

# VALLEY VIEWS

Potomac  
Valley  
Audubon  
Society

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## President's Note

by Michael Sullivan, PVAS President

Sometimes the heat and humidity of mid-August makes me yearn for cool weather, falling leaves, and that sweet transition from summer to winter. Now that autumn is just about upon us, I'm feeling pretty good, and I'm ready to spend more time outdoors.

This is a great time of the year to visit the PVAS Calendar of Upcoming Events to see what is happening. In September you'll find many bird and nature walks, the start of our fall hawk watching trips, and Monarch Discovery Days: two weeks of activities to celebrate the fall Monarch migration, which peaks in our area in mid-September.

In case you would like to put your work gloves on, we have Day of Caring activities planned on September 13<sup>th</sup> to freshen up our nature preserves at Yankauer and Stauffer's Marsh (sponsored by United Way of the Eastern Panhandle). Topping things off is our first monthly program of the year, on the evening of September 14<sup>th</sup>, where Amy Evrard will provide us with a talk on the topic: *Living in Nature: The World's Hunter-Gatherers*.

There is a lot to do. Please join in. We appreciate all of the support we get from members, donors, and volunteers. Enjoy the fall!

### New Location for Wildlife Care

**Wildlife Vet Care is where we are taking injured wildlife these days. Our Veterinarian of many years, Belinda Burwell, D.V.M., has a new office and can be reached at 540-664-9494.**

**And a great website: [www.wildlifevetcare.com](http://www.wildlifevetcare.com).**

**Feel free to contact their office directly.**

**Diana Mullis is our Wildlife Rehab Coordinator, and can be reached at 304-754-3753 or [dianamullis@aol.com](mailto:dianamullis@aol.com).**

## Director's Report

by Kristin Alexander, PVAS Executive Director

Day of Caring... Day of Community

Every year I look forward to the annual United Way's Day of Caring. It is a day when community members come together to help non-profit organizations in the region.

For PVAS, it means 50-100 people coming out to Yankauer and/or Stauffer's Marsh Preserves to give the preserves an end-of-summer facelift, and a huge surge of support to the volunteer preserve managers. It's a day when we get things done that take many hands: mulching and trimming trails; thinning and weeding flowerbeds; fighting back the brush around the parking lots and fences.

Master Gardeners, Master Naturalists, Jr. ROTC, IT Sexton, church members, PVAS members and many other groups join together to lend a hand. It's a time when new folks learn about the preserves, participants meet other dedicated volunteers, and all work together to provide the public a wonderful place to visit and explore, take a quiet walk, or bring a friend or family member for a program.

Come and join us September 13<sup>th</sup> for this year's festivities! We can promise wonderful people, a great (and plentiful) lunch, an excellent workout, and a worthwhile to-do list.

This year we are asking folks to sign up on our website so we can more efficiently communicate with volunteers and know how many people to expect at each location. You can also sign up for a t-shirt size ahead of time! Please indicate at which preserve you'd like to help by visiting the PVAS events calendar for September 13<sup>th</sup> at [www.potomacaudubon.org](http://www.potomacaudubon.org). Or you can use the direct link: <http://www.potomacaudubon.org/event-2304945>. If you do not have access to our website, contact Bridget Tinsley at (304) 261-6016 or [Bridget@PotomacAudubon.org](mailto:Bridget@PotomacAudubon.org).

Hope to see you there, and thank you again for your help. The United Way's Day of Caring is truly a wonderful gift to PVAS and to the community.

**Look for your  
BIRDSEED ORDER FORM  
in our October Valley Views!**

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

## Our Amazing Pollinators

By Wil Hershberger

There are more than 4,000 species of bees that are native to North America. The Honey Bee is not native though, having been introduced from Europe for the production of honey and the pollination of crops. The news is awash with stories about the decline of Honey Bees from viral, bacterial, and fungal pathogens as well as from insecticide use. However, the vast majority of bees that pollinate wildflowers and trees are native species, such as digger bees and bumble bees. Remember, over one-third of the food we eat depends on pollinators! Without them, and the environmental services that they provide, we would have no fruit or vegetables to eat and many nut crops would vanish as well.

There are at least 900 species of digger bees in the United States, they are fast-flying, hairy bees with elongated faces. Nearly all of the digger bees in our area do not have common names. *Anthophora abrupta*, *A. ursine*, and *A. bomboides* are the more abundant species in our area. Most digger bees have yellowish hairs on their thorax and either yellowish or black hairs on their abdomens. They are easily found nectaring on many wildflower species throughout the summer and fall months.

Where there is suitable habitat, there may be numerous females nesting close to one another creating the appearance of a colony. However, Digger bees are solitary, there is no social structure like that found in Honey Bees. In appropriate soils, females dig a burrow that terminates in a series of waterproof cells within which she will lay her eggs. She provisions the cells with pollen, seals them, and then seals the burrow to keep parasites out of her nest. Males have nothing to do with nesting other than mating with the females. Males can often be seen clustered on vegetation near nesting sites waiting for a chance to mate. In some species, the males will patrol flowers for receptive females, or they will patrol the area where nests were placed in the previous year. In another species, *Centris pallida*, John Alcock of the Arizona State University found that males are able to detect and dig down to meet emerging females that have just hatched — before the newly emerged female can get away, the male mates with her.

Digger Bees are not quick to sting. In fact, they will only sting if excessively provoked or trapped under clothing. Large numbers of nesting females flying around, as they prepare and provision their nests, can be a disturbing site. However, if you leave them alone, there is no need for concern.

Digger bees are one of a number of native bee species that use “buzz pollination” to gather pollen from plants. The bees move around very rapidly from flower to flower. Once the bee lands on the flower it will grab the flower with its jaws, arch its body, and then rapidly vibrate its wings effectively sonicating the flower to release as much pollen as quickly as possible. Some species of plants have evolved to require this intense vibration to release the pollen from the anthers. The bee’s vibrations are at just the right frequency to cause the pollen to be released as rapidly as possible. The bee may spend just a fraction of a second at a flower doing a single buzz that results in an explosion of pollen that coats the bee’s underside. The bee will then collect and move the pollen to their pollen basket for storage and transport. It can be great fun to watch the bees moving from flower to flower, buzzing, and creating little puffs of pollen as they go.

You can make your yard or farm bee-friendly by providing a variety of native flowering plants. Native wildflowers, shrubs, and trees are not only great for bees, but for birds as well. Fresh water that is free from pesticide residues is also a requirement of bees and other wildlife. Reducing the use of pesticides and herbicides will also help to improve the habitat for native wildlife. Even a modest area planted with native flowering species can be beneficial to our native pollinators.

The Xerces Society ([www.xerces.org](http://www.xerces.org)) is committed to protecting and enhancing populations of native insects. Their website is full of valuable information that you can use to enhance your land for native pollinators. For a list of flowering plants that are native to our area see this link:

[http://www.xerces.org/wp-content/uploads/2014/09/MidAtlanticPlantList\\_web.pdf](http://www.xerces.org/wp-content/uploads/2014/09/MidAtlanticPlantList_web.pdf)

For instructions on creating a pollinator meadow, see this link:

<http://www.xerces.org/wp-content/uploads/2013/12/EstablishingPollinatorMeadows.pdf>

Another useful resource is provided by the NRCS, the WV Pollinator Handbook: <http://www.xerces.org/wp-content/uploads/2009/11/WVPH-SEC.pdf>



Bumble Bee working goldenrod at Stauffer's Marsh © Wil Hershberger

## PVAS Events

### Join PVAS's Trip to Herban Sprout Urban Farm

PVAS is leading a field trip to Herban Sprout, Martinsburg's first urban farm, on Saturday, October 1. The tour will highlight the amazing produce that can be grown organically, in an urban setting. Herban Sprout boasts an 18'x18' greenhouse, built from repurposed materials, powered by solar panels and completely "off the grid," as well as a traditional garden. Here, they grow microgreens, herbs, flowers, tomatoes, and salad greens, hydroponically and in soil. They are currently supplying several local restaurants with their produce, as well as selling to the public during limited hours at the greenhouse.

The tour will begin at 9:00 a.m., and last about an hour. Owner Matthew Denton will lead the tour, and is looking forward to showing us around and answering our questions. Herban Sprout is located at 732 New York Avenue, Martinsburg, WV, 25401. It is on the corner of Buxton and New York Avenue. Parking is available on the street. See pictures and read about what is happening at Urban Sprout through their Facebook page: <https://www.facebook.com/herbansprout>.

Registration is strongly encouraged in order to help prepare for the tour. ***This program is MN Re-Cert-Eligible for education hours!*** Please contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) or 703-303-1026 with any questions you may have.

### Volunteer Field Trip Coordinator Opportunity

The Potomac Valley Audubon Society has benefited from the amazing services of volunteer field trip coordinators for the past few years. While master naturalists often fill this roll, it is a volunteer position that could be fulfilling for any PVAS member!

As part of PVAS's adult programming, we offer a variety of field trips throughout the year. Many of these trips are coordinated by a volunteer field trip coordinator. We offer annual trips, such as Winter Tree IDs, as well as new, interesting and educational trips that are open to the entire PVAS community and the general public.

If organizing and visiting various venues interests you, like touring an urban farm or hiking at Ice Mountain Preserve, please consider volunteering as a Field Trip Coordinator! This role can be shared by more than one person.

Please contact Krista Hawley at or [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) call 703-303-1026 if you would like more information about this volunteer position.

### Don't Miss September 10 Workshop on "Water Canaries"

PVAS is sponsoring a September 10 Natural History Workshop on aquatic macroinvertebrates, also known as "water canaries." The workshop will be held from 9:00-11:00 a.m. in the shallow water of Antietam Creek on the Antietam National Battlefield near Sharpsburg, MD. The workshop will be led by local naturalist Sandy Brown. It is open to anyone with an interest, and will be a very family-friendly event; children are welcome if accompanied by an adult. Space is limited and pre-registration is required. To register and get directions go to the PVAS website. There is a fee of \$15 for PVAS members and \$20 for nonmembers. Children under 18 may participate free.

Aquatic macroinvertebrates are small animals living among stones, logs, sediments and aquatic plants on the bottom of streams, rivers and lakes. They play an important role in fresh water ecosystems and are widely used as indicators of pollution when testing for water quality (hence, their nickname of "water canaries"). Workshop participants will learn how to identify these organisms and how they indicate water quality. Participants should dress for the weather, bring along drinking water, sunscreen and insect repellent, and be prepared to stand in knee-deep water.

This event is one of a series of Natural History Workshops on different natural history topics PVAS 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. For more information contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) or 703-303-1026.



## PVAS Events

### September Program Will Focus on Hunter Gatherers

Our monthly program for September will feature a presentation about the hunter-gatherers of the world and their relationships to their natural environments. The program will be held at 7:00 p.m. Wednesday, September 14 at the Hospice of the Panhandle facility in Kearneysville. Admission is free, and everyone is welcome to attend.

The speaker will be Amy Young Evrard, an Associate Professor of Anthropology at Gettysburg College. Dr. Evrard is a cultural anthropologist whose past research has examined women's rights and human rights in the Middle East and North Africa, as well as transnational Christian communities in the Gulf region of the Middle East. She has a BA from Hendrix College and a Ph.D. from Harvard University. Amy is also a certified Potomac Valley Master Naturalist and a recent graduate of Birding 101, and she loves volunteering with PVAS. You can follow her blog about humans and their relationship with nature at [naturehumanblog.blogspot.com](http://naturehumanblog.blogspot.com).

Hunter-gatherers are well known for having a vast and detailed knowledge of the natural world, which is necessary to support their foraging lifestyle. In her talk, Amy will review hunter-gatherer groups who live and subsist in a variety of ecosystems: in forests, savannas, and deserts, and along coastlines. She will consider the kinds of knowledge necessary for their survival and discuss how environmental and political challenges affect them as well as the land on which they live.

The Hospice facility's address is 330 Hospice Lane, Kearneysville. The Audubon events will be held in the main meeting room of the facility's Main Office building. There is plenty of parking at the facility. For more information go to the PVAS website or contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) or 703-303-1026.

## Family and Youth Programs

### Wee Nats is Back!

After taking a summer break, our preschool Wee Naturalists program is back this fall! The sessions will be held on Mondays once a month, from September through November, and then again next spring. A special Winter program will be offered sometime between December and February, too. The programs are designed to provide opportunities for children, ages 3-5, and a caring adult to explore nature together safely under the guidance of an experienced PVAS instructor.

Sessions will be held, as usual, at the Yankauer Nature Preserve; but PVAS is exploring other venues as well. We would love to offer nature exploration to families who live "not so close" to Yankauer, so if you know of a possible location, let us know! Wee Naturalist programs are generally designed to last from 9:30 a.m. to 11:00 a.m. and include walks, crafts, and other activities that focus on nature. This year, programs will include a nature story to set the scene, and special theme for each one.

Fall session dates will be September 19, October 17, and November 7. At each session, children must be accompanied by a parent, grandparent, other adult relative, or guardian. To ensure that everyone receives close, personal attention, enrollment will be limited, and pre-registration is required. Easy on-line registration is available on the PVAS website. Families may register for any or all of the months. The fee is \$5 per child/adult team, per session. For more information, contact Ellen Murphy ([Ellen@PotomacAudubon.org](mailto:Ellen@PotomacAudubon.org)).

The Wee Naturalists program was established in 2009 with support from the Eastern West Virginia Community Foundation's Two Rivers Giving Circle. Continued support has also come from the Nora Roberts Foundation.

### Youth Programs Scholarships

PVAS's youth programs benefit every year from the generosity of the business community. Several organizations in our area provide scholarship funds so that local Title 1 schools can participate in our environmentally-themed programs. Last year, almost 1000 students were served through scholarship grants! Once again this year, the City of Ranson is supporting the students at Ranson Elementary by funding our fourth grade watershed program as well as a visit to Yankauer Preserve.

The school has taken advantage of these programs for over ten years and we are excited that we will be with the students again this year!

Other funding has been received from the Eastern West Virginia Community Foundation, which will be used for environmental programs at several other schools. Part of what makes PVAS's programs so popular with teachers is our emphasis on hands-on, student scientific discovery and the program's specific ties to West Virginia learning standards. Without the support of the community, many of our local students would not have the experience of a day in nature at Yankauer Preserve or Stauffer's Marsh, or a visit to their classroom by one of our youth program volunteers. If your school is a Title 1 school and interested in one of the programs, contact Ellen Murphy ([Ellen@PotomacAudubon.org](mailto:Ellen@PotomacAudubon.org)).



## Family and Youth Programs

### Sustainable Energy Program Introduced

Do you know how much energy it takes to power a light bulb or cell phone? Thanks to a grant from the Appalachian Stewardship Foundation, PVAS will be helping fifth grades in 15 classrooms answer that question this fall. The program, named “Power Up to Power Down,” is designed to help students explore alternative and sustainable energy through hands-on activities and scientific discovery. It’s a perfect match for the new West Virginia Next Generation Science Standards that emphasize hands-on engineering projects at the lower grades.

The four-session program introduces students to solar, wind, and kinetic energy, and the possibilities of each for electricity production. The solar energy session will allow students to experiment with solar powered model cars, a solar oven, and infrared thermometers. In the next session, students will build a simple wind turbine in class and discover the effectiveness of wind as a power source. Students will also explore how electricity is measured by using kilowatt meters to monitor their classroom energy use, and they will also compare incandescent, CFL, and LED light bulbs for efficiency and cost. The final session will allow students to experiment with innovative sources of power using specially designed soccer balls and jump ropes, as well as discover other ways that human energy can be used to generate electricity. As part of the program, students will be encouraged to do an energy audit of their home, discovering ways that energy use (and thus costs) can be reduced.

The program is being piloted this fall in 15 classes at Eagle Intermediate School in Berkeley County, Ranson Elementary in Jefferson County, and Pleasant View Elementary in Morgan County. Students participate in a pre-and post-assessment of knowledge to help gauge the effectiveness of the program. After the initial pilot presentations this fall, teachers will help us refine the program content and activities, and then it will be available to all fifth graders in our service area.

The Appalachian Stewardship Foundation, headquartered in Elkins WV, provides funding for innovative projects that help lead to a future of cleaner energy, and PVAS is thrilled to be partnering with them for this new program!

### Watershed Programs Begin Again

This fall, PVAS is beginning its 15th year teaching fourth graders in this area about watersheds and how they connect us in the Eastern Panhandle to the health of the Chesapeake Bay. Fifteen years: where does the time go?!

Over the years, the program has been tweaked and revised so that it is the hands-on, interactive program that schools participate in today.

Some schools in our area choose the semester program, while others prefer the longer program that explores the subject in more detail and extends throughout the entire school year.

Both programs are multi-session and cover the properties of water, the water cycle, watershed basics, erosion and run-off concerns, water quality testing, and aquatic food chains. Most schools also choose to participate in a field experience that allows the students to put into practice what they have learned in class at a local stream or river.

After administering the program for ten years, Ellen Murphy is handing the baton to our new Land and Watershed Program Manager, Bridget Tinsley. Bridget taught the program last spring and is already contacting teachers to schedule classes for the 2016-17 school year. We anticipate that almost 50 fourth grade classes will participate in the program during the next year!

We’ll keep you posted, through words and pictures, about the fun the students have in the program in future issues of *Valley Views*. If you are interested in learning more about the watershed program for your school or for homeschool associations, contact Bridget Tinsley ([Bridget@PotomacAudubon.org](mailto:Bridget@PotomacAudubon.org)) or 304-261-6016.



## Birding News and Events

### Join September 10 Bird Walk at Claymont

The Potomac Valley Audubon Society will sponsor a bird walk on the historic Claymont property outside Charles Town, WV on Saturday, September 10. The walk will begin at 7:30 a.m. and be led by local birding expert Joette Borzik. It is free and open to anyone with an interest, regardless of their 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 Society's website at [www.potomacaudubon.org](http://www.potomacaudubon.org).

Field trip participants should plan to meet the trip leader at the gate to the Claymont entrance road. The entrance is located at 667 Huyett Road; it is marked by a street sign that says "Claymont Mansion." The trip will last about three hours and involve about three miles of moderate hiking, but participants may opt out at any time along the way. It should offer opportunities to see a good variety of birds, including migrating passerines and raptors, resident species, and first-year birds.

Participants should dress appropriately for the prevailing weather and bring drinking water, trail snacks and insect repellent. Binoculars will be available for those who need them. For more information, go to the PVAS website or contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) or 703-303-1026.

### PVAS Sponsoring September 11 C&O Canal Bird Walk

The Potomac Valley Audubon Society is offering a bird walk along the C&O Canal towpath in the Williamsport MD area on Sunday, September 11. The walk, led by local birding expert Sandy Sagalkin, will begin at 7:00 a.m. at the Canal Visitor Center at Cushwa Basin, and it will last about three hours.

The event is free and open to anyone with an interest, regardless of their birding skills. It will involve easy walking over level ground, and is appropriate for children and families. Pre-registration is encouraged but not required. Registration is available on the PVAS website at [www.potomacaudubon.org](http://www.potomacaudubon.org). As a major stopover for migrating birds, the Canal towpath offers good birding opportunities. Participants should wear sturdy footwear, dress for the prevailing weather conditions, and bring along insect repellent and drinking water. Binoculars will be provided if needed. Directions to the Williamsport Canal Visitor Center can be found on the Canal website at [www.nps.gov/choh/planyourvisit/williamsportvisitorcenter.htm](http://www.nps.gov/choh/planyourvisit/williamsportvisitorcenter.htm).

The walk may be canceled or postponed if weather conditions are poor. For more information, go to the PVAS website or contact Mr. Sagalkin at [sandy.sagalkin@gmail.com](mailto:sandy.sagalkin@gmail.com) or 240-291-6465.

### Don't Miss September 17 Nature Walk at Stauffer's Marsh

PVAS will sponsor a guided nature walk at its Stauffer's Marsh Nature Preserve in Berkeley County on Saturday, September 17. The walk will begin at 7:30 a.m. and last until about 10:00 a.m., and will be led by naturalist Steve Hartman. He will focus on the marsh's plants and animals. The marsh is a prime stopover place for migrating birds, and this walk should be a good opportunity to see migrating shorebirds, in particular. Participants should park and meet in the parking area at the north end of the marsh.

The Preserve is only 46 acres in size, so the distances to be walked are not great. However, the terrain includes wet meadows and marshlands, as well as dry areas, so waterproof footwear is essential. Participants should also plan to dress for the prevailing weather conditions. Ticks can be an issue at the preserve, so insect repellent is recommended. Binoculars will be available for anyone who needs them.

The Stauffer's Marsh Nature Preserve is located in Back Creek Valley, in Berkeley County, one-half mile south of Shanghai, on the east side of Back Creek Valley Road (County Route 7).

The walk is free and open to anyone with an interest. Children will be 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 more information contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) or 703-303-1026.



## Birding News and Events

### Antietam Bird Walk Set for September 24

PVAS will sponsor a bird walk along the Final Attack Trail on the Antietam National Battlefield in Sharpsburg, MD on Saturday, September 24. The walk is free and open to anyone with an interest, regardless of their 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.

Participants should plan to meet walk leader Sandy Sagalkin at the Burnside Bridge at 7:30 a.m. The walk 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. 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 walk 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.

For more information, contact Sandy at [sandy.sagalkin@gmail.com](mailto:sandy.sagalkin@gmail.com) or 240-291-6465.

### Sign Up Now for October 1 NCTC Birding Trip

PVAS is sponsoring a birding trip to the National Conservation Training Center outside Shepherdstown on Saturday, October 1, led by veteran birder Jim Farley. It begins at 7:30 a.m., and is free and open to anyone with an interest including children.

Because of security considerations at NCTC pre-registration is essential. Easy, on-line registration is available on the PVAS website. Please register before September 26.

The Center's 538-acre campus is not normally open to the public, so this is a great opportunity to visit the campus and enjoy their trails while birding. The campus contains a mix of fields and forest, providing good habitat for a rich variety of bird species. The trip will last about three-and-a-half hours and involve walking about two miles over moderate terrain.

When you arrive at NCTC, after checking in at the guard station, meet Mr. Farley in the Blue parking lot. 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 possible weather cancellation, watch the PVAS website. For more information, contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) or 703-303-1026.

### Sign Up Now for September Cape May Hawk Watch Trip

PVAS is sponsoring a hawk-watching trip to Cape May, NJ the week of September 19. Anyone with an interest is welcome to participate and there is no fee, but participants will need to pre-register on the PVAS website. Participants will also be expected furnish their own transportation and arrange for their own accommodations. Hotel and motel reservations should be made now, because Cape May is a very popular destination in the fall. For the same reason, those planning to use the Lewes-Cape May Ferry also need to make reservations early.

The trip will be led by PVAS birding expert Sandy Sagalkin, and co-sponsored by the Washington County Bird Club. Participants should plan to meet him at 9:00 a.m. Tuesday, September 20, at the Cape May State Park Hawk Watching Program. He will be staying in Cape May through Thursday.

The trip will focus on several hawk-watching sites in the Cape May area. It will offer good opportunities to see Peregrine Falcons, Merlins, American Kestrels, Sharp-shinned Hawks, Coopers Hawks, Bald Eagles, Northern Harriers and other raptors. Those who participate will also be able to take advantage of a variety of free educational opportunities offered by the Cape May Bird Observatory and the New Jersey Audubon Society.

The Cape May Bird Observatory website ([www.birdcapemay.org](http://www.birdcapemay.org)) contains a list of Cape May hotels and motels which offer discounts to birders who are members of the Observatory. The savings can be significant enough that trip participants who are not already members may wish to join; this can be done easily online.

Sandy will be staying at Leith Hall, a Victorian B&B in Cape May that offers discounts to members of the Cape May Bird Observatory. Rooms can be booked there through their website at [www.leithhall.com](http://www.leithhall.com) or by calling 609-884-1934. For more information, contact Sandy at 240-291-6465 or [sandy.sagalkin@gmail.com](mailto:sandy.sagalkin@gmail.com).

## Birding News and Events

### Bolivar Heights Hawk Watch Set for September 21

PVAS will sponsor a hawk watch in the Bolivar Heights section of the Harpers Ferry National Historical Park on Wednesday, September 21. The watch, led by veteran birder Deb Hale, will begin at 9:30 a.m. and last two to three hours. The trip will focus on migrating hawks, but migrating songbirds may also be observed.

Participants will watch and count hawks from a specific area near the parking lot. Most likely to be seen will be Broad-winged hawks, but other species may include Red-shouldered, Red-tailed, Cooper's and Sharp-shinned hawks. Osprey, Bald Eagles and Common Ravens, may also be sighted.

The event is free and open to anyone with an interest, and children are welcome. Binoculars will be available for anyone who needs them. Pre-registration is strongly encouraged but not required. Easy registration is available on the PVAS website.

Participants should meet at the Bolivar Heights parking area. From the Route 340 traffic light at the entrance to the National Park, turn north onto Washington Street and follow it for about ¼ mile, then turn north again (left) onto Whitman Avenue; the parking area is at the top of the hill. Since not much walking is required, this is a good birding opportunity for those who are not able to participate in longer birding hikes. Participants should dress appropriately for prevailing weather conditions, and bring along water and insect repellent. This trip will be cancelled in the event of rain.

For more information go to the PVAS website or contact Deb at [debhale72@gmail.com](mailto:debhale72@gmail.com) or 304-535-2346.



### Regular Hawk Watches Set for South Mountain Through Fall

PVAS and the Washington County (MD) Bird Club will co-sponsor regular hawk watches at Maryland's Washington Monument State Park on South Mountain this fall. The first hawk watch will be held on Wednesday, September 14, starting at 9:30 a.m. After that, starting September 28, the watches will be held every Wednesday morning, same time, until November 9.

These dates roughly encompass the period of the annual fall hawk migration, and the Washington Monument park offers an excellent vantage point to view these magnificent birds as they wend their way south for the winter. September 14<sup>th</sup> and 28<sup>th</sup>, in particular, should make for good viewing, because Broad-winged

hawks usually pass through this area in large numbers around that time. All the fall hawk watches are free and open to anyone with an interest. Children are welcome if accompanied by an adult. However, space at the best viewpoints is limited and pre-registration is strongly encouraged. Easy registration is available on the PVAS website.

Participants should plan to meet Sandy Sagalkin, the watch leader, in the upper parking lot of the Park at 9:30 a.m. Each day's watch will go until 12 noon, although participants are welcome to stay longer if they wish. Participants should wear sturdy footwear, dress appropriately for the prevailing weather conditions and bring along drinking water and insect repellent. Binoculars will be available for anyone who needs them.

Hawk-watching is very weather sensitive because these birds do not fly in rain or snow. If it is certain that weather will force cancellation of any particular watch, those who have pre-registered will be notified of that cancellation by email no later than 6:00 p.m. the evening before. For more information, contact Sandy at 240-291-6465 or [sandy.sagalkin@gmail.com](mailto:sandy.sagalkin@gmail.com).

### October 12 Harpers Ferry Bird Walk

PVAS is sponsoring a bird walk in the South Schoolhouse Ridge section of the Harpers Ferry National Historical Park on Wednesday, October 12. The walk will begin at 8:00 a.m. and last two to three hours. It is free, and anyone with an interest is welcome to come along, regardless of birding skills. Children are also welcome. Pre-registration is strongly encouraged but not required. Easy registration is available on the Society's website.

Participants will meet walk leader Deb Hale at the South Schoolhouse Ridge parking area. From Route 340 west of Harpers Ferry, turn south onto Millville Road (County Route 27); proceed 7/10 of a mile to the parking area. If the gate is closed, pull off and park along the road.

The trip will last two to three hours and involve about three miles of walking through woods and fields, with some hilly terrain. Birds we expect to see include raptors, woodpeckers, lingering migrating birds and returning winter birds. Participants should wear sturdy footwear, dress appropriately for prevailing weather conditions, and bring along water, and bug spray. Binoculars will be available for anyone who needs them. The trip will be cancelled in the event of bad weather.

For more information go to the PVAS website or contact Deb Hale at [debhale72@gmail.com](mailto:debhale72@gmail.com) or 304-535-2346.

## Conservation

### September Events Focus Attention on Monarch Butterfly Conservation

PVAS and The Monarch Alliance will sponsor two weeks of events in the area during mid-September to focus attention on the importance of Monarch Butterfly conservation. The events will be held from September 3-17 in Jefferson County, WV and Washington County, MD. They are being timed to coincide with the Monarchs' annual fall migration southward, which peaks in this area during that period. All the events will be free and everyone is invited to attend. The events will be especially well suited to families with children.

The eastern Monarch Butterfly population has been in serious decline over the last 20 years, according to annual counts taken in area of Mexico where the insects overwinter. This year's Monarch population got off to a particularly poor start, as it was struck by a severe winter storm in early March as the butterflies were beginning their migration north. Monarch Watch estimates that this year's population may be down to about 70-100 million, a sharp reduction from historically high numbers of about one billion or more.

Experts agree that increased public awareness of these problems is an important first step in the effort to conserve and restore Monarch numbers. Property owners who live along Monarch migration routes can greatly assist Monarch survival rates by adding plants these insects favor, especially milkweed.

Specific events will be as follows:

- Saturday, September 3, 1:00 p.m. Hagerstown MD's Discovery Station, will show the acclaimed film, "Journey of the Monarchs," and offer a special exhibit of Monarch Lego Robotics for families and children. The facility is located at 101 W. Washington Street.
- Sunday, September 4, 10:00 a.m. to 12:00 noon: The Antietam National Battlefield in Sharpsburg, MD, will host an effort to find and tag Monarchs in the field. Come to the Burnside Bridge parking area to participate.
- Saturday, September 10, 11:00 a.m. to 1:00 p.m.: The Monarch Alliance will conduct a Monarch tagging demonstration at Kiwanis Park, 371 Dynasty Drive, Hagerstown.
- Saturday, September 10, 10:00 a.m. to 12 noon: The National Conservation Training Center outside Shepherdstown WV will host an effort to find and tag Monarchs in the field. This event will be limited to 20 participants, and will require advance registration (by September 5) on the PVAS website.
- Saturday, September 17, 11:00 a.m. to 1:00 p.m.: The Monarch Alliance will conduct a Monarch tagging demonstration at Hager House, in Hagerstown's City Park.
- Saturday, September 17, 10:00 a.m. to 2:00 p.m.: The Monarch Alliance will hold its Fall Plant Sale at Sunny Meadows Garden Center, 7437 Sharpsburg Pike, Boonsboro, MD. Plants offered include Butterfly Weed, Swamp Milkweed, and other plants that attract Monarchs. In addition, members of the University of Maryland Master Gardeners Program will be on hand to offer conservation-landscaping advice.

For further information about all these events, contact Sandy Sagalkin at 240-291-6465 or [sandy.sagalkin@gmail.com](mailto:sandy.sagalkin@gmail.com).



### Trees Available in Memory of Carla Hardy

Carla Hardy (1971-2016), a program coordinator of the WV Conservation Agency and founder of the WV Project CommuniTree program, passed away suddenly in July. Cacapon Institute is offering memorial trees to be planted in her honor in fall 2016. By planting a memorial tree this fall, you are expanding upon Carla's legacy and upholding the motto of the program she began back in 2008 by "Building Communities from the Roots Up!" Community organizations and private homeowners are encouraged to apply to plant memorial trees throughout their communities and in their backyards.

Trees will be available for pickup between October 1st and November 30th at either:

- Inwood: WV Division of Forestry office (145 Pilgrim Street, Inwood, WV 25428)
- Moorefield: WV Conservation Agency office (60 Moorefield Industrial Park Rd, Moorefield, WV 26836)

On your order form, you'll need to select where you'll be picking up your trees from, how many trees you are requesting, and answer some basic information about where you'll be planting the trees and how they will be maintained. Please keep in mind that we will do our best to honor all requests for species, but in certain situations, a similar species may be substituted based on nursery availability.

The deadline to apply for memorial trees is Wednesday, September 14th. To apply, go on Cacapon Institute's website at this link: [http://www.cacaponinstitute.org/Forestry/Carla\\_Hardy\\_WV\\_Project\\_CommuniTree\\_Memorial\\_Tree\\_Order\\_Form.pdf](http://www.cacaponinstitute.org/Forestry/Carla_Hardy_WV_Project_CommuniTree_Memorial_Tree_Order_Form.pdf). We encourage successful applicants to submit their tree planting with pictures to Cacapon Institute's "[What's Your BMP](#)" tool on our website.

Potomac Valley Master Naturalists

Potomac Valley Master Naturalist 10th Anniversary Trip to Baraboo, Wisconsin

By Lynne Wiseman

A great time was had by all!!

This amazing trip turned out outstandingly, with all 10 (11, one day) participants enjoying the learning experience at the Aldo Leopold Center. We viewed the “Shack” (see picture), learned about Aldo’s land ethic, and did nature hikes. The one to the Wisconsin River provided us a view of an adult Bald Eagle perched nearby. On other hikes, we discussed Aldo’s pine forest management and prairie restoration projects, and did lots of identification of local flora. We also visited the “green building,” which acts as the visitor center and also provides offices for the staff. The “green” initiatives applied included the use of repurposed wood and wood from the property throughout the facility, the employment of solar energy panels, site placement of windows and hallways to maximize efficiency, and the usage of thermal tubing to provide all of the heating and cooling.

At the International Crane Foundation, a wonderful facility, we saw each of the world’s 15 species of cranes, and heard about their specific habitats, food, and their homelands. We learned that Cranes live on every continent except South America. Traveling to both facilities, we saw wild Sandhill Cranes feeding in the fields -- a real treat! Our tour guides at both the Leopold Center & the Crane Foundation were very



MNs and friends at “The Shack,” Aldo Leopold Center



Gathering at The Crane Foundation

knowledgeable, friendly, and helpful, guiding our way through the facilities and their grounds.

Our boat trip on the Wisconsin River revealed unusual rock formations, which we were able to see up close at one of two stops; we saw a dog jump across another large formation at the last stop. This trip also offered us the highlight of watching an adult Bald Eagle fly along next to our boat.

We also enjoyed great food and fellowship with the MN’s and friends. A great friend and former PVAS member, Nancy Giles, joined us for all of the activities and kindly showed us the town of Baraboo and surrounding areas. Thanks to all who participated!

PVMN 10<sup>th</sup> Anniversary Float Trip on the Opequon

The long anticipated Float Trip took place on Saturday, July 16. The weather was perfect for the 16 participants who came out to enjoy a day on the Opequon River, sponsored by the Opequon Project Team.

The put-in at the Route 45 Bridge outside of Shepherdstown included 4 canoes and 9 kayaks. Captain Lou and Gary Sylvester spent hours prior to the event making certain the river was clear of dangerous obstacles (fallen trees, accumulated debris, etc.), while setting a route that was challenging. Boaters were able to enjoy navigating their canoes and kayaks through rapids, riffles, and natural obstacles. There were stretches of placid water where one could sit back, relax, and enjoy the natural beauty of the river and wildlife sightings.

Despite a few wet boaters suffering capsized canoes, everyone had a great time on the river. The four-hour river trip ended at the home of Captain Lou and Jackie Skavnicky, where boaters were joined by other Master Naturalists for a delicious potluck lunch. The activities of the day, the float trip, good food and conversation at the end of the day made for a memorable and successful 10<sup>th</sup> Anniversary event for all in attendance.

## Join PVAS to visit Monarchs in Mexico!

For the first time, PVAS is hosting a trip abroad! We hope you'll join PVAS volunteer Joette Borzik on an eight-day tour to two Monarch Butterfly sanctuaries in the western Sierra Madre Mountains in central Mexico February 18-25, 2017.

Eastern Monarch butterflies, which are common in the Mid-Atlantic area in the summer, migrate thousands of miles each year to and from about a dozen specific sites in Mexico where they cluster in large numbers to spend the winter. It is a sight to behold.

The PVAS tour will be conducted by S&S Tours, LLC, of Sierra Vista, AZ. It will focus on two overwintering sites in the Mexican state of Michoacan that have been designated as sanctuaries by the Mexican government: the Rosario and Sierra Chincua Monarch sanctuaries. Participants will also visit several small folk art villages, the Paracutin volcano and the ruin of a town destroyed by that volcano, and the Uruapan National Park.

Participants must be 18 or older, and able to walk considerable distances at elevations of 9,500-11,000 feet above sea level and enjoy off-the-beaten-track places. Registration is restricted to PVAS members or members of the Monarch Alliance until October 1. After that date, members of the general public may register if there is space. (Not a member? Join now so you can register before October 1! The membership fee is only \$20 per year for a household, \$15 for seniors and students.)

The cost will be \$2,040 per person, double occupancy. This price includes all room and board, transportation and fees within Mexico and guide fees. It does not include airfare, inbound transportation from the airport to your hotel, or tips. The price includes a \$100 tax-deductible donation to PVAS. Details about the tour and a FAQ are available on the PVAS website at <http://www.potomacaudubon.org/Eco-Tours-and-Extended-Trips>. A completed registration form and a \$300 deposit will be required to secure a reservation. The full cost must be prepaid by December 15.

Joette Borzik has been to these monarch wintering grounds several times, and has volunteered to coordinate and host this trip. (Thank you, Joette!) If you have questions, she can be reached at 240-440-4221 or [pep4223@comcast.net](mailto:pep4223@comcast.net).

### Volunteers Needed on September 18

**Come on out to Yankauer Nature Preserve on Sunday, September 18! Potomac Pedaler's is hosting Back Roads Century Bike Ride, and Yankauer is one of the main rest stops. It is the only one where all 2200 riders will stop for rest, food, bathrooms, repairs, and first aid!**

**This amazing event benefits the entire surrounding community and is a fantastic way to educate the riders and their families about Yankauer, our Master Naturalist Program and PVAS as a whole!**

**Please let us know if you are able to help for a few hours, handing out food, water, encouragement and smiles, as well as spreading the word about the Potomac Valley Audubon Society!**

**Contact Krista Hawley at [adultprograms@potomacaudubon.org](mailto:adultprograms@potomacaudubon.org) or 703-303-1026 if you would like to volunteer.**

## 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:

- Member discount to many PVAS programs and events.
- A subscription to *Valley Views*, the PVAS newsletter.
- Free or reduced admission to participating nature centers and/or their programs across the country.
- E-mail alerts about events and programs (upon request).
- An invitation to a PVAS Members annual gathering.
- Discounts to participating **local businesses**.

Details available at [potomacaudubon.org/member](http://potomacaudubon.org/member)

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. For details, go to: <http://potomacaudubon.org/member>.

### 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: \_\_\_.*

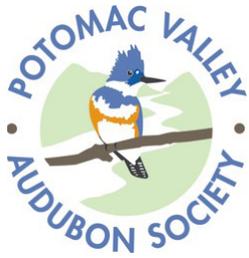
### Clip and mail this form to:

Membership Chair, PVAS  
PO Box 578  
Shepherdstown, WV 25443



### 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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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 (*acting*): Jane Vanderhook (2017) ..... janehook@frontiernet.net  
 Secretary: Diana Gaviria (2018) ..... jpikester@comcast.net  
 Treasurer: Dan Cogswell (2017) ..... daniel.cogswell@gmail.com  
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