Celebrating 25 Years

Potomac Valley Audubon Society

VALLEY VIEWS

Volume 26, Issue 7 April 2008

New Board Member Appointed

At its March 5 meeting, PVAS's Board of Directors appointed John Reisenweber, of Martinsburg, to fill the Board vacancy created by Chris Wolf's resignation last fall.

John will serve the remainder of Chris's term, which expires June 30. He will be nominated to serve a three-year term of his own at our annual business meeting in May (see separate article),

John is an Executive Banker at Centra Bank in Martinsburg.

Previously, he was District Representative to Congresswoman Shelley Moore Capito (R-WV) from 2002 to 2007.

Prior to 2002, he was a Senior Consultant with Booz-Allen and Hamilton, a Buyback Specialist with the National Marine Fisheries Service, a Fisheries Specialist with the Atlantic States Marine Fisheries Commission, and a Research Assistant at Duke University's Marine Lab in Beaufort, NC.

He is a member of the Martinsburg Rotary Club and has served on the boards of a variety of major local organizations, including the Region 9 Economic and Planning Development Council, the United Way of the Eastern Panhandle, and the Berkeley County Development Authority.

He is enrolled in this year's Potomac Valley Master Naturalist Program.

John holds a Bachelor of Science in Biology from Washington and Lee University and Master of Arts in Political Science from Oregon State University.

Summer Camp Scholarships Still Available

Families have until April 15 to submit applications for PVAS scholarships to a variety of youth camps this summer.

Each year, our scholarship program helps send deserving area youngsters to summer camps that emphasize conservation and the environment.

Any youngster within our membership area (the Eastern Panhandle of West Virginia and Washington County, Maryland) is

Scholarships – continues on page 2, column 1

Last Call for Annual Appeal!

Our annual fundraising appeal ends April 1.

So if you haven't contributed yet, please consider doing so now.

Remember that your contributions are essential to our program efforts. Many of our programs are free. For those that do involve fees, we could never charge participants—especially children—enough to cover all our expenses. Your support makes up the difference.

To contribute, just make out a check to "PVAS" and send it to PVAS, PO Box 578, Shepherdstown, WV 25443.

We'll publish a full report on the outcome of the appeal, along with a list of contributors, in the May issue of *Valley Views*.

Plans Firmed Up for Wildflower Festival

PVAS will hold its annual spring Wildflower Festival on Saturday, April 19 at the Yankauer Nature Preserve.

The festival, which is being held to coincide with peak spring wildflowers, will be held from 11:00 a.m. to 4:00 p.m., rain or shine.

It will include guided wildflower walks through the preserve for advanced and beginner/families, children's activities including wildflower suncatchers, wildflower rubbings, flower bookmarks and a woodland scavenger hunt.

The day will also include performances by the Goose Route Arts Collaborative and refreshments.

Guided walks will leave the pavilion on the hour, though visitors are welcome to explore the trails on their own as well.

Admission to all these events will be free and everyone is welcome.

Mid-April is traditionally the peak of the early spring wildflowers at the preserve. Some of the wildflowers on display should include bloodroot, spring beauties, Dutchman's breeches, and rue

Wildflower Fest – continues on page 3, column 1

Wil Hershberger to Speak at Cacapon State Park April 18

PVAS will sponsor a talk about spring bird songs on Friday, April 18, at Cacapon State Park.

The speaker will be local naturalist Wil Hershberger.

The program will be held in the Daniel Morgan Room of the park's Lodge starting at 7:00 p.m. Admission will be free and anyone with an interest is welcome to attend.

Hershberger, who lives in Hedgesville, has been a naturalist all his life with a special concentration on birds. He has been photographing and recording the natural world for more than a decade and his work has been published in magazines, calendars, and books. His recordings of bird, frog and insect songs are archived at the Macaulay Library of Natural Sounds at the Cornell Laboratory of Ornithology.

Most recently, he is coauthor of "The Songs of Insects," a full color book and audio CD published last spring by Houghton-Mifflin Company.

His website can be found at www.natureinagesandsounds.com.

Scholarships – continues from page 1

eligible to apply.

The scholarships PVAS provides will cover all camp tuition costs unless otherwise noted.

This year, applicants will be able to choose among seven different camps. The camps, listed in ascending order of the age groups they accept, are as follows:

- Audubon Discovery Camp, Yankauer Nature Preserve, Berkeley County, WV; ages 6 to 12, June 9-July 25.
- Audubon Youth Camp, Hog Island, Maine; ages 10-13; August 3-9.
- Junior Nature Camp, Oglebay Institute, near Wheeling, WV; ages 10-15; choice of two different weeks: July 20-26 or July 27-August 2.
- Burgundy Center for Wildlife Studies, Capon Bridge, WV; ages 11-15; choice of two weeks: June 22-July 5 or July 8-22 (for this camp, the PVAS scholarship will cover all but $50 of the total cost; families will be asked to pay the remaining $50)
- Mountain Adventures Summer Camp, Spruce Knob, WV; ages 11-17; choice of three weeks: June 22-29, June 30-July 6, or July 6-13.
- Conservation and Fishing Camp, Trout Unlimited, Syria, Virginia; ages 13-17 (grades 8-11); June 22-27.
- West Virginia State Conservation Camp; Camp Caesar in Webster County, WV; ages 14-18; June 9-14.

For more information and application forms go to our website or contact Kathryn Henry at 304-876-6681 or dhenry@myexcel.com.

The scholarship program is supported by the proceeds from our annual fall bird seed sale. Additional community sources also support scholarships to our own day camp program at the Yankauer Nature Preserve.

Our Summer Camp is Filling up Fast!

Our popular Audubon Discovery Camp is filling up fast, so if you want to enroll your child please act quickly!

This year's camp sessions will span eight weeks between May 28 and July 27.

New for this year are expanded sessions for pre-school children and children who will be entering grades 5-8 in the fall.

As in past years, there will also be six different weeks of camp sessions for children entering grades 1-6. Children in that age bracket may enroll in any or all of those sessions. Each week has a different theme.

Most sessions utilize our Yankauer Nature Preserve as an outdoor classroom. One of the sessions for older children will be based at the nearby National Conservation Training Center, and another will involve extensive field trips to the C&O Canal and other locations.

The cost of most camp sessions is $100 per child per week and includes a free t-shirt.

Families that register a child in any of the camp's sessions are also invited to an overnight family campout on July 25. The cost for the campout is $30 for a family of up to four people and $5 for each additional person. This fee includes dinner, evening program activities, and breakfast the next morning. Space is limited.

Full details about the different camp sessions are available on the PVAS website at www.potomacaudubon.org, and easy online registration is also available there.

Online registration is strongly recommended.

Those who do not have Internet access can obtain details and register by contacting Ellen Murphy at 304-676-8739.

For further information or to volunteer to help with the camp contact Ellen at the phone number shown above or pvasprograms@comcast.net.

Get Involved In Watershed Efforts!

This is the time of year for watershed cleanup and restoration efforts.



Most of the efforts in our area are coordinated through the Alice Ferguson Foundation's Annual Potomac River Watershed Cleanup, which is now in its 20th year.

This multi-state volunteer program is aimed at removing trash from the Potomac and its tributaries. Last year more than 6,500 volunteers removed over 200 tons of trash from more than 360 sites in Maryland, the District of Columbia, Virginia, West Virginia, and Pennsylvania.

PVAS encourages its members to pitch in and get involved in the cleanup effort closest to them.

At all cleanup sites, volunteers should arrive by 9 am and plan to

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Watershead Cleanup – continues from page 2

work no later than 12 noon (unless they want to!) Expect moderate-to-difficult work that requires lifting bags, bending over and walking on rocky/slippery terrain. Trash bags and gloves will be provided to all volunteers. Feel free to bring along your own work gloves, rakes, or grabbers. Waterproof boots or waders may be helpful.

Other less strenuous volunteer jobs such as volunteer check-in and recording data are also available.

Because the different cleanup sites can only accommodate limited numbers of volunteers, volunteers should pre-register by contacting the site coordinator.

The cleanup sites and dates in our area will be as follows:

Jefferson County/Washington County: April 5--Potomac River above Harpers Ferry. Coordinator: Chuck Davis, Harpers Ferry Outdoor Festival, mdcc@bolivarwv.us. Directions: Meet at parking lot next to Cindy Dees restaurant near Sandy Hook, MD. From Harpers Ferry, take Route 340 towards Frederick, MD. Just after you cross the Potomac turn right on Keep Tryst Road. Restaurant on Left, gravel parking lot just past restaurant.

Berkeley County: April 5--Opequon at Stonebridge, Van Metre Ford Bridge, Martinsburg. Coordinator: Sandra Bernardi, Opequon Creek Project Team, s.bernardi@verizon.net. Directions: From Interstate 81 Take Exit 13 East (King Street)1.5 miles Left on Queen Street one block Right on Burke Street (CR36) Follow Burke through town and along the railroad tracks for 2.1 miles until you reach Stone Bridge. Parking lot is on the right before you cross the bridge.

Morgan County: April 5--Cacapon River, Great Cacapon. Coordinator: Crawford Horne, Friends of the Cacapon River, bourrybox@earthlink.net. Directions: Take Route 9 West from Berkeley Springs, WV, and go about 6 miles. Take left turn onto access road BEFORE crossing bridge that crosses the Cacapon River at Great Cacapon, WV. Proceed about 1/4 mile and park in parking lot. April 12--Rock Gap Run. Coordinator: Gale Foulds, Sleepy Creek Watershed Association, dgfoulds@aol.com. Directions: From Rt.9 and US 522 in Berkeley Springs, go south on U.S. 522 for 7.4 miles and turn left onto Luther Michael Road (State Road 38/8). Go one-tenth of a mile to the clean-up site on the right.

Wildflower Fest – continues from page 1

anemone.

This year for the first time the festival will also include a special Poetry Walk component—poems that focus on spring themes in general and spring wildflowers in particular will be posted all along the preserve's Kingfisher trail. All the poems are being collected from local poets. Thanks to Judith Treesburg for coordinating this effort.

We can always use volunteers for this event. If you'd like to help with a festival booth or children's activities or lead a walk, please contact Kristin Alexander at 304-676-3397 or pvasmail@aol.com.

PVAS to Participate in Earth Day Events

PVAS will participate in three area Earth Day events on Sunday, April 20.

First, the Shepherdstown Farmer's Market will have an Earth Day emphasis that day, and we will have an informational table there while the market is open, from 9:30 a.m. to 1:00 p.m.

From 10:00 a.m. to 3:00 p.m. our Potomac Valley Master Naturalist group will have a display at the Earth Day Celebration being held at the Outdoor Education Center of the For the Love of Children organization in Shannondale. Events there will include live music, site tours, and educational demonstrations.

For directions go to the organization's web site at www.flocoutdoors.org or call 304-725-0409.

PVAS will also have a display at the Martinsburg Arts Centre Earth Day celebration, which will run from 1:00-5:00 p.m. and include adult classes, children's art projects, a film, and a whole foods cooking demonstration. The Centre is at 300 West King Street. Call 304-263-0224 for more information.

April Meeting Will Focus on Timber Rattlesnakes

Our April meeting will feature a presentation about timber rattlesnakes.

The speaker will be W.H. Martin, a leading expert on the subject.

The meeting will be held at 7:00 p.m. Wednesday, April 9 at the U.S. Fish and Wildlife Service National Conservation Training Center on Shepherd Grade Road, just north of Shepherdstown. It will be held in the small auditorium (Room 151) of the Center's Instructional West Building.

The program is free and anyone is welcome to attend.

One of two venomous snakes in our area (the other is the Copperhead) the Timber Rattlesnake (Crotalus horridus) is found throughout the Eastern Panhandle and surrounding Maryland and Virginia counties.



Timber Rattlesnack
This image was originally posted to Flickr by Tad 20D at http://flickr.com/photos/11304433@N00/484186958

Its overall range encompasses some 27 states from southern New Hampshire to northern Georgia, and west to southeastern Minnesota through northeastern Texas.

Throughout much of this range, Timber Rattlesnake populations are believed to be in decline, and the animal is now considered a

April Meeting – continues on page 4, column 1

Egg Hunt Great Fun!

Thirty-five children came looking for eggs at the Yankauer Nature Preserve with their families on Saturday, March 16, in spite of the slightly blustery afternoon.

Our first-ever egg hunt was designed for children ages 3-7 along with activities under the pavilion. This egg hunt was more challenging than your traditional egg hunt; instead of searching for brightly colored plastic eggs, these were painted in earth tones to look like natural eggs. Students from Martinsburg High School painted the eggs for the day's event.



Theodore Madison is awed by his discovery

While the 3-5 year olds went looking for eggs along a short section of trail, the older children and their families participated in activities under the pavilion like painting their own egg they could take home, trying to match a picture of an egg to the bird that laid it, drawing a picture of the bird they thought might have laid an enormous egg (it was a paper mache model of an elephant bird fossilized egg), books full of pictures of birds eggs and paper mache models of some of them, and a game where the children could put time-lapsed photos of an egg hatching in order from egg to chick. When the younger children returned from their successful egg hunt, the older children went off in search of their own eggs on a longer section of trail while the younger children participated in the pavilion activities. Upon returning from the egg hunt, all children exchanged their eggs in return for a tasty snack and lemonade.

There's already talk about next year's hunt, so we look forward to growing this successful event in the future!

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threatened or endangered species in more than a dozen states (but not in West Virginia).

Malicious killing, commercial collection, and habitat alteration are frequently cited as factors for population declines.

A Shepherdstown resident, W.H. Martin is widely recognized as one for the foremost field experts on eastern rattlesnakes in general and the Timber Rattlesnake in particular.

He has been conducting ongoing field studies in Shenandoah National Park since 1973 and in Catoctin Mountain Park since 1984.

He also has played a major role in distributional surveys conducted in the states of West Virginia (1986), Pennsylvania (1990), Maryland (1992-1995), and Virginia (2005-2006) and along the Blue Ridge Parkway in Virginia and North Carolina (2001-2002).

He has also authored or co-authored several important papers on the Eastern Diamondback and Timber Rattlesnake, and is currently one of three co-editors of a Timber Rattlesnake Conservation Action Plan commissioned by the U.S. Fish and Wildlife Service. That volume is scheduled to be published this year.

Join Us For April 5 Patuxent Trip

It's not too late to sign up for our special April 5 field trip to the Patuxent Research Refuge near Laurel, Maryland.

The trip, which will last from approximately 10:00 a.m. to 2:30 p.m., will be an ideal outing for families with children.

It will include a private, guided 45-minute tram tour of selected areas of the Refuge; a one-hour bird walk; and an hour-and-a-half Herpetology walk led by a Refuge naturalist.

There is no food service at the Refuge so participants should bring their own box lunch or mid-day snack.

Trip participants should plan to meet at the Refuge's Visitor's Center at 9:45 a.m.

The entrance to the Center is on Powder Mill Road, two miles east of the Baltimore-Washington Parkway, near Laurel, Maryland.

The drive time to the Refuge from the Eastern Panhandle is about one-and-a-half hours.

Those who would prefer to carpool to the Refuge should plan to meet in the parking lot of the Charles Town Martin's supermarket off Route 340 at 7:30 a.m.

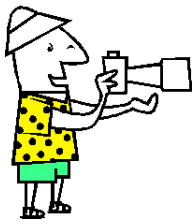
All participants are asked to sign up beforehand by contacting trip leader Clark Dixon at 304-725-9634 or dixonconsultants@aol.com.

Please be sure to indicate how many people will be coming with you and whether you wish to carpool or intend to drive on your own to the Refuge.

For more information about the Refuge, see its website at www.fws.gov/northeast/patuxent/index.htm.

This trip will be cancelled in the event of severe and/or threatening weather.

Seats Still Available for April Photo Workshop



Seats are still available for the two-day nature photography workshop that Wil and Donna Hershberger will offer at the National Conservation Training Center the weekend of April 25-27.

The workshop will include instruction in such topics as seeing light, reading tonalities, composition, and equipment needs and use. Photographers of all skill levels are invited to participate.

Tuition is $150 and includes all instruction, a course notebook, and coffee and snacks.

Registration will be limited to 15 people.

Details and registration forms are available on the PVAS website or by calling 304-676-3397.

If this workshop doesn't suit your schedule, plans are underway for Wil and Donna to offer another workshop the weekend of July 11-13 at Cacapon State Park in Morgan County. Details of that workshop will be announced later.

Calendar

March 29 ---- Morgan Grove Park tree planting, Shepherdstown.
April 3 ------- Birding 101 Course begins (see website for all dates)
April 5 ------- Patuxent field trip
April 5 ------- Potomac River cleanup near Harpers Ferry
April 5 ------- Opequon Creek cleanup near Stonebridge
April 5 ------- Cacapon River cleanup near Great Cacapon
April 9 ------- PVAS program at NCTC. 7 p.m.
April 12 ----- Rock Gap Run cleanup south of Berkeley Springs
April 18 ----- PVAS program at Cacapon State Park. 7 p.m.
April 17-19 -- Morgan Co Ecology Coalition Redbud weekend
April 19 ----- PVAS Wildflower Festival at Yankauer Nature Preserve
April 20 ----- Earth Day events
April 25-27 -- Nature Photography Workshop with the Hershbergers at NCTC
April 26 ----- Master Naturalist Workshop at Yankauer (open to the public)
April 26 ----- This Race is for the Birds! at NCTC
May 10 ------ Master Naturalist Workshop at NCTC (open to the public)
May 14 ------ PVAS program at NCTC. 7 p.m.
May 19-23 -- Jefferson County Science Olympiad at NCTC
May 29 ------- PVAS program at Cacapon State Park. 7 p.m.
June 7 -------- Picnic supper at Yankauer Nature Preserve. 5 p.m. (tentative)
July 11-13 --- Nature Photography Workshop with the Hershbergers at Cacapon State Park

Seats Still Available for Birding 101



As this is being written, at least, seats are still available for our April "Birding 101" course for beginning birders.

This popular course, now in its 21st year, is being taught by local bird experts Bob Dean, Wil Hershberger and Matt Orsie.

It will utilize both classroom sessions and field trips to teach everything from bird identification to birding techniques and resources to field etiquette.

The classroom sessions will be held at the National Conservation Training Center from 7:00 to 9:00 p.m. each Thursday of the month (April 3, 10, 17, and 24).



The field trips will be held at various locations around the Panhandle from roughly 7 a.m. to 12 noon each Saturday (April 5, 12, 19, and 26).

Tuition for the full course package of four classroom sessions and four field trips is $50.

Pre-registration is required. Registration forms and more information are available on the PVAS website or by contacting Kristin Alexander at PVASmail@aol.com or 304-676-3397.

PVAS Board Adopts New Five-Year Plan

On March 5, PVAS's Board of Directors voted unanimously to adopt a new five-year plan for the organization.

The plan was developed over a nine-month period by an ad hoc subcommittee chaired by Board member Wayne Braunstein.

This plan is intended to provide guidance and consistency as we go about the job of achieving our mission within the community we serve and the greater community of people and organizations dedicated to understanding and enjoying the natural world while practicing responsible environmental stewardship.

It should be seen as an outline of programs and activities that the Board of Directors has deemed worthy of the collective efforts of PVAS to achieve over the coming years. It is expected that the plan will provide guidance in the budget process and the development of action plans for the standing and ad hoc committees.

The plan includes recommendations for specific steps in four key areas:

- Continuing to Strengthen Administration and Governance
- Providing Infrastructure to Enhance Growth and Sustainable Operations
- Fulfilling the promise and commitment to our nature preserves
- Furthering Our Mission to Educate Youth and Adults.

An executive summary of the plan is posted on the PVAS website.

May 14 Program Will Include Matt Orsie Talk; Annual Meeting

Our May meeting at the National Conservation Training Center will include a talk by leading area birder Matt Orsie and our annual business meeting.

The meeting will be held at 7 p.m. Wednesday, May 14, in room 151 of NCTC's Instructional West Building.

Matt Orsie's talk will focus on a birding trip he took to Alaska last year. It will include an overview of the trip, a discussion of the native life on St. Lawrence Island, and a look at birds from the Gambell and Nome regions.

The annual meeting portion of the program will include the election of a new Treasurer and reelection of three at-large board members. Details will be included in the May issue of Valley Views.

Camp "Wish List"

This year, we are collecting 2-liter bottles for summer camp in which children will be creating models of landfills. Please help us by starting to collect them. You can drop them off at Yankauer at a prearranged time, bring them to a PVAS meeting, or contact Ellen at 304-676-3397 or pvasprograms@comcast.net to make other arrangements. Thank you!!!



President's Perch



Hello everyone:

Elsewhere in this newsletter you'll note that our Board of Directors adopted a new PVAS five-year plan at their most recent meeting March 5.

What's the significance of this action? It represents the latest step in our ongoing effort to strengthen PVAS's operations by putting them on a more professional footing. Because the fact is, we've never engaged in this sort of planning before.

To be sure, we've had a general sense of our goals and priorities. Also, for the past several years we've had a written five-year plan (of sorts) for our Yankauer Nature Preserve.

But we'd never subjected our general goals and priorities to any kind of systematic analysis and the Yankauer plan was basically just a Yankauer-centric wish list that didn't take our other programs and activities into account.

Our new five-year plan is designed to fix all that.

The subcommittee that produced it took a comprehensive look at all our current activities and possible new initiatives over the next half-decade, and they tried their best to determine what we can (and cannot) realistically expect to accomplish during the period.

Indeed, the whole process of producing the plan took something like nine months. So it was a serious piece of work.

Obviously, there's nothing immutable about this or any other five-year plan. Changes in needs and circumstances are inevitable, and revisions always have to be made in such documents.

But we've now at least got a good planning framework that should serve us well for a long time to come.

At that in itself is progress of a sort.

The subcommittee members who worked on the project deserve credit for sticking with it, and subcommittee chair Wayne Braunstein deserves credit in particular for the leadership he provided.

—Peter Smith

Camp Staff Positions Available

PVAS is looking for Audubon Discover Camp staff who enjoy working with children in the out-of-doors and have an interest in the environment.

Teachers are invited to consider working at camp. Male staff are especially needed!

All positions are paid. College students can also arrange for internship credit.

Staff must be available June 2-July 26, be at least 18 years old, and pass a background check.

Interested persons should send their resume or an email indicating interest to Ellen Murphy at pvasprograms@comcast.net.

CHILDREN'S BLUEBIRD ACTIVITY BOOK

One of the key elements in the Mountain Bluebird Trails mission statement is the educating of people about the preservation of bluebirds and other cavity nesting birds. Many programs are put on each year by MBT members throughout Montana, Idaho and Wyoming and one of the key groups asking for more information and programs were grade school teachers. So when MBT received a generous donation from the Thomas and Stacey Siebel Foundation in the spring of 2007 the MBT board decided to use those funds to create a book filled with information targeted specifically for children in grades 2 through 6.

Myrna Pearman, the author of the Mountain Bluebird Trail Monitoring Guide, and Pauline Mousseau, a graphics designer were contracted with to produce this wonderful tool to educate children. Both ladies live in or near Red Deer, Alberta.

The Children's Bluebird Activity Book is now posted on the MBT website www.mountainbluebirdtrails.com and we hope you will not only take a moment to read through it, but talk to teachers and educators in your community about where to find. Cub Scouts, Boy Scouts, Girl Scouts, Boys and Girls Club should also find the book useful. This colorful book is 40 pages long and 1 page or the entire book can be printed right off the website at no cost. The book is filled with:

- Fascinating Facts
- Pictures
- Puzzles
- Stories
- Pictures to Color

The book is written at the 4th grade level, but teachers working with younger children can read the book to them. Because the Mountain Bluebird is the predominant species in the intermountain region it is featured species in the book which is not true with most bluebird material available to educators. That being said, the vast majority of the material pertains to all 3 species. Information on other cavity nesting birds is also included.

You should also find this information useful when talking to your own children or grandchildren about what you're doing on your bluebird trail.

West Virginia Bottle Bill... Same Old Story!

As reported March 1 by Mannix Porterfield in *The Register-Herald*, West Virginia's legislature shelved a bottle bill for the sixth time.

Proponents of the bottle bill, the West Virginia-Citizen Action Group, say for the record that they're not discouraged. They're counting on lucky attempt No. 7 in legislative year 2009 to be the one that passes. This group has campaigned with a cool head and good sense reasoning for the passage of a bottle bill. According to their Web site, www.wvbottlebill.org, there's an economic argument that adds to the long-time environmental appeal: **"A West Virginia**

WV Bottle Bill – continues on page 7, column 1

WV Bottle Bill – continues from page 6

Bottle Bill - It's the Right Thing - It's a Jobs Thing!" West Virginia-Citizen Action Group states that a bottle bill offers an opportunity for eco-job growth in the state and adds to previous arguments with the potential to save some or all of West Virginia's currrent expenditure of $3 million on litter clean-up.

PVAS has a long history of supporting a West Virginia bottle bill. As far back as the March 1986 issue of Valley Views, PVAS got on the bandwagon calling for a write your delegates and senator's campaign. The bottle bill has been taken off of this year's legislative agenda but good ideas don't die when they have persistence by caring people. It may be too late for legislation this year, but it's just about right to start some momentum for the 2009 session. It's time to call or write your representatives: Governor Manchin, 1-888-438-2731; Senators and Delegates, 1-877-565-3447; write your legislators at, The Honorable ____, Member of WV Senate/House of Delegates, Bldg. 1, State Capitol Complex, Charleston, WV 25305; or e-mail legislators at www.legis.state.wv.us. Visit www.wvbottlebill.org for talking points and more ideas.

Don't Forget Race for the Birds!

Here's a reminder that we're holding our seventh annual "This Race is for the Birds!" event on Saturday, April 26, on the campus of the National Conservation Training Center (NCTC).



The event, which will be held rain or shine, will feature a 5-kilometer run sanctioned by the Shenandoah Valley Runners Club.

Families and those who prefer a slower pace can also participate by walking the same course at their own speed.

As we've noted previously, this year's course will be different than those of previous years. Instead of following a rough cross-country track, this year's runners and walkers will stay on paved roads and walkways within the NCTC campus.

This new course should be extremely fast for the runners and it will be much more user-friendly for walking families—strollers will now be appropriate and encouraged.

Here's another plus—this new course will also give runners and walkers alike a great view of the bald eagle nest on the NCTC property and potentially the eagles themselves. The eagles built the nest in 2002 and hatched their first young there in 2004. The course is set at a safe distance so runners and walkers will not disturb the birds.

The race will begin at 9:00 a.m., and the walk will begin immediately after the runners have cleared the starting area. Following the completion of the run, at about 9:30 a.m., there will be a "Fun Run" for children less than 10 years of age, on a special short course set up just for them. All runners and walkers must register.

Full details about fees and registrations are on the PVAS website at www.potomacaudubon.org.

We still need volunteers to help with the event. If you'd like to volunteer, contact Diana Gaviria at 304-274-2690.

JOIN PVAS TODAY!

We now offer two kinds of memberships:

1. PVAS Local Membership

Here's what you get:

- Access to a wide variety of PVAS programs and events for adults and children.
- Discounts for selected chapter activities, like children's summer camps.
- A subscription to PVAS's newsletter and e-mail alerts about events and programs of special interest.
- ALL your dues stay here to support local PVAS efforts!

To become a local member: Enclose a check for $20 ($15 for seniors and students). Please make check out to "PVAS." This fee covers membership for everyone in your household for one year.

2. Dual Membership with National Audubon

You get all the benefits of PVAS membership plus membership in the National Audubon Society, which includes a subscription to *Audubon* magazine. If you select this option, almost all of your dues will go to National Audubon. To obtain a dual membership, enclose a check for $20 if you are joining NAS for the first time or $35 to renew an existing NAS membership ($15 in either case for seniors and students). Make check out to "National Audubon Society."

Membership Form

Name: _____

Address: _____

City: _____ State: ____ Zip code: _____

Phone (optional): _____

E-mail: (optional): _____

Membership Type (check one):

PVAS Local Membership ____
(For PVAS local membership, check the box following if you do NOT want PVAS to share your contact information with National Audubon: ___)

Dual Membership with National Audubon ____

I'd like to get *Valley Views* by e-mail___ US mail ___ (check one)

.....(Audubon chapter code Y54; source code 79N7)

Clip and mail this form to:
Membership Chair, PVAS
PO Box 578
Shepherdstown, WV 25443

Thank you for your support!

RED DOT ALERT

If a red dot appears on your mailing label, your membership may have expired and this could be your last issue of Valley Views. Take action to renew your Dual membership or Local membership.

Potomac Valley Audubon Society
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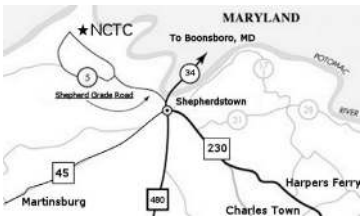
http://www.potomacaudubon.org

DATED MATERIALS

A proud partner of the United Way of the Eastern Panhandle and the Combined Federal Campaign.

MAIL TO:

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The Potomac Valley Audubon Society meets at 7:00 p.m. on the second Wednesday of each month, September through April, at the US Fish and Widlife Service National Conservation Training Center (NCTC), Shepherdstown, WV, in the Instructional West Building. Programs are free and open to the public. For additional information about PVAS or its programs and activities, please call any of the board members listed her or see http://www.potomacaudubon.org. PVAS serves the Eastern Panhandle of West Virginia and neighboring Washington County, Maryland.

PVAS BOARD

The PVAS Board meets every other month on the first Wednesday of the month (Sept.-June). Meeting location will be announced prior to meetings. These meetings are open to all PVAS members.

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