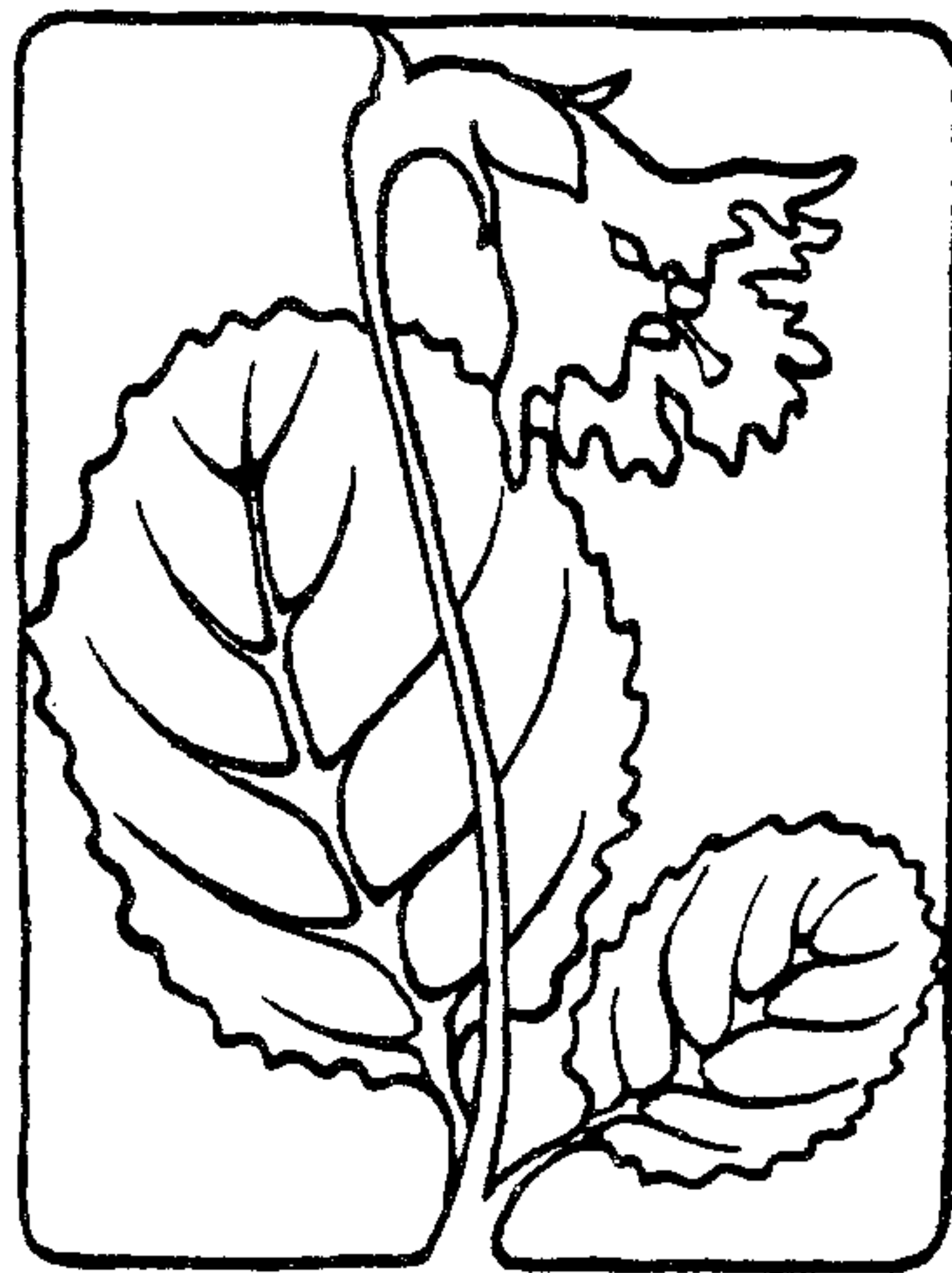


# SHORTIA

NEWSLETTER OF THE  
WESTERN CAROLINA BOTANICAL CLUB

AUTUMN 1986



DOROTHY RATHMANN, Editor

OFFICERS

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President:	Elton Hansens	Treasurer:	Margaret Kuhn
Vice President:	Millie Blaha	Historian:	Anne Ulinski
Secretary:	Ruth Mack		

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FROM PRESIDENT ELTON HANSENS:

Now is the time to think about the program for next Spring and Summer. The Program Comm. will meet in October or November to lay out the February-July schedule. Please give your ideas, preferably in writing, to the President or any member of the Committee by late September -- especially where, when and what kind of overnight trips you would like.

The Summer issue of SHORTIA was distributed by Frances Gadd and the August-January Schedule was distributed by Estelle Donnell. We thank both ladies for their help and Margaret Kuhn for continuing to monitor the operation.

Satisfaction and Frustration

Our WCBC has a very diverse membership with wide differences in our attraction to plants. We range from those who want to know the scientific name and family of every plant we see to those who merely want to enjoy the beauty of flowering plants. Most of us lie in between and find satisfaction in knowing more and more flowers and find frustration in not being able to identify those that attract us. Herein lies the importance of our Club -- kindred souls joining in suitable places to observe and share plant experiences.

Nearly 5 years ago we (Aline and I) joined the Club and immediately I found great satisfaction and more than a little frustration. The flora was much different and much richer than I had known before. Strange common names were attached to plants I vaguely knew and many scientific names were of little help. With persistence in joining hikes and study on my own, frustration is decreasing and I have great satisfaction in knowing more and more plants by common and scientific names.

Those members wishing to learn more about plants would be pleased if more knowledgeable members would give both common and technical names when discussing specimens along the trail. Botanically we would all become more satisfied and less frustrated when meeting our floral friends.



WELCOME -- NEW MEMBERS

Hendersonville unless otherwise stated

- Blackstone, Jane, 1912 Country Club Rd..... 692-7570
- Howard, F. Kennedy & Martha C., 220 Echo Drive..... 692-4748
- Johnstone, Margaret, 1507L Greenville Hwy..... 692-8587
- King, Willis & Frances H., Rt. #4, Box 315 ..... 692-3513
- Lohiser, Robert & Virginia, Rt. #2, Box 30, Berna Knoll... 685-7564
- Robison, Morris, 107 Brightwater Heights Drive..... 891-8851

A TRIBUTE TO FORMER EDITOR HELEN TURNER ..... by Barbara Hallowell

Do you think you will be editing a quarterly for a club of nearly 200 members when you are pushing 89 years of age? Our beloved Club member, Helen Turner, has been doing just that!

After a full career of helping several generations of students understand the wonders and complexities of the natural environment, Helen came to Hendersonville, found the WCBC and became an active member. When no longer able to share her knowledge and witty personality on the trail, she continued to serve the Club as editor of SHORTIA for four years. Her conscientious efforts to provide us with a periodical packed with Club news and botanical information proceeded quietly but effectively. As is so often the case when things are run well, openly expressed gratitude often may have seemed in short supply.

So. Helen, we thank you! For your time, patience, skill and spirit, we take your hand to show our heartfelt appreciation -- and, as we do so, enjoy your broad smile and see a mischievous twinkle in your eyes!



MEET OUR EDITOR, DOROTHY RATHMANN ..... by Elton Hansens

With this issue of SHORTIA, we welcome Dorothy Rathmann as Editor. You should know a bit about her so I asked for a biographical sketch. In her own words:

After growing up in Chicago and getting a degree in chemistry from Grinnell College, I combined interests in chemistry and biology in a PhD degree in biochemistry from the University of Rochester. Almost my entire career was with CPC International Inc. at its research centers in Pittsburgh, Pa.; Argo, Ill.; Waltham, Mass.; and Union, N.J. In my later years with CPC I had the title of Director of Nutrition and Toxicology for the corporation's Best Foods Division. This position involved keeping track of developments in clinical nutrition, biochemistry and food law as these might relate to the company's food products and included close working relationships with personnel in research and product development, advertising, consumer relations and legal departments. This was a desk job -- writing and editing -- rather than laboratory work. On retirement I was asked to write a resource book on the history of CPC -- four volumes of which the first was an update of a history of Corn Products Refining Co. which I had written in the early 1950's.

Although chemistry won out over biology in college, I kept my hand in biology over the years, mostly by bird watching and, after coming to Hendersonville, by botanizing with WCBC. I have a small wildflower garden which was started at Carolina Village by Helen Turner and other residents.

Dorothy, as Editor, would appreciate your suggestions for new features in SHORTIA and other changes in subject matter or format.



LOUISE FORESMAN'S SNOWBALL PUNCH -- BOTANICAL VERSION

In submitting the following text and recipe, August E. Kehr wrote that it was "prepared with apologies to Botanists (and non-Botanists) .... at the request of President Hansens."

This version of the famous Foresman Snowball Punch was prompted by the delightful reception given by WCBC to two visiting Japanese botanists at the Airport Ramada Inn earlier this year. These visitors were much interested in the punch but did not understand the common English names used in the description of the contents. With an impromptu translation into Latin, they grasped somewhat better the list of ingredients. This is the botanical version of the recipe for 20 (59 ml) servings.

- I. 473 ml liquid dihydrogen oxide
- II. 118 ml (100 g) granulated dehydrated juice of Saccharum officinarum (L.)
- III. 12 whole dried flower buds of Eugenia caryophyllus (Spreng.) Bull. et Harr.
- IV. 2 5 cm-sticks of bark of Cinnamomum zeylanicum Garc. ex Blume
- V. 3 473 ml-bottles of chilled juice cocktail from fruits of Vaccinium macrocarpon Ait.
- VI. 1 can (177 ml) frozen concentrate (for ade) of juice from fruits of Citrus limon (L.) Burm. f.
- VII. 1 can (177 ml) frozen concentrated juice from fruits of Citrus sinensis (L.) Osbeck
- VIII. 473 ml chilled carbonated liquid dihydrogen oxide flavored with extract of root of Zingiber officinale Roscoe

Combine I, II, III, IV and bring to a temperature of 100°C, stirring until II is completely dissolved; reduce heat and simmer 5 minutes. Cool. Remove remains of III and IV. Refrigerate this spiced syrup until ready to use.

When ready to serve, pour V, VI, VII and spiced syrup over cubes of frozen dihydrogen oxide in a punch bowl. Stir to blend. Add VIII.

Make punch bowl festive with slices of fruit of Citrus sinensis (L.) Osbeck and rings of frozen dihydrogen oxide. The rings are prepared by placing liquid dihydrogen oxide along with marinated and colored fruits of Prunus cerasus (L.) in small ring molds and congealing at 0°C. Unmold and float on punch. ❖❖❖

CABIN -- A MOUNTAIN ADVENTURE (Boone, NC; Appalachian Consortium Press; 1986). A New Book by Barbara Hallowell; Illustrated by Aline Hansens; Reviewed for WCBC by Larry Kenyon

Take a story which involves a love of people, a lot of human understanding, an interest in history, a love of nature plus a lot of scientific knowledge, and what do you have? CABIN -- A MOUNTAIN ADVENTURE, of course. It's lively. It's friendly. It's upbeat -- like Barbara.

There is a lot of good philosophy. "When I sit here like this with all that beauty and peace out there, I wish the whole world could share the experience. What if everyone everywhere could concentrate on integrity and generosity and love and beauty."

It offers a view of nature typically Hallowell. "An artist has been at work in the lane, fashioning a scene of white, gray, and black with accents of tan, subdued but delicately beautiful. Crystal by crystal the painter has applied the outline of snow white to every twig and blade, creating one of nature's annual masterpieces that never ceases to thrill."

When you need cheering up, when you want to renew your faith in people, when you want to sharpen your appreciation of nature, when you feel like delving into some local history, when you want to read about a family working, growing and achieving together, pick up CABIN. It's a book to read and reread.

The illustrations provided by Aline Hansens add an extra plus. They contribute to the atmosphere and friendliness of the book. ❖

FAME FLOWER and BILL VERDUIN ..... by Elton Hansens

Bill Verduin, on one of his botanical quests, found the fame flower, Talinum teretifolium, on three rocky outcrops on Pinnacle Mountain near Holmes State Forest. The plant has succulent leaves and attractive pink flowers which open for a few hours in the afternoon. At least eight persons have visited this area since Bill's discovery and have found a number of other interesting species. Bill is an acute observer and has unbounded enthusiasm for the mountains -- the flora, the fauna and the rivers (especially waterfalls). ❖

RAIN ..... by Gwen Frostic in WINGBORNE

Only with the rain  
do the colors of the rainbow span the sky  
the buds of the maples are brighter  
old rocks in the fields glisten  
the spider's web becomes a fragile jewel.  
All life takes on more beauty  
when there is rain. ❖

Report on Botanical Club Field Trips  
by Anne Ulinski

Repeat trips Last year we made three visits to Buck Spring Trail --in June, in mid-July and in September. By going at different times, we were able to see the wide variety of plants that bloom along this trail as each season progressed. This year we are doing the same with the University Botanical Gardens in Asheville. We made a trip in April, in mid-June, and we go again in October. We are indebted to Lowell Orbison for guiding us through the gardens on these visits. On each trip we saw over 100 plants species in bloom. Of special note was the uncommon white crested iris we saw in April and the cup plant we saw in June.

Long Trips A group traveled to the Green Swamp and the Carolina Bays area for several days of botanizing. Elton Hansens gave us the following report: "The Nature Conservancy provided outstanding guides who discussed the area in detail and showed the group the flora, including rare and unusual plants. All areas were abnormally dry, annoying insects were few and the weather was HOT, HOT, HOT. Dick Smith listed 120 plants which were seen in those two days."

A long day trip was led by Ivan Kuster who took us down to the Smokies to explore Albright Grove in the Cosby area. It was a hot day and a long uphill walk to the Grove so we were glad to cool off with lunch by a brook at the edge of the virgin forest. Walking into the forest we saw many fine old trees, especially those of the silver bell. Along the uphill trail we saw Fraser's sedge in abundance, the pink wood sorrel, dwarf ginseng and showy orchis.

We had trips to Highlands and to Roan Mountain. At Roan we were disappointed not to be able to climb to Grassy Ridge. The property which leads to the Ridge is owned by the Peake family and this year because of a dispute about this area, it was suggested to us that we not cross this property. An attempt to circumvent the Peake property and bivouac off a portion of the Appalachian Trail was unsuccessful. Heading back toward our cars we were caught in a deluge, not an unusual occurrence at Roan. As thoroughly wet as we got on the bald, we dried out quickly and went on to see the uncommon Appalachian avens (Geum radiatum) in an area above the parking lot. And, of course, we saw Gray's lily, white potentilla (P. tridentata), trautvetteria and mountain sandwort. Dick Smith pointed out to us a wild chervil, Anthriscus sylvestris, a Tennessee species.

Shorter trips Bess Sinish took us to Richland-Balsam; Charlotte Carmen to Moore Cove; Pete and Ruth Sawyer to the East Fork of the Pigeon River. A group of 26 went to the Shut-In trail to see the Turk's cap lilies and some were fortunate enough to see a good specimen of bunchflower. Miles Peele took us along the Parkway to Heintooga and Paul's Gap; John Kuhn on the Parkway East toward Craggy Gardens and beyond. And finally, two trips to Buck Spring Trail, one which included a stop at the Pink Beds Overlook.

Wildlife We've seen two junco nests along the trails this year, a friendly and trusting deer at Buck Spring, a pair of bobwhites at Holmes, and a ruffed grouse on the Shut-In trail. A pair of Kingfishers was sighted at Daniel Creek.

It has been a good season for hiking and despite the lack of rain we've seen some uncommon plants, and many many familiar ones.

# LOOK AGAIN !

As a guide to avoiding contact with Poison Ivy, the maxim "Leaflets three, leave it be" is excellent--for children. Adults who do not wish to be kept away from other interesting (and harmless) plants can easily learn the features that distinguish it, and after applying this knowledge by practicing identification in the field a few times recognition becomes automatic.



RHUS RADICANS

Poison Ivy (Rhus radicans) is essentially a vine, and may be found trailing along the ground or climbing high into trees by means of thick stems which adhere to the trunks with hairy aerial roots. Its leaves are ternately compound with long petioles, and the terminal leaflet is conspicuously stalked. The margins of the three leaflets may be entire or have irregular shallow teeth. New growth is shiny, but this does not necessarily hold for mature foliage; autumn colors are often attractive shades of orange or red. In the spring, it bears axillary panicles of small yellowish or greenish flowers, and these are succeeded by nearly round, pale gray fruits.

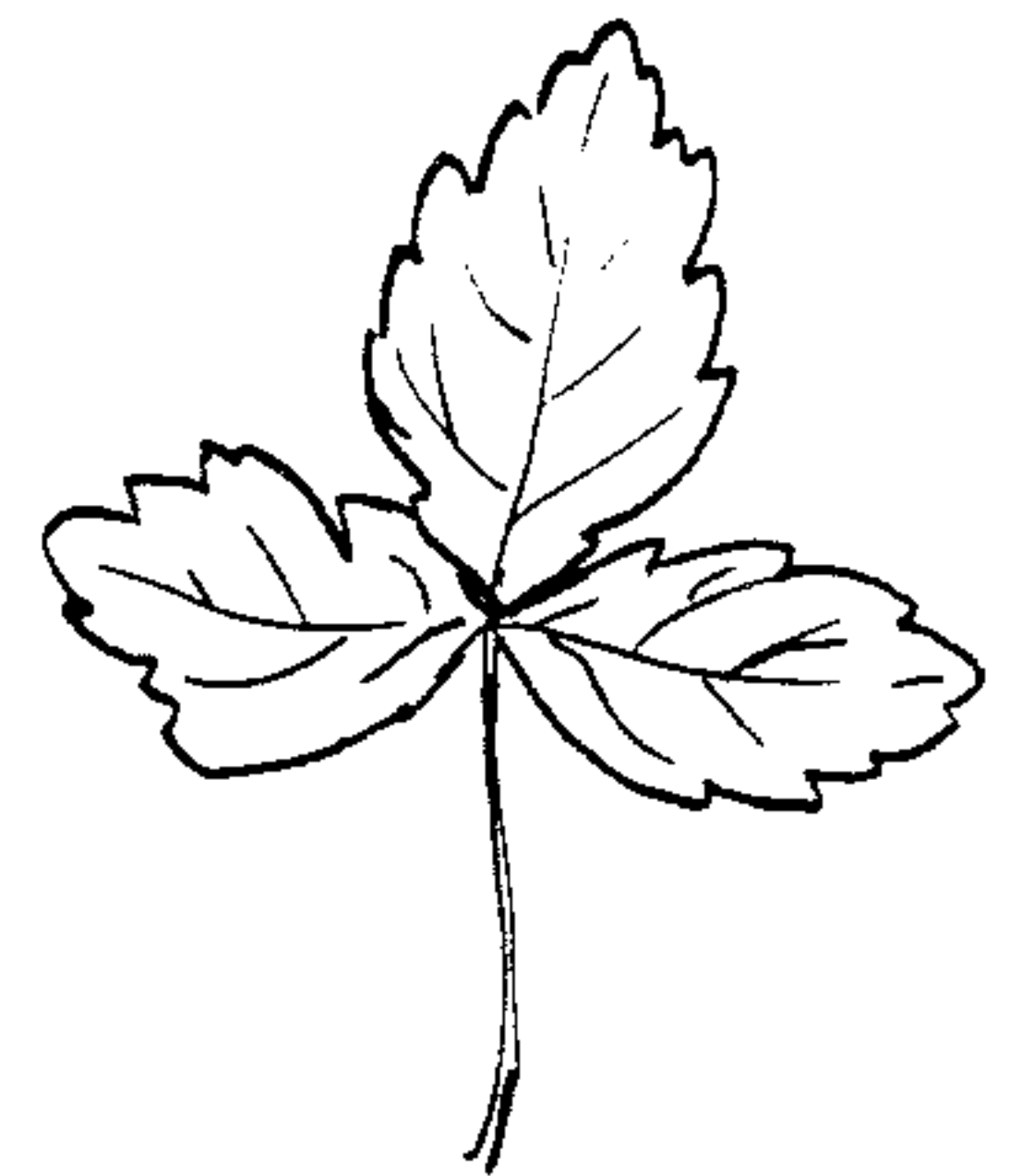
To argue the question of whether Poison Oak (which is more common in the piedmont) is a variety of R. radicans or a separate species (R. toxicodendron) would serve no purpose here; it exists and is equally noxious. The principal differences are that the plants are erect, the leaves are thicker and pubescent, and the leaflets tend to be lobed.



R. TOXICODENDRON

The Sumacs are close relatives but only one--Fragrant Sumac (R. aromatica)--is similar, and it is non-poisonous.

(Poison Sumac and the other species of Sumac have pinnately compound leaves, and will be treated as a group another time). Fragrant Sumac is a shrub with ternate leaves, but the margins have



R. AROMATICA

coarse, rounded teeth, and the terminal leaflet is sessile. Its flowers are in short, catkin-like clusters preceding the leaves, and the fruits are bright red.

*Dick Smith*

S H O R T I A

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