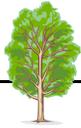
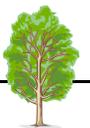


The Forest Friend



The Newsletter of the Kanawha State Forest Foundation



October 2013 Issue

www.ksff.org

Winter Quarter

Message from the President

by Bill Hall

As these words are being written, the days are getting shorter and the nights cooler. Fall foliage season will soon be here. We hope everyone has an opportunity to enjoy the changing colors of Kanawha State Forest during the coming weeks.

The Foundation Board has had an active year and there are several plans which are still in progress. Our memorial garden site near the front entrance is being readied for planting. Special thanks to Doug Wood and Laura Miller for taking the lead on this long-term project. The transplanted shrubs and trees in the Shrewsbury Hollow arboretum have done well with better than a 2/3 survival rate. There will soon be installation of a plaque embedded in stone recognizing several CCC structures as sites in the National Register of Historic Places. Rita Dale and former Board member Flossie Kourey are handling final details.

Mapping of the boundaries of KSF and our hemlock stands is underway to develop priorities for treating selected trees for the wooly adelgid. Also under consideration is a possibility of introducing natural predators as a means of biological control of this destructive pest. The Board has also voted to contribute to the cost of erecting a six-panel information/educational kiosk on invasive species in the Forest. The major donors are the US Forest Service and Department of Agriculture and final approval of the design and placement of the kiosk from the state DNR would be required.

These are some of the highlights of recent Board activities and many thanks to all Directors who have served during my tenure as President over the last seven years. At our next meeting of the general membership in November, I will be stepping down from my position. It has been a privilege to work alongside my colleagues, and I look forward to contributing to our mission in a new role.

2014 Events

January 25 - Saturday - 2 PM

Shirley Schweizer Winter Walk - Meet at Swimming Pool Area - No charge. - Doug Wood- Leader. Contact: Russ Jones, 304-546-4492, or Forest Office, 304-558-3500

April 26 - Saturday - 9 AM

Osbra Eye Memorial Wildflower Walks. Register at 8:30 at swimming pool area. Adults \$5; Students under 16, \$2. Hot dogs, soft drinks, and cookies for sale. Door prizes, raffle. Contact: Forest Office, 304-558-3500

June 15 - Sunday - 3 PM

WV Birthday Celebration and Band Concert - Featuring Kanawha Valley Community Band. Birthday cake and cold drinks provided. Free Admission. Donations appreciated. Near swimming pool area. Ample parking. Bring lawn chair. Contact: Forest Office, 304-558-3500

September 13 - Saturday - 9 AM

Margaret Denison Fall Nature Walks. Register at 8:30 at swimming pool area. Adults \$5; Students under 16, \$2. Hot dogs, drinks and cookies for sale. Door prizes, raffle. Contact: Forest Office, 304-558-3500



Nature Quiz

Q. This late summer blooming plant is a member of the Rose family. It has an erect, wand-like cluster of small yellow flowers. The stem has three pairs of tiny leaflets between the larger leaflets. The fruit is shaped like a top and has hooked bristles which will cling to clothing. Full height is usually up to 4-5 feet. (*Answer appears at end of newsletter.*)



Newsletter Staff

Interim Editor. Bill Hall
 Word Processing and Layout. Barbie Dallmann
 Printing. Minuteman Press
 Publicity and Mailing. Carolyn Welcker

Annual Meetings

Monday, November 4, 2013
 Dinner at 6 p.m.
 Meetings begin at 6:30 p.m.

Harding's Restaurant
 (just off the Mink Shoals exit of I-79)

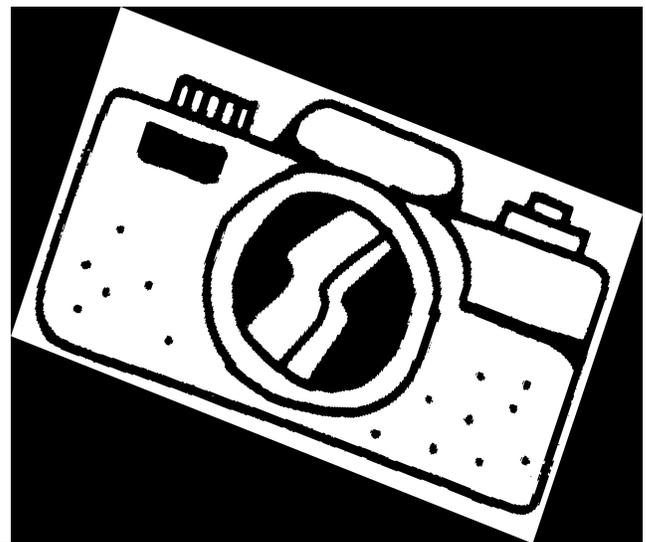
**General Membership Meeting followed
 by the Board of Directors Meeting**

**All Members Welcome
 Please Join Us!**

Photo Contest

by Angie Page

The Kanawha State Forest 2013 photo contest was a success! We ended up with 9 adult competitors submitting 39 photos and 4 youth competitors submitting 9 photos. The contest had entries in all categories, including Wildlife, Landscapes and Plant Life. A big thanks to everyone who entered. We are pleased to congratulate this year's winners. (** Indicates Best of Show in the Division):



Adult Division	Landscape	Wildlife	Plants
First Place	Rob Bailey	Amanda Messer	Amanda Messer**
Second Place	Cookie Green	Christina Carr	Kay Chapman
Third Place	Christina Carr	Jeremy Chapman	Amanda Messer
Youth Division	Landscape	Wildlife	Plants
First Place	Hannah McKown	Hannah McKown	Andrew Yianne**
Second Place	Krislyn Abbott	Krislyn Abbott	Katherine Triplett
Third Place	Hannah McKown	No Entry	Katherine Triplett

Donations

The Foundation sends deep gratitude to Ray & Hedda Haning, Evan & Theresa Buck, and Mary Pullen for their generous donations to this organization. Every donation goes directly to the Forest projects as approved by the elected Board.



Coal Mining Near Kanawha State Forest

by Bill Hall

On July 11, I attended a public hearing on a proposed permit to expand the Rush Creek surface mining operation near the border of Kanawha State Forest.

The current mining site is 457 acres and the application calls for an additional 81.5 acres. There would be a distance of 3,700 ft. between the eastern boundary of KSF and the southwest edge of the permit zone. There would be a wedge cut 150 ft. into the mountainside to reach the coal seam but there would be no new valley fills, according to Departmental of Environmental Protection (DEP) inspectors. The application also shows all drainage and runoff would flow into Rush Creek and then to the Kanawha River with no impact on headwaters of Davis Creek.

Water quality of potentially affected streams would be measured at baseline and then regularly monitored per terms of the permit. The projected duration of the operation is two years from start-up to final reclamation.

On behalf of the KSFF Board, I entered a recorded protest due to concerns about noise pollution, contamination of the viewshed from Forest ridges, and possible damage to the historic structures in the Forest from proposed blasting. A ruling is pending from DEP and the outcome will be forwarded to the membership.



New Members

The Foundation welcomes new members Mr. & Mrs. Kirin Pujara of Charleston.



Margaret Denison Fall Nature Walks Reports

by Bill Hall

The weather was crisp and clear for our Margaret Denison Fall Nature Walks on the morning of September 14. There were between 65 and 70 registered participants and a selection of 9 different walk themes. Many thanks to all of the volunteers who helped in organizing and staffing this successful event.

Following lunch, there was an educational and entertaining presentation on birds of prey by Ron and Wendy Perrone of the Three Rivers Avian Center. This was well attended and featured an up close and personal display of live owls as well as a peregrine falcon, red-tail hawk, and a bald eagle.

Here are descriptions of several walks prepared by co-leaders for each group.

Wildflowers (Fall Flora) - by Jim Smith

This walk, led by Mark Watson, started up the Snipe Trail, and returned on Shrewsberry Hollow Road. The weather was cool and clear.

The group consisted of three guides (Mark Watson, Jeannie Chandler, and myself) and seven participants, but what was lacking in numbers was more than made up for in interest and enthusiasm. Thanks to Mark's expert guidance, we identified and discussed 31 species or varieties of flora. Of course most of these were not currently flowering. With all this, we still got back right on time for lunch.

Here is a partial list of the flora identified (most of the trees were ignored): Agrimony, Indian Cucumber-root, Aster, Jack-in-the-pulpit, Bedstraw, Joe-Pye-weed, Beechdrops, Laurel, Blackberry, Liverwort, Cane (Native), Lobelia

(Great), Cardinal Flower, Moss (Mountain), Clearweed, Multiflora Rose, Coltsfoot, Nettle (Stinging), Coneflower (Green-headed), Plantain (Common), Crooked-stemmed Aster, Plantain (Rattlesnake), Crown-Beard, Poison Ivy, Elephant's Foot (Carolina), Raceweed, False Nettle (Bog-Hemp), Red Bud, False Nettle (Clearweed), Smartweed (Tear Thumb), Fern (Christmas), Smartweed (Virginia), Fern (Cutleaf Grape), Snakeroot (White), Fern (Glade), Spice Bush, Fern (Grape), Squawroot, Fern (Maiden Hair), Stilt grass, Fern (Marsh), Stonecrop, Fern (New York), Sycamore, Fern (Rattle Snake), Thimbleweed, Fern (Sensitive), Touch-Me-Not (Pale), Fern (Silver Athyrium), Touch-Me-Not (Spotted), Ginseng (American), Wild Ginger, Goldenrod, Wingstem, Greenbrier, Wintergreen, Heal-all, Wood Aster (Purple), Horse Balm, Yellow Mandarin.

In Search of Fungi – by Martha Hopper

Nelle Chilton and I led a great group of 14 adults who all agreed they love learning something new about our woods. So we led them in search of mushrooms along the road past the last picnic area. Although the weather had been dry, we found more than two dozen kinds of mushrooms, each with mysteries of its own.

Numerous in over-lapping clusters on decaying logs, stumps and other sorts of dead wood were multicolored Turkey Tails, False Turkey Tails, Violet Tooth Polypores, and Mossy Maze Polypores. Puff balls, ready for stomping, were also abundant on logs.

Edible white Oysters clung scattered to dead branches. What's incredible about these is that the organisms are actually inside the dead wood. The organism is an intricate network of filaments called the mycelium which obtain nutrients from the wood. Once the mycelium has established itself and built up an adequate food reserve, it becomes capable of producing mushrooms, just as an apple tree produces apples. As the organism is obtaining food, it is breaking down the dead wood, thus replenishing the soil for the

next generation of living plants to use.

Because their dull colors duplicate the forest floor, it took many pairs of eyes to spot some of the mushrooms hiding among the leaves. We did find the tall, slim stalked Rooting Xerula whose "root" is as long as its 8-inch stalk. We also found the Black Velvet Bolete, a wonderful edible, and whose name aptly describes it, but is difficult to see. We agreed to give the "Funniest Name Award" to the Old Man of the Woods, which had a gray cap covered with triangular shaped black scales. It did look old, though upon inspection, was quite fresh as though it had just pushed up through the forest floor. These were all found in the dirt. The mycelium from which they grew was in the ground attached to oaks, wild flowers, etc. They are mostly mycorrhizal, meaning there is an exchange of nutrients between the fungi and living plants. Mycorrhizal fungi cannot grow without their hosts and trees deprived of their fungal partners do not compete successfully with other trees.

Though many were hiding, some mushrooms exhibited bright colors as though begging to be found: the orange Bradley, another good edible, which exudes a white sticky "milk" when broken; Purple-gilled Laccaria, which has thick waxy purple gills; the Red and Yellow Bolete, with its smooth undersides that stain blue when touched; the small Cinnabar Chanterelle, looking as though made from shiny bright red plastic.

At the end of our walk we all agreed that we had had fun finding such a variety of mushrooms, and discovering the mysteries each held. Our walk helped us appreciate how dependent all organisms in nature are on each other, even those organisms that cannot be seen.

Wild Flower Tree Walk – by Sara Miller

The walk led by Chris Gatens and Sara Miller covered various wildflower and tree species, as well as a few birds as they appeared to the group. This walk took participants on a meander around the Polly Hollow parking area next to the Spotted Salamander Trail where a wide variety of

wildflower and tree species occurs, largely due to the variety of habitats that converge along this Forest edge.

The group then headed into Polly Hollow where the change in habitat presented more plant species to view and enjoy. Scientific names were used to describe many plant species in order to discern among the many common names plant species can have. This also helps in identifying the species again later, such as Wing stem – *Verbesina alternifolia* which has leaves that alternate along the stem. This and the following wonderful examples are all representatives of the Aster Family, which really rises to the occasion in the fall.

Other notable species: Small Yellow Crownbeard (*Verbesina occidentalis*), Tall Blue Lettuce (*Lactuca biennis*), Tall Coneflower (*Rudbeckia laciniata*), Wrinkled-leaved Goldenrod (*Solidago rugosa*), Canada Goldenrod (*Solidago canadensis*), Broad-leaved Goldenrod (*Solidago flexicaulis*), Crooked-stem Aster (*Symphyotrichum prenanthoides*), Elephant's Foot (*Elephantopus carolinianus*), and Joe-pye Weed (*Eupatorium purpureum*).

Medicinal Plants - by Laura Ceperley

Who knew there's scientific evidence supporting the myth that carrying a buckeye in my pocket helps my aching knees, or that crabgrass seeds are as good as adding flax to your breakfast, or that a plantain leaf can sooth a mosquito bite?

Rebecca Linger, Master Naturalist and Professor at UC's School of Pharmacy, led the walk on "Edible and Useful Plants." We were fortunate to be joined by Carole Slone, an instructor of wilderness survival skills. They did a great job teaching the six participants about the medicinal wonders of our local flora, both plants native to our area as well as some that have been introduced from other areas.

We parked at the entrance for KSF, and didn't have to walk 10 feet from our cars before learning about nettles, jewel weed, and spice bush. Walking just a few hundred feet up the

road toward the shooting range was a great laboratory for learning a variety of useful plants, from willows and alders, to plantains and crabgrass. The area also has examples of plants that are extremely dangerous, like water hemlock, and others that can be less dangerous but very irritating, like ragweed and poison ivy.

So, find a good field guide, exercise some caution, and start learning your edible/medicinal plants!

Aquatic Walk - by Debby Mullins

The Aquatics group left the pool area around 9:30 and walked up the road spotting trees, leaves, and bugs along the way. Once we arrived at destination in Davis Creek, we started looking for critters. We found several aquatic organisms: larval stoneflies (genus Perla), dragonfly, Mayflies (genus Heptagenia), and numerous crayfish. Among the fish identified were blacknose dace, stoneroller, and fantail darter. I did most of the catching while Ben Lowman with the DEP did most of the identifying.

Leaving the creek, we ventured to the Overlook Rock tributary where we found larval stoneflies (genus Peltoperla) and salamanders (Appalachian Seal and Dusky). The trail was a little steep but worth the effort. The weather was perfect and the day was great. The best part for me was learning how the dragonfly opens its mouth and to expose its mandibles, an awesome sight to see!



Nature Quiz

Answer to Question on Page 2:

Common or Tall agrimony (*Agromonia gryposepala*). The species name means "having hooked sepals." The usual habitat is moist and dry woods, thickets, and borders. Forest locations may include Polly and Dunlop hollows, Middlelick Fork, lake area, and along the main road.

This Land is Your Land

by Bill Hall

On September 9, a contingent of about 15 members of the West Virginia Highlands Conservancy visited Kanawha State Forest to learn about the history and issues leading to the development of our nearly 10,000 acres as a public recreation area. This event was one of a series titled, "This Land is Your Land," initiated by the Conservancy as a means of strengthening its collaboration with state park/forest administrators, supporters, and user groups. Assistant Superintendent Kevin Dials and Carl McLaughlin of the Kanawha Trail Club presented an interesting and thorough chronology of the land ownership and transfers culminating over time in the Forest as it is today.

I was present to represent the Foundation and provided an overview of our organization, activities, and publications. Carl then led the Conservancy group and several Trail Club members on a hike through Shrewsbury Hollow while pointing out and interpreting historical sites and artifacts along the way.

Many thanks to him and other Trail Club participants who helped inform and entertain the Conservancy during their site visit to Kanawha State Forest. We appreciate and value their partnership in our efforts to protect and preserve Kanawha State Forest.



Hiking Trails

The following trails are available only for hiking throughout the year:

#1 Store Trail (¼ mile)—A short trail starting near the first bathhouse in the campground and ending on Pine Ridge Trail. Non-campers can park at the campground entrance and hike to this trail. Moderate.

Alligator Rock Trail (½ mile)—A steep trail beginning on Shrewsbury Hollow Road above the pool and ending on Middle Ridge Road. Moderate to difficult.

Beech Glen Trail (1½ miles)—This trail starts in Polly Hollow and ascends to Wildcat Ridge Trail. Moderate.

CCC Snipe Trail (¾ mile)—This interpretive trail starts at the group camp area behind the pool and ends at Shrewsbury Hollow Road and Mossy Rock Trail. Easy.

Hemlock Falls Trail (¾ mile)—This trail follows an old gas well road out of Polly Hollow and turns west to the Boundary Ridge Road. Moderate.

Johnson Hollow Trail (¾ mile)—This trail starts behind Shelter #7 and ends at Middle Ridge Road. Easy to moderate.

Lindy Trail (½ mile)—This steep trail ascends from the shooting range road up to Middle Ridge Road near the top of Alligator Rock Trail. Moderate to difficult.

Logtown Trail (¾ mile)—Begins behind Shelter #3 and ends on Middle Ridge Road. Easy to moderate.

Overlook Rock Trail (1½ miles)—A steep trail that starts just South of the pool and ends in #2 Store Hollow. Be careful to follow the blazes. The trail follows an access road and then turns South. Watch for this turn off or you will end up on the Old Boundary Road. Moderate to difficult.

Polly Trail (1½ miles)—This trail starts in Dunlop Hollow Picnic Area and can be accessed at the mouth of Polly Hollow. It runs up Polly Hollow and ends into Wildcat Ridge Trail. Moderate with steep sections.

Rattlesnake Trail (1 mile)—Starts near main road at the mouth of Rattlesnake Hollow and ends approximately halfway up access road. Moderate to difficult.

Rocky Ridge Trail (2 miles)—Starts across from Shelter #5 parking lot and ends into Pigeon Roost Trail. A portion of the trail follows a ridge top gas well road. Be sure to follow trail blazes and watch for the turn off the road. Moderate with steep sections.

Spotted Salamander Trail (¼ mile)—A wheelchair accessible trail across the road from the riding stables.

White Hollow Trail (2 miles)—Starts on the southern end of Davis Creek Trail and ends across from Dunlop Hollow. A portion of this trail follows an access road so follow blazes carefully. Moderate.