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THE POTOMAC APPALACHIAN



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CentennialFest and Award Nominations Closing Soon!

CentennialFest Registration closes September 18. Learn more about [CentennialFest](#) and check out our [Activity updates](#).



[Volunteer Award](#) Nominations close September 7. Submit your nominations today!



President's Logbook

Article and Photo By Jim Fetig



As summer closes out, your club officers are busy building next year's budget, planning CentennialFest, and gearing up for the election of new club officers. For one, I will reach my term limit as president and will not run again for elected office.

As one who is officially geriatric, both observation and experience have taught me that sticking around too long inhibits the development of new leaders who have new and possibly better ideas. It's time to make room for new talent.

That does not mean that I'm going to go hide behind my McLeod (trail tool). I'm going to be out there digging holes, bucking blowdowns, and awarding tenure to my favorite

waterbars. I'll also be helping the Supervisor of Trails to develop, improve, and sustain our training programs. I'm also willing to accept assignments the next president may present.

As we contemplate our 100th year, we are on the cusp of change. Change arrives in many forms, some you can't anticipate and some you can. The key is to be as flexible and adaptable as possible. For example, several staff members have told us they will be leaving in the relatively near future. They have been kind enough to give us much more than the usual two-weeks notice.

This is a golden opportunity to review and align staff functions for efficiency and better functional support of our club leaders who both lead and manage their respective

areas. It's also an opportunity to review compensation and benefits to ensure the club can attract the best talent we can.

We are seeing operational changes in the way we work with some of our partners. As federal rules change, the way we conduct our business can be just as new for them as it is for us. Nothing stays the same; it's how we adapt that matters most. Patience working through the issues is better than having a meltdown at the candy counter.

Climate change continues to rear its ugly head in the forms of invasive species, drought, and changes in weather patterns. A combined north and central district crosscut crew recently cleared tornado damage on Shenandoah's Buck Hollow trail while the park service crew cleared the Buck Ridge trail.

My backyard has been no refuge either. This summer we found the invasive tree of heaven and wavy leaf basket grass in the back yard. We sadly lost a venerable old tulip poplar to drought. Trunk measurements suggest it was between 160 and 180 years old! Rather than take it down to the ground, we left a 12-foot -high stump for our chainsaw carver to gnaw on. We used the sculpture at Bears Den for inspiration. So far, so good.

Centennial Stories

By Matt Waurio



Over the past few decades, while film cameras, and then smartphones and social media became commonplace, PATC has played a smaller role in collecting and preserving the stories of its members. Today, with more media collected than ever before, content is distributed across personal devices, social media accounts, and family photo albums. So, as we digitize PATC's historic documents at HQ, we want to also make sure that we create space for members to continue to submit their PATC-related media with the option to provide their context on projects and people. These stories bring us together and humanize our process of creating outdoor access for all.

Our staff member **Jess LaPolla** and volunteer **Bob Malkowski** have created a new online submission tool where members and friends of PATC can submit photographs, videos,

audio recordings, written documents, and other historical materials for long-term preservation. We hope that you will use it to tell your PATC story. Whether as audio of some moment or memory, a few scanned photos from your family album, or a short-form video interview of a PATC member, we encourage you to submit your media, sharing why it is important to you, so that it remains part of PATC's accessible history.

You can submit your stories on our newly launched [Centennial webpage](#).

As we look toward our second century, preserving our history isn't simply about nostalgia. It's about strengthening the community that has always made PATC successful. It's about learning from the past and knowing what's been done so we can drive for a better future. Every story saved reminds us that stewardship is ultimately about people working together to care for trails, protect public lands, and create opportunities for others to experience the outdoors.

A century from now today's volunteers will be the history someone else is discovering.

Introducing PATC's New Supervisor of Outreach!

PATC is pleased to introduce our new Supervisor of Outreach, **Bob Malkowski**! A longtime outdoor enthusiast and program manager, Bob brings a wealth of experience in hiking, volunteer leadership, and community outreach to PATC. After a career in the U.S. Coast Guard



managing IT programs, Bob now lives in northern Virginia where he was the president of the Wanderbirds hike club, volunteers extensively with local Boy Scout organizations, and is nearing completion of an AT section hike.

One of his interests is helping PATC strengthen its outreach to local organizations and companies in order to connect more people with the opportunities PATC provides.

Please congratulate him when you see him on the trail, at a PATC event, or around the Club.

Southern Shenandoah Valley Chapter Unblocks the Carr Mountain Trail

By Paul Boisen

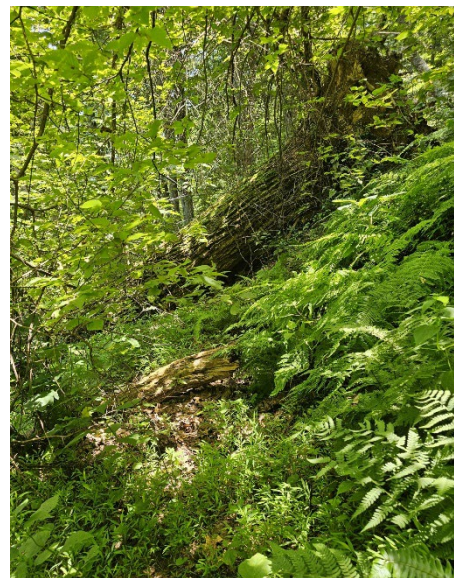


By Malcolm Cameron: Lynn Cameron paints a blaze on the Carr Mountain Trail

On a terribly cold morning in December 2025 on the Great Eastern Trail (GET) just south of Bergton, VA, **Lavern Beachy** (trail name GETe Farmer ('e' for 'enthusiast')) woke up and decided that he had had enough of this particular December! He packed his tent, put on every stitch of clothing he had, and started walking south at 5 A.M. In a few minutes he was warm, and in an hour he had cell service. He

contacted **Jim Fye**, who had made a standing offer of extraction, and then walked 18 miles south to the pickup point.

That 18-mile walk started with the Carr Mountain Trail, which turned out to be one obstacle after another: branches down everywhere, a 30" blowdown to scramble over, multiple downed tree canopies that had to be circumvented, faded blazes, and dense patches of bramble colonizing the tread. This was disappointing, as the Southern Shenandoah Valley Chapter (SSVC) of PATC had constructed the Carr Mountain Trail during April 2009 to April 2015, and it was officially part of the GET. GET is an 1800-mile path connecting Alabama to the Finger Lakes trail in New York (<https://www.greateastertrail.net>). The 6-mile Carr Mountain Trail was built to connect Church Mountain with Shenandoah Mountain.



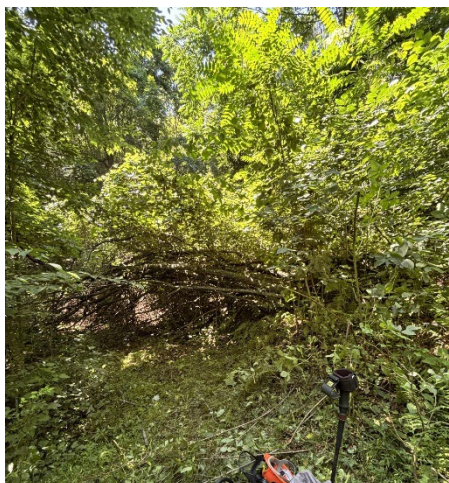
By Lavern Beachy: The 30" blowdown as we found it. The heavy unstable rootball uphill made it dangerous to cut.

Jim and GETe Farmer met on highway 33 at the High Knob trailhead and began a conversation about what could be done to improve the trail. By April the SSVc was advertising a July multi-day work trip on the Carr Mountain Trail. At the request of SSVc, the George Washington National Forest North River District cleared the majority of the 6-mile forest road to the trailhead. Fye, Beachy and **Paul Boisen** made two additional preparatory trips in June and July to clear blowdowns off the last mile of forest road. They also weed-whacked a small meadow near the trailhead for use as a campsite, and discovered a horse trail, a pond, and a fire ring. The last blowdown before the meadow was made into firewood.



By Paul Boisen: The 30" blowdown as we left it, showing Larry Ragland's handiwork

On Monday, July 13, four people in two pickup trucks made the bumpy 6-mile trip from the Bergton Blue Hole up 1400 vertical feet to the meadow. They set up tents and walked to the Carr Mountain Trail. Lavern Beachy went first with a weed-whacker, determined to clear tall grass and brambles off three miles of trail. He had to scramble around obstacles again, just as he did in December, but the result was that the three following sawyers (**Larry Ragland**, Jim Fye, Paul Boisen) had easy tick-free access to those obstacles. On this first day, Lavern weed-whacked two miles of trail, and Larry Ragland cut a step into a 30" tree trunk using a 16" chainsaw (actually severing the trunk was not advisable, as the uphill rootball was not stable).



By Larry Ragland: The start of a 45 foot section of trail blocked by tree canopies. Foreground: the chainsaw that cleared it.

That evening the group convened in the meadow for supper at a portable picnic table and shelter provided by organizer Jim Fye. Later there was a campfire, and an impressive display of stars in the clear sky. Frogs from the nearby pond sang the group to sleep, and Whippoorwills woke them in the morning.

Tuesday began similarly, with Lavern shooting out of camp early as if the brambles were running away. Jim and Paul followed with hand saws, along with Larry and his chainsaw. They dropped a one-gallon water cache

about a mile from camp, since the day was hot and they knew that four more people (**Lynn and Malcolm Cameron, Tim Hupp, and Ron Stoltzfus**) were due to arrive as the day heated up. The Day-Two Crew concentrated on the first 1.5 miles of trail, clearing smaller downs left by the saw crew, clipping, removing debris from the trail and painting yellow blazes. Tim Hupp, Great Eastern Trail Association President, caught up with Paul and Larry working on a trio of downed trees, then continued working further up the mountain trail to eventually speak with Jim and Lavern.

In the early afternoon all eight workers convened in the meadow to pack up camp and start driving down the mountain. An hour later they arrived at the Bergton Blue Hole, where Paul's wife Krisztina Székely provided a meal of Hungarian Gulyás (beef stew) with Meggyes Piskóta (cherry sponge cake). Comparing notes, we learned that the weed-whacking extended 3.5 miles up the trail, and the sawyers had cleared to 2.5 miles. The other half of the trail is not as badly conditioned as the first half was, and we expect to have an easier time on the follow-up trip starting at the remote trailhead. Future GET hikers will have a much easier time due to SSVC's efforts.

Staying Safe on the Trail: Hikes Committee Outdoor Safety Webinar Series

By the PATC Hikes Committee



The PATC Hikes Committee recently launched an educational webinar series focused on essential hiking and backcountry safety. The first two sessions, "Tick Awareness and Prevention" and "Heat Injuries, Blisters, and Snake Bites," successfully drew strong attendance from across the PATC hiking community. A third session covering first aid kits, risk management, over the counter medicines, and allergy and anaphylaxis safety has just

wrapped up. Designed to support both general members and active hike leaders, these online events represent the beginning of a continuous safety and information initiative.

Expert Insights & Practical Knowledge

The initial webinars were co-sponsored by the [Center for Wilderness Safety \(CWS\)](#), a nationally recognized 501(c)(3) nonprofit organization with over two decades of experience in wilderness medicine education. Sessions were led by CWS Director and Co-founder Clif Castleman. Clif skillfully blended extensive technical knowledge with wit and humor, transforming complex medical protocols into an entertaining and highly informational hour. We look forward to a continued partnership with the Center.

Program Expansion and Future Topics

The Hikes Committee is expanding its curriculum to cover a broad spectrum of trail-ready skills. Additional sessions currently under development include:

- Common hiking and orthopedic injuries
- Winter hiking challenges and hypothermia
- Digital trail navigation via Gaia GPS and AllTrails
- Hike docent training

Watch Online and Get Involved

Missed a live event? Full recordings of all past webinars are uploaded publicly to the [Potomac Appalachian Trail Club YouTube Channel](#) under the "Videos" tab.

The Hikes Committee relies on member feedback to shape future programming. If there is a specific safety topic or backcountry skill you want covered in an upcoming session, please submit your suggestions directly to the committee at Hikes@patc.net.

Derocking the Roller Coaster

By Steve Phillips

Perfect weather, a great group of people, nice accommodations, and useful work--a productive weekend for the Cadillac Crew! On Friday afternoon, many of us arrived at the Blackburn Trail Center and enjoyed our dinners and seeing friends after we missed the June trip because of rain. The new caretaker had Blackburn ready for a crowd of about 20

but about 30 people showed up to work. The next morning, we ate a hearty breakfast, then headed to the worksite near Raven Rocks. The weather was clear, with a slight breeze, not too sunny or hot—in short, the kind of work weekend we had been waiting for.

After Cadillac Crew leaders **Dan and Ellen Feer** guided our safety review, we got our tools from **Robert Fina** and set to work. Our tasks included derocking the trail, then smoothing it with mineral soil we dug up nearby. We also needed to make sure that water would flow off rather than straight down the trail. The Crew was happy to welcome three new participants: Haley McCloud, Brett Moody, and Olivia O'Donnell. They were great workers!



By Robert Fina: Safety briefing (clockwise from bottom): Bill Greenan, Molly McKinley, Janet Arici, Chris Brunton, Jim Palmisano, Mark Wroble, Haley McCloud, Brett Moody, Olivia O'Donnell, Amanda Alleyne, Ellen Feer, Tysha Robinson, Neil Hopper, Cat Randa



By Bill Greenan: Before derocking: Haley McCloud and Brett Moody

Using rockbars, **Bill Greenan, Neil Hopper, and Jim Palmisano** moved rocks weighing up to 600 pounds from the trail. Removing obstacles was only the start. Robert Fina and **Kate Walker** found “dirt mines” and **Aidan Badwhar, Ellen Shaw, Steve Phillips, and Janet Arici** stockpiled valuable mineral soil.

We enjoyed a spectacular lunchtime view when we sat at Raven Rocks, then got back to work. **Alice DeCarlo, Amanda Alleyne, Marty Martin, Mark Wrobel, Cat Randall, Molly McKinley, Brian Napier, Tysha Robinson, Ellen Feer, and Nina Blagrove** helped smooth

the trail, which included spreading that mineral soil and the tough job of using sledgehammers to break up rocks.

Dan Feer led the way using the sledge to break up rocks we could not get out of the ground.



By Bill Greenan: Molly McKinley making crush

Hard work, but fun to see progress. Throughout the day, we yelled “hikers up” or “hikers down” to alert the crew of others on the trail. Back at Blackburn, **Chris** and **Erica Glembocki** helped with weeding and other tasks needed to keep the center looking good.

On Saturday evening the crew had a great happy hour and dinner. Nina, Alice, and **Martha Becton** brought fresh vegetables and fruit from their gardens. After dinner District Manager **Chris Brunton** told us of his experiences building the original trail decades ago. There was singing, guitar playing and card playing and more story telling—a fun night for everyone. A newcomer, Olivia, beat many experienced hands at cards.

On Sunday, Martha not only helped smooth the trail, but led us in stretching exercises to keep us limber and healthy. She also brought the most valuable member of the Cadillac Crew, a good dog named Fred who quietly supervised. At noon, we returned to Blackburn, satisfied that one of the busiest stretches of the AT is safer and easier for hikers. The improved trail will prevent hikers from widening the path or creating social trails—thus limiting erosion.



By Bill Greenan: Lunch time stretching at Raven Rocks: Janet Arici, Steve Phillips, Cat Randall

Come join us! Email crew leaders Dan and Ellen Feer at ccrewpatc@gmail.com.

Philip "Phil" Paschall (May 12, 1946 – July 10, 2026)



Phil Paschall, a man who spent his life protecting the environment and learning the stories of places and the people who loved them, died on Friday July 10, 2026. He was 80 years old.

Through a high school friend, **John Bailey**, Phil discovered PATC in 1977, a connection that would come to define much of his life's work.

He became deeply involved

with PATC as the club's land acquisition officer starting in 1980, using his legal training to help secure land for hiking trails and cabins near the AT in Virginia, West Virginia, and Pennsylvania. He provided many decades of legal assistance for trail and cabin land acquisition for PATC, work that was formally recognized with an Honorary Life and Lifetime Achievement Award in 2003, which read in part: "He is a living history book on land conservation – his expertise and historical knowledge simply can't be matched."

In 1992, he helped co-found the Land Trust of Virginia, serving on its Board of Directors and helping the organization grow to protect over 38,000 acres of Virginia land – farmland, forest, and battlefields. Phil also played major supporting roles for other organizations, including the Virginia Chapter of the Nature Conservancy as a board member between 1982 and 1988 and the Rolling Ridge Foundation as secretary from 1998 to 2006.

He served on the Board of Directors of the Loudoun Wildlife Conservancy, and in 2020 was personally recognized by the Superintendent of Shenandoah National Park for his work coordinating the conservation of land connected to the Deep Ponds Natural Preserve near Grottoes, Virginia, patiently working with the landowner over years to see it through. He also volunteered as Project Coordinator to help permanently dedicate land at Tanners Ridge to the Shenandoah National Park.

The family suggests donations to PATC and the Land Trust of Virginia, organizations that carry forward the work Phil devoted himself to, protecting the land and history he loved.

Keep Calm and Read On: Way Out West

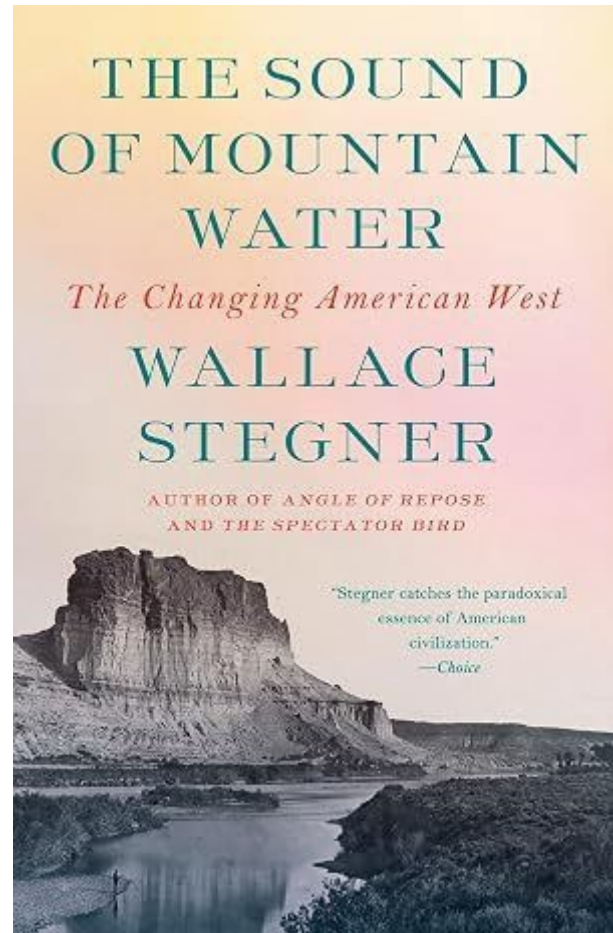
By Wayne Limberg

Readers of past reviews will immediately recognize this month's featured author, Wallace Stegner. He is generally regarded as the dean of the Western school of American writing. In a career spanning six decades, he wrote 14 novels, including "Angle of Repose," which won the Pulitzer Prize in 1971 and "The Spectator Bird," which won the National Book Award in 1976. In addition, he taught at University of Wisconsin and Harvard and founded the creative writing program at Stanford University, whose alumni include Sandra Day O'Connor, Ken Kesey, Larry McMurtry, and Edward Abbey. Stegner wrote another 16 non-fiction books. Among them is this month's selection, "The Sound of Mountain Water," a collection of essays Stegman

wrote between 1946 and 1969. It chronicles the challenges his beloved West faced in the postwar years and his evolution as a writer and environmentalist.

Stegman's introduction to "The Sound of Mountain Water," which he wrote when the book came out in 1979, explores the idea of the West in American thinking. His definition of the West and western is as much story of what they are not as what they are. It is not California, which is a bit ironic given Stegman's years at Stanford and his years on the executive board of the Sierra Club. For Stegman the "West" was the land west of the 100th meridian to the Sierra Nevadas, bounded by mountains, deserts and prairies where water is the biggest problem.

Nor does "western" mean cowboys even though Stegman considers "The Oxbow Incident" by Walter Van Tilburg Clark and "The Virginian" by Owen Wister prime examples of the western school of writing. He rejects Hollywood's image of the gunslinger cowboy who all too often breaks the law in the name of justice. Drawing on his childhood years in Montana, Utah, and Saskatchewan, he saw the farmers, miners, and teachers as the true westerners.



Stegman divides "The Sound of Mountain Water" into two parts. The first contains essays he wrote between 1946 and 1965 and are at once odes to the magic and beauty of the West and cautionary tales of what man has wrought. "Navajo Rodeo," written in 1949, describes the simple charm of roadside attractions in Arizona and then charts how commercialization all but destroyed them. In another, Stegman catalogs the serene beauty he encountered on a 1948 float trip down Glen Canyon; another written 17 years later describes how the damming of the Colorado and creation of Lake Powell erased much of that beauty. The section ends with his 1960 "Wilderness Letter."

Comparisons of Stegman and Aldo Leopold are inevitable. Leopold was a generation older than Stegman but their lives and careers overlapped briefly. Both men were powerful writers and dedicated environmentalists, who shaped our image of nature and helped launch the modern American environmental movement. In his "Land Ethic," Leopold argued that humans were part of a larger ecological community and had a moral responsibility to care for the natural environment and to recognize the importance of maintaining ecological integrity. In his "Wilderness Letter," Stegner maintains that the preservation of wilderness is essential for the human spirit and represents the best of American ideals. Written in 1960, "Wilderness Letter," helped shape the framing of the Wilderness Act in 1964; like Leopold's Land Ethic, it remains a basic text of modern conservation.

Yet as much as the two men shared, there were fundamental differences. Leopold was an environmentalist first and a writer second. Stegman was the opposite. As important as conservation was to him, writing was his real passion and legacy. The second half of "The Sound of Mountain Water" focuses on the idea of a western school of writing equal to the long established eastern and southern schools. He argues that the western school has its own unique characteristics in terms of setting, characters, and themes. A primary theme is its emphasis on the independence and resilience of its characters. The westerner is seldom a victim. Stegman offers examples like novelist Willa Cather and historian Bernard DeVoto. In doing so he presents what one of his students called a reading list of his writer's workshop.

Stegman was clearly a man of his times. Some readers may cringe at his accounts of tearing across fragile desert landscapes in a truck or floating burning tires down the Colorado or attending squaw dances on the Navajo reservation in the late 1940s. While he has high praise for Cather, his treatment of women in general dates him as well. There can also be a touch of the curmudgeon. In the last essay in the book, he laments what he sees as the intellectual decline and moral excesses of the youth movement of 1960s. His case

for a western school of writing at times seem overdone. Even in these instances, however, his prose is fresh and his ideas thought-provoking. His jeremiad on the 1960s echoes today, and if his fight for western writing sounds a bit passe, it may be because he won the battle.

Did you discover a good read this summer? If so, send it along to wplimberg@aol.com. Meanwhile, keep reading. See you on the trail.

What's that Flower? Bear Church Rock—Summer

Article and Photos by Richard Stromberg

This article shows you some of the flowers to look for in Summer on the way to Bear Church Rock in the Central Section of SNP. Bear Church Rock offers a fantastic view of SNP mountains with no signs of human habitation. It is just off Jones Mountain Trail. It can be accessed by going down from Skyline Drive, but I am describing the flora you may see going up from the parking lot at the end of State Route 662 on Staunton River Trail (described on pages 269-72 of PATC's "Appalachian Train Guide to Shenandoah National Park").

All species below are native unless otherwise noted.

Next to the parking lot you will see a huge infestation of **Kudzu** (*Pueria montana*), an invasive non-native vine overwhelming everything in its path.

Asiatic Dayflower (*Commelina communis*) is only a few inches tall but draws attention because of the flower's two bright blue upper petals. Sterile yellow anthers protrude and contrast against the blue. Sticking out further and below are relatively colorless fertile stamens and the curving style between them.



Asiatic Dayflower



Kudzu

Behind them hangs the small, white, almost colorless third petal. Stems have alternate leaves and usually creep along the ground and turn up at the end. It is an invasive alien.

Hedge Bindweed (*Calystegia sepium*) has morning-glory-like flowers that range from white to pink and are up to two and half inches. The lobes at the stem end of the leaves are squared off.

St. John's-wort (*Hypericum* genus) flowers have five yellow petals with many stamens



Spotted St. John's-wort

protruding from the middle. **Spotted St. John's-wort** (*H. punctatum*) leaves are bigger than the flowers. Leaves and petals have spots all over, especially at the edges. **Dwarf St. John's-wort** (*H. mutilum*) flowers have fewer stamens and are less than a quarter inch, dwarfed by the one-inch leaves. Flowers and leaves have no spots. It likes wet places.

Smooth Forked Nailwort,

(*Paronychia canadensis*) is a small plant with pairs of entire leaves (no lobes or teeth). Its display of paired, elliptical, one-inch leaves widely spread along spindly, forking stems up to one foot high, is eye-catching for a hiker looking at the ground to see where to make their next step. The flowers and fruits in the leaf axils are tiny, less than two millimeters.

Water Hemlock (*Cicuta maculata*--spotted) flowers are similar to Queen Anne's Lace but is widely branched. It has compound leaves with toothed leaflets. It grows in wet places. It is poisonous if ingested.

Hog Peanut (*Amphiocarpaea bracteata*) is a twining vine. It stays low and often just lays across other plants rather than wrapping around them. The leaves



Water Hemlock

alternate along the stem and have three leaflets. The leaflets can be almost three inches. They have a round base from which each side extends straight for two-thirds of the leaflet to a point. The half-inch purple-pink flowers are arranged in a raceme. They hardly seem to open, the banner petal peeling back from the other four petals, and the wing petals barely unwrapping from the two petals that are fused into a keel.

Three species of Tick-trefoil may be seen. Individual flowers are less than a half inch, but each inflorescence has several of them. The flowers have the typical pea structure: the upright banner is pink-violet with dark splotches at the bottom middle of the base and white spaces underneath the splotches; two wing petals are the same pink-violet; the keel is elongated the wing petals may hide it. **Naked-Flowered Tick-trefoil** (*Hylodesmum nudiflorum*) flower stems have no leaves. The stem may reach over three feet, often leaning into the trail, with a panicle of flowers at the end. The stem comes straight out of the



Dillens Tick Trefoil

ground. The leaves arise from ground completely divorced from the flower stem above ground.

Dillens Tick Trefoil (*Desmodium glabellum*) flower stems have leaves on them. The leaves have three leaflets that are one to two inches and one-and-a-half to three times longer than wide. **Panicled Tick Trefoil** (*D. paniculatum*) is similar but has narrow leaflets, four times longer than wide. The flowers develop into pods with triangular segments that break apart. The segments are covered with hairy hooks, ready to grab you and leave triangular segments on your socks.

Starry campion (*Silene stellata*) has white flowers. The flowers have five petals that are fringed with eight to 12 lobes. It is also called widow frills. Its leaves are in whorls of four except,

possibly, for a top pair.

Tall Bellflower (*Campanula americana*) has light blue, star-shaped flowers with a three-lobed stigma protruding from the center of the flower. The flowers grow on a leafy spike.



Great Blue Lobelia

Lobelia flowers grow in long spikes. The flowers have two lips spreading from a tube. The upper lip has two, erect lobes. The lower lip has three, spreading lobes. **Great Blue Lobelia** (*L. siphilitica*) one-inch flowers are blue. **Indian Tobacco** (*Lobelia inflata*) flowers are only about a quarter inch and are light blue to white. The structure behind the petals is strongly inflated.

Garden Phlox (*Phlox paniculata*) can grow five feet tall. It blooms in July-August. The petals flare out from narrow tubes. The leaves are entire (no lobes or teeth) and are paired, opposite each other on the stem.

Horsebalm (*Collinsonia canadensis*) plants are three to four feet tall with large (up to 9 inches), toothed leaves. The inflorescence at the top may have many branches. The flowers grow in pairs opposite each other up the branches. Only a few flowers are open at a time. The half-inch, yellow flowers have four insignificant lobes on top and a large, fringed lobe on the bottom. Two stamens and a forked stigma stick out beyond the petals.

Canada Violet (*Viola canadensis*) flowers have the violet typical form: five petals with the lower petal larger than the side and upper pairs of petals. The petals are white with purple stripes leading to a yellow throat, but the best key is the violet tinge on the back of the flower. The leaves are heart shaped. Canada Violets are an exception as they bloom beyond May.



Canada Violet

White Snakeroot (*Ageratina altissima*) can grow to five feet tall. It has branching clusters

of up to 30 small flowers at the top. Individual quarter-inch flowers have five, pointed petals and protruding white stamens. Leaves are long-pointed, egg-shaped with $\frac{3}{4}$ inch stems.



Ghost Pipe

Ghost Pipe (*Monotropa uniflora*) is a parasite. It produces no food of its own and shows no green. It is white with one flower though they may grow in bunches. It looks like a tobacco pipe standing on its stem. Vestigial, white, scale-like leaves alternate along the stalk. The flowers at first point downwards but then turn upwards to ripen the fruit.

Cranefly Orchid (*Tipularia discolor*) has up to 40 one-centimeter flowers on a ten-to-eighteen-inch stem. The flower resembles a crane fly. The flower is asymmetrical; the column of the flower above the long lip tilts either to the right or left. The single leaf is easy to see on the bare forest floor in the winter but disappears in spring. The leaf is green on top and purple underneath.

The central disk of **Green-headed**

Coneflower (*Rudbeckia laciniata*) is green and bulges like a round-topped cone. The ray flowers are yellow and droop, emphasizing the cone. It is also called Tall Coneflower because it grows seven feet tall. The leaves are deeply lobed.

Pale-leaved Sunflower (*Helianthus strumosus*) has yellow daisy-type flowers. The leaf stems are at least a quarter of an inch long. The leaves are rough, pale underneath and shallowly toothed.

Spotted Jewelweed (*Impatiens capensis*) flowers dangle like earrings. The flowers are a tube with a curled spur at the back and two wings, in front flaring at the bottom, and a hood over the top. They are orange, the open, front part covered in red spots.

The stem of young **Indian Cucumber-root** (*Medeola virginiana*) plants is topped by whorl of five to eleven four-to-five-inch egg-shaped leaves about a foot above the ground. When the plant has built up enough energy in its rootstock, it grows the stem another foot above the whorl of leaves and develops another whorl of two or three smaller leaves from which an umbel of three to ten flowers grows. The flowers hang downward beneath the top whorl of leaves. Each flower has six greenish-yellow tepals about a quarter inch long and curving back, but they are dominated by three threadlike styles that are longer than the tepals and hover beyond them. After pollination, berries form and their stems straighten up so they are positioned on top of the plant. In late summer the berries turn black and the center of the upper whorl of leaves turns red.

White

Baneberry (*Actaea pachypoda*) plants are up to five feet tall. In late summer the berries turn shiny white with a black dot at the tip, so the plant is also known as “Doll’s Eyes.” The berries are attached to a thick, red stem.



Blueberries

If you are lucky, you may find **Blueberries** (*Vaccinium* species) ripening.