

# VALLEY VIEWS

Potomac  
Valley  
Audubon  
Society

Volume 33, Issue 9

June 2015

## President's Perch

by Jane Vanderhook, PVAS President

We are approaching a new fiscal year beginning on July 1; but before we can launch that effort, we need to bring this one to a successful close. Our biggest fundraiser of the year will take place on Saturday, June 20th from 1:00 to 4:00pm at the home of Alice and Neal Barkus.

You will dine and drink beneath a tent surrounded by the beautiful gardens. On every table will be a bottle of chilled Champagne that will be replaced at once should it ever become empty. If Champagne is not to your liking, never fear. There will also be beer, wine, juice and water available. The food, which will be prepared and donated by the Events Committee, will match the glorious setting – smoked salmon, quiche, venison sausage, cheese, fruit, too many desserts to mention, and so much more.

We will have a small silent auction and a giving tree to ensure everyone has one more chance to help us reach our goals and make this event our most financially successful ever!

By now, you should have received your invitation in the mail. You may purchase a ticket at our website events calendar (direct link is: <http://www.potomacaudubon.org/event-1938233>), or call Melanie at the office at 703-973-5419 to request a paper invitation. Ticket prices begin at \$45, and we would love to see you there.

Note: The newsletter will be on summer hiatus until September so be sure to check the website at [www.potomacaudubon.com](http://www.potomacaudubon.com) for latest news on events and activities.

Thanks for making this a great year!

## Thank You Winston Gardens!

The sale of native trees the weekend of May 1-2 was a tremendous success, and Winston Gardens is nearly out of stock, thanks to PVAS members and friends. Because of those purchases, Winston Gardens is donating 15% of the sale, or \$254.25, toward Stauffer's Marsh. Winston Gardens has donated \$1,549.95 since May of 2011. We are certainly grateful to Virginia and Eldon Winston for their generosity over the years, and for providing quality native trees and shrubs for purchase. Only a few trees remain, mostly oaks and maples, but are available if you are interested! Call for an appointment at 304-267-6924.

## Director's Report

by Kristin Alexander, PVAS Executive Director

### Get Outside and PLAY This Summer!

Many of us make New Year's resolutions in January. I tend to make resolutions as spring turns to summer. Spring is such a busy time that it is hard to get out and have fun, as much as I'd like to! So about this time I think to myself, "Self, you've got to get outside and PLAY this summer!"

When you slow down and think about it, we live in one of the most popular tourist destinations in the country with endless outdoor adventures to be had right outside our doors. The Appalachian Trail, the C&O Canal, the Shenandoah and Potomac Rivers, Harpers Ferry and Antietam National Parks... There's hiking, biking, birding, botanizing, rock climbing, rafting, canoeing, kayaking, swimming, fishing, and many other opportunities for outdoor "play." And many of these things are free, or at least really cheap. There's really no excuse. It's just a matter of making the time.

So I hope you'll join me in making a resolution to MAKE the time to get outside and play this summer. It's important to remind ourselves why we love the natural world and why we work so hard to protect it and help others appreciate it as much as we do.

PVAS will be offering lots of opportunities to help you get outside and play this summer, from free hikes, bird walks and other fun pursuits. There's also camp for kids! While not free, we do try to keep the costs low and even then there is financial assistance available. Check the website calendar regularly this summer and we'll help you find something fun to do!

So again, no excuses! Get outside and PLAY!

(I'll let you know how I did in September...)

Last *Valley Views* 'til September!  
Check the website and calendar often  
this summer for updates and activities.

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

## Ruby-throated Hummingbird

By Wil Hershberger

A streak of green and white flashes past you at an unbelievable speed, for a moment you're stunned -- what on earth could that have been? That was far too fast for any insect and too small for a bird. You've just seen our smallest bird, the Ruby-throated Hummingbird. Beating their wings at 53 times per second, they are a blur of constant motion. They are only 3.3 inches long from the tip of their bill to the tip of their tail. Females average slightly larger. The bill of a Ruby-throated Hummingbird alone is nearly 20% of the bird's length. Their feet and legs are very small, in fact so small that this species is grouped in the order Apodiformes (meaning "without feet") along with another local bird -- the Chimney Swift.

Ruby-throated Hummingbirds breed in eastern North America and can be found from central Florida north to southern Quebec and west to southern Alberta. Their breeding distribution does not include the short-grass prairies of the American West. This is the largest breeding range of any North American hummingbird.

Nesting begins shortly after arrival from spring migration. Males arrive first and select a territory and begin defending it from other males. The males flash their stunning ruby-red gorget at intruding males and females that come into their territories. Females begin nesting as soon as they arrive, selecting a downward sloping branch with little or no vegetation below the nest site. The female alone builds the nest using spider webs, thistle and dandelion down, and other white plant downs. The base of the nest is stiff compared to the flexible sidewalls. She constructs this masterpiece in 5-10 days and finishes by decorating the exterior of the nest with lichen fragments. The nest is only 1.5 inches tall and 1.1 inches inside diameter — not much room for the average two nestlings to grow. The eggs are incubated for 12 - 14 days. The nestlings are brooded for 18 - 22 days after which they leave the nest.

Many hummingbirds learn their songs from other males of the same species, just as we learn to speak by listening to other humans and then imitating those sounds. It is amazing to see that little scientific study has been done on song learning in the Ruby-throated Hummingbird. However, other species of North American hummingbirds have been studied and these studies show that males learn by listening to other males after they are old enough to leave the nest. In addition to vocalization, male Ruby-throated Hummingbirds have modified wing feathers (the outer primaries) that produce high-pitched twittering that can be heard during agnostic encounters with other males and during the courtship display. The courtship display of the male is performed for a perched female. The male sings and twitters with his wings while he prescribes a "U" shape in the air as he flies back and forth above the female. If you see this display, look at the bottom of the U that he is making with his flight, she is most likely sitting right there.

Ruby-throated Hummingbirds are easily attracted to feeders or flowers. They are fond of orange and red flowers, but will nectar at other colors of flowers that are available. There are many commercial hummingbird food preparations available, but the best thing that you can feed them is the following: 4 parts water, 1 part sugar. Bring the water to a boil, add the sugar and stir. Bring the mixture back to a boil for a few minutes to sterilized the mix. Carefully portion the still hot mixture into clean containers and store in the refrigerator. This, now somewhat sterilized, mixture will last longer in clean feeders. **THERE IS NO NEED TO ADD RED FOOD COLORING!** In fact, there is evidence that red food coloring may be injurious to hummingbirds. The FDA recommended daily allowance of Red Dye #40 for humans is 0.007mg/g body weight per day. For commercially prepared red hummingbird foods, the intake of Red Dye # 40 for a single hummingbird would calculate to be 0.12mg/g body weight per day. That's 17 times the FDA recommendation. There is some evidence from banders that hummingbirds that feed a lot on dyed solutions develop tumors at the base of the bills and in their livers. However, no scientific research has been published from these findings and no research has been done on the dose response of Red Dye #40 on the health effects and life expectancy of hummingbirds — that's rather disappointing. As long as the feeder itself has some red or orange on it, the hummingbirds will be attracted to it and the resident males will defend it from all intruders.

There really is nothing like watching Ruby-throated Hummingbirds up close as they feed from flowers or feeders that you have prepared for them. Keeping your feeders clean and the solution changed every other day is a great way to keep your hummingbirds happy and healthy.



Photo © Matt Orsie

Notes from the Preserves

**Cub Scouts at Stauffer’s Marsh**

On Saturday, May 9th, Cub Scouts from Pack 91, Arden, WV earned merit badges by removing three truckloads of invasive Amur honeysuckle and planting native species at the Stauffer’s Marsh Nature Preserve.

PVAS volunteer Steve Hartmann worked with the Scouts, parents, and friends to assure appropriate plants and sites were utilized. Two-dozen species of trees and shrubs native to the area were selected. Many of the specimens are marked with stakes that support aluminum tags with both the common and scientific names. The work advances Stauffer’s management plan goals of suppressing invasive species and reintroducing native species. PVAS appreciates the help from Pack 91!



**Request for Plant Donations for Stauffer’s Marsh**

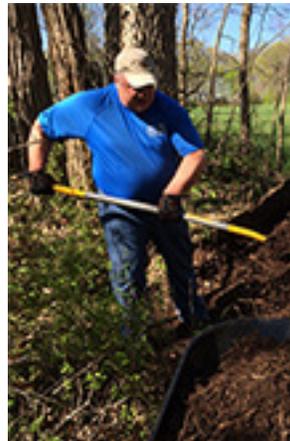
Steve Hartmann, PVAS volunteer land manager for Stauffer’s Marsh, is seeking donations of native plants to be used at the preserve. All species need to be reviewed and approved as locally native and appropriate for the marsh. Species such as disease-resistant American Chestnut, Bald-Cypress, Witch Hazel, and Fringe Trees (*Chionanthus virginicus*) are of particular interest. All plantings should be documented as introductions to the nature preserve.

The plants are needed for the United Way Day of Caring on September 8th. Contact Steve at 304-433-7777 if you would like to help.



**Yankauer Preserve Benefits from Eagle Scout Project**

Yankauer Nature Preserve recently benefited from an Eagle Scout Project planned and led by Scout Ethan Geyer. Ethan contacted PVAS in December, and then in January we met at Yankauer to discuss potential projects. Ethan and his family enjoy hiking at Yankauer, something that helped influence his decision to mulch the South Trail as his project. As part of the process for Eagle Scout projects, Ethan was required to detail his proposed project and gain approval from PVAS and then numerous Scout level approvals prior to beginning the work.



Ethan contacted the Berkeley County Recycling Center who agreed to donate mulch. In March, Ethan rounded up ten volunteers to pick up and deliver mulch to Yankauer. After a couple of snow delays, Ethan organized and led 28 volunteers who used wheelbarrows and rakes to place the mulch along South Trail. Mulching trails prevents muddy and wet spots and helps to minimize runoff and erosion. Mulching trails better defines the path and keeps hikers on it, protecting the plants closest to the trail.

PVAS and Yankauer depend on volunteers for most everything. Thank you Ethan for selecting PVAS and Yankauer Nature Preserve to benefit from your Eagle Scout project. Thank you for your hard work in planning and organizing the many volunteers. Additional thanks to all the volunteers who worked hard spreading the mulch over a long distance, and to the Berkeley County Recycling Center and Cam Tabb for donating mulch. Thanks also go out to neighbors Walt Eifert and John Tabler for their assistance helping make this project a success.

## Race for the Birds Raises Nearly \$10,000

Our 14th annual “Race for the Birds!” event, held April 25 on the National Conservation Training Center, raised a net total of \$9,815.

Although the figure is preliminary and the final number could be slightly different, it will be a new record in any case: last year’s race netted \$7,477. All the event’s proceeds will benefit our educational programs.

The centerpieces of the event were professionally timed 15K and 8K trail races.

A total of 258 runners braved cold and grey skies to participate in the events. Most came from the immediate tri-state area but a good number came from the Baltimore and Washington metropolitan areas and some from as far away as Portsmouth, VA, Charleston, WV, and Gainesville, GA.

Another 108 turned out to walk or jog a 2-mile course at their own speed, and 39 children participated in a 1-mile “Fun Run” for children under 10 years of age.

The overall winner of the 15K race was Cameron Dow, of Winchester, VA, who had a time of 1:05:10.3. The 1st Female in the 15K was Michelle Vanhorn, of Harpers Ferry, who was also 8th overall with a time of 1:11:23.1. The overall winner of the 8K race was Mark Eissens, from Virginia, with a time of 31:41.6. The 1st female in the 8K was Darcy Farrell, also from Virginia, who was also 7th overall with a time of 39:28.2. Full results are available on the Race website at [www.raceforthebirds.org](http://www.raceforthebirds.org).

Thanks again to the Race’s lead sponsor, HFI Wealth Management, to all our other sponsors, to all the many volunteers who pitched into help, and to NCTC for continuing to host this event.



## “Singing Insect Walk” Set for August 8

PVAS will sponsor an evening “singing insect walk” along the C&O Canal in the Sharpsburg area on Saturday, August 8.

The walk will be an opportunity to learn first-hand from an expert about the singing insects heard in this region during the summer months. It will be led by local naturalist Wil Hershberger, who is coauthor of *The Songs of Insects*, a book and audio CD published by Houghton-Mifflin Company.

These walks are family-oriented events that are especially popular with young children, but anyone with an interest is welcome to participate. There is no fee, however, space will be very limited so those who would like to participate should make a reservation as soon as soon as possible. Register on the PVAS website or contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org), or 703-303-1026.

The walking group will assemble at 8:00 p.m. in the large C & O Canal parking lot on Canal Road, three-tenths of a mile south of the Shepherdstown/Sharpsburg bridge. From there, Hershberger will lead an exploration of fields and roadsides near the Canal. Insects likely to be encountered include tree crickets, several species of meadow katydids, one or two species of round-winged katydids, northern true katydids, oblong-wing katydids, and perhaps some bush katydids.

Those who wish to participate should bring a flashlight and be prepared to walk through high grass and weeds. Tucking pants legs into socks and spraying them with a DEET-based insect repellent is recommended. The walk will not take place if it is raining.

Hershberger, who lives in Hedgesville, is one of the area’s leading naturalists. 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 birds, frogs and insects are archived at the Macaulay Library of Natural Sounds at the Cornell Laboratory of Ornithology. His website can be found at [www.natureimagesandsounds.com](http://www.natureimagesandsounds.com).



## International Migratory Bird Day Celebration



Photo © Wil Hershberger

The Potomac Valley Audubon Society's 2015 International Migratory Bird Day Celebration hosted a spectacular line up of bird walks over a 2-week period, with a Birds of Cuba presentation as the finale.

More than 80 members of the public joined us on bird walks at a wide variety of venues. The celebration kicked off with Sandy Sagalkin's 3rd annual Children's Birding Workshop (which was open to the public) at Wind Dance Farm Home-school in Morgan County. In the days that followed, many PVAS volunteers led bird walks at various locations, including PVAS's Eidolon Nature Preserve, the C&O Canal, Altona Marsh, Western Berkeley

County, Stauffer's Marsh, Harper's Ferry; Murphy's Farm, Sideling Hill area (Washington County), Antietam National Battlefield and Bolivar Heights in Harper's Ferry National Park. The Washington County Bird Club co-sponsored the walks at Sideling Hill and the Antietam National Battlefield.

Gorgeous weather escorted the birders on most of the bird walks which made the trips even that much more enjoyable. Many of the walks lasted well over 3 hours and were reported to be great successes! Birds sighted include Peregrine Falcons, Northern Parulas, Blue-gray Gnatcatchers, Baltimore and Orchard Orioles, Prothonotary Warblers and numerous more (including several good butterflies)!

Joette Borzik's Birds of Cuba presentation was a fantastic culmination to PVAS's 2015 Birding Celebration. Joette has visited Cuba four times on humanitarian birding trips, and on Wednesday, May 13, she shared her photos, stories and experiences at our PVAS Monthly Program. 35 people enjoyed her enthusiasm for birding in Cuba and were educated on the birds and culture/history of Cuba through her passionately told anecdotes.

Many thanks to the great number of volunteers who had a hand in making this year an exceptionally wonderful celebration, and to all the community members for your interest and participation in our events.

## Mark Your Calendars: Berkeley Springs Birding Festival Set for Sept. 18-20

Planning is now well underway for the Seventh Annual Berkeley Springs Fall Birding Festival, which will be held in and around Berkeley Springs the weekend of September 18-20.

As usual, the festival will be aimed at beginning and intermediate birders and families with children.

PVAS will once again be its lead sponsor. Local community sponsors will include the Nature Niche store in Berkeley Springs.

Full details will be announced in the September issue of Valley Views.

In the meantime, for updates keep an eye on the PVAS website or contact Judy Webb at the Nature Niche store at 304-258-0992 or [judy@natuenichewv.com](mailto:judy@natuenichewv.com).

## Birdathon Winners

2015 was the sixth running of the Ruth Ann Dean Memorial Birdathon, held in a 24-hour period sometime the weekend of May 1-2. In all, five teams with 14 participants competed in this year's Birdathon.

The 2015 winning team is the "Old Squaws" consisting of Lynne Wiseman, Tess England, Bruni Haydl, and Diane Sylvester. The team identified 82 species within the prescribed 24-hour period.

One of the participating teams, the Lame Ducks, did a Big Sit for Birdathon. Big Sitters must identify as many birds as possible from within a 50-foot diameter circle and within the 24-hour prescribed time limit. The team members, Jean Neely, Jane Vanderhook, and Nancy Kirschbaum, identified 45 species.

Many thanks to all of this year's Birdathon participants and sponsors! A total of \$674 was raised through Birdathon Team Sponsorships this year, all of which will support Stauffer's Marsh Nature Preserve habitat improvement projects.

## Wee Naturalists Focus on Summer Youth Program Focus Group

One of our most popular children's program, Wee Naturalists, will be held on June 1. This program is designed to help preschool children, accompanied by a caring adult, explore nature. The program will be held at Yankauer Preserve from 9:30-11:00 a.m. The first half hour is designed for the kids to explore a bit on their own, with the formal program beginning at 10:00. Cost is \$10 per child/adult team and \$5 for a second child. (There is no extra charge for additional children under the age of 2.) Our theme in June is "Summer Sun." Pre-registration is required at [www.PotomacAudubon.org](http://www.PotomacAudubon.org).

Although Wee Naturalists usually takes the summer off and resumes in August, our "Out of the Nest" preschool camp for child/adult teams will be held the week of July 20. This popular program is held at Yankauer Preserve and is similar to the Wee Naturalist program, but the daily program is a bit longer and the program is held for five days. Children and their adult partner have more time to explore nature and experience the camp program. Register for "Out of the Nest" here: <http://potomacaudubon.org/event-1879601>.



On April 21st, a small group of PVAS youth program stakeholders were invited to join PVAS staff to brainstorm new and improved ways to serve area youth and families. The discussion was facilitated by Matthew Patterson, Chair of Youth Programs on the PVAS Board of Directors.

An impressive list of program ideas were generated, as well as suggestions for effective marketing and outreach to families. The list of program ideas was narrowed down by level of interest, and will be presented to stakeholders who were not able to participate so that they may also provide input. We'll keep you informed of

the results as they come in! If you are interested in providing feedback on youth program possibilities, please contact Youth Program Director, Ellen Murphy.

## Tales In The Trees

Does it seem like PVAS has been doing several programs that focus on reading? You're right! We have received grant funding for this year that is providing us with ways to help connect families with nature through reading!

Family Nature Tales is a program that combines reading a book about nature with nature exploration at Yankauer Preserve. Volunteers Carolyn Maddock and Don Henry have been leading the activities, which last about two hours: first the book, then a hike on the trails. On June 27 at 10 a.m., Don will be leading us on a search for Insects on the trails! Programs at Yankauer are rain or shine, but we do ask that you pre-register at [www.PotomacAudubon.org](http://www.PotomacAudubon.org).

Another reading program this summer is being held at the Martinsburg Public Library (and perhaps some of the Berkeley County branch libraries.) The children's library summer reading program for 2015 is "Heroes" so PVAS is including environmental heroes -- but maybe not whom you were thinking of! John Muir's little dog *Stickeen*, and Lewis and Clark's dog *Seaman*, were both heroes in their own right, and we're using those two books as the basis for our programs. To see what we have planned, bring your children to the Martinsburg Children's Library on June 12 and July 31. Both programs will be at 10:30 a.m.

Both of these programs are being funded by the Nora Roberts Foundation, and PVAS is excited to be able to combine nature and reading.

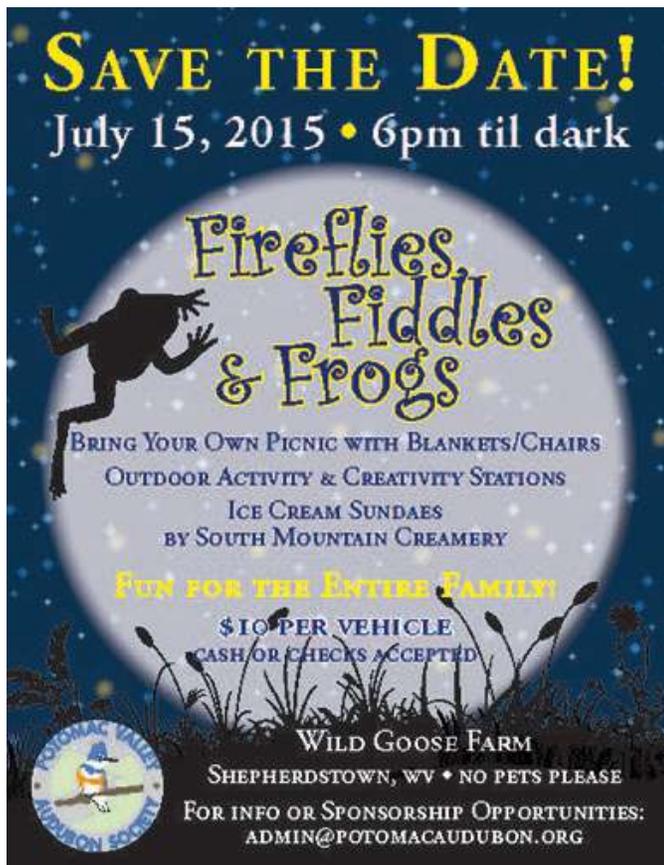
## School Year Programs -- It's A Wrap!

PVAS has completed another successful year presenting programs in the schools! Over 1,500 children were reached either through a visit to Yankauer Preserve, or by a visit by Ellen Murphy to their classroom. Our watershed program for both fourth and fifth grades, supported by a grant from Cacapon Institute, helped us reach an additional 1,961 students in Berkeley, Jefferson, Morgan Counties, WV, and Washington County MD! Special programs like the Jefferson County Science Olympiad and others added 895 to the total. And we collaborated with CraftWorks to serve an additional 200 students from South Jefferson Elementary this spring. That means 4,556 children were introduced (or re-introduced) to nature through the efforts of six watershed instructors, PVAS volunteers (including Master Naturalists) and Program Director Ellen Murphy.

Our watershed instructors spent part of their time trying to juggle their classrooms because of the school snow delays and cancellations! Kudos go to Suzi Taylor, Sandy Brown, Kaela Pumroy, Christian Thomas, Mary Lynn Robinson, and Annie Young for managing to complete the watershed programs on time! Our watershed field trips could not have been accomplished without the additional help of PVAS volunteers like Lou Scavnicky, Susan Brookreson, Mary Etta Boesl, Mary Beth Ross, Vicki Blazer, Virginia Winston, Aileen Curfman, Melanie Snyder, Keith Jones, Alaina Heck, Steve Hoover, David Miller, Sarah Butt, and Bill Powell as well as the crew from Cacapon Institute (Molly, Kat, Neil, Frank, and Andy).

## Save the Date for Family Fun!

On July 15th, bring the whole family for a summer evening of fun. Wild Goose Farm, just outside Shepherdstown, will be hosting a new PVAS family event: "Fireflies, Fiddles, and Frogs." Bring your own supper and blanket to have a picnic by the pond, then enjoy lots of outdoor fun activities with the kids: see what's in the pond; enjoy a StoryWalk; catch fireflies; enjoy South Mountain Creamery ice cream; listen to some music; hear a story by the campfire. Games, crafts and activities for the whole family await!



The event will begin at 6 p.m. and go 'til dark. Only \$10/car, paid by cash or check, will be collected that night. No reservations required! Many thanks to Wild Goose Farm for sponsoring this event, and to South Mountain Creamery for donating the ice cream! For additional sponsorship opportunities, contact Melanie Snyder at [Admin@PotomacAudubon.org](mailto:Admin@PotomacAudubon.org). Specifics will be available at [www.PotomacAudubon.org](http://www.PotomacAudubon.org) as the event gets closer and as details come together! We hope to see you there, rain or shine!

*(No pets please!)*

## Summer Camp Update

June and July mean Audubon Discovery Camp at Yankauer Preserve! This year we will also be at the Peter Burr Farm for two weeks in July. T-Shirts and supplies have been ordered, staff have been hired, and plans have been made! Now we're just waiting for the campers. Many of the sessions are filled, but there are openings in a couple of the weeks. You'll find complete information on what is still available at [www.PotomacAudubon.org/discovercamp](http://www.PotomacAudubon.org/discovercamp) or by searching the Calendar of Events.

We do contact campers who are on the waiting list for specific sessions and openings can occur at the last minute. We may have unexpected openings at camp because of a sudden change in family schedules so it's always worth checking in with Ellen Murphy to see if something has opened up last minute. You can contact her at [Ellen@PotomacAudubon.org](mailto:Ellen@PotomacAudubon.org).

## Exciting Summer Ahead for Scholarship Winners

The PVAS Camp Scholarship Committee is thrilled to announce that we are sponsoring a number of young people for exciting and educational camp experiences this summer. For the second year we are sending some local folks to the Family Camp at Hog Island on the beautiful coast of Maine. Alexandra Wietz, age 8, her brother James, age 11, and their mother, Aaryn, will attend that historic camp. In their essays, James said he wants to learn all about a tidal pool, and Lexie reported that she has a pet corn snake! The Wietz family lives in Keareysville.

Michael Dudash, age 12, from Sharpsburg, will attend the Burgundy Center for Wildlife Studies in Capon Bridge, WV, on a scholarship that is co-sponsored by Burgundy. He wrote that he hopes to be a marine biologist someday.

Theodore Madison, age 10, from Hagerstown, will go to the Oglebay Institute's Junior Nature Camp. He said he'd like to identify birds, learn archery, and sing funny campfire songs!

Hunter Bodwell, a Martinsburg teen, will attend the Student Climate and Conservation Congress (SC3) at NCTC. Hunter has excelled as a camper and a junior staff member at our own PVAS Audubon Discovery Camp (ADC).

This year we are granting camp scholarships to eight children to attend PVAS' various ADC week-long day-camp activities! We are truly pleased that our camps -- at Yankauer and the Peter Burr Farm -- have been perennially popular.

One scholarship contribution was made in honor of Vicki Blazer, Ph.D., in thanks and appreciation for her ongoing support of science education in public schools. In addition to her internationally recognized work in fish pathology, Vicki generously shares her time with young scientists.

Each year PVAS offers camp scholarships to eligible persons throughout the PVAS membership area. We thank our birdseed customers and all the loyal supporters of our camp scholarships!

## July 12 Eidolon Plant Walk Will Be Second of Series

PVAS will sponsor a plant walk at the Eidolon Nature preserve in Morgan County on Sunday, July 12. The walk is free, and anyone with an interest is welcome to come along. Pre-registration is strongly encouraged but not required; to register, go to the PVAS website.

Participants should plan to meet at the preserve at 10:00 a.m. The preserve is located on Sideling Hill Mountain northwest of Great Cacapon. Directions can be found on the PVAS website.

The walk will be led by naturalist Joe Metzger, and will last about five hours. It is one of three walks that offer unique opportunities to participate in a systematic effort to compare the plants presently growing on the Eidolon property to those recorded there as far back as 70 years ago.

The Eidolon property was purchased in 1945 by Louis and Marguerite Zapoleon and enjoyed by them for many years. According to Mrs. Zapoleon's wishes, it became a nature preserve after she passed away in 2003.

For more than five decades, Mrs. Zapoleon kept careful records of the plants and animals she had seen on the property. These records have survived (they can be found on the PVAS website) and the planned series of walks will attempt to relocate the more than 600 species of plants that Mrs. Zapoleon recorded. Those plants included 30 very rare species, only four of which have been rediscovered so far.

The first walk in this series was held May 10. The final walk will be held September 13. All these walks are being co-sponsored by the Maryland Native Plant Society.

Registration for each of the walks is separate, and those who are interested may choose to participate in any or all of them.

Participants should dress for the prevailing weather, bring bug spray, sun screen, drinking water and a sack lunch. They may also wish to bring a camera and binoculars.

For more information contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) or 703-303-1026.

## Don't Miss July 25 Workshop on Light Pollution

PVAS is sponsoring a Natural History Workshop on light pollution the morning of Saturday, July 25. The workshop will be held from 10:00-11:30 a.m. at the Hospice of the Panhandle facility in Kearneysville. The workshop is entitled, "Wasted Light, Stolen Night: An Introduction to Light Pollution." It will be led by Laura Kitchin Greenleaf, a Richmond, VA, Master Naturalist who co-leads the Virginia chapter of the International Dark Sky Association.

It is open to anyone with an interest, but space is limited and pre-registration is required. Register on the PVAS website at [www.potomacaudubon.org](http://www.potomacaudubon.org). There will be a fee of \$10 for PVAS members and \$15 for nonmembers.

Laura has been active in educating audiences about light pollution issues and supporting community members and advocates working to turn the tide of light pollution. She delivers presentations for conferences, nonprofit organizations, community groups and government agencies. During this workshop, she will explain why light pollution has increased exponentially over the past fifty years and the ways in which a more informed, thoughtful approach to outdoor lighting, along with improved design and technology, can reverse the obliteration of starry skies and natural nightscapes.

We'll learn the facts about public safety and lighting and why so much of our lighting does more harm than good, including to our vision and our health. We'll explore the ecological consequences of light pollution as artificial light at night ripples through the food web, disrupting habitat, life cycles and physiology of all species. We'll also hear the good news about night sky conservation and positive trends from around the world and find out what we can do to make a difference at home.

The Hospice facility's address is 330 Hospice Lane, Kearneysville. The entrance is located on old Route 9, near Short Road, across from the Food Lion store. The workshop will be held in the Education Room of the facility's Main Office building. There is plenty of parking on site.

This event is one of a series of Natural History Workshops on different natural history topics the Society is sponsoring this year. These Workshops are intended for people who are interested in learning about particular natural history topics in considerable depth but cannot commit to pursue the much more comprehensive natural history education available through PVAS's Potomac Valley Master Naturalist Program, which can take a year or more to complete. This workshop is eligible for Master Naturalist recertification hours in instruction.

For more information contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org), or 703-303-1026.

## Invasive Weed Pull at CraftWorks on May 16th

Master Naturalists teamed up with CraftWorks to tackle garlic mustard, autumn olive and other invasive plants on CraftWorks land. Nine Master Naturalist volunteers braved a hot, steamy May day to thank CraftWorks, which supports the Master Naturalist program by allowing us to hold classes at their wonderful facility. Thanks to Terri Burhans and Margaret Smith of CraftWorks for coordinating this activity.



*Pictured, left to right: Eldon Winston, Virginia Winston, Phil Folk, Diana Pavlik, Lynne Wiseman, Charlotte Fremaux, Shelley Feist. Not pictured Vicki Blazer, Wanda Miller, and Flo Wilbik.*

## First Master Naturalist Spring Gathering Held at Cacapon State Park

On the first Saturday in May, thirty-five Master Naturalists and their family members met for a day of hikes, bird watching, stream monitoring, tree identification, edible plant ID, and outdoor Dutch oven cooking.



A potluck lunch was accompanied by a presentation on the Monarch Butterfly project that seeks to restore habitat in support of the migrating and breeding butterflies. For dessert, Clark Dixon made two wonderful

cobblers using his Dutch oven cooking technique.

This was the first of future Master Naturalist gatherings. We hope to gather in the spring and fall each year, to reconnect, learn, and celebrate nature. Anyone who is interested in the Master Naturalist program should check out the PVAS website: <http://potomacaudubon.org/masternat>.

## Ideas for Field Trips, Lectures or Natural History Workshops?

Is there a topic you would like to learn more about or a hike that you have been hoping to tackle? Is there a facility you are interested in touring or an exhibit you would like to attend? Would you like guided trips to our Nature Preserves or local State Parks?

We would love to hear from you! Let us know what you are interested in and we will work to provide that opportunity to our PVAS community.

As we look ahead through the summer, fall and yes, even winter, it is our hope to schedule events that are desirable to all our members. Please send us your thoughts and ideas of things that interest you. We look forward to offering programs that entice and excite all members of the Potomac Valley Audubon!

## Shannondale Area Bird Walk Set for June 10

PVAS is sponsoring a summer bird walk in the Blue Ridge Tract of the Shannondale Wildlife Management Area on Wednesday, June 10.

The trip will begin at 7:30 a.m. and will be led by veteran naturalist Jim Farley. It is free, and anyone with an interest is welcome to come along. Children are also welcome.

Pre-registration is strongly encouraged but not required. Easy registration is available on the PVAS website at [www.potomacaudubon.org](http://www.potomacaudubon.org).

Species likely to be sighted include Scarlet Tanagers, Yellow-billed Cuckoos, Oven Birds, and maybe even nesting Red-headed Woodpeckers. Other likely species are Indigo Buntings, Towhees and Red-shouldered Hawks.

To get to the walk's starting point, take Mission Road off Route 115 and go four miles to a small parking lot on the right. You will pass a four-way stop and a country store on the way.

The trip will last about three-and-a-half hours and involve walking about three-and-a-half miles; the path can be fairly difficult in spots.

Participants should dress appropriately for the prevailing weather conditions; bring insect repellent, water, and sunscreen; and wear comfortable walking or hiking boots. PVAS will provide binoculars for those who need them.

The trip may be cancelled if there is bad weather. To check on a possible weather cancellation, watch the PVAS website or contact Jim at [jamesfarley@frontiernet.net](mailto:jamesfarley@frontiernet.net) or 540-686-2056.

## Join Summer Bird Walks at Antietam

PVAS will sponsor summer bird walks along the Final Attack Trail on the Antietam National Battlefield in Sharpsburg, MD on June 27, July 25 and August 22. All these dates are Saturdays. The walks are being cosponsored by the Washington County Bird Club.

They will be free and open to anyone with an interest, regardless of birding skills. Children are welcome, but must be accompanied by an adult. Pre-registration is strongly encouraged but not required. Easy registration is available on the PVAS website.

For each walk, participants should plan to meet walk leader Sandy Sagalkin at the Burnside Bridge at 7:30 a.m. The walks will last about 2 1/2 to 3 hours, and cover mostly level terrain.

Participants should wear sturdy footwear, dress appropriately for the prevailing weather conditions, and bring along water and insect repellent. PVAS will provide binoculars for those who do not have their own. Various trip details could change depending on weather or recent bird sightings.

The trail the walks will follow is in the area where the Union Army made its final advance to drive the Confederate Army from Maryland on September 17, 1862, only to be turned back by A.P. Hill's final Confederate counterattack.

It is also the site of an extensive effort by the Antietam National Battlefield to restore and preserve native grasslands on the Otto Farm fields in the Battlefield's southwest corner.

Working with Battlefield staff, Sandy has assisted the Battlefield in surveying the grassland birds in the area during the spring and summer of 2014. So far, they have counted more than 70 species that have used the area as a stopover or residence, including Blue Grosbeaks, Yellow-breasted Chats, Common Yellowthroats, Willow Flycatchers, Grasshopper Sparrows and Prairie Warblers.

For more information, contact Sandy at [monsansagalkin@myactv.net](mailto:monsansagalkin@myactv.net) or 240-291-6465.

## Join June 24 Bird Walk at Blue Ridge Center

PVAS will sponsor a bird walk at the Blue Ridge Center for Environmental Stewardship in nearby Loudoun County, VA, on Wednesday, June 24. The walk will begin at 7:00 a.m.

It is free and open to anyone with an interest, regardless of birding skills. Children are welcome, but must be accompanied by an adult. Pre-registration is strongly encouraged but not required. Easy registration is available on the PVAS website.

The Center is located at 11661 Harpers Ferry Road (VA Route 671), a couple of miles south of Route 340 and just opposite the Neersville Fire Department. Look for a small sign with the Blue Ridge logo.

Plan to meet trip leader Deb Hale before 7:00 a.m. in the Center parking Lot. This trip will cover about three miles and last about three hours. It should offer opportunities to see a good variety of birds, including warblers, vireos, flycatchers, tanagers, gnatcatchers and raptors.

Participants should wear sturdy footwear, dress appropriately for the prevailing weather conditions, and bring along water and insect repellent. PVAS will provide binoculars for those who do not have their own. Various trip details could change depending on weather or recent bird sightings.

For more information, contact trip leader Deb at [debhale72@gmail.com](mailto:debhale72@gmail.com) or 304-535-2346.

## Wildlife Hospital Tour Has June 12 Signup Deadline

PVAS will sponsor a guided tour of an internationally acclaimed wildlife hospital in Waynesboro, VA on Saturday, June 20. The tour will begin at 10:00 a.m. and last about one hour.

It is open to anyone with an interest but *space will be limited and registration no later than June 12 is required*. Register on the PVAS website. There will be a fee of \$10 for PVAS members and \$15 for nonmembers.

Waynesboro is about two hours from the Eastern Panhandle. Those who wish to carpool should plan to meet the trip leader, Debbie Maiorano, in the parking lot of the Inwood Food Lion store on Route 51, just east of I-81, no later than 7:45 a.m.



The hospital that will be toured is the Wildlife Center of Virginia. Founded in 1982, it not only provides quality health care to native wildlife but also is a major teaching and research facility for veterinarians, veterinary technicians, and for volunteer wildlife rehabilitators. Since its inception, it has treated more than 65,000 wild animals, including more than 200 species of native birds, mammals, reptiles, and amphibians. It has also trained a corps of wildlife medicine practitioners who may now be found on the cutting-edge of wildlife veterinary medicine around the world.

In 2007, the Center received the National Conservation Achievement Award from the National Wildlife Federation as the Conservation Organization of the Year. The June 20 tour will include a presentation by the Center's staff, a video about the hospital and a look at the Center's indoor and outdoor facilities.

Afterwards, tour participants will have an opportunity to gather for lunch at a nearby restaurant and then join an optional afternoon drive or hike in nearby Shenandoah National Park. The tour will be held rain or shine. For more information about the Wildlife Center go to its website at [www.wildlifecenter.org](http://www.wildlifecenter.org). For more information about the tour, lunch, or optional drive or hike, go to the PVAS website or contact Debbie Maiorano at [deb-biem58@aol.com](mailto:deb-biem58@aol.com) or 540-535-5145.

## JOIN PVAS TODAY!

ALL of your dues will stay here to support local PVAS efforts and help us grow! And here's what you'll get:

- Access to a wide variety of PVAS programs and events for adults and children, including field trips, special events, workshops and courses, and environmental projects. **And discounts to most programs that require a fee!**
- A subscription to Valley Views, the PVAS newsletter
- E-mail alerts about events and programs of special interest
- Satisfaction of supporting conservation efforts, youth and adult nature education, individual and family recreation, and a wide array of programs in your community.

To become a local member, send in the form below and enclose a check for \$20 (\$15 for seniors and students). Make the check out to "PVAS." This fee covers membership for everyone in your household for one year.

### Membership Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip code: \_\_\_\_\_

Phone (optional): \_\_\_\_\_

E-mail: \_\_\_\_\_

*To save postage costs, PVAS regularly sends its newsletter by e-mail. You can be assured that we do not share email addresses with anyone. If you would prefer to receive the newsletter by U.S. mail check here: \_\_\_*

**Clip and mail this form to:**

**Membership Chair, PVAS**

**PO Box 578**

**Shepherdstown, WV 25443**



**Thank you for your support!**

### If you'd rather join the National Audubon Society:

Some people prefer National Audubon Society membership, which includes a subscription to the Society's Audubon magazine. To become a National member, go to the Society's website at [www.audubon.org](http://www.audubon.org) and click on "join." If you join National Audubon and reside in Berkeley, Jefferson or Morgan counties in West Virginia, or in Washington County Maryland, you will automatically become a member of PVAS and have access to our events, an e-mail copy of newsletter and e-mail alerts. However almost all of your dues payments will go to the National Audubon Society; only a small percentage will go to PVAS.



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CFC#29061

MAIL TO:

June 2015

Printed on 100% post-consumer waste recycled paper

Volume 33, Issue 9

The Potomac Valley Audubon Society meets at 7:00 p.m. on the second Wednesday of each month, September through April. Programs are free and open to the public. For additional information about PVAS or its programs and activities, please contact any of the board members listed here or see <http://www.potomacaudubon.org>. PVAS serves the Eastern Panhandle of West Virginia and neighboring Washington County, Maryland.

**PVAS BOARD**  
 PVAS Board meet-  
 ings take place the  
 first Thursday of  
 the month (Sep-  
 tember through  
 June). Meetings  
 are open to all  
 PVAS members.  
 Please contact  
 the President or  
 Vice President if  
 you would like to  
 attend.

**PVAS Officers and Board Members** (Year of term expiration in parentheses)

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 Vice President: Michael Sullivan (2016) ..... msullivan@limno.com  
 Secretary: Diana Gaviria (2016) ..... jpikester@comcast.net  
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