



Jennifer Bauman <jabauman123@gmail.com>

---

## The Forest Friend - Winter 2018

1 message

---

**KSFF** <sawrhall@suddenlink.net>  
Reply-To: sawrhall@suddenlink.net  
To: jabauman123@gmail.com

Mon, Jan 29, 2018 at 10:24 AM

# Winter 2018



*"Winter is the time for comfort, for good food and*

*warmth, for the touch of a friendly hand and for a talk beside the fire; it is the time for home."*

*Edith Sitwell*

## From the Editor

*by Bill Hall*

We have emerged from our deep freeze and days are slowly getting longer as we draw closer to spring. Looking back, however, we have excellent reviews of our annual Shirley Schweizer Winter Walk by participant Diana, and leader Doug Wood. Diana also presents a personal account of the benefits of the forest experience in a second article. We have a summary of the Birding Around the Sun program for 2017 and another installment of Nature's Medicine Cabinet.

You will also find the final installment of our KSF history series by Carl McLaughlin. We pay tribute to two resigning Board members and welcome one new member to our group. A year-end financial report is included for your perusal as well. Finally, look for our regular features including the nature quiz, update from our volunteer coordinator, and superintendent's report.

## Upcoming Events

### Board Meeting

**Monday, February 5, 2018 at 6 p.m.**

**Panera Bread at Southridge**

All members are welcome

Attendees are encouraged to arrive at 5:30 to eat before the meeting

### Osbra Eye Memorial Spring Wildflower Walks

**Saturday, April 14, 2018 at 9 a.m.**

Register at Nature Center 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**

# 2018 Osbra Eye Memorial Spring Wildflower Walks

**Saturday, April 14**

**Register 8:30 to 9:00 a.m. at the Kanawha State Forest  
Nature Center** *(former swimming pool building)*

Adults: \$5.00



Under age 16: \$2.00

**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**

For More Information, Call 304-558-3500

## From the Superintendent's Desk

*by Kevin Dials*

Winter is upon us at Kanawha State Forest. As difficult as it is to dress for and work in the lengthy cold spells we have had, I realize that they could have a positive effect on the Forest, making it more difficult for invasive insects to thrive. The cold is necessary, and it will make the arrival of spring even sweeter.

Winter events at the Forest have been well attended in spite of the cold. Our Birding Around the Sun for 2017 concluded with regular attendees remaining faithful to the end. At the conclusion, we put our heads (and notes) together and realized that we observed 102 species during the year at the Forest!

We had a large snowstorm the day of our year-end celebration, so we have decided to host an encore on February 10. Bird hikes will continue in 2018, one or two Saturdays a month.

Our First Day Hike was successful as always, with 119 people showing up in the 16-degree cold. The following Saturday, we hosted the Frozen Sasquatch Ultra Run and the Shirley Schweizer Winter Walk.

Work continues on our new Forest Headquarters building. Although I can't adequately predict when we will be finished, I am encouraged every time I enter the building and see the hard work being performed by the Forest's dedicated maintenance staff. In a time when it's necessary to perform these renovations in-house, our staff have stepped up and made it happen. The opening of that facility will nearly coincide with the implementation of WV State Parks' new web-based reservation system. Lodge and cabin parks are already seeing the increased occupancy and revenue from this system. Camping parks are scheduled to go live this spring. The system will support online reservations for our camping and picnic shelters, as well as a point of sale management system for our gift shop.



---

## Nature Quiz

Q: This common small woodland mammal has sharp, spike-like teeth and is considered to be a ferocious hunter. It bites its victim in the throat and face, causing nearly instant paralysis from a toxin in its saliva. The venomous saliva is not dangerous to a human, but the bite may be painful for days. (*Answer appears later in this newsletter.*)

---

## Shirley Schweizer Winter Walk Report

The Kanawha Valley in the Winter of 1768

*by Doug Wood*





*Jennifer Bauman Photos*



The Forest was bustling with activity the first week of this new year. Monday, the first, hosted the First Day Hike, while Saturday, the sixth, hosted two events: the Frozen Sasquatch Distance Run and the Shirley Schweizer Winter Walk. The two Saturday events shared the Nature Center space and our food, but our themes were definitely different.

Most of the 30 or so SSWW attendees hiked briskly up Shrewsbury Hollow after a short introduction regarding the historical setting of the year 1768. January of that year a Cherokee diplomatic delegation was staying at Johnson Hall on the Mohawk River in New York (a roughly 1,500-mile round trip from western Tennessee), awaiting the arrival of delegations of the Six Nations Iroquois Confederation and Seven Confederated Native Nations of Canada. The diplomats were going to establish a peace treaty between the northern and southern American Indians who had been enemies since the mid-1600s. After deliberations in March, the peace treaty was signed by all parties and the next order of business over the remainder of the year was to be a treaty establishing a boundary line between the British North American colonies and the Native Nations' traditional hunting lands.

The Ohio Valley region natives, the Mingo, Wyandotte, Delaware, and Shawnee were nervous about these treaties. It appeared that the Iroquois and the Cherokee were going to sell the others' traditional hunting grounds between the Allegheny Ridge and the Ohio River (including most of present-day West Virginia) out from under them. The year 1768 might be the last year they would have access to those lands for their fall and winter hunts without having to dodge lead balls from ne'er-do-well Virginia frontiersmen who would begin swarming over the region before the ink was dry on the treaty documents. The Kanawha Valley region was known as an excellent hunting ground for the important big game animals: Deer, Elk, Bison, and Black Bear.

Our brave winter walkers left the relative warmth of the Nature Center and briskly hiked to the canebrake in the picnic area up Shrewsbury Hollow. We learned about the cane that grew nearly at its northern limit in the Kanawha Valley area in the 18th century, its uses by southern American Indians and its use as winter livestock fodder for the first Virginia colonists who reached the area after the treaties were signed. Next we moved on up the hollow to a replica temporary single-family winter hunting station, with a small lean-to framed with broken branches and covered with hides of Elk and Black Bear. The camp had some of the typical supplies that would have been found at one of those stations, a metal pot for rendering bear fat into oil over a fire, a deerskin bucket for holding the bear oil, some bark containers for collecting nuts and maple sap, a buffalo robe and wool blanket for a bed, and a woven splint pack basket. I was dressed in a typical outfit of the period, a mix of English manufactured clothing and native-manufactured animal skin wear, accoutered with a British long-land musket, tomahawk, knife, lead balls, black powder, and a bear gut bandolier full of bear grease. We discussed the importance to the Euro-Amerindian trade of Deer skins taken October-December and Beaver skins taken December-March. We also discussed the great importance of winter bear hunting for the manufacture of bearskin blankets and winter clothing, bear

grease for medicinal, edible, and other health purposes (like controlling lice and preventing skin chafing in winter).

After demonstrations by a couple of volunteer walkers on how to wear a reversible bearskin cloak and how to carry a bundle of trade skins on your forehead with a tumpline, we headed back down to the "warming hut" to be regaled with five delicious soups/stews, fruit, cookies, and warm drinks. I showed the group a map of the boundary lines that came out of the 1768 treaty. The Iroquois and Cherokee boundaries overlapped in southwestern West Virginia and ran northwest from Fort Chiswell (present-day Austinville, Virginia) to the mouth of the Kanawha River (southside of Point Pleasant, West Virginia). Kanawha State Forest fell on the Virginia side of the line, while Alum Creek fell on the Cherokee side. This little-known part of West Virginia history was an outgrowth of peace negotiations after the French and Indian War and the War for the Middle Ground (Pontiac's War). I would like to say the historical education portion of the SSWW was the highlight of the day, but I think it was outshone by the good grub and cheerful camaraderie. Readers, take a lesson from participants at the three events that occurred during what may very well be the bitterest and longest cold snap this winter, get out and enjoy the forest in any season so long as you prepare properly.

Thanks to all the volunteers from the KSF Foundation, the Mary Ingles Trail Blazers, and the Kanawha Valley Master Naturalists, and to the KSF staffers, Nancy and Steve. I hope to see you at the Osbra Eye Memorial Wildflower Walks this coming spring.

---

## Nature's Medicine Cabinet

*by Rebecca Linger*

During the first week of 2018, I found myself meeting with so many people who were hacking, coughing, and blowing their noses that I decided this newest installment needed to be about cold and flu remedies.

### Elderberry





The American Elder (*Sambucus canadensis*) and the European Elder (*Sambucus nigra*) have a fruit that, once cooked, has a delightful flavor. Ripe berries can be eaten raw, but not too many at a time; you'll get a bit of a stomach ache. The American Elder is a shrub that can grow to 12 feet. You'll find Elders growing in swampy ground, usually by a stream. The white flowers will appear in late spring and last until late summer. By the fall, the umbel of flowers will start to ripen into dark clusters of berries. The flowers can be steeped in hot water and used as a tea to break fevers by bringing on sweating. The flowers can also be fermented into elderwine. The berries are where the real medicine resides. Making a thick, sweet syrup with the berries, one can treat early flu symptoms by taking two tablespoons of this syrup every four hours. The action of the berries is similar to the mechanism of action of Tamiflu. In fact, the syrup is available commercially, and this author always keeps a bottle in her medicine cabinet for when her "petri dishes" (aka students) try to give her the gift that keeps on giving. The berries contain many flavonoids, which have wonderful antioxidant properties that can stimulate the immune system. If you choose to make your own elderberry syrup, be sure that the shrub is growing where it is not being contaminated by road runoff. Many of our backroads are lined with Elder, but *Sambucus* has an uncanny knack of drawing up heavy metals and other toxins from the soil. (Photo credit: Robert H. Mohlenbrock, hosted by the USDA-NRCS PLANTS Database / USDA SCS. 1989. Midwest wetland flora: Field office illustrated guide to plant species. Midwest National Technical Center, Lincoln.



## Slippery Elm

*Ulmus rubra* is known by many common names: slippery elm, red elm, Indian elm, moose elm, sweet elm, but all have a similar medicine within the inner bark of the tree. The inner bark is collected in early spring and ground into a powder. Upon soaking in water, it creates thick mucilage that is soothing to the skin and the throat. The bark contains starches made up of a variety of sugars that acts as the thickening agent. There are also several types of phytosterols that may have some anti-inflammatory properties. Finally, the presence of tannins creates an astringent that will soothe the pain of inflammation quite well. The powdered bark has been shown to stimulate the nerve endings in the GI-tract to cause mucus secretion to protect the stomach, small and large intestinal walls. From this mechanism, slippery elm has been used to treat everything from stomach ulcers and diverticulitis to expelling tapeworms. The plant material is generally recognized as safe by the FDA, and a search of the literature finds no reports of toxic events. While it has been used for over a century as a medicinal plant, the concentration of carbohydrates and sugars make it a good convalescence food as well. Older herbals speak of using the Slippery Elm inner bark as baby food or a good meal for a very sick elder. Recently, our own Doug Wood told us of another use for slippery elm. The powder of the inner bark was used during rendering to keep bear fat from going rancid over time. As for this author, I remember the tins of slippery elm lozenges that were sold at my corner druggist when I was a kid. For an eight-year old, however, they were like sucking on a stick and not as pleasant as the wild

cherry lozenges made by another company. (Photo Credit:  
<http://7song.com/photogallery/slippery-elm-cross-section-of-log/>)

---

## Welcome New Members

**Lucy Briggs, Charleston**

**Will McIlvain, Charleston**

**Jonnette Kirkwood, Charleston**

## *Thank you to Animal Care Associates*

*by Bill Hall*

The KSFF Board voted during its annual meeting to support Animal Care Associates Veterinary Hospital with a one-time donation of \$100 to its Wildlife Fund.

ACA has partnered with Three Rivers Avian Center (TRAC) in the care and rehabilitation of birds of prey as well as waterbirds. Information on their website mentions they also will raise orphaned song birds in springtime.

Superintendent Kevin Dials has taken several injured raptors to ACA during his tenure and has been highly complimentary of their services.

## Thanks for Your Generous Donations

**Thompson & Kelly Percy**

**Nancy Street**

**Barbie Dallmann & Dannie Walker**

**Kathy Hastings**

**Heidi Talmage & Chris Nagorka**

**Roger Hardway**

**Barbara Frierson**

---



## Volunteer Update

Volunteers wrapped up a busy year at Kanawha State Forest, ending 2017 by cleaning all the signs, and painting all the signposts, from the front entrance to the forest office. They also painted the fencing around Ellison Pond and put a fresh coat of stain on the children's fishing pier. 2018 is expected to be even busier!

The Kanawha State Forest Foundation has received a \$9,000 grant from the C.C. Dickinson Family Giving Circle to host an outdoor classroom for inner city students on May 10, 2018. A variety of volunteers are needed to help plan this interactive learning experience. Additional volunteers will be needed on the day of the event to set up, greet guest speakers, chaperone student groups, serve lunch, and help with clean up.

We'd like to have the Forest facilities looking their best, so when the weather warms, volunteers will be needed to complete the prep and painting of shelters and restrooms in Johnson Hollow.

The best way to find out about events and volunteer opportunities at KSF is to follow the Kanawha State Forest Foundation Facebook page: <https://www.facebook.com/KSFFoundation/> . You can also send me an email or text.

Jennifer Bauman, Volunteer Coordinator

Kanawha State Forest Foundation

Email: [jabauman123@gmail.com](mailto:jabauman123@gmail.com)

Cell: 714/856-5533



---

## Shrewsbury Lands of Kanawha State Forest

*by Carl McLaughlin*

### Part 6: The Decline of Industrial Development

*Recap from Part 5: Quince Jones began his involvement at KSF as a contract lumberman in 1927 with Lory and Sons but by 1931 Jones owned these KSF lands.*

Part 6: Quince Jones was born in Raleigh County, West Virginia, in 1881. At age 20 he became involved with the Mankin Lumber Company of Fayette County.

In 1915 Mr. Jones relocated his family to South Charleston, where he became one of the “actuating principals” in the city’s development. He was elected to the first city council and became president of the First National Bank of South Charleston, which handled the city’s finances.

In 1928 Jones organized the Clear Fork Lumber company of Raleigh County, which he operated until his death in 1936 at the age of 55. At this point Jones’s personal involvement in KSF lands is murky to this writer. When he purchased KSF lands on May 11, 1931, he also entered into a deed with the Central Trust Company for their “one undivided half interest in all of the timber standing” on these lands. On this same date R.G. Kelly was made trustee. The Central Trust Company ran the timber operations at this point.

On August 30, 1937, one year after Jones’s death, these lands and the “one undivided half interest in all of the timber” were sold to the Kanawha Valley Bank by the Central Trust.

Kanawha Valley Bank’s sale of these lands would lead to the involvement of the Civilian Conservation Corps in lands containing 6,767 acres.

---

## Winter Walk Review

*by Diana Green*



Despite the bitter, sub-freezing temperatures, a hardy group of about 30 people took a walk through the “Winter of 1768” with Doug Wood. The year 1768 was noteworthy in American history because it was the year that a treaty between the British government and the leaders of the Iroquois nation negotiated an agreement to establish a boundary line giving much of the land south of the Ohio River to the English.

The Iroquois claimed authority and signed a treaty for the Delaware, Shawnee, and Mingo tribes, whose claims were ignored, as were those of the Cherokee. With great uncertainty as to where the line would be drawn through western Virginia, the tribes who had hunted the area east of the Ohio River for generations were faced with the loss of their prime hunting areas.

Dressed in a fox pelt hat, animal skins, and clothing authentic to the time, Doug led the group up Shrewsbury Hollow to a typical 1768 hunter’s camp shelter constructed of tree branches, elk and bear skins. Our part of West Virginia was well-populated with deer, bears, elk, and other game. He gave an entertaining account of the importance of the Indians having pelts to trade to the English in exchange for metal cooking pots that worked much better than the breakable clay cookwear of 1768. One unforgettably interesting fact that we learned during the walk was that Indian women were so strong that they could carry 100-pound bundles of furs a distance of several miles in one day.

In great detail, Doug described what the early explorers, settlers, and native peoples would have done to survive through the winter. Settlers’ cattle could subsist on the native cane and grasses. Trappers, explorers, and Native Americans found bountiful wild game from which they could preserve the furs to wear, sell, or trade as



well as the meat and even the fat. Doug also gave a very amusing and educational explanation regarding the many uses of bear fat and grease and the use of tree bark to preserve it.

At the end of the hike, the group warmed up with delicious hot stew and chili as Doug explained how the final boundary was decided and some of the lesser known details of personal hygiene in 1768. This look into our past was a great way to start 2018.

---

## Birding Around the Sun 2017

*by Sara Miller*



On January 13, 2018, an event was held to celebrate Birding around the Sun throughout 2017. The majority of Saturdays in 2017 were filled with birding Kanawha State Forest's CCC Snipe, Polly, Wildcat Ridge, Spotted Salamander, Pigeon Roost, and Black Bear trails, as well as Range Road and Ellison Pond. Apart from identifying songbirds by sight and sound, participants were always encouraged to simply enjoy all that the Forest has to offer from wildflowers to wild-looking insects.

There will be an encore event to celebrate our 2017 adventures on February 10, when we will announce the total number of species observed for that year. We have added more to the list since January's event! Meet at the former pool parking lot/Camp Kanawha at 10 a.m. for the bird hike, then meet back at Camp Kanawha at the new office (unfinished) for the party. There will be a raffle, a pine cone bird feeder building activity, a coloring table, puzzles, snacks, and cookies.

# KSFF Board in Transition

by *Bill Hall, Chairman*

The KSFF Board learned of the resignation of two long-term members and welcomed one new member at its annual meeting on November 6, 2017. Frank and Carolyn Barker resigned their positions and James Bush was elected to his first five-year term.

The Barkers served with distinction for eight years and demonstrated enthusiasm, an unparalleled level of participation, and steadfast commitment in their roles. They readily took the lead in planning and coordinating our annual events as well as other volunteer activities. Carolyn served as treasurer for several years and both could be counted on to recommend and support improvement projects in the Forest. KSFF Board members collectively extend our sincere gratitude and best wishes to them as they leave our team.

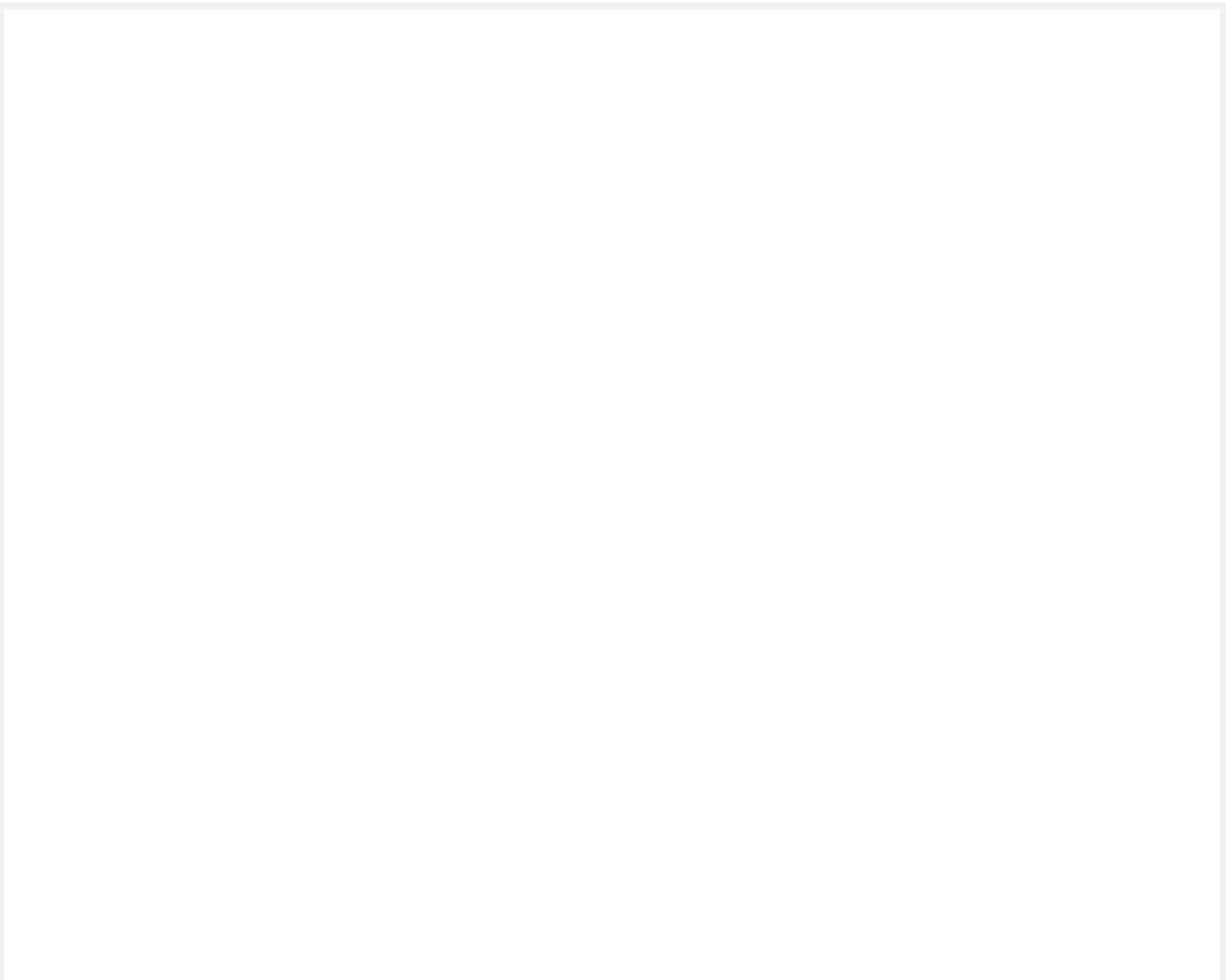
At the same time, we welcome James Bush to the Board. James comes to us with expertise in reviewing/writing grants and enjoys the recreation benefits of KSF. We look forward to collaborating with him in developing new grant proposals for the improvement of Kanawha State Forest.

---

## Nature Quiz Answer:

### Short-tailed Shrew (*Blarina brevicauda*)

Solid gray and 4-5" long. A voracious insect eater that prefers to tunnel below ground, through the leaf litter, or at the snow/ground interface. Engages in bouts of frenzied activity lasting up to 5 minutes but total active time only 16% of a 24-hour period.





**Kanawha State Forest Foundation**  
**Summary Financial Report for 2017**

Beginning Cash Balance	.....	\$37,188.24
Receipts	.....	\$10,301.01
Expenditures	.....	\$13,235.13
Ending Cash Balance	.....	\$34,254.12
Total Designated/Restricted	.....	\$11,334.35
Unrestricted Cash Balance	.....	\$22,919.77

## 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\* \$ \_\_\_\_\_

**Total Enclosed: \$** \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & ZIP: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Business Phone: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_

Check here if above info has changed

\*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.

## **Newsletter Staff**

**Editor -- Bill Hall**

**Word Processing and Layout -- Barbie Dallmann**

**Printing -- Minuteman Press**

**Publicity and Mailing -- Carolyn Welcker**



FOLLOW US



**Questions?** Contact us today [304-558-3500](tel:304-558-3500)

Newsletter Editor, Bill Hall - [Sawrhall@Suddenlink.net](mailto:Sawrhall@Suddenlink.net)

**Unsubscribe**

This message was sent to [jabauman123@gmail.com](mailto:jabauman123@gmail.com) from [sawrhall@suddenlink.net](mailto:sawrhall@suddenlink.net)

KSFF  
Kanawha State Forest Foundation  
7500 Kanawha State Forest Drive  
Charleston, WV 25314

