

VALLEY VIEWS

Potomac
Valley
Audubon
Society

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Fourth-grade Program Expands to Morgan County

PVAS's school program that helps educate fourth-grade students about the importance of water resources issues has now expanded to Morgan County.

The program, called the "Watershed Education Initiative," is aimed at increasing children's awareness of water quality and watershed management issues, which are a major concern for our region.

It was launched in Morgan County on March 4, with five classrooms of fourth-graders at Warm Springs Intermediate School—a total of 125 students—enrolled.

The program will run through early May, and include 6 classroom sessions and one day of field trips. Students will also evaluate

See *Fourth-grade*, Page 9

Sign Up Now for This Year's "Race for the Birds!"

PVAS will hold its eighth annual "This Race is for the Birds!" on Saturday, May 2 on the campus of the National Conservation Training Center.

The event is a major fundraiser for PVAS: all proceeds are used to support our educational programs for children.

It will be held rain or shine, and 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.

This year's course will be the same as last year's, and will follow paved roads and walkways within the NCTC campus.

See *Race*, Page 3

Watershed Program Tackles Over-Packaging

Did you know that one Lunch-ables™ prepackaged meal can have between 10 and 19 separate pieces of trash and none of it is recyclable?

Did you know that plastic water bottles will not BEGIN to decompose for 700 years? Fourth graders in our year-long watershed program have been learning about litter and how it can pollute our watersheds, but they have not stopped there. Students in all four schools (Potomack, Tomahawk, Mill Creek, and TA Lowery) have set a "zero waste lunch" day and will be encouraging other classes to try and reduce lunch trash for one day. Student ideas for reducing trash include eating all the food offered, drinking milk without a straw, using cloth napkins rather than paper ones, and filling

reusable containers with drinks, snacks and lunch food rather than individually packaged foods in packed lunches.

Students have been preparing for this challenge by learning which items are recyclable, how to read the recycling code, making "trash pizzas" (creating pie charts using types of trash rather than traditional pizza toppings), and developing publicity posters and announcements. Students will be visiting younger classes and explaining the zero waste lunch to them. Tomahawk and TA Lowery have set March 18 as the waste free day; Potomack's classes will participate over three days, and Mill Creek's trash-out will be in April.

Eidolon Card Files Digitized

After many hours of painstaking work, an extensive set of old card files documenting the flora and fauna at the Eidolon Nature Preserve in Morgan County has now been transcribed into searchable, digital database files.

The transcription was done over the past year by PVAS volunteer

See *Eidolon Cards*, Page 2

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 send a check made out to "PVAS" 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*.

Potomac Valley Audubon Society is people dedicated to preserving, restoring, and enjoying the natural world through education and action.



Hello everyone:

Elsewhere in this newsletter you'll note that we're now offering our fourth-grade school program, which helps educate children about the importance of water resources, in Morgan County at Warm Springs Intermediate School.

We've wanted to expand this program to include Morgan County for a long time, and we're grateful to the Friends of the Cacapon River for making it possible by helping cover the costs.

Our fourth-grade program is the oldest of our school programs—it's now in its sixth year. It's also our largest single school program, with a total of 933 students from nine different Eastern Panhandle schools currently enrolled.

That's a pretty impressive number but there's a lot more to our children's educational programs than that.

Since the start of the current school year last fall, our staff indicates that another 1,184 Eastern Panhandle children have participated in our school programs for the other K-6 grades.

And when we add in the children who attended PVAS camp sessions last summer (235) and the children participating now in our new Wee Naturalist program for pre-schoolers (18 so far), we can fairly say that nearly 2,400 kids have participated in our various children's educational programs over the last nine months.

So the next time somebody asks you what PVAS has done for them lately, you can tell them that, among other things, we've been out there working in the community to help kids gain a greater understanding and appreciation of nature.

And the next time you see Ellen Murphy, our Youth Education Director, or Kristin Alexander, our Executive Director, you can thank them for all the time they've put in to make this effort such a success.

—Peter Smith

Spring Egg Hunt Registration Online



Theodore Madison
at Last Year's Hunt

You still have time to register for our second Spring Egg Hunt at the Yankauer Nature Preserve, Sunday afternoon, April 5th, from 2-4 p.m. This year's event will be for children ages 3-6. Eggs will be hidden along two of the preserve's trails. Collected eggs will be "traded in" for a sweet Easter treat. This will be a family-oriented event and parents should plan to go with their children as they walk on the trail. To register for this event, you use the same registration portal as for summer camp which is found at www.potomacaudubon.org. Cost is \$5 per child and it is recommended that parents pay on the day of the event. Registration is limited. For more information, contact PVAS Youth Education Director Ellen Murphy at 304-676-8739.

Eidolon Cards (Continued from page 1)

Marcyanna Millet, working out of her home in Berkeley Springs.

She used an Excel database format recommended by the West Virginia Division of Natural Resources.

Volunteer Elliot Kirschbaum, of Shepherdstown, assisted in refining the formatting of some of the files.

The card files were maintained for many years by the long-time former owner of the Eidolon property, Mrs. Marguerite Zapoleon, who died in 2003.

Mrs. Zapoleon used them to record the many different plants and animals she and others had observed at Eidolon over many years. Some of the entries date as far back as the 1940s but most are from the 1970s, 1980s and 1990s.

In all, seven different database files have been created: Insects; Amphibians and Reptiles; Birds; Mammals; Ferns, Mosses, Sedges, Grasses, Fungi and Lichens; Flowers and Shrubs; and Trees.

In addition to providing details about the occurrences of different plant and animal species, the files also contain occasional personal anecdotes that add to our understanding of human comings and goings on the property during Mrs. Zapoleon's time.

We hope to post all the files on the PVAS website shortly, so that anyone can review and download them at any time.

Copies will also be shared with The Nature Conservancy, which owns the preserve, and the WV Division of Natural Resources.

Before she died, Mrs. Zapoleon expressed a wish that her card files be preserved for, and made available to, future generations. The transcription of the files has ensured that this will be the case.

Learn How Wastewater Treatment Plants Work

PVAS will sponsor a tour of the Shepherdstown wastewater treatment plant on Saturday, April 4.

The tour will begin at 11:00 a.m. and last about an hour. It will be free, and anyone with an interest is welcome to participate.

During the tour, plant personnel will explain how wastewater treatment systems work, and how they help control pollutants to keep our waterways and groundwaters clean.

Tour participants will be able to view the ways in which wastewater is filtered and purified through various stages, including tanks where naturally occurring bacteria and other microorganisms break down and digest organic matter, tanks where remaining wastes settle out from the water, and chlorination and oxygenation processes.

The Shepherdstown plant, which is approaching 30 years of service, is undergoing significant renovations.

The plant is located at 409 East High Street, just east of downtown Shepherdstown. To get there from the four-way stop in Shepherdstown, take German Street east to Princess Street, go left on Princess Street to High Street, and go right on High. The entrance to the plant a little over one-tenth of a mile past the train tracks, on the left.

Proceed to the end of the entrance road to the parking lot.

April 8 PVAS Program Will Focus on Local Archeology

PVAS will sponsor a presentation about local archeological research April 8 at the National Conservation Training Center.

The speakers will be archeologists Kristin and Eugene Marino. They will discuss research undertaken at the Peter Burr Farm near Kearneysville, which has provided a glimpse into early farm life in this region.

The program will begin at 7:00 p.m. in Room 161 of the Center's Instructional West Building.

The program is free and anyone is welcome to attend.

The house on the Peter Burr Farm is the oldest standing wood frame structure in West Virginia. It was constructed by Peter Burr I between 1751 and 1755, and is a rare surviving example of an early settlement period family homestead.

Eugene Marino is the U.S. Fish and Wildlife Service's Chief Archaeologist. He serves as the Headquarters-level liaison with other archaeologists located throughout the Service. His primary duties involve working to identify regional needs and incorporating those needs into Headquarters-level planning and budget documents. He also serves as the primary point of contact for the Chief of the National Wildlife Refuge system, the land-managing portion of the Service, on all archaeological, historical, tribal, and preservation issues.

Kristen Marino currently serves as a Commissioner for the City of Charles Town's Historic Landmarks Commission. Her duties include ensuring property owners are compliant with City preservation ordinances, as well as historical research on local landmarks and developing avenues to promote historic preservation in Charles Town.

Ms. Marino's background is in Central American archaeology, specifically identifying and researching rock art sites and interpreting their significance. Prior to coming to the Eastern Panhandle, she worked for the U.S. Army Corps of Engineers in St. Louis, specializing in the review of Federal archaeological collections to determine their current level of preservation and curation needs.

For more information contact Peter Smith at 304-876-1139 or pvsmith@frontiernet.net

Race (Continued from page 1)

For experienced runners, this means the course offers a great opportunity for a personal best time. For beginners, it's an opportunity for a great first race experience.

The course is also very user-friendly for walking families—strollers will be appropriate and encouraged.

As an extra bonus, the course will 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. Many awards including awards for Top Overall, Masters, and age group winners will be presented

after the race once the results are tallied.

Several door prizes including two \$50 gift certificates from Atayne sportswear will also be presented.

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 children will receive a ribbon and prize for participating.

All runners and walkers must register. Those who do so before April 25 will pay \$18 and are guaranteed a free t-shirt. After that and on the day of the race, adults participating in the run or walk will pay \$20 per person and get a free t-shirt while supplies last. The fee for children participating in the walk and/or Fun Run will be \$10.

All fees are tax deductible. PVAS members and members of Shenandoah Valley Runners receive a \$2 discount.

Those who wish to pre-register can do so online at www.active.com or send a check payable to PVAS to Race for the Birds, c/o Diana Gaviria, 526 Appian Way, Martinsburg, WV 25403. Registration forms can be downloaded from the PVAS website. Runners and walkers may register the morning of the race as well.

Everyone participating in the event should go to the gymnasium on the NCTC campus. Registration will take place from 7:45-8:45 a.m. Registration for the children's "Fun Run" will be open until 9:15 a.m. at the gymnasium.

Tips for getting in shape for this and other races can be found on the PVAS website.

And speaking of other races, Shepherdstown Day Care is sponsoring a 5 K event of its own two weeks later, on May 16. It will start at 9:45 a.m. at the Shepherdstown Train Station. For details go to www.shepherdstowndaycare.org.

Sponsors Wanted for "Race for the Birds"



PVAS is seeking sponsors for this year's "Race for the Birds." Anyone can be a sponsor—from individuals to families to businesses large and small.

Sponsorships are available starting at \$100.

Family and individual sponsorships can be a way to recognize friends, family and co-workers; they can commemorate birthdays and anniversaries, celebrate health and fitness milestones or recognize the contributions of individuals in the community. For example, each year, the Friends of Mark Benedict contribute generously in the memory of this local conservationist, who passed away in 2006.

For businesses, sponsorships are a way to showcase community involvement.

New corporate sponsors already signed up for this year include Professional Sports Care & Rehab, located in Shepherdstown, and Atayne, creators of Point Of View (POV), high performance running gear made from recycled plastic bottles and Cocona, a natural fiber from coconuts.

We are a non-profit organization, so all sponsorships are fully tax-deductible.

All sponsors will get to display their name or logo on T-shirts given to all event participants, and receive recognition in press releases and race registration materials.

Opportunities for in-kind donations and promotional support are also available.

For more information about being a sponsor contact: Kristin Alexander at 304-676-3397 or pvasmail@aol.com.

Get Involved in Watershed Efforts!

This is the time of year for watershed cleanup and restoration efforts. PVAS encourages its members to pitch in and get involved whenever they can.

At all cleanup and restoration sites, expect moderate-to-difficult work. In addition, cleanup work usually involves walking on rocky/slippery terrain.

Trash bags, gloves and other equipment will be provided to all volunteers at cleanup sites unless otherwise noted. Feel free to bring along your own gloves, rakes, or grabbers. Waterproof boots or waders may be helpful at some sites.



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

Because many sites can only accommodate limited numbers of volunteers, volunteers are frequently asked to pre-register.

In our area, most of cleanup efforts are coordinated through the Alice Ferguson Foundation's Annual Potomac River Watershed Cleanup and/or the state of West Virginia's "Make it Shine" Program.

Restoration efforts are coordinated by various groups.

The events scheduled so far in our area are as follows. All will be held rain or shine.

Stream Cleanups

April 4: Potomac River above Harpers Ferry in the Bakerton Tunnel area (Jefferson County). 9:00 a.m. to 12 noon. Sponsored by the Harpers Ferry Outdoor Festival. Pre-registration required; contact Chuck Davis at aff@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.

April 4: Antietam National Battlefield, Sharpsburg, MD (Washington County). 9:00 a.m. to 12 noon. Sponsored by the National Park Service. Pre-registration required; contact Debbie Cohen at debbie_cohen@nps.gov. Directions: Meet at the Battlefield Visitors Center on Route 65.

April 4: Sleepy Creek tributary that crosses Spohr's Road (Mor-

gan County). 9:30 a.m. Sponsored by the Sleepy Creek Watershed Association. Pre-registration *not* required; contact Gale Foulds at 304 258-6155 for more information. Directions: From the intersection of Route 9 East and Route 522 at the Sheetz station in Berkeley Springs, take Route 9 east 5.3 miles to Spohrs Road. Turn right onto Spohrs Road and go 1.5 miles to the intersection with Ridersville Road and the cleanup site.

April 4: The Cacapon River at Capon Bridge WV (Hampshire County). 9:00 a.m. to 12 noon. Sponsored by the Friends of the Cacapon River. Pre-registration required; contact Crawford Home at bourrybox@verizon.net. Directions: Take Route 50 West from Winchester VA into Capon Bridge. The clean up will be along the banks of the River in the vicinity of the Route 50 bridge.

April 8: Warm Springs Run in Berkeley Springs (Morgan County). Sponsored by the Warm Springs Watershed Association. Meet at 11:00 a.m. at the County Extension office on Fairfax Street for orientation and instructions.

April 11: Opequon Creek at Van Metre Ford Stone Bridge, Martinsburg (Berkeley County). 9:00 a.m. to 12 noon. Sponsored by the Opequon Creek Project Team. Pre-registration required; contact Sandra Bernardi at 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.

Restorations

April 4: Stream buffer planting on the Ruann George farm near Boonsboro, in the Antietam Creek Watershed (Washington County). 9:00 a.m. to 1:00 p.m. Some 2,000 feet of a Beaver Creek tributary will be planted and an existing buffer along the main stem of the creek will be expanded. Pre-registration required; to sign up and get directions, contact Marcy Damon at 443-482-2156 or MDrestoration@cbf.org. Sponsored by the Chesapeake Bay Foundation and a variety of partner organizations.

Summer Camp Scholarships Still Available

Families have until April 17 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 eligible to apply.

This year, applicants will be able to choose among six different camps.

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

The camps, the ages they serve, and their dates are as follows:

- West Virginia State Conservation Camp, Camp Caesar,

Webster County, WV; ages 14-17, June 15-20.

- Trout Unlimited Conservation & Fishing Camp, Syria, Virginia (next to Shenandoah National Park, grades 8 through 11, June 21-26.
- Burgundy Center for Wildlife Studies, Capon Bridge, WV; ages 11-15, June 20-July 3; July 6-July 20; or July 28-August 10.
- Oglebay Institute Junior Nature Camp, Dallas Pike, WV, ages 10-15, July 19-25 or July 26-August 1.
- Mountain Adventures Camp, Spruce Knob, WV; ages 11-17, June 28-July 4; July 5-July 11; or July 12-July 18.
- Audubon Discovery Day Camp, Yankauer Nature Preserve, Shepherdstown, WV; ages 6-12, weekly sessions May 27-July 24.

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 birdseed sale. Additional community sources also support scholarships to our own day camp program at the Yankauer Nature Preserve.

March 7 Master Naturalist Workshop Rescheduled

The Master Naturalist Workshop on Wildfires and Forest Restoration, originally set for March 7 at Antietam National Battlefield, has been rescheduled to April 18 at the Big Meadows area of Shenandoah National Park.

The workshop will review the characteristics and dynamics of wildfires, the history of such fires, techniques for fighting them, and the use of fire as a positive tool in woodland management.

Two more Master Naturalist workshops are coming up in May:

Using the Global Positioning System (1:00-5:00 p.m. May 9 at Cacapon State Park). A comprehensive introduction to the history and use of GPS. Each participant will receive a copy of the book *GPS Made Easy: Using Global Positioning Systems in the Outdoors*.

Save Our Streams (9:30 a.m.-3:00 p.m. May 23 at Cacapon State Park). A detailed review of the bioassessment approach to monitoring the health of local streams and rivers.

These workshops count as elective courses for individuals enrolled in PVAS's Potomac Valley Master Naturalist Program. However, they are also open on a space-available basis to PVAS members and others who are interested in learning more about certain topics but do not want to commit to a full course of Master Naturalist instruction.

Enrollment for each workshop is limited to 20 persons.

Applications to enroll must be submitted no later than two weeks before a workshop's date.

The cost of attendance is \$10 per person for Master Naturalist Program members and trainees and \$15 for others. Application forms and further information are available on the PVAS website.

Summer Discovery Camp Registrations Are Flooding In

Camp registration is open and registrations are coming in fast! There are still some spots available, but don't wait if you plan to register. Several sessions are already at capacity and waiting lists are now being taken. To register for a waiting list, you should go through the registration process online, completing the family name and camper information. Then send an email to pvasprograms@comcast.net and give us the camper's name and specify the session waiting lists you want. Full information and the registration form are available online at www.potomacaudubon.org. A separate link provides some basic information about the registration process, which is new this year, and it is suggested that parents read this before entering the registration portal.

Wildflower Festival Set for April 18

PVAS will hold its annual spring Wildflower Festival on Saturday, April 18 at the Yankauer Nature Preserve.



Craggy Toothwort
by Laura Rau

The festival, which is held to coincide with the peak of the spring wildflower season, 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 and refreshments.

Admission to all these events will be free and everyone is welcome. Guided walks will leave the pavilion on the hour, though visitors are welcome to explore the trails on their own as well.

For the second year in a row, the festival will also include a special Poetry Walk component—poems that focus on spring themes will be posted all along the preserve's Kingfisher trail where the majority of wildflowers are found.

Those who wish to submit poems for posting are encouraged to do so. Submissions should be sent by email to pvnaturewriters@gmail.com. Or, send them by regular mail to "Poetry Walk, c/o PVAS, PO Box 578, Shepherdstown, WV 25443. The deadline for submissions is April 10.

Mid- to late April is traditionally the best time to view early spring wildflowers at the preserve. Some of the wildflowers on display should include bloodroot, spring beauties, Dutchman's breeches, and rue anemone.

The 104-acre Yankauer preserve is located north of Shepherdstown on Whiting's Neck Road. PVAS co-manages it in partnership with The Nature Conservancy. The preserve has two miles of walking trails, river views, and an education pavilion. It is open to the public from dawn to dusk daily.

The trails at Yankauer are primitive, so those who wish to walk them are encouraged to wear sturdy walking shoes. Please leave pets at home and leave the wildflowers for all to enjoy.

Directions to the preserve can be found on the PVAS website.

April 11 Nature Walk

On April 11, PVAS will sponsor a general nature walk at Maryland's Fort Frederick State Park, in Washington County.

The walk will begin at 1:00 p.m. and last a few hours.

It will be led by volunteer naturalist Charlie Sullivan, who will be focusing on the natural history of the area, especially wildflowers and birds.

There will be no charge, and anyone with an interest is welcome to participate.

Participants should plan to meet at 12:45 p.m. in the parking lot located next to the C&O Canal towpath at the south end of the park

Participants should dress appropriately for the weather and wear good shoes or hiking boots. Charlie also recommends bringing a day pack, a water bottle, binoculars if you have them, a camera if you wish, and perhaps a light snack.

The walk will cover two to three miles on flat surfaces, so it should not be very strenuous

To get to the park, take I-70 to Exit 12 (Big Pool/Indian Springs, Route 56). Turn east on Big Pool Road and follow it for a little over a mile to the park entrance on the right.

Once inside the park follow the park road south for about a mile, past the fort and across the C&O Canal towpath, to the towpath area parking lot on the right.

Rachel Carson Film to be Shown at NCTC

The National Conservation Training Center will show the 2007 film "A Sense of Wonder" on April 21.

The film will be shown at 7:00 p.m. in the Byrd Auditorium. It will be free and open to the public.

PVAS is cosponsoring the showing.

The film, which is based on a play of the same name by Kaiulani Lee, depicts Rachel Carson in the last year of her life. Struggling with cancer, she recounts with both humor and anger the attacks against her by the chemical industry, the government, and the press as she focuses her limited energy to get her message to Congress and the American people.

Lee portrays Carson in the film.

The film was shot on location at Carson's cabin in Maine by Oscar-winning cinematographer Haskell Wexler.

Potomac Valley Nature Writers

The newly formed Potomac Valley Nature Writers group will meet on Sunday, March 29, 2:00 p.m., in Room 317 of Snyder Hall on the Shepherd University campus. The group is reading excerpts from Rachel Carson's writings this month and blogging thoughts at <http://potomacvalleynaturewritinggroup.blogspot.com>. The group will be meeting monthly. Everyone who is interested is invited to attend the next meeting. If you would like more information about the group, contact Sandra Bloom at sbloom@myactv.net

Morgan Co. Redbud Festival Will Include Eidolon Open House



PVAS will participate in this year's Morgan County Redbud Festival by holding an open house at the Eidolon Nature Preserve on Saturday, April 25.

The open house will run from 10:00 a.m. to 4:00 p.m. Docents will be on hand to help direct visitors around the preserve, and light refreshments will be available.

The Eidolon preserve is owned by The Nature Conservancy and co-managed by PVAS. It is 354 acres in size and includes about 4 miles of walking trails. It was first opened to the public in the spring of 2007.

Visitors should wear sturdy shoes or hiking boots and dress appropriately for the weather. There are some relatively easy walks within the preserve but many trails include fairly steep and rugged sections and are fairly strenuous.

The preserve is located on Sideling Hill in Morgan County, due west of Berkeley Springs.

The directions from Berkeley Springs are as follows: From the intersection of Routes 522 and 9, take Route 9 west over Cacapon Mountain and through the village of Great Cacapon until you reach Detour Road (a total of 7.6 miles). Go right on Detour Road for 9/10s of a mile to Orleans Road. Go right on Orleans Road and follow it up Sideling Hill for 2.1 miles; the entrance to Eidolon will be on your right—a light-green metal gate flanked by two low, square stone pillars.

Those who visit are asked to park along the road outside the gated entrance and proceed into the preserve on foot.

This year's Redbud Festival will be expanded greatly from those of previous years, and feature a wide variety of activities and events over two weekends: April 17-18-19 and April 24-25-27. Events will range from nature walks to visits to sites of particular interest, such as a community-supported agriculture operation, to a concert by the Sleepy Creek Children's choir.

A brochure containing details of the full Festival schedule will be available at the Nature Niche store at 50 North Washington Street, Berkeley Springs, telephone 304-258-0992.

May 13 Program Will Include Talk, Annual Meeting

Our May program at the National Conservation Training Center will include a presentation by Grant Smith, the President of the Land Trust of the Eastern Panhandle, and our annual business meeting.

The program will be held at 7:00 p.m. in Room 151 of the Instructional West Building.

Mr. Smith's presentation will focus on his organization's efforts to safeguard farmland, open space, scenic views, parkland and historic landscapes for future generations.

The main item of business during the annual meeting portion of the program will be the election of board members.

Earth Day Events

PVAS will be celebrating Earth Day in April through several events. Our annual Wildflower Festival will be at Yankauer Preserve on April 18, 11 a.m.-3 p.m. The same day, we will sponsor a Bird Seed Search and Bingo from 10 a.m.-4 p.m. at the Art Berkeley Earth Day Festival at War Memorial Park in Martinsburg. The next weekend, PVAS will be celebrating Open House at Eidolon Preserve in Morgan County, 10-4 p.m. on April 25 as part of the annual Redbud Festival (see separate story). The public is also invited to Jefferson County Parks and Recreation's Earth Day Festival on April 25, noon-6 p.m. at Morgan's Grove Park.



Everything is recyclable, and some things have a longer recycling life than others. Glass, for example, does not degrade through the recycling process. It can be recycled an infinite number of times. Plastic, however, has a shorter lifespan because it degrades each time it is melted down and something new. Here in our region we have turned into some recycling jurisdiction. It's expensive. It requires organization, trucks, course, we manufacture materials used, but to make our on what is recyclable in our area. Each waste management district is different. The best thing you can do to promote recycling is to buy recycled items at the store. Create a market for recycled goods!



The Three R's — GREEN Style

No, not reading, 'ritin', and 'rithmetic— we mean Reduce, Re-use, Recycle. Not exactly new, but very important to review occasionally. So, here goes!

REDUCE: It simply means don't buy it in the first place, or reduce how much you use. Do you really need it? If it's an item made out of a substance that doesn't pass the tests, try not to buy it. If it's "over-packaged", try another brand. If it is made of a material that's non-recyclable, try another that is. Great example: a few years ago deodorant manufacturers packed their small bottles in cardboard boxes. The outcry from the public not only had them rethinking that, they actually saved money. Now most deodorants are just the plain containers. Another way to reduce the "carbon footprint" (latest buzzword denoting the energy used to produce the item in the first place, plus the cost of bringing the item to your home from its origin): Buy items with least processing and packaging, and buy local, when you can. I notice that one food chain has started marking its produce with point of origin, like "Sweet Potatoes from California"; "Apples from WV".



Are you buying things made of post consumer waste? (Jargon for things like paper napkins made from recycled paper that has been used once already.) Finally, look for used stuff on Craig's List, Amazon, and Freecycle.

RE-USE: We are such a throw-away society; we forget that reusing something is even possible, much less needed. The landfills are overflowing with things that do not biodegrade, and that could have been put to further use. For instance, I buy the plastic-coated plates and plastic cups in the grocery store for picnic purposes. When they have served their purpose, they don't go into the trash—they go into the dishwasher! You can also re-use the glass containers like apple sauce jars—great for leftover soup. (Even things that SHOULD biodegrade don't in a landfill.)

RECYCLE: Too often the only R really thought of in the 'Three R's, is the last one. They are put in this order on purpose: you reduce first, then re-use, finally recycle. Not an easy one, either! Not ev-

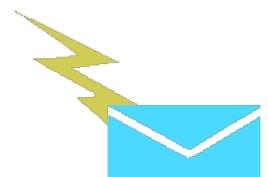
Does your community or school recycle? What? Paper? Glass? Plastic? If not, why not? The EPA says that by 2006, there were over 8600 recycling programs in the US. For a good example, look up the Berkeley County Solid Waste Authority <http://www.berkeleycountycomm.org/links/recycle.cfm>. Their program is growing tremendously and the range of recyclables is impressive! Go to their web page and find out how to recycle stuff you'd have never thought of—metal fencing, for example. Who knew?

And one more we just heard of: "Freecycle". Check it out in your county. For example, Jefferson County's group is <http://groups.yahoo.com/group/FreecycleJeffersonCountyWV/>

If you have some good ideas please share them with us. We'll share them in future newsletters! Email: PVASmail@aol.com.

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Each issue of Valley Views is published in Acrobat Reader format (a.k.a. PDF) for Internet distribution. So if you have: a high speed Internet connection, an email account, and the desire to do everything reasonable to contribute to a greener world, you could be getting your Valley Views automatically by email.

In order to get your copy of Valley Views by email just send a message to wbraun@frontiernet.net with your name as it appears on the mailing label and an active email address where you want Valley Views to be sent.

By-the-way, did I mention that there are two additional benefits from email delivery. First, you get Valley Views well before the postal delivery. Second, PVAS saves the cost of printing and postage so we can use that money for our programs and services. It's a win-win if ever there was one.

ALERT: Suspected Outbreak of Salmonella at Bird Feeders

Release by Three Rivers Avian Center, <http://www.tracwv.org>, February 12, 2009

It is strongly suspected that an outbreak of salmonella poisoning may be starting to occur in some isolated feeding stations in West Virginia. Salmonella caused many deaths of pine siskins, red polls, evening grosbeaks and goldfinches in eastern North America during the winter of 1997 to 1998.

What is salmonella: Salmonella is a normally occurring bacterium found in the gut of many wild and domestic birds and usually causes no harm to the bird or any other individual, human or otherwise. An outbreak of the disease comes when songbirds are stressed, such as from a sudden and prolonged cold snap (like we just had), ice storms, or from having to compete for food at a heavily used feeder. The disease is most commonly spread from bird to bird via feces dropped onto the feeding tray or ground.

Why we are issuing this alert: It must be stressed that no testing has been done as yet on the dead birds found so far to determine the cause of death. We suspect salmonella due to the numbers and locations where these birds were found and the lack of other presenting causes of death. The dead or sick birds can be easily caught by predators such as cats, transferring the disease to them and potentially to their owners. Although there is currently no cause for alarm, being aware of the potential and taking steps to prevent the disease in wild birds at your feeders is a prudent course of action.

What to look for: Sick songbirds will often sit unusually quietly on their perch even at a feeder, fluffed, lethargic, head drooped, and wings out as if to keep their balance; they may have labored breathing or appear to be sleeping with their head under their wing; they will often appear indifferent to what is going on around them and are frequently very reluctant to fly when approached.

What can be done: Keep your bird feeders and bird baths clean (see disinfecting instructions below). Make sure that the feed in your bird feeders is always clean and dry with no mold or plants growing in it. If you are not seeing the above mentioned types of behavior at your feeding stations, keep feeders clean, continue feeding and enjoying the bird show.

If you are seeing this sort of trouble, don't panic, but discontinue feeding wild birds for two weeks and thoroughly disinfect your feeders and nearby perches by following these simple directions: remember to wear rubber gloves; for perches and feeders, first scrape off and throw away in the trash all oils, feces, etc left on surfaces by the birds as well as all seeds and anything else in the feeder; thoroughly wash and scrub all surfaces (inside and out) with dish detergent or a solution of Simple Green cleaner; rinse then liberally apply 10% bleach solution to all surfaces (1 part Clorox bleach to 9 parts clear water) paying special attention to nooks and crannies; rinse off with clear water after 15 minutes and allow to air dry.

For the ground below feeding areas, rake up and dispose of (in the trash!) all hulls, shells, droppings, etc, scratching up the surface of the dirt thoroughly. Wet the soil to complete dampness (you don't need to create a lake) with a 10% bleach solution and let it sit for 15 minutes. Rinse/wash the area with clear water. Allow it to drain & dry completely.

What to do if you find dead pine siskins at your feeding area:

First make sure that they didn't accidentally kill themselves on a nearby window. You may bury the bird or dispose of the body in the trash can. If you suspect the bird may have been ill and would like to get it tested, pick the bird up by covering it with a multi-layer piece of newspaper to protect your hands, then place it in a sealed plastic zip lock bag in your freezer. Thoroughly wash your hands.

We strongly encourage individuals who see an unusual pattern of dead songbirds around their feeders now to put the bodies in separate ziplock bags in the refrigerator, and then wait for normal business hours (M-F, 9 a.m.-5 p.m.) and call Michael Welch, WVDNR Zoologist at 304-637-0245 for further instructions. He has been interested in following these cases. Some individual dead siskins have already been sent for testing and I understand that there is interest in further documentation and testing.

In all such cases, we encourage people to discontinue ALL bird feeding, remove, scrub and totally disinfect (using a 10% bleach solution) all feeders and common perches, and do not replace the feeders for two weeks to encourage dispersal of the flocks. Large congregations of siskins (numbering over 50 or 60) in particular seem to cause stress on the individuals which can cause outbreaks of disease such as we are seeing now.

For more information on handling sick birds you may call Three Rivers Avian Center for more information: 304-466-4683.

State of the Birds Report Released

Released March 17 by Interior Secretary Ken Salazar, the *2009 State of the Birds Report* reveals serious declines in bird species over the last 40 years. Of special note are declines in prairies, deserts and at sea birds. The purpose of the report is greater than the revelation of this distressing state of our birds. As the Foreword of the report states, "Birds are bellwethers of our natural and cultural health as a nation—they are indicators of the integrity of the environments that provide us with clean air and water, fertile soils, abundant wildlife, and natural resources on which our economic development depends."

The bright spot of the report is the relative growth of wetland birds. This single area of growth is attributed to intensive conservation and species management campaigns in the government, private, and public sectors. The report overview indicates that we have the capacity to care for our environment, but we have done a poor job of addressing the breadth of environmental concerns, "Over the last two decades, unprecedented private-public partnerships, called Joint Ventures, have been highly effective at leveraging scarce funds to conserve millions of acres of wetlands and other wildlife habitat. Also, bird conservation initiatives such as Partners in Flight, the U.S. Shorebird Conservation Plan, and the North American Waterbird Conservation Plan have raised awareness and inspired conservation action at continental and regional scales."

As indicated by this limited success, where we have the will there is a way. The AP release written by Dina Capiello quotes John Fitzpatrick, the director of the Cornell Lab of Ornithology, "We need to go into these energies with our environmental eyes open." In short, whatever we do, we must do it as good shepherds of the earth.

To download and read the full report, go to <http://www.stateofthebirds.org>.

Calendar of Upcoming Events

(a downloadable calendar with details and dates is on the PVAS website, www.potomacaudubon.org)

- Mar 27: Potomac Valley Nature Photographers Meeting
- Mar 28: Eastern Panhandle Green Homes tour
- Apr 4: Field trip: Wastewater Treatment Plant
- Apr 5: Annual Spring Children’s Egg Hunt
- Apr 8: PVAS evening program at NCTC
- Apr 9: Annual Birding 101 Course begins
- Apr 11: Field Trip: Big Pool
- Apr 15: Wee Naturalists
- Apr 18: Annual Wildflower Festival
- Apr 18: Master Naturalist Workshop
- Apr 18: Earth Day at War Memorial Park
- Apr 21: Film, “A Sense of Wonder,” at NCTC
- Apr 22: Earth Day!
- Apr 24: Potomac Valley Nature Photographers Mtg
- Apr 25: Redbud Weekend: Open house at Eidolon
- Apr 25: Earth Day at Morgan’s Grove Park
- May 2: Annual “This Race is for the Birds”
- May 9: Master Naturalist Workshop
- May 9: Boonsboro GreenFest
- May 10: General nature walk at Cool Spring Farm
- May 13: PVAS program at NCTC
- May 16: Shepherdstown Day Care River Run
- May 22: Potomac Valley Nature Photographers Mtg.
- May 23: Birding at the Eidolon Preserve
- May 23: Master Naturalist Workshop
- May 27: Preschool Camp
- May 30: Field trip: American Hybrid Chestnut Orchard

Fourth-grade (Continued from page 1)

runoff conditions on their school grounds and plant native grasses and other filtering plants that help protect water quality.

The lead instructor is Shanahan Elmore, a substitute teacher and summer naturalist at Cacapon State Park. Kelly Smith, Cacapon State Park’s full-time naturalist, is assisting her as needed.

The Morgan County community has been extremely helpful in getting the program established there. The Friends of the Cacapon River are underwriting both the instructional costs and school bus transportation for the field trips.

The addition of Warm Springs Intermediate School brings the total number of Eastern Panhandle schools participating in the program this year to nine, and the total number of students enrolled to 933.

PVAS’s Watershed Education Initiative is now in its sixth year. It got its start through grants to PVAS from the Environmental Protection Agency, the National Oceanic and Atmospheric Administration, and the Canaan Valley Institute in Davis, West Virginia.

It is now supported by fees paid to PVAS by the schools, with additional help from occasional local grants like that given by the Friends of the Cacapon River and a state grant funded by the Project FLOW (Future Leaders of Watersheds) program of the West Virginia Commission for National and Community Service.

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: _____
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 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)

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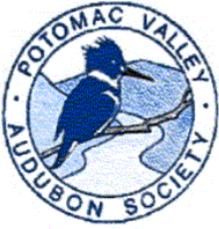
Clip and mail this form to:
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 Shepherdstown, WV 25443

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.



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

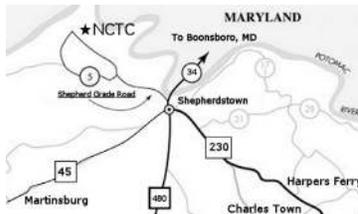


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The Potomac Valley Audubon Society meets at 7:00 p.m. on the second Wednesday of each month, September through April, at the US Fish and Wildlife Service National Conservation Training Center (NCTC), Shepherdstown, WV, in the Instructional West Building. 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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