

Berkeley Springs, WV

Beavers, Wetland Restoration, Monarchs, Maps & Orienteering, Proscribed Burns & Habitat Restoration, Wild Yard Certification, History of Cacapon SP, , Cacapon Geology & Fossil Finding, Native Seed Collection, Basic Survival Skills on the Trail, Bat Chat, Bird Walks, Utilizing Native Plants, and so much more!

KEYNOTE ADDRESS BY NANCY LAWSON AUTHOR OF "THE HUMANE GARDNER"

REGISTRATION OPENS APRIL 22, 2024

info@mnofwv.org www.mnofwv.org

CONFERENCE FEES

Conference Only: \$99 per person *(through 5/31)*

\$115 per person (after 6/1)

Conference with Friday and Saturday evening meals:\$125 per person (through 5/31)\$150 per person (after 6/1)

Add On Meals: Box Lunch: \$13.50

Friday Dinner: \$36

Saturday Banquet: \$33

Conference Cancellation Policy: If you have to cancel after June 15, 2024, we can only refund half of your registration fee. If you cancel after July 1, 2024, there will be no refunds.

REGISTRATION

Registration for the 2024 WV Master Naturalist Conference will open online on April 22, 2024 at 12 p.m. *If you are unable to register online, please contact info@mnofwv.org.*

Meals

- When registering, you will have the option between the conference with or without the Friday/Saturday evening meals.
- Box lunches will be available for an add on cost for Friday and Saturday.
- Breakfast is not included.

Class Selection

- Classes must be selected at time of registration.
- A registration guide will be sent the morning of registration which will show screenshots on how to select classes.
- Unfortunately, some classes only have a limited number of spaces. If a class is not available to register, it is full.
- If you need to change a class after registering, please contact info@mnofwv.org.

MEALS

Boxed Lunches are not included in registration and can be added on for \$13.50 per day. All boxed lunches come with potato chips, apple, cookie and soft drink/bottled water.

- Club Sandwich: Ham, turkey, cheese on a brioche bun
- Tavern Ham: Tavern ham and cheese on a brioche bun
- Angus Roast Beef: Roast beef, Swiss cheese on a brioche bun
- Vegetarian Wrap: Sliced cucumbers, lettuce, tomato, ranch dressing and shredded Cheddar cheese in a spinach wrap
- Gluten free option available, \$1 upcharge.

If you purchase a box lunch, you will be sent a survey asking you to select which meal you would like. You *MUST* complete this survey otherwise you may be assigned a random meal.

Friday Evening Meal:

- Entrees: honey barbecue chicken, barbecue ribs, hamburgers/hot dogs,
- Sides: baked bean, corn on the cob, potato salad, garden salad
- Condiments
- Rolls
- Brownies,
- Watermelon,
- Iced tea/lemonade

*The Friday evening meal can be purchased separately for \$36.

Saturday Banquet:

- Entrees: vegetable lasagna, baked marinated chicken breast, Norwegian salmon
- Sides: roasted rosemary potatoes, wild rice blend, fresh steamed broccoli

*The Saturday evening banquet can be purchased separately for \$33.

FRIDAY SCHEDULE

| 9 a.m 12 p.m. | Herpetofaunal Diseases Found in WV | Class Limit: 18 |
|-----------------|--|------------------|
| 9 a.m 12 p.m. | Chapter Panel Discussion | Class Limit: n/a |
| 9 a.m 12 p.m. | SOS - What To Do When Your Adventure Goes Downhill | Class Limit: 24 |
| 1 p.m 5 p.m. | Wetland Restoration with Field Trip to Widmyer Wetland, Berkeley Springs | Class Limit: 24 |
| 1 p.m 5 p.m. | Development of Young Forest Habitats - Site Visit to Sleepy Creek Wildlife Management Area (SCWMA) | Class Limit: 24 |
| 1 p.m 4 p.m. | Monarch Butterfly Migration: Visiting the Overwintering Sites in Central New Mexico | Class Limit: 30 |
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| 8 p.m 9:30 p.m. | Bat Chat | Class Limit: 50 |
| 8 p.m 9 p.m. | Fox in the Hen House | Class Limit: 40 |

SATURDAY SCHEDULE

| 6:03 a.m. | Sunrise Stretch | Class Limit: n/a |
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| 6:03 a.m. | Birding Cacapon Resort State Park | Class Limit: n/a |
| 9 a.m 12 p.m. | Maps and Orienteering | Class Limit: 36 |
| 9 a.m 12 p.m. | History of the CCC & Their Contribution to Cacapon Resort State Park | Class Limit: 36 |
| 9 a.m 12 p.m. | Walk in the Woods with a Forester | Class Limit: 28 |
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| 1:30 p.m 5 p.m. | Wild Yards: Assessor Training | Class Limit: 20 |
| 1:30 p.m 4:30 p.m. | Weed Warrior Program | Class Limit: 32 |
| 1:30 p.m 4:40 p.m. | Bird Research & Conservation Projects in West Virginia | Class Limit: 40 |
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| 8 p.m 9:30 p.m. | The Humane Gardener: How to Fight Plants with Plants | Class Limit: n/a |
| 9:30 p.m. | Moonlight Trail Walk | Class Limit: n/a |
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SUNDAY SCHEDULE

| 6:03 a.m. | Birding in the Park | Class Limit: n/a |
|---------------|--|------------------|
| 9 a.m 12 p.m. | WV Geology and Fossil Finding | Class Limit: 45 |
| 9 a.m 12 p.m. | The Importance of Native Plants for Pollinator Gardens | Class Limit: 30 |
| 9 a.m 12 p.m. | Let's Play a Game! The WV Natural History Online Challenge! | Class Limit: 30 |

CLASS DESCRIPTIONS

Bat Chat

Instructor: Dr. Sheldon Owen

Dr. Owen will discuss general information about bats and how they are beneficial as an effective form of insect control along with the vital importance of bats in nature and in our lives. This class will also cover bat biology, ecology, habitats, and diseases. At the end of the classroom presentation, we will go outside to listen and locate different bats in the area by acoustic survey and identify them.

Birding Cacapon Resort State Park / Birding in the Park

Rise early and bird Cacapon with a 45-minute trek around the Lodge looking for the winged wonders of this area. Bring your binoculars, bird guides, sturdy shoes and dress for the weather. We will stick to flat terrain with some uneven surfaces as much as possible around the lodge and golf course perimeter.

Bird Research & Conservation Projects in West Virginia

This presentation will provide an overview of several of the many bird research, monitoring, and conservation projects happening across the Mountain State. Participants will learn how they can share their bird sightings through citizen science programs and contribute data that will be used to inform bird conservation efforts within the state and beyond.

Chapter Panel Discussion

Instructors: Various WVMN Chapter Members

How do we help preserve and protect nature in our communities?

Instructor: Roy Boyle

Instructor: Katie Garst

Development of Young Forest Habitats -Site Visit to Sleepy Creek Wildlife Management Area (SCWMA)

Instructor: Chelsey Faller

The beautiful tree-covered landscapes that we associate with our wild lands are partially an artifact of the clearcutting that accompanied European settlement. Prior to European arrival, WV was home to a mixed array of forests in various growth stages. Current forests in most of WV consist of large blocks of even-aged trees, which is of lesser value for many of our native wildlife species. On Sleepy Creek Wildlife Management Area, we will visit some timber management project sites to look at young forest habitat types. We will also visit a cool-season wildfire site and some old beaver wetlands as we discuss controlled burns and harnessing our local beaver population to manipulate wildlife habitats on public lands. We will start in class and stay there if there is severe weather. If weather permits, we will carpool to SCWMA. Two (2) miles or so, slow-paced, walks, on and off trail, uneven terrain, thick cover, thorns, and/or fallen trees likely. Wear long pants and study shoes or boots. Bring water, sun hat, bug spray. A long sleeve shirt is highly recommended.

Fox in the Hen House

Instructor: Mary Lynn Robinson

This class will provide a description and facts about the red fox along with a film about red foxes and their families.

Herpetofaunal Diseases Found in WV

Instructor: Hannah Studdard

This class will cover Herpetofaunal Diseases currently found in West Virginia, including ranavirus, chytrid fungus, and mycoplasma. We will talk about which species are known to carry the diseases and how often positive cases are found, how diseases spread, recovery rates, and how we test for and work to prevent transfer of disease. We will also cover decontamination protocols. Our goal will be to catch a turtle or two to show proper disease sampling. This presentation will be given indoors and out. Bring/wear wet gear. There will be short walks on uneven terrain, including creek banks.

History of the CCC & Their Contribution to Cacapon Resort State Park

This class covers the Civilian Conservation Corps (CCC): why it was created, what was its purpose, and whether it was successful or not. Learn about the CCC and their role in helping to create Cacapon Resort State Park. This class also covers the history of the park and will include a video, museum artifacts, lecture, and walking to visit CCC projects between the Nature Center and the Lodge. There will be a short walk on uneven terrain and asphalt.

Let's Play a Game! The WV Natural History Online Challenge!

Building your natural history knowledge with a technological twist can be fun and exciting when you learn with others. Today's Topic - A Girl's Night Out: Identifying the Females of the WV Bird World. Using Kahoot, an online platform used by educators everywhere, we will test your naturalist knowledge and demonstrate how a Kahoot works. Participants will play a game, learn how to participate in a Kahoot-based learning experience, and get an introduction into the basics of building your own kahoot. BRING YOUR SMART PHONE. You will be answering questions with it.

Maps and Orienteering

This class will cover the basic skills of field and forest navigation using maps, compass, GPS, and other skills. There will be short walks on uneven terrain.

Monarch Butterfly Migration: Visiting the Overwintering Sites in Central New Mexico

Monarch butterflies are well-known for their beauty and impressive life cycle that inspires those who can capture their miraculous life stages. Come learn about visiting the Monarch Butterfly Biosphere Reserve in Central Mexico where monarchs overwinter after their multigenerational 3,000 mile journey. Valerie will share her 2024 trip traveling to Angangueo and the El Rosario Sanctuary and Cincau Sanctuaries with

Instructor: Dale Kirchner

Instructor: Dr. Sheldon Owen

Instructor: Roy Boyle

Instructor: Valerie Chanev

a small group of monarch educators and enthusiasts led by Natural Habitat Adventures, The Kingdom of the Monarchs tour. The following endangered migration video by the Natural Habitat Adventure would be great to watch prior to this presentation: <u>https://youtube/1oFz9pUauxQ?si=z4XQqez256YyyDC7</u>. The class will be in the Nature Center and at the adjacent Monarch Waystation.

Moonlight Trail Walk

Join us to celebrate the new moon and enjoy a silent walk in the dark. Wear whatever you feel comfortable in for a one (1) to two (2) mile hike in the woods over uneven terrain. We recommend bringing a flashlight for emergency use only. Please keep the light off unless necessary for safety reasons.

SOS - What To Do When Your Adventure Goes Downhill

Adventuring in the wild or even a mile or two out on a trail can be an incredible experience....so long as everything goes as planned. What do you do in the event of an emergency miles away from help or in a cell phone dead-zone? Join Bo for a three-hour interactive session along the trail to learn how to treat the most common mishaps and injuries. Build your confidence with this hands-on activity. This training session is information only, not for certification. The class will include about a one (1) mile trail walk on easy but uneven terrain.

Instructor: Bo Bowman

Sunrise Stretch

Participate in a few all body stretches to wake up, start the day, or go hiking. Enjoy the sunrise and the sounds of nature around you as you strengthen your body, at your own pace and ability, and open your mind to the world around you. Bring a yoga mat or blanket and wear flexible clothing.

Instructors: Allen Miller & Dale Kirchner

Instructor: Bo Bowman

The Humane Gardener: How to Fight Plants with Plants

Instructor: Nancy Lawson

Keynote Address/Speaker

The Importance of Native Plants for Pollinator Gardens

This course will focus on the importance, production, and use of native plants in the landscape. We will discuss the native plants necessary for pollinator conservation and learn how they have impacted the presence of pollinators in the Cacapon Park and other areas. Then we will dive into some of the best methods of propagating these plants and how to select the best specimens for a pollinator garden or meadow. We will also learn how native plants have impacted the pollinators in the Park. We will start in the classroom and then walk to the pollinator meadow behind the Lodge on uneven terrain. We may also bend down to view a specimen. Bring your water, camera, field guides, and wear appropriate clothing.

Walk in the Woods with a Forester

Observe and discuss Ridge and Valley Forests of the Eastern Panhandle. Carpool to Lookout Point in Cacapon Resort State Park. Wear appropriate clothes for a short walk on uneven terrain.

Weed Warrior Program

Instructor: Katelyn (KC) Walters

Instructor: Herb Peddicord

Become a Weed Warrior and learn how to start your own MN weed control program. Invasive plants are taking over our forests, fields, and wetlands. Learn how to identify and attack these pesky invaders. Also learn how this successful Potomac Valley Audubon Society (PVAS) program works and the training KC gives to Master Naturalist volunteers. We will start inside with a classroom program overview, then march outside to meet and greet our enemies!

Instructor: Garrett Oursler

Wetland Restoration with Field Trip to Widmyer Wetland, Berkeley Springs

Wetlands can improve water quality, reduce flood impacts, and provide wildlife habitat. More than 80% of the wetlands once found in WV have been lost. We'll explore what makes a site a good candidate for wetland restoration and what that could include. Learn about WVDEP's online resources for appropriate plant choices, wildlife you might expect to attract, and instructions for decontaminating footwear to avoid spreading diseases among these sensitive habitats. Then we will carpool about nine (9) miles north to Widmyer Wetland, where Warm Springs Watershed Association has restored a small floodplain wetland in an unused part of school property. Bring your camera and field guides because this site is popping with diversity! Also bring rain gear if appropriate, a drinking water bottle, and footwear that can easily be cleaned. There will be short walks on easy, but uneven terrain.

Wild Yards: Assessor Training

Wildlife Needs Your Help! By using native plants and providing food, water, cover, and places to raise young, you can protect wildlife and enjoy the beauty of nature right in your own backyard. The West Virginia Wild Yards Program has over 400 participants across the state-backyard landscapers who have committed to providing habitat for wildlife on their property. To help the program grow even further, the DNR is seeking volunteers to assess properties that have applied to the program. This workshop will go over the importance of native plants for wildlife, invasive plants and native lookalikes, and common mistakes and pitfalls in designing wildlife habitat. After the classroom component, we will carpool to visit currently certified wild yards to practice our habitat assessment skills. After completing the class, you will be a certified Wild Yards Assessor, and can gain Master Naturalist Volunteer Service hours by assessing applicant properties to the Wild Yards program and share your knowledge and love of native plant landscaping and wildlife with others. Class participants should be comfortable with identifying common trees, shrubs, and wildflowers but do not need to be currently enrolled in the Wild Yards program. Please bring a clipboard & paper, Rite in the Rain notebook, and pencils.

Instructor: Michelle Fonda

WV Geology and Fossil Finding

Instructor: Allen Miller

Life is older than the trees and younger than the mountains in WV. Geology impacts everything from wildlife, plant life, farming, development, and our way of life. Half of the class will be learning through a Powerpoint presentation and the other half will be learning on a hike. Let's explore EV physiographic provinces and geology. We'll discuss how WV geology formed and any rocks we may find with a focus on Cacapon geology and rocks. We will hike a trail and point out geological formations and various types of rocks.

INSTRUCTOR BIOS

Bo Bowman is a North American Wilderness Survival trained first responder and a Virginia volunteer paramedic. Bo taught first aid and CPR for years for the American Heart Association. Bo is an avid kayaker in all types of water and is white water and ocean certified. Bo also owns and operates Studio 214 in Martinsburg and is an accessible, experienced yoga instructor. Bo holds several yoga teacher certifications including a 500-hour Yoga Alliance Instructor and Kriya 500-hour Instructor. Bo is a trained Prison Yoga Project Ambassador and teaches several types of yoga, including Lyra and Aerial Yoga. Bo is a Trauma Sensitive Yoga Facilitator and Activist.

Roy Boyle is a middle school science teacher with a very real addiction to birding and all things nature. His degrees include a B.S. in Biology and an M.S. in Science Education. Roy has worked as a state park environmental educator and has been birding for over 40 years. Roy sets up and offers an online Kahoot game on various subjects every other month for Potomac Valley Audubon Society where Master Naturalists play along for education credit. He is also a member of Potomac Valley Master Naturalists and currently serves as Education Chair.

Valerie Chaney is currently the Park Naturalist/Park Activities Coordinator at Cacapon Resort State Park. She is a native of Fort Ashby, located in Mineral County, WV. Valerie has been with WV State Parks since 2018, managing the Nature Center and developing activities, youth programs, guided hikes, and interpretive programs for all ages at the park. As a park naturalist, she has first-hand, and a wide-range, knowledge of the environment conditions and monarch habitats in the park and was instrumental in creating a beautiful oasis with native plants in a pollinator garden/Monarch Waystation beside the Nature Center.

Chelsey Faller obtained her Bachelor's degree from the University of New Hampshire in 2009 and a Master's degree in Wildlife Ecology and Conservation from the University of Florida in 2014. Chelsey currently works for the WVDNR in the Wildlife Resources section and is the District Wildlife Biologist for the Game section in District 2 (eastern WV). This district includes 14 wildlife management areas spread across eight (8) counties. Some of the ongoing projects in District 2 include research on white tailed deer population, hen turkey survival and reproductive success research, and habitat enhancement efforts on wildlife management areas to benefit a variety of game species. Current habitat work includes prescribed fire, invasive plant removal, and open field and early successional habitat development. In her spare time, Chelsey enjoys hiking, kayaking, cross country skiing, and camping.

Michelle Fonda is a Private Lands and Non-Native Species Biologist for the WVDNR, WV Wild Yards Program Coordinator and is the DNR Liaison for the WV Master Naturalists Program. Michelle is passionate about native plants and wildlife, particularly spring ephemerals, reptiles, and amphibians.

Katie Garst is a contractual Avian Biologist who is currently assisting the West Virginia Division of Natural Resources Ornithology Program with various bird surveys and monitoring projects. She earned a Bachelor's of Science degree in Wildlife and Fisheries with a minor in Forestry from Frostburg State University and an Associate of Applied Science in Natural Resources and Wildlife Technology degree from Garrett College.

Alana Hartman is an Environmental Resources Analyst with WV Department of Environmental Protection (WVDEP) and has worked on watershed improvement projects for over 20 years in WV. She has a master's degree in Applied Ecology and Conservation Biology from Frostburg State University. Her team at DEP recently completed a 2-year grant from the EPA to promote awareness and visitation of WV's "Wild and Wonderful Wetlands." **Dale Kirchner** retired from Verizon after 30 years of employment and retired from Maryland School for the Blind after 10 years of service. Dale's passions are nature, history, and baseball. He is currently working on moving and restoring a cabin from 1870 that is on the 15th hole of the golf course at Cacapon. Dale is a member of his local (across from the park entrance) community's Board of Directors and repeatedly volunteers over a 100-hours per year for the Potomac Valley Master Naturalist chapter.

Nancy Lawson is a naturalist, science and nature writer, frequent speaker, and author of two books, *The Humane Gardener: Nurturing a Backyard Habitat for Wildlife* and *Wildscape: Trilling Chipmunks, Beckoning Blooms, Salty Butterflies, and other Sensory Wonders of Nature*. As the founder of The Humane Gardener, LLC, Nancy pioneers creative, wildlife-friendly landscaping methods. Her presentations at diverse venues - from national wildlife refuges to local wildflower preserves - have inspired even seasoned horticulturists and wildlife experts to look at their landscapes in a new way. Certified as a Chesapeake Bay Landscape Professional and Maryland Master Naturalists, Nancy co-chairs the Howard County, Maryland, Bee City and helped launch a community science project, Monarch RX, based on scientific discoveries made in her own garden. Nancy's work has been featured in the New York Times, Science Magazine, The Washington Post Newspaper, O Magazine, Entomology Today, and Ecological Entomology. Her latest book, *Wildscape*, is a finalist for the AAAS/Subaru SB&F Prize for Excellence in Science Books.

Kate Lehman is the President of Warm Springs Watershed Association, based in Berkeley Springs, WV. She has led volunteers in watershed restoration projects for over 10 years, including annual maintenance and enhancements at Widmyer Wetland. **Allen Miller** is a Morgan County, WV resident. He has a degree in Environmental Education. Allen was a teacher for 35 years where he spent a large chunk of that time teaching science, including middle school and high school Earth Science. He is currently a seasonal Naturalist at Cacapon Resort State Park. Allen is also a member of and guest speaker for Potomac Valley Audubon Society and a member of 2021 cohort of the Potomac Valley Master Naturalist chapter.

Garrett Oursler is a junior at WVU studying Environmental Soils and Water Sciences. For two semesters, Garrett worked as a pollinator conservationist. This led him to develop a Native Plant Growing program at WVU and to participate as a founding member of the Sustainable Landscape Committee at WVU. Garrett has given presentations at Cacapon Resort State Park and was involved in Backyard Berkeley, a group focused on native plants in Berkeley Springs. He has also been of great help to Valerie Chaney in the pollinator garden at the Nature Center.

Sheldon Owen: Originally from Mississippi, Sheldon Owen received his Bachelor of Science degree in Forestry and Wildlife Management from Mississippi State University. He then attended the University of Georgia where he received a Master of Science degree in Forest Resources. His primary focus of study was the ecology of forest dwelling bats in association with intensive forest management. Sheldon continued his academic career by attending WVU and earning his Ph.D. in Forest Resource Science. His doctorate research focused on raccoon ecology within an intensively managed landscape. He served as a Wildlife Disease Biologist for the National Wildlife Disease Program for the South Carolina Program of Wildlife Services. Sheldon is currently the Wildlife Extension Specialist for the WVU Extension Service where he conducts outreach and education programming along with applied research related to wildlife habitat management and wildlife damage management. **Herb Peddicord**: Originally from Ohio, Herb Peddicord received his B.S. in Forest Resource Management from the University of Idaho. After stints in the Army and at a book binding company, he began working for the WV Division of Forestry as a service forester in Morgan County, WV in 2002. He then became a Landowner Assistance Forester for four counties. In 2008, he became the first West Virginia Chesapeake Bay Watershed Forester responsible for the 8 Potomac River drainage counties. Since then he has planned and led over 65 volunteer riparian buffer plantings and 20 urban tree plantings. He works closely with the Farm Service Agency, NCRS, local watershed groups, municipalities, non-profit groups and landowners. Herb now operates a private forestry consultant business, Herb'N'Woods.

Mary Lynn Robinson is a retired school counselor with a Master's degree in Counseling and Student Personnel from Appalachian State University. Mary Lynn has been a Master Naturalist since 2012 and enjoys filming and teaching nature classes at the local Morgan County Library.

Hannah Studdard is an assistant wildlife biologist for the WVDNR. Hannah works with the state herpetologist and most of her work is with herpetofaunal species. Hannah has a degree in Environmental Science from the University of Alabama and started work as an AmeriCorps at Canaan Valley National Wildlife Refuge. Most of Hannah's experience includes work with at-risk and/or priority salamander species. Between AmeriCorps and her current position, Hannah worked as a prescribed burn firefighter with the US Fish and Wildlife Service, which sparked a passion for understanding fire behavior and the effects it has on the land and animals. Hannah is an active outdoors woman who seeks to promote and engage in sustainable conservation and recreation.

KC Walters, a Shepherdstown native, is the Associate Director of Conservation and Operations for the Potomac Valley Audubon Society (PVAS). KC is a Shepherd University alumna, and holds an MS in Biology, with a focus in forest ecology, from James Madison University. During her college years, she interned with The Conservation Fund: Freshwater Institute, and Harpers Ferry National Historical Park. After graduation, KC worked with the US Fish and Wildlife Service in southeastern Louisiana, where she served as a forestry technician and became a certified Wildland Firefighter. K then returned home and worked with Sustainable Solutions LLC as the Lead Natural Resources and GIS Technician. KC joined the PVAS team in 2018 as the Land and Conservation Manager and attended the 2018 Master Naturalist classes. Recently KC has been promoted to Associate Director of PVAS. KC enjoys riding horses, working with her dog, Paisley, on agility training and stewarding the natural resources on her own property. KC is joined for today's presentation by Katelyn Godfrey and Lily Davis, both of whom are serving with PVAS as Land Management and Conservation AmeriCorps members. They both recently earned the rank of Weed Warriors and will be helping to train new recruits to the cause!

LODGING

A group rate for the conference has been secured at Cacapon State Park at the rate of \$98 per night.

The group code is "MNC" and may not work online. The best way to reserve rooms is to call 3042581022 and be transferred to reservations. Be sure to reference the conference's group code.

Lodging Cancellations:

- Room cancellations two (2) weeks prior to the conference receive a full refund
- Room cancellations during the two weeks prior to the conference WILL NOT receive a refund.