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## Winter 2017

*"The clearest way into the Universe  
is through a forest wilderness"  
John Muir*

A belated Happy New Year to everyone, and welcome to our first issue of 2017!

Certainly our newsletter is a work in progress, and we are continuing our effort to develop more diverse content. To this end, we present the debut of a new series: "[Nature's Medicine Cabinet](#)," as well as personal stories from Foundation members that describe their [experiences](#) and [sentiments](#) related to the Forest.



There is [another installment](#) in the early chronology of ownership of KSF lands. We have a report on our [Shirley Schweizer Winter Walk](#) and the [First Hike](#) on New Year's Day.

Look for usual features, including the [Nature Quiz](#) and report from the

[Superintendent](#). Special thanks to all of our contributors and, of course, we welcome input and new ideas from our readers on shaping *The Forest Friend*.



## Events Calendar

### Board Meeting of the KSF Foundation

**Monday, February 6**

**6:00 pm**

*(The room will be available at 5:30 for anyone interested in ordering dinner before the meeting.)*

**Panera Bread - Southridge**

All Members Welcome

Please Join Us!

\* \* \* \* \*

### Night Hikes

**Thursday, February 10**

**6:30 pm**

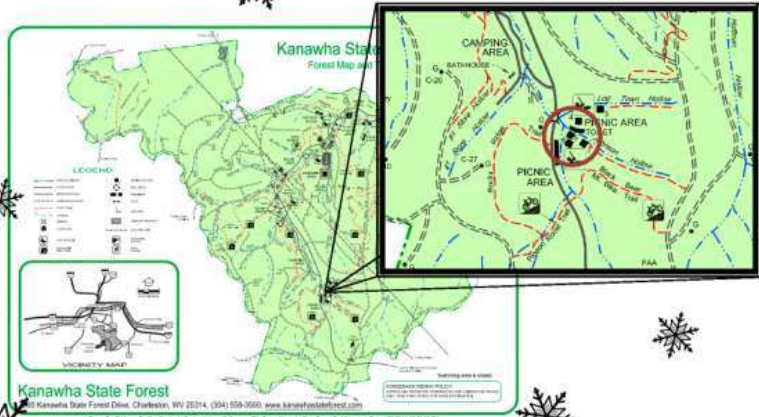
**Meet at Shelter #5**

**Bring a Light Source**

**Admission: Free**



On the night of the full moon, warm up with a fire and a hike through forest and field. We may wander through winter's silence broken by a coyote chorus or an owl calling, a snow falling in a hushed forest, or maybe moonlight shining on sparkling snow. Share stories about your winter wildlife encounters and hike leaders will provide some interpretation for flora and fauna winter survival along the way.



Meet up at Shelter #5 at 6:30 p.m. on February 10th. Dress according to the weather; we could be hiking through snow. Hot chocolate will be waiting for us when we return from the hike. Please bring a light source.



\* \* \* \* \*

## Osbra Eye Spring Wildflower Walks

Saturday, April 22

9:00 am

Held at the Swimming Pool Area. \$5 for Adults; \$2 for children under 16. For additional information, call the park office, 304-558-3500. (See flier below with details.)

\* \* \* \* \*



Kanawha State Forest Foundation Presents

# 2017 Osbra Eye Memorial Wildflower Walks



Saturday, April 22

Register 8:30 to 9:00 a.m. at swimming pool area  
of Kanawha State Forest

Adults: \$5.00	✿	Under age 16: \$2.00
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**Walks 9:00 a.m. - 12:30 p.m.**

***A Variety of Walks, including  
Wildflowers, Medicinal/Edible Plants,  
Trees, Beginning and Advanced Birding,  
Photography, etc.  
(Be sure to bring a camera & binoculars!)***



*Come Join Us For the Sights  
and Sounds of the Natural World!*

*Walks assisted by*

Department of Natural Resources  
Handlan Chapter Brooks Bird Club  
Mary Ingles Trail Blazers  
West Virginia Native Plant Society



**Door Prizes**

**Raffle**

**Hot Dog Sale**

For More Information, Call 304-558-3500
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## From the Superintendent's Desk

by Kevin Dials

Although visitation to Kanawha State Forest slows during the winter time, there is no rest for the wicked on the paid side of things. The renovation of the pool building is in full swing, and the maintenance crew has done a superb job of demolition and framing, creating the shape we want the facility to take. Framing and stud work is nearly complete, which will bring us to wiring and lighting. We are planning to take advantage of Appalachian Power's Take Charge rebate program. By installing approved LED

lighting, we can save up to 50% on our electric bills for that space. Eventually, as time and money allow, I plan to make the same changes to our other facilities and structures in the Forest. When we finish the project, we will have a newly renovated Forest Headquarters building that houses an office, nature center, museum and trading post. The facility will not only make Kanawha State Forest proud, but also set an example for the rest of West Virginia's State Parks and Forests.



The pond dredging project has halted for the time being. There is currently too much flow in the creek, so the plan is to resume in the summer. Please remain patient with us as we work to correct this eyesore and restore the scenic quality of the pond. Interviews were held in late November to fill the vacant assistant superintendent position here at the Forest. As of today, we have yet to hear from the WV Division of Personnel on a final approval of the candidate we chose. We eagerly await word so we can move forward with the hiring and training of a new valuable member of the Kanawha State Forest team.

Naturalist Sara Miller has begun an intensive bird walk program called, "Birding Around the Sun." The walks will take place every Saturday in various locations around the Forest. Birds observed will be logged in eBird, contributing to the worldwide pool of birding data. Walks thus far have yielded several new birders and even some experienced birders. Two different people added a new bird to their life list on the January 28 hike: a red-headed woodpecker and a brown creeper. I encourage each of you to attend, especially if you are new to birding. Sara's goal is to introduce new people to birding and introduce birders to new areas. I have learned so much the last four Saturdays, and I know you will, too.

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## Nature Quiz

### Question . . .

This is an organism whose parasitic larvae live and develop coiled inside the body cavities of such insects such as cockroaches, grasshoppers, beetles, and crickets. They eventually emerge with a thread-like body up to three feet long. During this life phase they are uncommonly seen loosely twisted in a puddle, stream, or on damp ground. (Answer elsewhere in this newsletter.)

## Night Hike

*by Bill Hall*

The Kanawha Trail Club, along with Forest superintendent Kevin Dials and naturalist Sara Miller, held a three-mile night hike on December 5. Led by Sara, Barb Koster,



and Christy Carr, a group of about 30 people and four canines walked into Dunlop Hollow and part of the campground. The night was cloudy and cool, but all participants were equipped with a light source and there were no problems with footing on the level terrain.

Prior to the walk, Sara demonstrated the differences between the wing structures of turkeys and owls, which allows the former to be heard but the latter to be silent during flight. There were several quiet listening pauses over the 90-minute event, but no definite wildlife sounds were heard.

Nevertheless, it was an invigorating evening for fellow hikers who left with a collective appreciation for the serenity of the nighttime

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## Nature's Medicine Cabinet

by Rebecca Linger

Red Trillium (*Trillium erectum*), also known as Stinking Benjamin, is a very distinctive spring flower in the understory of the forest. The plant presents with three large leaves with a beautiful red flower in the center of the leaves. Trillium with white flowers that have a red center are called Wake Robin. All trilliums have the same medicinal properties. The root can be brewed into a tea and helps with pain relief. The tea can also be used as an



astringent mouth wash with expectorant properties. Using the tea in a compress or making a poultice out of the root is helpful in reducing the visibility of varicose veins or healing skin ulcers and bruises. The root has been used traditionally by midwives to induce labor, hence another common name for the species of Bethroot or Birthroot.

Bloodroot (*Sanguinaria canadensis*) is another delicate spring flower whose white bloom is so ephemeral that you could count yourself lucky indeed if you see it blooming. Once the bloom is spent, a seed pod develops in its place (as seen in the photo). The single leaf is deeply lobed and can grow up to seven inches across. Bloodroot is found in swampy soil, usually near the streams of the forest. The root contains a bright red sap that has antimicrobial properties. The active compound, sanguinarine, gets its name from the genus of the plant. There have been clinical studies that suggest sanguinarine may help reduce tooth plaque and, there are some commercial toothpaste brands that include it in their formulation. It is important to note that excess use of the root extract orally can be toxic.

Traditionally, the native peoples of this area used the root to color their skin for various rituals.



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## First Day Hike

by Sara Miller

The weather forecast was ominously predicting rain and snow, and



lots of it, several days prior to New Year's Day. It was uncertain whether the First Day Hike was going to make it beyond the pool parking lot. But when the day finally arrived, the rain held off, and there was even a little sunshine in the mix.

Park guests and hike leaders met at a shelter near the pool for maps, post cards to mail in for State Parks First Hike patches, and details about the hikes. Three hikes were offered for over 175 guests, thanks to the Kanawha Trail Club whose members provided the leadership. The hikes left the parking area at 2 pm. Barb Koster led a 2.5 mile hike along the CCC Snipe Trail, Shrewsbury Hollow, and down Davis Creek. Ron Cockeram led a 1.2 mile hike along upper Davis Creek to the Spotted Salamander Trail and back. Kathy Hastings led a 4 mile hike from a climb up Alligator Rock Trail, across Middle Ridge Road, down Mossy Rock Trail, and then following the CCC Snipe Trail back to the parking lot.

Special thanks to Bill Hall for help in finding potential hike leaders as well as Christy Carr and Carl McLaughlin for assisting our leaders. Sara Miller, KSF Naturalist, assisted Kathy Hastings. Nancy Bricker, KSF office manager, provided a base camp for participants in case problems should arise during the hikes. Thanks also to all of the donors who filled the Kanawha State Forest Foundation (KSFF) box. The KSFF will apply these donations to further improvement and development projects to enhance the recreational experience for Forest users.

The hope is to continue building the First Day Hike event with the help of the Trail Club and Forest staff. We look forward to seeing everyone at our 2017 events and at the First Day Hike in 2018!

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# My Kanawha State Forest Story

by Rick Paugh

I moved to Charleston in 1989. My son was six years old, and we were both used to spending a lot of time in the woods - camping, hiking, anything. When my son was born, we lived three miles out a dirt road in Jackson County. So, I started asking people I met if there were any parks in the area where we could pursue our pleasure. They mentioned places like Shawnee, Springhill, and others. We checked them out but, they weren't close to what we were looking for.



A short time later a gentleman walked into my print shop asking for a price quote on a newsletter on bright green paper. This man's name was Calvin White and the newsletter was for the KSFF! Needless to say a great friendship was formed with Calvin and the Forest. A year or so later I became a lifetime member of the Foundation. After that my son and I spent every possible minute in the Forest. It also became a yearly tradition for my brothers and me, with our kids (until they grew up or we got too old,

depending on who you ask) to spend a week camping there. No RV's, just tents. We still occasionally have cookouts there. I think among all of us we have traversed every inch of Kanawha State Forest numerous times.

Keep up the good work everybody!

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## 2017 Shirley Schweizer Winter Walk

by Diana Green & Bill Hall

All of the 50+ people who came out on the mild, gloomy afternoon for the annual Winter Walk were treated to an entertaining and educational adventure in the arboretum in Shrewsbury Hollow. This year's walk was led by Doug Wood and the theme was "Barking up the Right Tree." Doug can even make tree bark an interesting subject with his explanations of background on the trees, folklore and many of the terms associated with trees and bark.

Doug discussed the different features and purpose of each layer of a tree trunk; how to identify tree "scars;" the reason fungus forms in the sapwood layer of a fallen tree; the hole patterns left in bark by different species of woodpecker; the symbiotic nature and various species of lichen found on bark; the role of lenticels in tree morphology; the use of flaking or peeling bark as roosting sites by bats; and more.

We also participated in an interpretive exercise with small groups portraying different internal and external layers of a tree trunk as well as their functions. It's not easy to envision becoming part of a tree, but the experience was informative and fun with laughing and giggling by all.

Also in attendance was a member of the family which originally settled on KSF land, Clum Shrewsbury (aka Carl McLaughlin). Clum moved to Mason County after joining the Union army during the Civil War and lived there the rest of his life. During his tour of duty, he met Captain William Hovey, who eventually bought the Shrewsbury property. This subsequently led to the beginning of the iron and coal industries in the Forest in the early 1800's.





At the conclusion of the walk, we were treated to a delicious and hearty selection of tomato bisque, beef stew, chili, chicken with rice stew and home-made cookies. Many thanks to the Cub Scouts from Cross Lanes Methodist and the great cooks of the Kanawha State Forest Foundation for preparing a wonderful mid-winter feast.

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## Riding in the Forest - Way Back When

*by Diana Green*

My first introduction to Kanawha State Forest was as a teenage horseback rider in the 1960s. There were no ATVs or mountain bikes then - just a few hikers and sometimes some horse folks trail riding. We once encountered the legendary old man of the Forest, Charley Carlson, when we stopped to rest and have a saddlebag lunch.



From where our horses were stabled to Polly Hollow and back was a round-trip of about 15 miles. At our leisurely walking pace, we could easily be out for four or five hours. Our favorite route was to go up to Middle Ridge, turn left and ride to the Forest boundary, down Rattlesnake Hollow, up the creek and through Polly Hollow and then back by Middle Fork and up the hill behind the Baptist church. I remember riding past blooming mountain laurel and flame azaleas, massive hemlock trees and rhododendron. The Forest was enchanting with the colorful wildflowers in spring.

Once in the 1990s four of us women were riding along Middle Ridge with our dogs along a flat, straight stretch of the trail when we saw what first appeared to be a short thick tree branch. As we approached we realized that it was, in fact, a very large 4½' dark phase rattlesnake stretched across half of the trail. Trying not to provoke it, we stopped, rounded up our dogs and carefully walked single file a very wide, respectful distance around the tail end of the snake. We went about 30 feet farther and turned

to see that it had disappeared into the woods. We breathed a sigh of relief and rode uneventfully home.

Does anyone remember Charley Carlson's book in which he mentions that Rattlesnake Hollow was so named by a "Pioneer Woman" who had found two large rattlesnakes in her kitchen?

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## The Shrewsbury Lands of Kanawha State Forest Part 4: Transitional to Industrial Development

by Carl McLaughlin

*Recap from Part 3: In 1906, American brewer Adolphus Busch bought controlling interest in the Black Band Coal & Coke Co. (BBC&CC). By 1908, Adolphus's son August Anheuser Busch had become president and all the mines in West Virginia had been ordered closed.*

Before the closure of the coal mines, production in tons had been 115,497; 107,227; and 84,082 for fiscal years ending June 30, 1905, 1906, and 1907, respectively. In addition, the company had maintained the Kanawha and Coal River Railway with two locomotives and 103 cars. By 1914, it was reported in the West Virginia Geological Survey that "Black Band Coal mines having been suspended in 1909, the railroad is practically abandoned at present [sic]."

In 1917, Walter C. Hardy, a Charleston lawyer, signed a contract for the repair of the railway as an agent for BBC&CC. This repair was to be completed in a manner sufficient to allow the safe transfer of all machinery, rails, and equipment from the end of the railway at Chilton, back to its terminus at the Village of Springhill, in order to complete public sales of said items.

A decade later in 1927, Walter C. Hardy signed off as president of BBC&CC, "All the right, title and interest" of several tracts of land to F. Lory & Sons. The amount of land was approximately 6,700 acres with Lory & Sons gaining title to the standing timber. Lory & Sons ran a planing mill on Charleston's West Side. On the exact date of this deed, Lory & Sons entered into a contract with Quince Jones for timbering on said lands. Jones was a noted lumberman and banker from South Charleston.

In 1930, a chancery case related to this land sale brought Walter C. Hardy into court as the sole plaintiff while the main defendants were BBC&CC, Lory & Sons, and Quince Jones.

This litigation will be explained next time in Part 5.

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## Nature Quiz

### Answer . . .

Horsehair Worm (*Nematomorpha Gordiacea*). A nematode or roundworm, their eggs are deposited in a water plant and then hatch into larvae that are ingested by insects. They survive 4-20 weeks by absorbing nutrients consumed by the host insect before exiting through an opening (like the mouth). The mature worm then will crawl to water to resume its life cycle.

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## A Big Thank You! . . .

to the following for their generous donations this past quarter:

Glenna Ackerman (In memory of Mae Ellen Wilson)  
Patricia Allison  
Evan Buck  
Barbie Dallmann  
Denise Ferris  
Linda Frame  
Katherine Hastings  
Yvonne Khourie  
Thomas Percy  
William Palmer  
John Rawlins

## Welcome New Members!

Kay Rotz  
Denise Ferris  
Christopher Gatens

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## KSFF Membership & Donations

The Kanawha State Forest Foundation depends on your dues and donations. The Forest needs your support. Something always needs to be repaired, renovated, or rebuilt at the Forest, and there is never quite enough in the budget from the State. Your membership dues are the fixers for the Forest.

The Foundation membership year is January 1 through December 31. Membership renewals are due by January 1 of each year. Please help the Forest by keeping your membership up to date!

Make checks payable to: Kanawha State Forest Foundation  
Send to: John Fischer, Treasurer, 100 Wills Drive, Charleston, WV 25309

- Family Membership – \$25
- Life Family Membership – \$450
- Individual Membership – \$15
- Life Individual Membership – \$300
- Donation\* – \$\_\_\_\_\_



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\*All donations will be used for Foundation programs and can be specified for certain projects as approved by the Foundation. The Kanawha State Forest Foundation holds an exemption from federal income tax under section 501(c)(3) of the Internal Revenue Code.

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**A big thanks to all contributing photographers  
for generously allowing the use of their photographs.**

**If you have photos to share, please contact our Editor, [Bill Hall](#).**

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