunday afternoon, listening to show tunes, marches, and other popular selections. Enjoy a slice of birthday cake and a cool beverage after the concert. Bring a lawn chair and picnic basket, but don't forget Dad. It's his day, too!

The concert is free, but donations are appreciated. Plenty of parking is available.



Crab Apple Trail, Part 2

by Frank and Carolyn Barker

As you may remember, our last episode with the Crabapple Trail Project took place on September 18, 2010. It consisted of reopening an old trail that had long been abandoned back in the '60s. That project was so popular and received such rave reviews, we decided to add a connector trail, tying in somewhat of a loop with Rattlesnake Trail.

Again, Master Naturalists Terry Finney and Barb Koster led the charge. Carolyn and I, along with Master Naturalist Tom Hardt and Kanawha Trail Club member Lois Ludwig, bush-wacked the proposed connector and after some revision the new section was marked with flags. Superintendents Ernie Adkins and Kevin Dials were informed of the intended path, and their overwhelming approval was gained.

March 26th was chosen to begin work. Terry, Barb, Carolyn and I met with volunteers on that cold morning at the mouth of Rattlesnake Run. Six Master Naturalist students and three Boy Scouts from Troop #188, located at The United Methodist Church in Nitro who came with Troop

Leader and MN Student, Phil Cook, were on hand to help. Hand tools were furnished by Forest maintenance and a new Stihl leaf blower that was recently purchased by the Foundation was put to the test. Luckily those young strong scouts were there to carry my chain saw, fuel and the other heavy stuff to our intended trail head.

Several big trees and logs were cut and cleared, briars removed, rocks placed and water was diverted and suddenly, a brand new trail emerged. A few days later, Master Naturalist student and reporter Rick Steelhammer wrote a wonderful article in the newspaper that highlighted the efforts of all who participated. There is a little more work that we want to do, but basically the new trail is ready for all of the KSF trekkers to trod down the dirt and enjoy life at the Forest.

The new trail can be accessed off the southern end of Rattlesnake Trail or if you go up Crabapple Trail to the boundary road, turn left, go a short way and you will see the new trail angle off to the left. The trail head is presently marked with flags, but I am told by Assistant Superintendent Kevin Dials that new signs are already in the making and will be installed as soon as they come in. Since building the new trail, we have received many positive comments regarding the opening of this area of the Forest that had been inaccessible for so long.

Once again I want to thank all of those who helped out with this project. It all happened through a coordinated effort of a few dedicated people who utilized the resources of several volunteer groups such as The Kanawha Trail Club, The Kanawha Valley Master Naturalist Group, Scout Troop #188, the Kanawha State Forest Foundation, Superintendents Ernie Adkins and Kevin Dials, and Forest staff.

I would like to take this opportunity to acknowledge and thank Douglas Kilmer and Janis Reynolds for their donations which made it possible to purchase our new Stihl Leaf Blower.

Osbra Eye Memorial Wildflower Walk Review

by Carolyn Barker

Although the April 23 weather report was very bleak, we prepared for our annual event as though the sun were to shine brightly only—with the slight adjustment of setting up all of the tables inside the pool commissary, instead of outside. As this is a rain-or-shine event, all the hike leaders and helpers were prepared with rain gear handy to take whomever wanted to go, on the hike of their choice. There were 13 different walks from which to choose.

Just as registration began, so did the hardest rainfall. We allowed the 51 participants who braved the weather to determine whether they wanted to go on their chosen walk or gather in a nearby shelter and discuss what they might see, in hopes that the rain would soon subside. Our group decided to go for it. The rain slacked off in just a few minutes and within 20 or 30 minutes stopped entirely, and we were all thankful for that. Each of the walk leaders asked for a volunteer in their group to write up a summary of their particular hike for publication in *The Forest Friend* newsletter. The articles should be very interesting and many thanks to those who took the time to share this with our membership.

The Foundation has many people to thank for volunteering their time and participating in our Annual Osbra Eye Memorial Wildflower Walks, which make it a success each year. A very sincere THANK YOU to everyone who helped: Foundation members and board members, walk leaders, food preparers, Kanawha Valley Master Naturalists, Superintendents Ernie Adkins and Kevin Dials, Forest office and maintenance crew, Sissy Summers with DNR for always being willing to help with those neat door prizes; DNR Chief of Parks Kenneth Caplinger for the raffle donation of a two-night stay at Holly River State Park;

Doug Wood and Jim Waggy for contacting and selecting outstanding walk leaders; and all those who made cookies or brownies.

I guess to cover everybody and not take a chance on forgetting someone, I will just say that The Kanawha State Forest Foundation extends its profound thanks and appreciation to the many volunteers and knowledgeable hike leaders who helped make this day a huge success. Many tasks are involved in this event from the initial planning to the final cleanup. Without the cooperation of all who graciously supplied their time and talents, events such as this would not be possible. Thank you to EVERYONE who helped with the Osbra Eye Memorial Wildflower Walk. It could not happen without you!

Congratulations to Karen Sylvester of Winfield who was the winner of the raffle drawing for a two-night stay at Holly River State Park.

Medicinal & Edible Plant Walk

by Dianne Anestis

Despite a rainy start, an intrepid group of nine waited out the worst of the rain talking about plants in Johnson Hollow shelter. Co-led by Becky Linger and Dianne Anestis, participants ventured up Johnson Hollow Trail to see what plants the area would offer. They found a wealth of medicinal, edible, useful, and beautiful plants.

Here is a list of plants that were found, with notable characteristics of only a few. We want to whet your appetite to join us next year!

Sweet Cicely, Blue Cohosh, Maidenhair Fern, Red Trillium, Yellow Mandarin, Golden Alexander, Wild Ginger, Black Cohosh, Spicebush, Wild Yam, Paw Paw, Sensitive Fern, Jack in the Pulpit, Yellowroot, Christmas Fern, Showy Orchis, Perfoliate Bellwort, Plume Lily, Squirrel Corn, Oyster Mushroom, Morel Mushroom, Devil's Urn Fungus

Some of the "good stuff" the group learned:
Poison Ivy - Skin irritant and often severe

dermatitis to some due to Urushiol oil.

Jewelweed - Juice from stem or crushed leaves dripped on poison ivy rash relieves itch and promotes drying. Juice also an anti-fungal used to dry athlete's foot fungus.

Bluets - Tea made from the plant is a folk and Native American remedy for bedwetting.

Pink Lady's Slipper - 19th century remedy for "nervous headaches."

Burdock - The root contains large amounts of the carbohydrate inulin. Inulin is believed to responsible for burdock's hypoglycemic activities, and may prevent blood glucose levels from fluctuating erratically. In addition, studies suggest that inulin has mild anti-inflammatory properties. Cook the root before eating. May lower triglycerides.

Wild Garlic - Besides being a tasty addition to foods, the compound Allicin may reduce hypertension and the incidence of atherosclerosis.

Lousewort (wood Betony) - Plant's leaves and stems are cooked as a pot herb, but a strong decoction is used as a wash or dip to rid animals and people of lice and scabies. Anti-inflammatory and potential anti-cancer.

Lady's Bedstraw (Cleavers) - Plant was commonly used in the past to stuff mattresses, and also to skim animal hair from the milk pail. Fresh juice contains citric acid, and has been used to treat scurvy. Plant extracts can lower blood pressure. Contains Asperuloside, which is an anti-inflammatory.

Mayapple - It's citron-like fruit is edible, but the roots are very toxic. In small doses, a root tea will expel worms, but larger doses have been fatal. Root resin, podophylin, used to treat venereal warts. A semi-synthetic derivative, Etoposide, is FDA approved for testicular cancer.

Bloodroot - Red root used traditionally for ailments of the blood. Plant contains Sanguinarine, which has antiseptic,

anesthetic, and anti-cancer activities. It is used as a plaque-fighting agent in toothpaste. Did it work? Hope to see you next year!

The Fire Ecology Walk

Fire, Flowers and the Forest

by Bill Archibald

Every year, spring brings lots of new life as well as rain, and Saturday morning there was plenty of both. Even with the wet weather, there was a good turnout and an abundance of things to see and learn. Thanks to Jim Waggy for the invitation to assist Doug Wood in the fire ecology walk.

On this walk we hiked the Overlook Rock Trail where there had been a forest fire in the spring of 2009. The cause of this fire is still unknown, but it was most likely started by a cigarette. Two years later, there is still evidence of the destruction. Some maple and sassafras trees have died, while the oak trees were not damaged. The oak trees have a much thicker bark to protect them, while the maples have a thinner bark and are more vulnerable. The beech trees have large holes at the base of the trunks called cat faces, and are the scars left behind by this forest fire. Even though these trees are damaged, they can still live for decades with their wounds.

We also learned that forest fires can have some positive outcomes. The American Indians would set the woods on fire to establish food sources for buffalo and elk. Later, American settlers adopted this practice to feed herds of cattle and hogs. This was done by burning the layers of fallen leaves and exposing the acorns and other nuts that had accumulated on the ground for the animals to eat. One interesting effect forest fires have is that the pitch pine tree outcompetes other trees where there has been frequent fire. Who would have thought any tree would flourish in this type of environment? And due to the lack of fires, the pitch pine is slowly disappearing.

Our fire ecology walk involved learning more than the effects forest fires have on our environment. We also identified many wildflowers such as chickweed, lousewort and golden ragwort, among others. Various birds provided our walk with their spring mating songs. The American redstart and several other warblers were identified by song. At one point, three male cerulean warblers were heard announcing their territorial boundaries to one another. Cerulean warblers, like some other species, are benefitted by the vegetation-controlling characteristics of frequent, low-intensity ground fires. Kanawha State Forest always provides a variety of learning opportunities to the outdoor enthusiast or someone just looking for an afternoon with nature.

The Fire Ecology Walk

Sharing Knowledge

by Doug Wood

Nine souls braved the wet blast to wander up Overlook Rock Trail. The rain turned to drizzle, the wind to breeze, and by the time we reached Overlook Rock, both weather elements had stopped completely, and the view of a misty, quiet, greening forest around us was inspiring. We saw the evidences of past fires atop the ridge; pitch pines, a predominance of large oaks, and old fire scars called "cat faces," because of the similarity between the triangular hole at the base of each affected trunk. Dr. Bob Marshall, a veterinarian on our hike, explained that the split lip common to many animal species is called a "philtrum."

We came upon a recently fallen red maple tree bearing, winged seeds, called "samaras," and Doug described the importance of early spring seeds in the diet of squirrels who had survived the winter. Bill, a farrier quite familiar with equine behavior, and Dr. Marshall made the group aware that a starving squirrel's springtime salvation is hungry horse's hemolytic agent of

death. You can read an abstract from an article in the Journal of the Veterinary Medical Association that deals with the hemolytic effect of red maple on horses at the website <http://www.ncbi.nlm.nih.gov/pubmed/7056681>. Please note a misspelling in the abstract "Three of the 4 horses diet [died] 5 to 7 days after ingestion of the leaves."

Toothwort, like many of our "wort" plants, is an example of a plant named according to the doctrine of signatures. This old medicinal belief system is common in many cultures. [See the sidebar on page 7 for more on Englishman William Coles's 17th Century doctrine.]

We were lucky to have such an interested and interesting group of nature enthusiasts with us on the walk this year. Their eagerness to learn and to share their knowledge with the rest of us learners made this walk particularly enjoyable. The change in weather from rain to sunshine helped the mood as well.

Snipe Trail Hike

Leaders: Alvan Gale, Martha Hopper and

Carl McLaughlin

by Debbie Gale

About a dozen people tried to wait out the pouring rain listening to the story of how new recruits to the CCC Camp Kanawha were taken up the hollow and left in the woods at night on Snipe hunts. That tradition gave the Snipe Trail its name. The rain slacked off slightly and the group started out. Everyone was treated to a nice display of celadine poppies and foam flowers covering the lower hillside in the group camping area. Wild blue phlox and golden ragwort lined the creek before the group walked past the spent "wild Girl Scout daffodils." After a brief description of the relics of the coal mining operation visible in the area, the group started up the trail.

Despite the bad weather and muddy conditions, there were a good number of

wildflowers blooming. Wild ginger covered the banks and stone crop covered the rocks. Also seen were jack-in-the-pulpit, wake robin trillium, creeping phlox, wild geranium, yellow mandarin (disporum) and rue anemone. Then the star of the hike—one yellow lady's slipper—was seen, but the rain and cold had her bowing her head. Some other plants identified but not blooming

were perforated bellwort, Indian cucumber root, may apple, white clintonia, touch-me-nots, plume lily and hearts-a-bursting. Other plants of interest pointed out were cup fungus, turkey tail fungus, liverwort, rattlesnake fern and maiden hair fern.

Polly Hollow Trail Hike

by Chris Gatens

As rain dripped off my brow, I recalled the many times that I had the opportunity to participate and co-lead in such an event on this very trail. This hike has always been a favorite of mine because it begins in a classic cove hardwood setting which is, of course, a component of the mixed-mesophytic Appalachian forest. I pondered again and realized in my lifetime that I will have the luxury to experience a lush temperate zone forest in its maturity.

The hike began with nine inquisitive individuals who were wanting to learn more about trees and wildflowers. My partner, Willis Trammell and I fielded as many questions as possible during the time period, and we also observed eleven species of ferns and fern allies. In addition, ten species of singing warblers were duly noted during our path through the woods. It was a great morning and how appropriate it was for the Easter weekend.

The plant and bird species are compiled in the following lists.

Trees/Shrubs

Eastern Hemlock, Red Pine, Black Birch, Northern Red Oak, White Oak, Black Oak, Black Walnut, Butternut, Wild Black Cherry, Wild Crab Apple, Muscledwood, White Ash, Sassafras, Paw Paw, Umbrella Magnolia, Yellow Poplar, Cucumber Magnolia, Osage Orange, Flowering Dogwood, Alternate-leaved Dogwood, Wild Plum, Common Serviceberry, American Sycamore, Red Maple, Sugar Maple, American Beech, Spicebush, Coralberry, Autumn Olive,

The Doctrine of Signatures

by William Coles, an Englishman (17th Century)

"Though Sin and Sathan have plunged mankind into an Ocean of Infirmities yet the mercy of God which is over all his Workes Maketh Grasse to grow upon the Mountaines and Herbs for the use of Men and hath not onely stemped upon them (as upon every man) a distinct forme, but also given them particular signatures, whereby a Man may read even in legible Characters the Use of them. Heart Trefoyle is so called not onely because the Leafe is Triangular like the Heart of a Man, but also because each leafe contains the perfect Icon of an Heart and that in its proper colour viz a flesh colour. Hounds tongue hath a forme not much different from its name which will tie the Tongues of Hounds to that they shall not barke at you: if it be laid under the bottomes of ones feet. Wallnuts bear the whole Signature of the Head, the outwardmost green barke answerable to the thick skin whereunto the head is covered, and a salt made of it is singularly good for wounds in that part, as the Kernell is good for the braines, which it resembles being environed with a shell which imitates the Scull, and then it is wrapped up againe in a silven covering somewhat representing the *Pia Mater*."—*The Art of Simpling. An Introduction to the Knowledge and Gathering of Plants. Wherein the Definitions, Divisions, Places, Descriptions, Differences, Names, Vertues, Times of flourishing and gathering, Uses, Temperatures, Signatures and Appropriations of Plants are methodically laid down.* London. Printed by J. G. for Nath. Brook at the Angell in Cornhill. 1656." This book was written by William Coles and is quoted in Eleanor Sinclair Rohde's *The Old English Herbals*, 1922, Longmans, Green and Co., London available in full text preview from Google Books at http://books.google.com/books?id=dNE-AAAAYAAJ&pg=PA167&dq=%22the+art+of+simpling%22&hl=en&ei=9AO0Te6kKYfe0QHgzrGFCQ&sa=X&oi=book_result&ct=result&resnum=4&ved=0CDwQ6AEwAw#v=onepage&q=%22the%20art%20of%20simpling%22&f=false .

Buffalo Oilnut, Bladdernut, Basswood, Slippery Elm, and Shagbark Hickory

Flowering Plants

Kidney-leaved Crowfoot, Hooked Crowfoot, Striped Violet, Common Blue Violet, Long-spurred Violet, Marsh Blue Violet, Smooth Yellow Violet, Sweet White Violet, Wild Geranium, Creeping Phlox, Hairy Sweet Sicily, Meehania, Purple Dead Nettle, Dwarf-crested Iris, Showy Orchis, Puttyroot, Cranefly Orchid, Rattlesnake Plantain, Wake Robin , Hairy Disporum, Jack in the Pulpit, Rue Anemone, Dwarf Anemone, Blue Cohosh, May Apple, Plume Lily, Cancer Root, Golden Ragwort, Beech Drops, Wild Ginger, Gall of the Earth, Partridge Berry, Bloodroot, and Liverleaf

Ferns

Intermediate Fern, Rattlesnake Fern, Cutleaf Grape Fern, Christmas Fern, Rock Cap Fern, Maidenhair Fern, Silvery Athryium, Northern Lady Fern, Adder’s Tongue, and Sensitive Fern

Songbirds

Black-throated Green Warbler, Ovenbird, Black & White Warbler, Louisiana Waterthrush, Northern Parula Warbler, Hooded Warbler, Yellow throated Warbler, American Redstart, Yellow Warbler, Kentucky Warbler, Blue-headed Vireo, Red-eyed Vireo, Blue-gray Gnatcatcher, and Tufted Titmouse



Check your label!!

Wondering if your membership dues are current? Your mailing label shows the date through which your dues have been paid, listing month/year. A current status would read 1/12 or Life. The membership year is January 1 through December 31. If you find your status is not current, please send your dues today!

Thank you for your continued support in the form of membership dues and donations that are used to support KSFF.

Kanawha State Forest Foundation	
Financial Reports for Year Ending 12-31-10	
Opening Balance 1-31-10	\$35,744.06
Receipts	
Dues	2,051.00
Donations	2,415.50
Memorial Gifts	0.00
Margaret Denison Walk	532.75
Osbra Eye Memorial Walk	953.67
Shirley Schweizer Winter Walk Donations.....	166.00
Interest	58.58
KSF History Book Sales	30.00
KSF Map Sales	660.00
Total Receipts	\$6,867.50
Expenses	
Margaret Denison Walks	271.11
Osbra Eye Memorial Walk	71.32
Shirley Schweizer Winter Walk	15.97
Newsletter, Clerical	1,118.20
Postage	14.19
Printing	1,307.00
Supplies including Banner	233.17
WV Tax & Revenue	25.00
Photography Contest	200.00
Kanawha Valley Bank	100.00
KSFF Webpage	19.76
Trail Expense (crabapple Trail).....	51.38
WV Celebration	48.83
Total Operating Expenses	\$3,475.93
Kanawha SF Supplies	1,548.33
Kanawha SF	300.00
Total Expenses	\$5,324.26
Closing Balance 12-31-10	\$37,287.30
Assets	
Cash and Due From Banks	37,287.30
Inventory (KSF Maps)	225.04
Total Assets	\$37,512.34
Total Liabilities	0.00
Unrestricted Assets	20,868.86
Board Designated Assets	7,391.74
Donor Restricted Assets	9,251.74
Total Net Assets	\$37,512.34
Total Liabilities & Net Assets	\$37,512.34

