

# VALLEY VIEWS

Potomac Valley Audubon Society

Volume 27, Issue 3

November 2008

## Don't Miss November Wine Tasting and Strawbale House Tour!

If you haven't signed up yet to attend our unique, new fundraising event for this fall—our “Wine Tasting and Strawbale House Tour”—we hope you'll do so.

This event is being planned in lieu of our usual fall arts festival, which is not being held this year. All proceeds will be used to support our education programs for local children.

The event will be held from 1:00-4:00 p.m. November 15 at the innovative “green” home that our Executive Director, Kristin Alexander, and her husband Jeff Feldman completed last year near Whiting's Neck in Berkeley County. The home is one of the first in the area to use straw bales for insulation, and it has many other cutting-edge green features as well.

In addition to tours of the home, the event will feature a wine tasting by Grapes and Grains Gourmet of Shepherdstown. The tasting will explore a variety of reasonably priced holiday wines including some that are organic. Light food appropriate for pairing with the wines will also be provided. Non-alcoholic beverages will be available as well, and musical entertainment will provide background.

There will also be a closed-bid silent auction featuring a wine-lovers basket, gourmet food basket, a “green goods” basket and much more.

Tickets to the event are required, and space will be limited.

Basic tickets are \$45 per person. Those who pay \$150 for two people will be recognized as Donors, those who pay \$200 for two will be recognized as Patrons, and those who pay \$250 or more for two will be recognized as Supporters.

All ticket costs will be fully tax deductible.

To reserve tickets, please call 304-676-3397 or e-mail [PVAS-mail@aol.com](mailto:PVAS-mail@aol.com) and provide your name, address, and phone number.



## Remember United Way/ CFC Fund Drives

We want to remind PVAS members that the annual fundraising campaigns of the United Way of the Eastern Panhandle and the Combined Federal Campaign (CFC) are underway.

Both campaigns will last through December 15.

PVAS receives funding from United Way and CFC each year and encourages its members to give to these organizations.

CFC is, of course, the mechanism for federal employees to contribute to their local United Way. We are told that some people are having trouble finding PVAS in this year's CFC catalogue. Those who wish to designate PVAS as the recipient of all or part of their CFC contribution can do so simply by entering PVAS's CFC number (29061) on the CFC form that they file with their employing agency.

If you have any questions about this, please contact Kristin Alexander at [pvasmail@aol.com](mailto:pvasmail@aol.com) or 304-229-9771.

## Eidolon Nature Preserve Fall 2008 Hunting and Hiking Schedule

The land now known as the Eidolon Nature Preserve has been hunted by neighboring families for generations, and when Marguerite Zapoleon willed the land to the Nature Conservancy, she stipulated that hunting should be allowed to continue there.

Accordingly, and also in the interest of maintaining a healthy forest and viable animal populations, the Nature Conservancy and PVAS are permitting hunting on the property.

To balance the safety of hikers and the interests of deer hunters, we ask all visitors to observe the following rules during deer season:

- Hunters must be licensed by the state and follow all applicable state laws and regulations.
- For their part, hikers should exercise appropriate caution during hunting season and wear at least one item of blaze orange clothing.

See *Eidolon Hunting*, Page 2

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



Hello Everyone:

When we scheduled a field trip to a Pawpaw orchard in nearby Carroll County MD this past September 28 (see September *Valley Views*), we didn't have the slightest idea what to expect.

We'd never organized a field trip quite like this before and we figured it was entirely possible that nobody would show up (that's happened to us once or twice before).

But, boy, were we wrong.

We announced the trip during the last week of August, and because of the logistics of hosting people at the orchard we limited the number of participants to 18.

We hit that number the first week of September.

And when the time for the trip finally rolled around, we accumulated a waiting list of more than 30 people!

In short, there was more interest in this trip than in any other trip I can recall.

The moral is that it's often good to explore new and different things, and that's what we're trying to do with our field trip program.

With the assistance of our very capable new field trip coordinator, Sheri Fedorchak, we're trying to offer a wider variety of different kinds of trips.

We'll still do birding trips, of course. But we want to experiment with other things as well.

For example, you'll note elsewhere in this newsletter that we've scheduled a cave-exploration trip for this month—something else we've never tried before.

We also want to put more emphasis on trips that are fun for kids, and that whole families can enjoy.

Our hope is that this new approach will not only provide a more interesting mix of trips for our own members but also encourage other folks in the area to become more involved in the natural world.

And you can help. Do you have any thoughts about new places we might visit? Or about different *kinds* of trips we might undertake? If so please pass them along to Sheri or me. We're always looking for new ideas, and all suggestions are welcome. You can reach us at [stelladogg@hotmail.com](mailto:stelladogg@hotmail.com) and [pvsmith@frontiernet.net](mailto:pvsmith@frontiernet.net), respectively.

—Peter Smith

**Birdseed Sale Pickup Reminder**

Don't forget to pick up your birdseed order between 10:00 a.m. and Noon on Saturday November 1 at the location you designated on your order form. Pickup locations are Gower's, Ranson; Gower's Williamsport; or Hunter's Hardware, Berkeley Springs.

If you didn't get your order in because you ran out of time, contact Diana Mullis at 304-267-3482 to see if we have seed available to accommodate your last-minute needs.

*Eidolon Hunting* (Continued from page 1)

- In accordance with state law, no hunting will be permitted on Sundays.
- The Eidolon Nature Preserve will close its trails to hikers for the entire first week of the firearm season for deer hunting (November 24 through 29 this year) and every Saturday thereafter until the season ends on December 13.
- On all other days during the firearm season for deer, the trails will be open to hikers from 10 am until 3 pm only.

Please see the schedule below for specifics.

<b>2008 Eidolon Hunting and Hiking Schedule at a glance</b>	
Monday, November 24 to Saturday, November 29	<b>First week of firearm season for deer- Trails closed to hikers every day</b>
Sunday, November 30	No hunting
Monday, December 1 to Friday, December 5	Trails open to hikers 10am-3pm only
Saturday, December 6	<b>Trails closed to hikers all day</b>
Sunday, December 7	No hunting
Monday, December 8 to Friday, December 12	Trails open to hikers from 10am-3pm only
Saturday, December 13	<b>Trails closed to hikers all day Last day of firearm season for deer</b>

**Photography Camp Photos on Display**

Ten selected images, captured by high school-aged students in the 2008 digital nature photography camp, have been framed and hung in the hallway at the National Conservation Training Center's (NCTC) Instructional East Building.

The camp was held in partnership with the USFWS' National Conservation Training Center. Each camper was able to use a Nikon Digital SLR camera donated by Nikon last year as part of its Spirit Initiative Grant.

Matt Poole, who works at NCTC, coordinated and instructed the camp. He also matted and framed one shot from each camper and arranged for NCTC to hang the photos for NCTC course participants to see and appreciate.

The photos will show the incredible images these students were able to capture in their five days of camp, as well as the wide range of photographic opportunities they had.

In addition to having access to the beautiful grounds of NCTC including the Potomac River, campers were also taken off-site to Antietam Battlefield to practice landscape photography; the Trego Mountain Wildlife Sanctuary to practice wildlife photography of the birds used for falconry; and Patuxent Wildlife Refuge to learn about some USFWS research projects and activities.

If you don't have the opportunity to see the framed photos at NCTC, a slideshow of some of the spectacular images taken by participating teens are available at [www.potomacaudubon.org](http://www.potomacaudubon.org).

A special thank you to Matt Poole for all of his efforts in making the photography camp a success, and for highlighting the success of the students by matting, framing and hanging the students' photos at NCTC.

## School Programs Booming

October was extremely busy at Yankauer. Several of the schools that visited were funded by grants from the City of Ranson or the Eastern WV Community Foundation's Jane P. Snyder Youth Fund and the C. Scott and Elizabeth C. Shade Youth Fund. The City of Ranson grant allows all classrooms from Ranson Elementary to attend our programs. The Community Foundation is funding second and third graders from selected schools to come to the preserve for programs for free, and even covers most transportation costs.

In October, Tuscarora Elementary, Ranson Elementary, Berkeley Heights, and Burke Street took advantage of these opportunities and the fantastic fall weather. By November we will have served at least 675 school children at Yankauer and additional programs are being scheduled as this is written.

---

## Music in the Cedars

A sincere thank you goes out to all of the musicians who graced us with their music this summer as part of the "Music in the Cedars" concert series at Yankauer in August and September. Satch Alwin, Grigorio Lacerda and Friends, Terry Tucker and Ardyth Gilbertson, The Reasons Why, The Outpatients, The Rolling Coyotes, The Dilettantes, Daryl Bryarly, and Steve Cifala all provided fantastic performances for audiences free of charge. We can't thank them enough for helping us with this engaging and fun community event.

---

## Families Invited to Bird-banding Demonstration

PVAS will hold its 16<sup>th</sup> annual bird-banding demonstration in Hedgesville, WV, on Sunday, November 9.

The event will be hosted by banding expert Bob Dean at his Hedgesville residence from 1:00 p.m. to 4:00 p.m.

This is an enjoyable and educational family event and children are welcome. Refreshments will be provided.

The event is held outdoors, so those planning to attend should dress accordingly.

The event will be cancelled if there is bad weather.

Directions are as follows:

From I-81 north or south – Take Exit 20 and follow route 901 west for about 2 miles to the first stop sign. Turn left and go 0.2 miles to Harlan Springs Road. (just beyond church). Turn left on Harlan Springs and go 0.7 miles to Limestone Lane. (across from stone spring house and pond). Turn right on Limestone and go 0.3 miles to parking sign in field below house.

From Route 9 west of Hedgesville – At the James Rumsey Technical Institute (just east of Hedgesville High School) turn left onto Cumbo Road. Go 1.1 miles to the first stop sign and turn left onto Harlan Springs Road. Go 1.25 miles on Harlan Springs to Limestone Lane. Turn left on Limestone and go 0.3 miles to parking sign in field below house.

For more information contact Peter Smith at 304-876-1139 or [pvsmith@frontiernet.net](mailto:pvsmith@frontiernet.net).

## Let's Go Caving!

PVAS is teaming up with Go-AdventureSports to offer an opportunity to explore the Whiting's Neck Cave near the Yankauer Nature Preserve in Berkeley County on November 15.

The Whiting's Neck Cave is a fairly large cavern that is frequently visited by outdoor adventure companies and groups such as the Boy Scouts. It is considered ideal for beginners because no special skills are needed to navigate its main passages and chambers, and it contains many interesting features.

Go-AdventureSports is a local teambuilding and adventure company run by Eriq Powers.

Powers has spent the last twelve years providing adventure programming. He has certifications from such organizations as the National Cave Rescue Commission, the National Association of Search and Rescue Technicians, Rescue 3 International, the American Mountain Guides Association, and Solo Wilderness Medicine.

His firm's caving program has been highlighted in the Washington Post, Audubon News, Men's Journal magazine and Rolling Stone.

In addition to learning about cave safety, participants in the November 15 trip will learn about the natural history of caves, including what causes them and their various formations like stalactites and "cave coral," and their importance as habitat to bats and other wildlife.

The caving experience is appropriate for children 10 years old and up but all children must be accompanied by an adult.

Those who would like to participate must sign a waiver and medical history form. There is a charge of \$35 per person to cover the guide's expenses. Because of this expense, PVAS reserves the right to cancel if not enough people enroll.

Space is limited, so pre-registration and payment is required. The required forms are available at the PVAS website at [www.potomacaudubon.org](http://www.potomacaudubon.org). Please make checks out to Potomac Valley Audubon Society or "PVAS" and mail the check and forms to PVAS, Attn: Caving, PO Box 578, Shepherdstown, WV 25443 by November 7.

Participants will meet at the Yankauer Nature Preserve at 9:30 a.m. and be back at the Preserve by 4:00 p.m.

Go-AdventureSports will provide all equipment and instruction but each participant will be responsible for wearing appropriate clothing and bringing their own lunch. (Information about preparing for the trip will be sent upon receipt of your registration.)

For more information about this trip or registration procedures, please contact Sheri Fedorchak at 876-8432 or [stelladogg@hotmail.com](mailto:stelladogg@hotmail.com).



Royalty Free photo from [www.freeimages.com](http://www.freeimages.com)

## Cathedral State Park Trip Coming Up!

Here's a reminder that we've got a field trip to West Virginia's Cathedral State Park scheduled for Saturday, November 1.

Anyone with an interest is welcome to come alone.

Located in southeastern Preston County, WV, Cathedral State Park contains the only stand of mixed virgin timber left in West Virginia, and includes many ancient hemlocks.

In all, the park encompasses a total of 133 acres.

The drive to the park from the Eastern Panhandle is about two-and-a-half hours long.

Field trip participants will meet at the Food Lion supermarket parking lot on Route 51 in Inwood, just off I-81, and depart from there at 8:00 a.m.

They will drive down I-81 to Route 50 at Winchester, and take Route 50 west to the park.

A tour of the park is scheduled for 11:00 a.m.

Afterwards, the field trip group will travel to nearby Blackwater Falls State Park for a 1:30 p.m. lunch before departing for home.

Because of the distances involved, carpooling is encouraged. Please contact Clark Dixon, at 304-725-9634 if you're willing to let your car or van serve as a pool vehicle.

For more information about the trip, contact Clark at the number shown above.

## November Meeting Will Focus on Polar Bears

Our November meeting will feature a presentation about life in Churchill, Manitoba, where people and polar bears coexist.

The speaker will be Carolyn Rushizky, who has led interpretative polar bear excursions in Churchill and worked with the late Dr. Malcolm Ramsay, a leading Polar Bear biologist.

Carolyn has also served as a ranger at Yellowstone National Park and Katmai National Park in Alaska, which has the largest concentration of brown bears in the country. While at Katmai, she participated in an ongoing study that tracked bear populations and behavior. She has also led trips for the National Wildlife Federation.

The meeting will be held at 7:00 p.m. November 12 at the U.S. Fish and Wildlife Service National Conservation Training Center on Shepherd Grade Road, just north of Shepherdstown. It will be held in Room 151 of the Center's Instructional West Building. The program is free and anyone is welcome to attend.

Carolyn was educated in Fish and Wildlife Management at Montana State University, and also attended the Park Ranger Law Enforcement Academy in Santa Rosa, CA.

She currently lives in Harpers Ferry with her husband Victor and three young children. She works at Dulles Airport and enjoys camping and traveling with her family to national parks all over the U.S.



## American Conservation Film Festival

The Sixth Annual American Conservation Film Festival will be held in Shepherdstown November 6-9.

Held in cooperation with the National Conservation Training Center and the US Fish and Wildlife Service, the festival is always inspiring.

It encompasses local and national feature-length and short films and includes thought-provoking discussions, children's films, a student filmmaker forum and competition, a meet-the-filmmaker reception, and information sessions from a variety of environmental groups.

This year's festival will have more showings at more locations than ever before. Venues include NCTC's Byrd Auditorium and Studio Theater, the new Erma Ora Byrd Auditorium at Shepherd University, the Byrd Science Center Auditorium at Shepherd, and Shepherd's Reynolds Hall.

Most showings are free of charge.

For the schedule and full information, visit the festival website at [www.conservationfilm.org](http://www.conservationfilm.org) or call 304-876-7373.



## No Child Left Inside Approved by House of Representatives

On September 18, 2008, the U.S. House of Representatives approved the No Child Left Inside Act of 2008 by a vote of 293 to 109 with bipartisan support. All three West Virginia representatives voted in favor of the NCLI Act along with seven of Maryland's eight representatives. The bill now goes on to be voted on in the U.S. Senate. Keep in mind that debate may be taking place on a companion bill in the Senate, rather than on this particular bill.

The No Child Left Inside Act of 2008 - Amends the National Environmental Education Act to add to the minimum functions and activities required of grantees under the Environmental Education and Training program, which trains educational professionals in the development and delivery of environmental education and training. As such the bill is directed at strengthening and enlightening teaching professionals on environmental education. Of particular interest to PVAS is the requirement to create opportunities outside the classroom and bring grantees in contact with working environmental professionals. The bill also requires the states to establish standards of environmental literacy for students and professional achievement for teachers as well as a plan for implementation.

PVAS's long-time partnership with teachers in our area for the development curriculum and programs is a clear indication of our leadership in addressing the interests and intent of the NCLI Act of 2008. As a member of the National Audubon Society we are members and supporters of the No Child Left Inside Coalition.

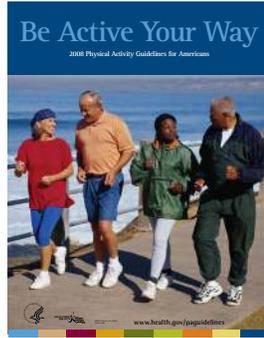
To get more information on the efforts to make the NCLI Act of 2008 into law, visit the No Child Left Inside Coalition at [http://www.cbf.org/site/PageServer?pagename=act\\_sub\\_actioncenter\\_federal\\_NCLB](http://www.cbf.org/site/PageServer?pagename=act_sub_actioncenter_federal_NCLB).

**Calendar**

- November 1:....Field trip to Cathedral State Park
- November 9:....Bird Banding Demonstration
- November 12: ...PVAS Lecture – Polar Bears
- November 15: ...Field Trip – Whiting’s Neck Cave
- November 15: ...Event – Wine Tasting and Strawbale House Tour

**New Guidelines for Physical Activity**

On Tuesday, October 7, 2008, the U.S. Department of Health and Human Services issued new guidelines for physical activity. Calling them new is a bit of an understatement in-as-much-as these are the first guidelines for physical activity ever issued by the federal government. They are part of a broader recognition of the sad state of American physical fitness that has resulted in initiatives like No Child Left Inside (mentioned elsewhere in this issue of Valley Views) and the publication of these and other health guidelines.



The guidelines are divided by different age and physical constraint groupings. They are not a prescription but stress doing things that are fun and personally rewarding at the same time they meet goals for aerobic and muscle strengthening activities. Walking or climbing stairs is listed as baseline activity for adults while climbing on playground equipment at recess is listed as enhanced activity for children. As stated on page 3 of *2008 Physical Activity Guidelines for Americans*, "Physical activity gives people a chance to have fun, be with friends and family, enjoy the outdoors, improve their personal appearance, and improve their fitness..."

So who is being addressed by these guidelines? ...everybody. But the examples given are especially suited to urban and suburban dwellers that are time, space, and geography limited. Brisk walking, water aerobics, bicycling, tennis, dancing, gardening, etc. at different levels of intensity are given as sample activities. Hiking, backpacking, climbing, and nature walks are not given mention so we have to attribute that to a well meaning but uninformed authorship.

The guidelines focus on long term physiological health benefits (disease prevention) while giving only three paragraphs to address the potential benefits to mental health. While this is unfortunate, it doesn't diminish the importance.

As it applies to the PVAS mission, it is a natural extension to connect physical activity to a sense of wellbeing for the individual and the environment that fosters that wellbeing. PVAS has long held that physical activity and conservation go hand-in-hand. The best way to conserve, educate, and appreciate the natural world is to get out in it; and that translates to physical and mental health along with conservation of the natural world.

We believe that these guidelines are an important step to the common goals of healthy bodies, healthy minds, and a healthy world. To find out more on the new guidelines go to [www.health.gov/paguidelines](http://www.health.gov/paguidelines).

**JOIN PVAS TODAY!**

We now offer two kinds of memberships:

**1. PVAS Local Membership**

Here's what you get:

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

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

**2. Dual Membership with National Audubon**

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

**Membership Form**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_ Zip code: \_\_\_\_\_  
 Phone (optional): \_\_\_\_\_  
 E-mail: (optional): \_\_\_\_\_

**Membership Type (check one):**

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

**Dual Membership with National Audubon** \_\_\_\_

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

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

**Clip and mail this form to:**

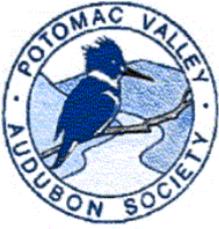
Membership Chair, PVAS  
 PO Box 578  
 Shepherdstown, WV 25443

**Thank you for your support!**



**RED DOT ALERT**

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



Potomac Valley Audubon Society  
 P O Box 578  
 Shepherdstown, WV 25443  
 Return Service Requested

NON-PROFIT ORG.  
 US Postage  
 PAID  
 Permit No. 30  
 Shepherdstown, WV

<http://www.potomacaudubon.org>

DATED MATERIALS

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

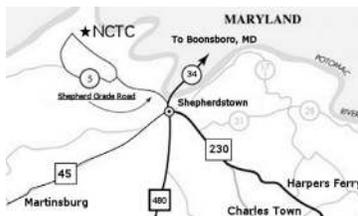


MAIL TO:

November 2008

Printed on 100% post-consumer waste recycled paper

Volume 27, Issue 3



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.

***PVAS Officers and Board Members***

- President: Peter Smith 304 876-1139 .....pvsmith@frontiernet.net
- Vice President: Nancy Kirschbaum ..... nancyk500@comcast.net
- Secretary: Mina Goodrich ..... larrymina@peoplepc.com
- Treasurer: Lex Miller ..... pamandlex@frontiernet.net
- Board Development: Wayne Braunstein 304 728-7181 .....wbraun@frontiernet.net
- Board Members-at-Large: Alice Barkus ..... abarkus@frontiernet.net
- Susan Brookreson ..... brookre@earthlink.net
- Clark Dixon ..... dixonconsultants@aol.com
- Rob Hoxton ..... rhoxtan@hoxtonfinancial.com
- Leigh Jenkins ..... jenkinsleigh@hotmail.com
- Georgia Jeppesen ..... georgia\_jeppesen@comcast.net
- Carolyn Thomas ..... webethomas@aol.com
- John Reisenweber ..... jreisenweber@centrabank.com

***Ex Officio Board Members***

- Diana Mullis 304 267-3482 .....dianamullis@aol.com

***Emeritus Board Members***

- Bill Belton ..... wbelton@hughes.net
- Jean Neely ..... jeaneely@comcast.net

***Special Contacts***

- Executive Director: Kristin Alexander 304 676-3397 .....kaemail730@aol.com
- Web Master: Kathy Bilton ..... kathy@fred.net
- PVAS Wildlife Rescue Coord: Diana Mullis ..... 304-267-3482