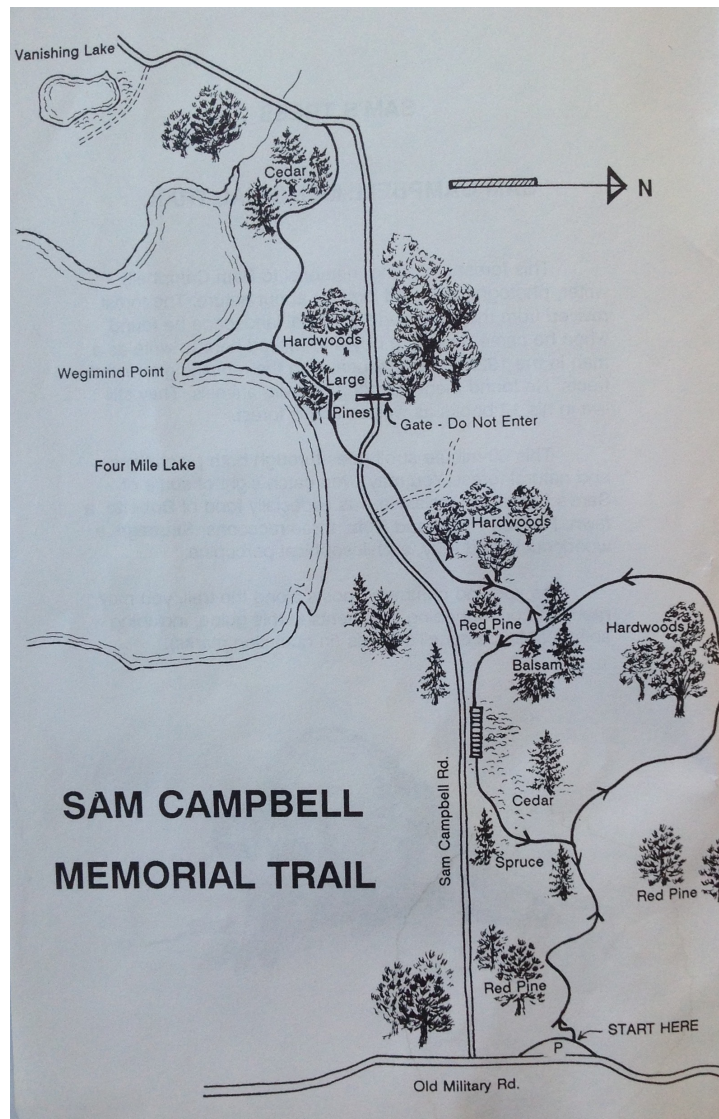


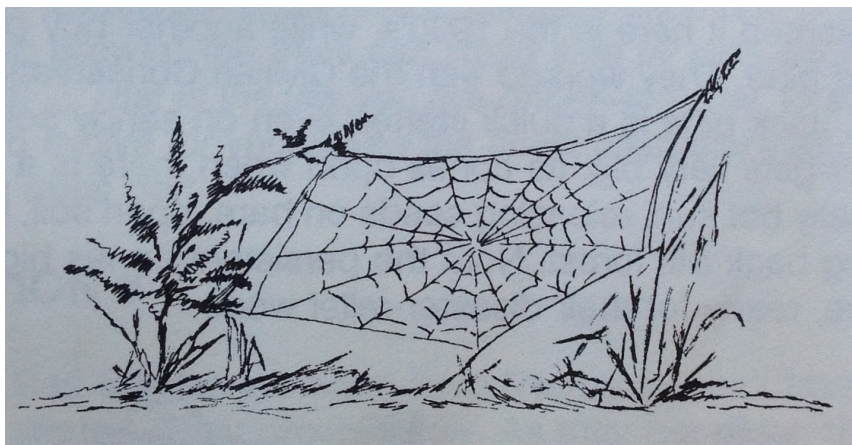
This forest and interpretive trail are a living memorial to Sam Campbell, author, lecturer, naturalist and film maker. It has revived from the stump and charcoal landscape that existed when Sam visited here as a boy in the 1900's. When Sam moved here to live and write in the 1920's he saw beauty in the forested tracts that remained and found friends among the wild animals. They still live on in his 12 books, as well as in our imaginations. This sixty minute stroll leads through a forest of pines, balsam, and hardwoods, and offers of spring bird and wildflower viewing opportunities. As you find the numbered posts along the trail, you may read the corresponding comments in this guide, including some of Mr. Campbell's words.





### Station 1

*“This will be a day on the trails, then. Let us pack our lunch, fill canteens with water. Get out the binoculars, cameras, and magnifying glass—let’s look closer at things than we ever have before, for if we see things well we shall understand them, and if we understand them, we shall appreciate them.”*



Sam Campbell urged visitors to “walk with padded feet;” to be quiet, to listen. If you listen carefully, forgetting yourself, you may hear “the sounds of the woods...a little stream singing over the rocks...the rustle of leaves...the rubbing of two trees together, the moaning of wind through barren boughs.” Surrender and listen; become part of the woods.



## **Station 2**

These two red pines are the some of the largest trees along the trail. Conifer trees, like these pines, are preferred by porcupines. While observing these “*little walking pincushions*” Sam wrote, “*Bark is there principal winter food. When snows are deep and traveling difficult a porcupine will select a tree to his particular liking, climb in it and live there perhaps for several weeks....He will scale the bark from the tree, eating much of it. Before we criticize them too harshly, let us remind ourselves that the grandest forests in the world have reached their perfection while porcupines lived within them—and men did not.*”

## **Station 3**

The spired black spruce in the foreground tolerates poor growing conditions, like swamps and bogs, causing it to grow slowly. It requires many annual rings to add an inch of stem diameter. From observing wetland trees Sam learned that, “*Nature never hurries. She moves steadily, always arrives on time, finishes things on schedule-but she never hurries. Those who live with nature-woodsmen, lumberjacks, rangers, guides-learn to know patience and to synchronize themselves with nature's pace. Haste just doesn't fit in the forest; in truth, it doesn't fit anywhere.*”

## **Station 4**

Beside this bench grows a big jack pine that a young man planted here, along with many others, as part of the Civilian Conservation Corps (CCC) in the 1930's. Jack pine is a pioneer species; establishing itself following disturbances like wildfire. In fact, its serotinous cones, sealed close by resin, require high heat from either fire or extremely hot, dry weather to liberate the seeds, helping to regenerate the forest. Note the persistent cones high in the tree, ready for their disaster relief work. The CCC, a public work relief program operated during the Great Depression, was responsible for planting nearly three billion trees across America and for developing and conserving the natural resources on federal, state, and locally managed lands. More importantly, the CCC led to a greater awareness, appreciation and stewardship of America's natural resources.



### **Station 5**

Many kinds of trees can be found here; in the bog below are black spruce and tamarack, closer to the trail are jack and white pine, red oak and red maple, and farther uphill, are a stand of big toothed aspen. Sam Campbell observed: *"Whatever the plant or creature, there is a certain place that suites it best, a place where it feels a measure of abundance, security and comfort, and familiarity."* He observed forest succession, the process of how the forest changes and develops over time, and equated it to friendship among the trees in the forest. *"Each one is helpin' the other someway, givin' out moisture, droppin' leaves to make good soil, reflectin' sunlight, and storin' up rain, In their natural order they are all growin' up, growin' toward the light!...And because each one is doin' his own growin' the trees can stand side by side the best of friends,"* he wrote.

### **Station 6**

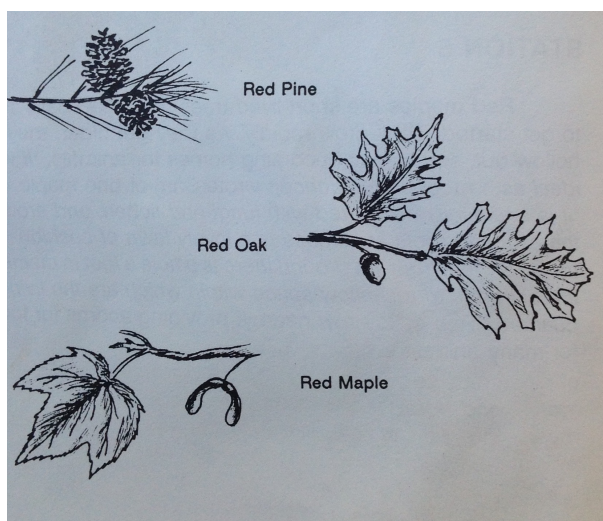
These red oak in the foreground are a rapid growing, long lived tree species with a strong taproot. As these trees become older they hollow out creating cavities that are ideal animal shelters. Of one such *"ideal...raccoon residence,"* Sam wrote *"it is beautifully decorated with fungi and lichen, and around the exposed roots at its base is a lovely lawn of cushion moss."* Red oak leaves remain on the tree longer than most species, often persisting throughout the winter. These leaves offer a dense winter cover for birds. The acorns are also an important food source to a many wildlife species including black bear, white-tailed deer, rodents, turkey, and a variety of other birds.

### **Station 7**

As you pause here, look up and take notice of the different trees at this spot. Take a moment to pry into the "nooks and corners of nature," and examine each of the different pines. Notice the differences in shape, the different bark, needles and cones. One, red pine, has already been encountered along the trail and the other one is...white pine. The origin of white in white pine is unclear. It may have received white from the bands on the underside of the needles, the color of the wood when milled, or from the pitch that seems to cover the tree in its entirety. Regardless, it is a magnificent tree that can reach tremendous heights, achieving a super-dominant position in the forest canopy under ideal growing conditions.

### **Station 8**

So far along the trail there have been two "red" tree species, the red oak and the red pine. Look carefully and you may find the third of the "red" tree species...the red maple. The red maple is a considered a super generalist growing on a variety of sites and conditions, from moist to dry, from shady to sunny, from nutrient rich to nutrient poor. It is also reproduces aggressively by seeds and sprouts, making red maple one of the most abundant tree species. The red oak and the red maple received their name from the red foliage produced in the fall and spring, while the red pine likely received its name from its reddish bark.

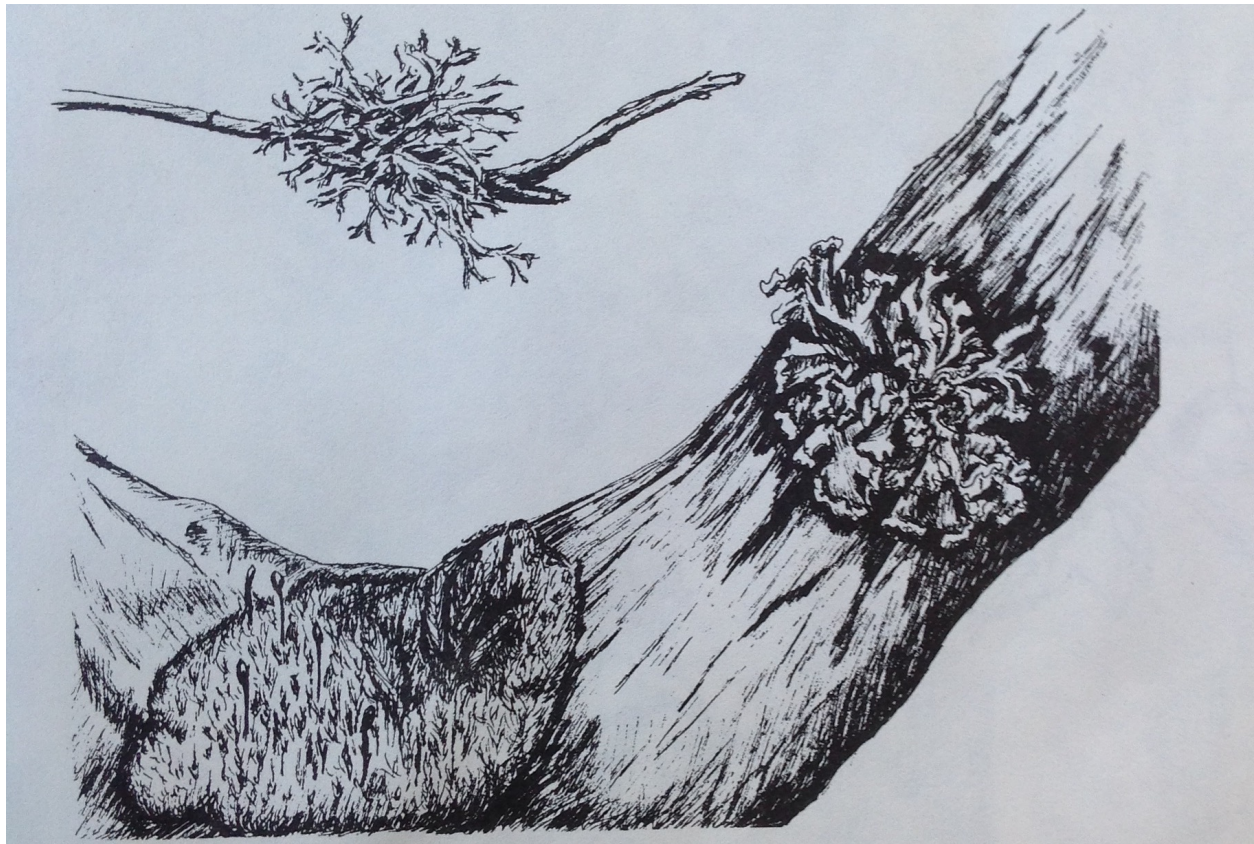


## **Station 9**

The presence of a single age class of trees here, suggests that this area is recovering from disturbance, perhaps a fire, around the 1940's. Sam wrote of fire disturbance and the forest's recovery: *"This was the 'forest primeval.' Then came fire—which is the forest primeval....Sparks flew far and wide, and before the fire had burned itself out, many miles of beautiful woods lay in smoldering ruin. Everything seemed destroyed....And yet there was one thing that was not destroyed; that is, the principle of growth....Right among the decaying stumps of that old-time forest new trees began coming up."* Qualities like aggressive seeding, quick growth, and shade intolerance, make trees, like paper birch, rapid colonizers of areas following major disturbances.

## **Station 10**

As you pause at this bench, look at the surrounding trees, notice the furrows in the bark, the branch crotches, the root collar, the buttressing roots, the trunk cavities. Pry into all of these "nooks and corners of nature," and look "through the magnifying glass at little plants hard to see with the unaided eye—the tiny lichens and mosses—a whole new world of beauty." Lichens, composite organisms resulting from the symbiotic relationship between fungi and algae, and mosses, small non-vascular plants, although very different organisms share some similarities. Both lack the vascular tissue, such as roots, need to transport nutrients and water and must absorb them from the environment. And both reproduce through spores, not seeds like most plants.





## **Vanishing Lake Trail**

Take some extra time and enjoy a detour to Vanishing Lake. Follow this trail across a road and through a stand of large white pine to Wegimind Point, a peninsula of land jutting into Four Mile Lake. From this point you can see the island where Sam Campbell spent his summers, a place he called the “*Sanctuary of Wegimind*,” named for his mother (Wegimind is the Ojibwa word for mother). With his wife, Giny, and his many animal friends, Sam spent many days and magic nights enjoying his time spent at the cabin and canoeing the lake.

Double back to the trail that heads west and continues along the edge of a conifer swamp, through a red pine stand that was planted following an outbreak of spruce budworm in the late 1980’s, before joining a road. Farther down the trail the ruin of a bygone trapper’s shack can be found along the remnants of an old beaver flowage. The trail finally reaches and loops around Vanishing Lake, the scene of many of Sam’s stories. Stay long enough to absorb some of the magic of this place and return to continue on the interpretive trail.

### **Station 11**

Look up and take notice of the course, scraggly branched trees with their irregular, spreading crowns and crooked trunks. These jack pines aren’t very handsome trees, but they surely don’t suffer from an inferiority complex. They are just being the best jack pines they can be, trying to quickly grow toward the light. Sam Campbell said the same thing about his porcupine friend: “*Inky never felt inferior. He stepped right out in the world to use his talents the Creator had given him. Inky didn’t wonder if some other porcupine were more talented than he—he didn’t think of that at all, he just lived his best.*”

### **Station 12**

“*It was all wonderful to see. Graceful birches and sturdy oaks primed in the gathering evening light, proudly displaying their tresses of new-born leaves,*” Sam wrote coming home late one May day. The big paper birches to your right, enrich both the diversity and beauty of this forest. The vibrant yellow fall foliage and showy white bark make the paper birch a popular urban landscaping tree. Examining the naturally peeling white bark, it is easy to imagine why Native Americans would harvest the bark to make baskets, containers, baby carriers, game calls, utensils and of course canoes, hence another common name for paper birch...canoe birch.

### **Station 13**

There are young balsam fir trees everywhere! These balsam fir are very shade tolerant, expressing the remarkable ability to germinate, establish, and grow beneath a canopy of larger trees. Notice the soft, raised blisters on the smooth grey bark of the trees. These blisters are filled with a clear, sticky, fragrant, resin known as Canadian balsam or as Sam liked to refer to it, “*Great Balsam Juice!*” This resin has been used in a mounting glue on microscope slide and a cement for optical instrument components like lenses. The likely function of the resin blisters is a protectant from insects and decay, as the resin is somewhat toxic and has antiseptic qualities.

### **Station 14**

This boardwalk keeps your feet dry as you traverse this beautiful, moss covered cedar swamp. Cedar swamps typically occur in depressions that create a cool, moist, nutrient rich environment that supports an understory rich in mosses, lichens, liverworts, ferns, sedges, wildflowers, and shrubs. These swamps provide critical habitat for rare plants, in fact many rare plants occur more frequently here than other communities. Look carefully and slowly, how many different species of plants can be seen along just ten feet of the boardwalk? Don't worry about the names, the plants don't care what you call them. The lesson here is that even "old swamps" are homes for many, many living things great and small.

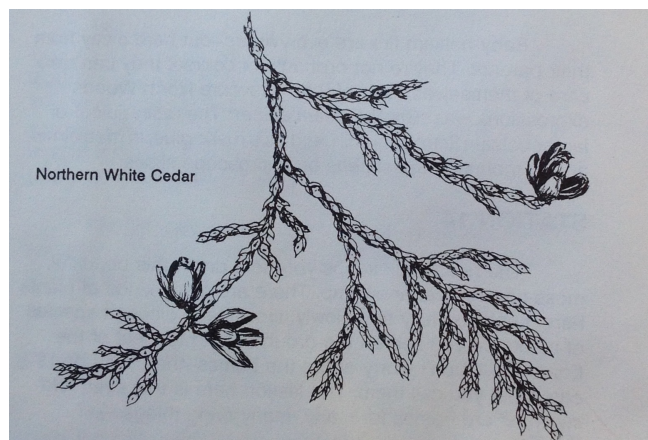


### **Station 15**

Here is great place to compare the three pine species that have been encounter along the trail. The quiz... with hints are as follows. (1) Two dark-barked pines, with short needles bundled in two, hold on to their old cones. (2) A reddish barked pine with long needles bundled in two that easily snap. (3) A gray-barked pine covered in whitish sap and long needles bundled in five.

### **Station 16**

On your left are some large, slightly leaning white cedars. White cedar grow in moist nutrient-rich sites, like swaps and fens. They provide critical winter habitat for white-tailed deer as they "yard up" during severe winters for shelter and browse. Most conifers have needle like leaves, but white cedar leaves are flattened and scale like, containing a high amount of Vitamin C. The leaves, twigs and bark have been used to make soup, tea, incense, cleansers, and cordage. White cedar trees are incredibly long lived due to their extremely rot resistant wood, yet another reason the white cedar is so deserving of the name arborvitae or "the tree of life."



### **Station 17**

Pause at these benches before retracing the trail back. Here's where Sam may have may have stopped to reflect on his observations and review his lessons learned. *"This green brotherhood we call the forest holds the earth in place with its roots, holds the rain for use in dry seasons, mellows the heat of summer and the cold of winter, and by its deposit of leaves helps build the very soil in which grows our food. From trees come the lumber for our homes, ships and factories. They give us paper on which we record our news and knowledge, chemicals for our industries....And now as man stands abashed at the vacuum of materiality, [trees] furnish him with spiritual guidance....Where man once saw in them but objects of utility, he now finds beauty and inspiration.* "As you walk along this last leg of the trail (take a right), you may observe more details of nature than you may have when you first came along this route.

### **Station 18**

Congratulations, you've completed the trail! As a memorial to Sam Campbell, its purpose is to encourage the observation of and reflection about nature for the remainder of your days. Sam urged people to get in the woods. *"It is in getting close to nature that we overcome our ignorance and learn that which makes us see the world in a more beautiful light. Nature will not bring our facts to us. We must get out into the world, dip our hands into it, walk along with its creatures, and gather our information as we do berries—from the wildwood itself."*

You can read many amusing anecdotes about animals along with sound North Woods philosophy in Sam Campbell's 12 books. The selections used here were taken from "How's Inky," "Too much Salt and Pepper," "Loony Coon," "Sweet Sue's Adventure," and "Nature's Messages." The books are available for sale in the Three Lakes Historical Museum, 1798 Huron St. Three Lakes, WI 54562.

Answers to Station 15 quiz: (1) Jack, (2) Red, (3) White



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