

THE HIGH KNOB HERALD

HIGH KNOB NATURALIST RALLY EDITION



The Clinch Coalition
Newsletter

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THIS ARTICLE IS PART OF OUR SERIES ABOUT HIGH KNOB, ONE OF THE MOST DIVERSE BIOSPHERES IN THE COUNTRY.

The Clinch Coalition's High Knob Naturalist Rally Receives National Award

Written by Sharon Fisher

The Clinch Coalition, in partnership with the Clinch Ranger District of the George Washington and Jefferson National Forests, has been selected as one of several organizations across the nation to be awarded a National Public Lands Day, U. S. Forest Service Health Grant by the National Environmental Education Foundation (NEEF), to support the promotion of healthy activities on America's public lands.

NEEF's National Public Lands Day is the nation's largest single-day volunteer event for public lands, established in 1994 and held annually on the fourth Saturday in September. The Clinch Coalition's 16th Annual High Knob Naturalist Rally will be held on September 24, 2022 at the High Knob Recreation Area in the Jefferson National Forest.



Photo by Bill Harris

The public is invited to join us for free, family-fun activities at the High Knob Naturalist Rally, which will include guided hikes to identify salamanders, wild edibles, breeding birds, mushrooms, geology, butterflies, forest ecology and ferns. Activities will include kayaking, kids painting gourd birdhouses, a health station, music,

and presentations/displays by Natural Tunnel State Park, Appalachian Voices, High Knob Master Naturalists, Southern Appalachian Mountain Stewards, the USFS, VA Department of Wildlife Resources, Trout Unlimited, Upper Tennessee River Roundtable, and All are God's Creatures.

Studies show that quality time in nature improves our daily well-being and long-term physical, mental, emotional and spiritual health.



Photo by Wally Smith

"During the height of the COVID-19 pandemic, America's public lands acted as a safe haven for recreation, conversation, and the simple enjoyment of being outside the confines of our homes," states NEEF. In 2020 and 2021, the High Knob Naturalist Rallies were held virtually. The Clinch Coalition is pleased to bring back a full day of outdoor activities for all ages in 2022.

The Clinch Coalition's NEEF/USFS health grant is aligned with the Clinch Ranger District's Forest Recreation Outdoor Group (FROG), an initiative which began in 2019 as a broad collaborative effort of local organizations and governing jurisdictions to build a network of partners that recognize the value of local recreational opportunities to community health and economies.

Member organizations have a shared interest in building the economic resiliency for Southwest Virginia, recognize the value of working cooperatively with the USFS's Clinch Ranger District to develop the resources of the National Forest, and have shown commitment to FROG's focus on the economy, education, and health. The FROG initiative was recognized by the USFS in 2020 with the Regional Forester Award Promoting Sustainable Recreation.

To learn more about the High Knob Naturalist Rally on September 24th, from 10:00 am to 4:00 pm or register, please visit www.clinchcoalition.org/registration.

Written by Sharon Fisher, BA, MS, EdD; President of The Clinch Coalition



Activities

What's New on High Knob?

September 24th: The Clinch Coalition's High Knob Naturalist Rally!

This year, The Clinch Coalition's High Knob Naturalist Rally will be in person on September 24th, 2022 from 10am-4pm. Pre-registration for the event is open now for you to make your choice of hikes! Make sure to pre-register, and we will see you on September 24th, 2022!

The Black Cohosh and Its Poisonous Lookalike

Medicinal Plants and Taking Caution

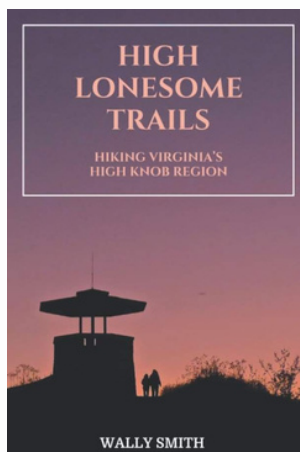
Black cohosh (*Actaea racemosa*) is a native plant in Virginia that is frequently praised for its medicinal properties. Originally used as a Native American herbal remedy, it has only increased in its popularity over the last two centuries.

A member of the buttercup family (Ranunculaceae), it is reputed to have analgesic, sedative, and anti-inflammatory properties. It has many uses for a variety of ailments. While being beneficial to health is a wonderful perk of many plants, the black cohosh is often confused with its poisonous relative doll's eyes, also commonly called white baneberry (*Actaea pachypoda*).

Baneberry is the common name for several species of plants in the genus *Actaea*. This group in the buttercup family (Ranunculaceae) has toxic fleshy berries, hence the name "bane" meaning something that causes death or a deadly poison. While harder to tell apart in bloom, once their fruit grow it becomes much easier!

The black cohosh has a bean-shaped capsule as a fruit and the white baneberry have white berries on fat red stems.

With this information, make sure you are being cautious and watching out for lookalikes!



Black Cohosh
Photo by Vincent Normand



White Baneberry
Photo by Shantala DuGay

Prioritize Your Health? Get a Prize!

Participate in TCC's Health Station at this year's rally to get the chance to win a free copy of Dr. Wally Smith's book, *High Lonesome Trails*!

Make sure to register for this year's rally and attend our health station! If you do, you can get a chance to win the first comprehensive summary of trails published in print for the High Knob area of far Southwest Virginia.

Register at www.clinchcoalition.org/registration.

If you would like to become a member or make a donation, please visit www.clinchcoalition.org.